

January/February 2014

Tools You Can Use

- **Get tips for improving high blood pressure control**—Health care professionals can get evidence- and practice-based advice on improving care delivery, medication adherence, and patient reminders from *Hypertension Control: Actions Steps for Clinicians*. The newest Million Hearts® Action Guide includes easy-to-read tables plus links to online resources and a complete reference list.
- **Use electronic health records to improve quality of care and reduce high blood pressure**—Check out these on-demand webinars from the Health Resources and Services Administration that describe how to leverage your electronic health records system to create problem lists, monitor progress, and engage patients in their care.
- **Check out the *Measure Up/Pressure Down™* (MUPD) Provider Toolkit for health care professionals**—Practices and systems share their proven techniques for helping their patients get blood pressure under control. Choose the tools you need, including how to accurately measure blood pressure, evidence-based guidelines for treatment and monitoring, methods for identifying patients with high blood pressure, and patient engagement and self-management materials.
- **Join MUPD Town Hall webinars about the recently released cardiovascular disease prevention guidelines**—The webinars, scheduled from 3:00–4:30 p.m. (ET) on Friday, February 14, and Tuesday, February 18, will highlight the current state of guidelines, review the recently released guidelines, offer a forum for participating medical groups to share their current activities, and discuss implications for the MUPD campaign.
- **Understand coverage of high blood pressure drugs under state Medicaid fee 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.surgeongeneral.gov/initiatives/tobacco for the latest updates as well as resources to help smokers quit and rapidly reduce preventable heart attacks and strokes.

Million Hearts® in the Community

- **CommunityRx helps doctors connect patients with local self-care services.** Chicagoans are some of the first to leave the doctor's office with an e-prescription that includes a map and list of health and social resources in the community tailored to their individual needs. Since April 2013, doctors have used **HealthRx** to generate more than 30,000 personalized e-prescriptions for their patients. The CommunityRx project was funded by the Centers for Medicare & Medicaid Services through the Affordable Care Act, and the Centers for Disease Control and Prevention provides technical support.
- **The Association for State and Territorial Health Officials showcases collaborations between public health and health care.** Learn how New York's Department of Health is working with a state quality improvement organization to enhance performance on the ABCS of heart health; Ohio's Department of Health collaborated with the state Academy of Family Practitioners to address 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!

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 heart disease and stroke, visit www.cdc.gov/salt.
- **Excuse me, waiter—is that less sodium in my soup?** Several cities and states are working with local and chain restaurants to lower sodium in restaurant foods. Successful approaches include assisting restaurants with nutrition analysis of menu items, training food service staff how to cook foods in more healthful ways, providing incentives when restaurants offer lower-sodium options, or offering opportunities to participate in a group-purchasing organization that can source and buy lower-sodium items not otherwise available.
- **Panel members appointed to the Eighth Joint National Committee (JNC 8) recently reported their recommendations for management of high blood pressure in adults.** A subset of the panel members appointed to the committee later elaborated on their **disagreement** with the full panel's recommendation to increase the target systolic blood pressure in some people 60 and older. National guidelines will be released in the future by a group of professional societies as part of the process announced in 2013 by the National Heart, Lung, and Blood Institute (**announcement** and **article**).

Congratulations

2013
Hypertension
CONTROL

CHAMPIONS

Full list of Champions at
millionhearts.hhs.gov

A happy, heart-healthy 2014 to Million Hearts® partners and supporters! I'm pleased to announce the selection of the **2013 Million Hearts® Hypertension Control Champions**. Congratulations to these diverse clinicians, practices, and health systems for achieving high blood pressure control rates ranging from 73% to more than 90%. They used evidence-based guidelines and protocols, practiced team-based care, embedded automatic reminders in e-health records to track patients' progress, and recognized high-performing team members. How many of these strategies will you adopt in 2014 to improve your patients' high blood pressure and help us prevent 1 million heart attacks and strokes?

—**Janet Wright, MD, FACC**
Executive Director, Million Hearts®

Do This!

One Easy Way to Support Million Hearts®

Share this issue of the Million Hearts® e-Update with colleagues who share your commitment to improving the nation's heart health. More than 44,000 Million Hearts® supporters receive this bimonthly e-newsletter with easy-to-use tools, the latest science, and updates on the initiative. New subscribers can receive e-Updates by visiting www.millionhearts.hhs.gov and entering their email address in the "Get Email Updates" box.



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