Join health care teams nationwide in finding undiagnosed hypertensive patients in their practices—Many Americans with hypertension visit their health care provider regularly, remain undiagnosed, and remain undiagnosed even for cardiovascular screening. Within the system but below the radar, these individuals are “hiding in plain sight.” Use our collection of new clinician resources to help identify those at risk, including an interactive hypertension Prevalence Estimator Tool and a short whiteboard animation that explains the concept and key steps to take. You can also help raise awareness among your colleagues and patients who may be hiding in plain sight by sharing these social messages and graphics.

Help patients quit with a new set of resources from CDC’s fifth year of the Tips From Former Smokers campaign—The campaign profiles real people—not actors—living with various long-term health conditions from heart disease problems to tobacco use and other forms of exposure. The new ads raise awareness about chronic obstructive pulmonary disease, depression and anxiety, dual use of both cigarettes and electronic cigarettes, heart disease and stroke, and cancer risks. The ads can be used in print or on digital platforms, including TV, radio, and social media.

Roll Up Your Sleeves!—The National Coordinator for Health Information Technology (ONC) released Million Hearts® electronic health record (EHR) Optimization Guides to help providers use their EHR website and additional resources are available on the Public Health Live! website.

Hilary K. Wall, Million Hearts® Science Lead, who discussed the tenets of Million Hearts® in Plain Sight: Finding Patients with Undiagnosed Hypertension” was the topic of the CDC Clinician Outreach and Communication Activity (COCA) webcast and additional resources are available on the COCA website.

View the CDC Clinician Outreach and Communication Activity (COCA) presentation on undiagnosed hypertension. “Hiding in Plain Sight: Finding Patients with Undiagnosed Hypertension” was the topic for February’s Public Health Live!, a monthly webinar series aimed at providing concrete steps and opportunities for public health providers. This webinar featured Hilary K. Wall, Million Hearts® Science Lead, who discussed the benefits of Million Hearts®, the importance of identifying patients with undiagnosed hypertension, and steps health care systems can take to identify patients at risk. The webinar included slides and additional resources are available on the Public Health Live! website.

View the CDC Clinician Outreach and Communication Activity (COCA) presentation on preventing heart attacks and strokes. In February, Dr. Janet Wright discussed Million Hearts® and strategies to help find and address the needs of those at greatest risk for cardiovascular diseases. The webinar and additional resources are available on the COCA website.

Join Million Hearts® for their National Day of Action Participant Guide—On Thursday, May 5, 2016, commit to take action to increase awareness, detection, or control of high blood pressure in your community and share your activism with the campaign! For more information and resources check out the Million Hearts® National Day of Action Participant Guide.

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.

Let’s prevent 1 million heart attacks and strokes by 2017.

Million Hearts® in the Community

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Both Israel Deaconess Medical Center (BIDMC) is gearing up to kick off BIDMC @ Home, an initiative that will provide home health monitoring via connected devices and Apple’s Heart Health framework. The program will initially focus on managing heart failure and hypertension. Using weight scales and blood pressure monitors connected to an iPhone app, patients can monitor their own heart health data, which is sent securely to the patient’s care team and patient portal, allowing health care providers to monitor what is happening in the home.

Join Million Hearts® and APHA to help make America the healthiest nation in one generation. During Public Health Month (PHM), Million Hearts® will be participating in the American Public Health Association’s (APHA) 6th annual NPHW Twitter Chat on Wednesday, April 6, at 2 p.m. ET—join us! Use @MillionHearts and #NPHW to follow along, and visit the APHA NPHW website for a wide array of tools and resources for working with partners to help them quit smoking.

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