Million Hearts® in the Community

Did you know high blood pressure could increase your risk for dementia later in life? The National Institute of Neurological Disorders and Stroke recently launched Mind Your Risks, an educational campaign to raise awareness about the need to control blood pressure in midlife (from the ages of 45 to 65) to help reduce the risk for stroke and dementia later in life. Visit https://MindYourRisks.nih.gov to learn more about the campaign.

Sign up for a webinar on strategies to help your campus quit smoking. Join the Tobacco-Free College Campus Initiative (TFCCI) on February 4 for the first installment of the 2016 TFCCI Webinar Series, which will explore how college campuses across the country are addressing smoking cessation.

Submit your One Brave Idea to end coronary heart disease. The American Heart Association, Verily, and Adena Health System teamed up to award $75,000 to a leader with a bold vision to address coronary heart disease. Register now! Submissions are due by 11:59 PM CT on February 14.

Learn about the winners from the 2016 Million Hearts® Hypertension Control Champions. Learn about how each Champion helped their patients achieve safe levels of blood pressure control. These stories feature small practices, large health systems, federally qualified health centers, and providers in underserved or high blood pressure disparities. We look forward to announcing a new crop of Champions in May.

Rochester, NY, business-led campaign moves the needle on high blood pressure. This High Blood Pressure Collaborative shares new evidence-based practices with its workforce, develops a healthy workplace programming, supports health ministries in congregations, and trains barbers and hairstylists to take blood pressure measurements. The campaign has already demonstrated a 13% improvement in control rates.

Wisconsin Blood Pressure Improvement CHALLENGE. The Wisconsin Heart Disease and Stroke Alliance invites clinicians, businesses, nonprofits, hospitals, organizations, pharmacies, and others to submit their stories of how they succeeded in blood pressure improvements in a clinical, community, or parish setting. We are excited to hear about more states adopting and performing their own Challenge!

Green Spring Internal Medicine awarded for strategies to incorporate high blood pressure protocols into electronic health records (EHRs). The Office of the National Coordinator for Health Information Technology announced Green Spring Internal Medicine as the winner of Phase 2 in the EHR Innovations for Improving Hypertension Challenge. Learn about the winners by watching the webinar presented to the Hypertension Control Protocol Learning Collaborative.

Support continues for New York City’s sodium warning label rule. The National Restaurant Association’s response to New York City’s sodium warning labeling rule, which was approved by a federal judge, presages changes for many organizations, including the American Heart Association and the National Association of Chronic Disease Directors, to support the implementation of a similar rule by the State of New York. Additionally, Mary T. Bassett, MD, MPH, the city’s health commissioner, submitted an affidavit in support of the regulation.

Apply for funding to work on reducing salt intake. CDC recently released Funding Opportunity Announcement (FOA) SP16-137, Sodium Reduction in Community Programs. More information about the FOA and application requirements is available on the CDC Salt website.

The Science of Million Hearts®

SPRINT results demonstrate lower blood pressure goals can reduce heart-related deaths. The much anticipated results of the Sysyolic Blood Pressure Intervention Trial (SPRINT) have been published in the New England Journal of Medicine. Make sure to also read Blood Pressure Matters: Keep Hypertension in check, a story released by the National Institutes of Health based on the SPRINT results.

Exploring cholesterol treatment eligibility and medication use among U.S. adults. A recent CDC Morbidity and Mortality Weekly Report (MMWR) revealed that only 48% of U.S. adults eligible for cholesterol treatment were taking medications and that medication use and treatment eligibility greatly differed by sex and race/ethnicity.

PCSK9 Inhibitors: how they work and who should get them. New research reveals that PCSK9 inhibitors can help lower blood pressure. Additionally, the DASH Diet was recently ranked number one by the U.S. Department of Health and Human Services in the National Heart, Lung, and Blood Institute’s Undiagnosed Hypertension Change Package for some background in the meantime.

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

Do This! Adopt a healthy behavior during American Heart Month

How can we get a jump start on our 2016 goals for the National Heart, Lung, and Blood Institute’s Million Hearts® campaign to prevent 1 million heart attacks and strokes? Compared to 2011, nearly 4 million fewer people smoked tobacco in 2014. A new agreement in place is to provide 2 billion healthier meals per year in schools, sports venues, and businesses. Through efforts using health information technology tools, more than half a million people have been identified as having elevated blood pressures but no formal diagnosis of hypertension. We are making great strides toward our goal, but our work is far from complete. You can accelerate this progress by helping to identify and treat individuals with undiagnosed hypertension; assessing the millions who want to stop smoking elevated blood pressures but no formal diagnosis of hypertension. We are making great strides toward our goal, but our work is far from complete. You can accelerate this progress by helping to identify and treat individuals with undiagnosed hypertension; assessing the millions who want to stop smoking elevated blood pressures but no formal diagnosis of hypertension. We are making great strides toward our goal, but our work is far from complete. You can accelerate this progress by helping to identify and treat individuals with undiagnosed hypertension; assessing the millions who want to stop smoking elevated blood pressures but no formal diagnosis of hypertension. We are making great strides toward our goal, but our work is far from complete. You can accelerate this progress by helping to identify and treat individuals with undiagnosed hypertension; assessing the millions who want to stop smoking.

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

I am delighted to report that we are making major progress toward preventing 1 million heart attacks and strokes. Compared to 2011, nearly 4 million fewer people smoked tobacco in 2014. A new agreement in place is to provide 2 billion healthier meals per year in schools, sports venues, and businesses. Through efforts using health information technology tools, more than half a million people have been identified as having elevated blood pressures but no formal diagnosis of hypertension. We are making great strides toward our goal, but our work is far from complete. You can accelerate this progress by helping to identify and treat individuals with undiagnosed hypertension; assessing the millions who want to stop smoking.

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