



Help prevent **1 million** heart attacks and strokes by 2017.

e-update

May/June 2013

Tools You Can Use

- **Self-Measured Blood Pressure Monitoring to Control Hypertension**—watch CDC share information about how health care professionals can work with patients to use self-measured blood pressure monitoring, plus clinical support, to manage high blood pressure. *Note:* This video is part of Medscape's *CDC Expert Commentary* series, which requires registration for access.
- **Guide for Improving Cardiovascular Health**—get the latest information on effective community heart health interventions in the 2013 update of this guide from the American Heart Association.
- **Spread the word about blood pressure control**—send a virtual gift to someone you love for High Blood Pressure Education Month, Stroke Awareness Month, or Father's Day.
- **Maps make a difference in Maine**—find out how one state used mapping techniques to address the need for more accurate blood pressure monitoring.

Million Hearts® in the Community

- **Want to get your state more involved in Million Hearts®?** There's a workshop for that! The National Association of Chronic Disease Directors (NACDD) has helped heart disease and stroke prevention programs in Colorado and Wisconsin plan and conduct Million Hearts® workshops. Ask NACDD to tailor a workshop for your state that includes guidance on partner engagement, information sharing, mapping assets, identifying gaps, and selecting priorities. For more information, contact **Margaret Casey**.
- **Build community momentum with 100 Congregations for Million Hearts®.** This new endeavor with faith-based organizations aims to increase awareness and action across faith communities about prevention of heart disease and stroke, with a specific focus on controlling high blood pressure. Participating congregations will designate a Million Hearts® advocate to serve as a resource for heart health information and to refer members for clinical care. Already, congregations in Baltimore, Philadelphia, Chicago, Tulsa, and San Diego County are developing programs. For more information about getting involved, contact **CMS**.

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®

- **Racial/ethnic differences confirmed for hypertension awareness, treatment, and control.** CDC has released a new report entitled "**Racial/Ethnic Disparities in the Awareness, Treatment, and Control of Hypertension—United States, 2003–2010**" that confirms well-documented racial/ethnic disparities among people with hypertension. According to the study, Mexican Americans have lower awareness and treatment of hypertension compared to African Americans and whites. Although African Americans had the highest levels of hypertension awareness and treatment, this group had one of the lowest rates of blood pressure control. The report findings reinforce the need for continued implementation of proven, evidence-based strategies that improve blood pressure treatment and control for those with hypertension across all racial/ethnic groups.
- **Self-reported hypertension increased nearly 10% in U.S. from 2005 to 2009.** In April, CDC released a new report entitled "**Self-Reported Hypertension and Use of Antihypertensive Medication Among Adults—United States, 2005–2009**." The report reveals recent trends in state-level hypertension awareness and treatment among U.S. adults, including medications used to treat high blood pressure. The report also notes significant disparities in hypertension prevalence and treatment by age, sex, race/ethnicity, and level of education. The elderly, men, non-Hispanic blacks, and individuals with less than a high school education were significantly more likely to report having hypertension compared to younger people, women, non-Hispanic Asians, and individuals with higher levels of education.
- **About 15% of U.S. adults check blood pressure at home at least once a month.** According to a new study in the *American Journal of Hypertension* entitled "**Home Blood Pressure Monitoring and Hypertension Status Among US Adults: The National Health and Nutrition Examination Survey (NHANES), 2009–2010**," people with high blood pressure who are unaware, untreated, or not under control are the least likely groups to report checking their blood pressure regularly at home. Even among those who are aware, treated, or under control, fewer than half were monitoring blood pressure at home. More work is needed to spread the message that **self-measured blood pressure monitoring, plus clinical support, is a key tool for control.**



As the days get longer, Million Hearts® is committed to making every minute count. May and June offer endless opportunities to focus on better heart health: High Blood Pressure Education Month, National Stroke Awareness Month, Women's Health Week, Older Americans Month, Men's Health Month—and don't forget Mother's Day and Father's Day!

Please join us for the May 21 **Grand Rounds on Hypertension** hosted by CDC. Million Hearts® will be live-tweeting as we learn about public health and clinical approaches to better detect, connect, and control high blood pressure. Together, we can help 10 million more Americans make control the goal!

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

P.S. Mark your calendar for the **State of Men's Heart Health** webinar on June 3 from 1–2 PM ET, co-hosted by Million Hearts® and the Men's Health Network!

Do This! One Easy Way to Support Million Hearts®

Join us on May 21 for CDC **Grand Rounds on Hypertension: Detect, Connect, Control!**



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