Million Hearts® in the Community

CommunityRx helps doctors connect patients with local well-care services. Chicagoans are some of the first to leave the doctor’s office with an e-prescription for service plans—Does your state require co-pays, cap the number of prescriptions per month, or use preferred drug lists to limit access to certain drugs? This fact sheet from the Centers for Disease Control and Prevention includes maps showing how practices differ across states and offers suggestions for improving access through techniques such as prior authorizations.

Celebrate the 50th anniversary of the first Surgeon General’s Report on Smoking and Health—Since the release of the first report in 1964, another 30 Surgeon General’s reports have increased our understanding of the devastating health and financial effects of tobacco use. Visit www.surgeongen.gov to learn more about initiatives/tobacco for the latest updates as well as resources to help smokers quit and rapidly reduce preventable heart attacks and strokes.

The Science of Million Hearts®

The American Heart Association and the American College of Cardiology release new heart disease and stroke prevention guidelines. The guidelines include a much-anticipated update on cholesterol treatment as well as recommendations related to risk assessment, obesity, and lifestyle.

Communities increase availability and accessibility of lower-sodium foods. A supplement to the Journal of Public Health Management and Practice documents how cities and counties across the nation developed strategies to lower sodium in ingredients and foods served in schools, worksites, grocery stores, and meal programs for seniors. For more information about the Sodium Reduction in Communities Program and the importance of reducing sodium to help prevent high blood pressure and cholesterol among African American men; and Maryland’s Department of Health and Mental Hygiene worked with a broad base of partners to improve clinical care and workplace wellness, encourage healthy diets, tackle tobacco control, and provide incentives for greater public health action at the community level.

Let us know what you’re doing to advance Million Hearts® in your community! Send us a short description with some key points, and we may feature you in a future e-Update.