Tools You Can Use

Explore and use the new Million Hearts® Hypertension Control: Change Package for Clinicians—This quality improvement tool was created for health care professionals to improve patient outcomes by systematically addressing the leading risk factors for heart disease and stroke. The main areas: key foundations, population health management, and individual patient supports. The guide provides health care practices with an evidence-based listing of process improvements to more effectively and efficiently care for patients with hypertension.

Browse the U.S. Environmental Protection Agency’s (EPA’s) easy-to-read fact sheets on environmental hazards—A variety of these free resources provide information older Americans and their caregivers can use to reduce exposure to a range of environmental hazards, including facts sheets on staying safe during a heat wave and determining the air quality where you live. The fact sheets have been translated into several languages and are available in formats for people with limited sight or reading ability.

Use these innovations and tools from the Agency for Healthcare Research and Quality to improve cardiovascular health—Primary care practices provide care to millions of patients nearing or already age 65 and older. These patients can be at-risk patients. Clinical practices are finding innovative ways to reduce the risk of cardiovascular disease and improve patient outcomes.

Download the Million Hearts® Hypertension Control App—Clinical practices can answer questions, follow patient management steps, and compare slain characteristics and drug interactions with the free app from the American College of Cardiology (ACC) that is available on iTunes and Google Play. Visit the website for more information and recommendations derived from the 2013 ACC/American Heart Association Guideline on the Treatment of Blood Cholesterol to Reduce Atherosclerotic Cardiovascular Risk in Adults. This app can help guide clinicians through the process of managing and treating patients who report muscle symptoms while on statin therapy.

Million Hearts® in the Community

TMF Health Institute provides quality improvement assistance to care health care providers to support Million Hearts® in Texas—TMF Health Institute, the quality improvement organization for Texas, recently presented a webinar on the 2015 Million Hearts® Hypertension Control Challenge announcement coming soon! Clinical practices are finding innovative ways to reduce the risk of cardiovascular disease and improve patient outcomes.

Video: How Peninsula Community Health Services became a Million Hearts® Hypertension Control Champion—Through team-based care, Peninsula Community Health Services in Washington State was able to achieve blood pressure control rates of more than 75% for its adult population. The organization’s success is a great example of how effective coordination of care can lead to high rates of blood pressure control. Be on the lookout for the 2015 Million Hearts® Hypertension Control Challenge announcement coming soon!

The life’s work of nutrition-education expert African American man in the southeastern U.S. African American men are 25% more likely to die from heart disease compared with non-Hispanic white men. To help address this health disparity, the Centers for Disease Control and Prevention (CDC) launched Million Hearts® “Healthy Is Strong” initiative. The campaign aims to raise awareness about preventing heart attacks and strokes, particularly among African American men ages 40–65 living in the Southeast, where cardiovascular disease rates are high.

Health care professionals: Participate in the Centers for Medicare & Medicaid Services’ Million Hearts® Cardiovascular Disease Risk Reduction Model. The model provides an opportunity for health care professionals to design sustainable models of care that help reduce 10-year atherosclerotic cardiovascular disease risk and prevent heart attacks and strokes for tens of thousands of eligible Medicare beneficiaries. Application deadline is September 10.

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

The Science of Million Hearts®

Combined nutrition and sales data from 2008 show that fewer than half of selected food products met FDA sodium-per-serving conditions for limiting sodium as “healthy.” Regional differences in hypertension were not reflected in differences in the amount of packaged foods high in sodium by state. Findings suggest that current food environments, regardless of location, make it difficult to meet the standard recommendations.

CDC study reveals sodium reduction opportunities nationwide. A 2013 survey of more than 180,000 adults across 26 states, Washington, D.C., and Puerto Rico revealed that just half of over respondents reporting taking action to reduce sodium from their diets. Adults who self-reported hypertension, 20% (Puerto Rico) to 50% (Utah) did not report taking action to reduce sodium related to sodium reduction. Among adults who self-reported hypertension, 20% (Puerto Rico) to 50% (Utah) did not report taking action to reduce sodium related to sodium reduction. Among adults who self-reported hypertension, 20% (Puerto Rico) to 50% (Utah) did not report taking action to reduce sodium related to sodium reduction. Among adults who self-reported hypertension, 20% (Puerto Rico) to 50% (Utah) did not report taking action to reduce sodium related to sodium reduction.

Clinicians use electronic health records as a quality improvement tool to reduce cardiovascular disease. This is one of the few studies to examine the electronic health records systems to achieve measurable impact on addressing high-priority health problems like heart disease. As incentives are aligned and best practices become available, Million Hearts® is emerging as a key contributor and provider to reducing cardiovascular disease.

Public health interventions that engage community health workers (CHWs) in patient management steps, and compare the value characteristics and drug interactions with the free app from the American College of Cardiology (ACC) that is available on iTunes and Google Play. Visit the website for more information and recommendations derived from the 2013 ACC/American Heart Association Guideline on the Treatment of Blood Cholesterol to Reduce Atherosclerotic Cardiovascular Risk in Adults. This app can help guide clinicians through the process of managing and treating patients who report muscle symptoms while on statin therapy.

Do This! Get Tweeting with #MillionHeartsUS

With the new school year inching closer, it’s a great time to chat about teaching kids to eat healthy! Million Hearts® will be joining Everyday Health to co-host a childhood nutrition Twitter chat on Tuesday, August 18, at 1 p.m. EDT. Please share this opportunity with your colleagues and organizational partners to encourage participation! Follow #MillionHeartsUS to join in the conversation. Get more information.