Million Hearts® in the Community

Million Hearts® director shares tips from blood pressure champions. In this Centers for Medicare & Medicaid Services podcast, Million Hearts® Executive Director Janet Wright highlights the 2015 Hypertension Control Champions and the many resources available for healthcare professionals on the Million Hearts® and CDC websites.

CDC Active Public Health Grand Rounds on stroke. To commemorate National Stroke Month, CDC focused its May 17 Public Health Grand Rounds on "Mind Your Risks" and Act FAST to Prevent and Treat Strokes." The presentation highlighted how public health programs and healthcare professionals can use VITAL and VA surveillance data across the nation to identify and reduce stroke risks and to improve the quality of how stroke is diagnosed and treated.

Join the Underserved Hypertension in the Safety Net Webinar. The National Association of Community Health Centers is hosting a webinar on Tuesday, June 14 from 2 to 3 p.m. EST to share cutting-edge interventions designed to address underserved hypertension (our tools and strategies reaching a national audience). Register now to get the latest information and evidence-based strategies to consider when designing or refining a feedback reporting system.

The State University and Women's Heart Alliance (WHA) Team Up to Fight Women's Number One Killer, Heart Disease. Ohio State and WHA launched a new partnership to address women's heart disease, by screening and educating college-aged women about the risks of heart disease and key steps for preventing the disease. Ohio State will also support the launch of WHA's collected and analyzed data to learn more about young women and heart disease.

CDC-funded initiative aims to improve blood pressure control and cardiovascular health. The New York City Department of Health and Mental Hygiene's VITAL project is an example of how a public health agency can work with partners to improve cardiovascular health. VITAL is a citywide hypertension intervention that builds social norms for hypertension management among South Asian patients across New York City.

Upcoming AHRR webinar will highlight Health IT for primary care practices. Join Million Hearts® for an upcoming webinar on June 15 at 1 p.m. EST to learn about a new AHRQ publication, "Creating a Health IT Feedback System: Designing for Optimal Impact on Performance." The webinar will provide a practical guide for designing effective feedback systems that improve quality and patient outcomes, especially related to heart health. The webinar, "Perfect your physician feedback reporting system —The Agency for Healthcare Research and Quality released a new guide: Practical Solutions for Supporting Quality Improvement in Primary Care through Health Information Technology, is part of AHRQ's EvidenceNOW program, a grant initiative dedicated to helping thousands of small- and medium-sized primary care practices use current evidence to improve cardiovascular care for millions of Americans nationwide.

The Science of Million Hearts®

Task Force recommends using aspirin to prevent cardiovascular disease events. The U.S. Preventive Services Task Force recommends using a low dose of aspirin to prevent cardiovascular disease events (CVD) and colorectal cancer in adults aged 50–59 who are at increased risk. There are no major changes to the Task Force's previous 2009 guidelines. Of the 7 million Americans who use aspirin to reduce their risk, about 2 million actually need aspirin to help prevent a heart attack or stroke. The Task Force recommends using aspirin to prevent cardiovascular disease events for adults at increased risk for bleeding, who have a life expectancy of at least 10 years, and are willing to take the dose daily for at least 10 years. The Task Force also recommends using aspirin to prevent cardiovascular disease events for adults who do not at increased risk for bleeding, have a life expectancy of at least 10 years, and are willing to take the dose daily for at least 10 years.

Home blood pressure monitoring accurately predicts heart events. A study published in the Journal of the American College of Cardiology found that home blood pressure readings may be more useful for predicting heart events than measurements collected at a doctor's office. For additional information, read the Million Hearts® Self-Measured Blood Pressure Monitoring Action Guide (available at millionhearts.hhs.gov). The Million Hearts® Self-Measured Blood Pressure Monitoring Action Guide provides evidence-based strategies to consider when designing or refining a feedback reporting system.

Brain health impacted by heart health. Vascular diseases like heart disease, stroke, and high blood pressure can harm the brain as well as the heart. The American Academy of Living, the National Institutes of Health, and CDC have teamed up to create the Brain Health Resource, a toolkit that includes evidence-based strategies to help medical professionals take care of their patients' brains.

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.

Million Hearts®

Do This! Up your game by improving your health during Men’s Health Month this June! Encourage the men in your community to take care of their heart health by sharing these inspiring personal stories. Visit the Million Hearts® website for additional tools and resources. You can also join the conversation online by using MillionHearts and following Million Hearts® on Facebook and Twitter.

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Congratulations to our 2015 Hypertension Control Champions! This year, we recognize 18 health care practices and systems across the country for their success in achieving blood pressure control rates of at or above the Million Hearts® goal of 70%. This year’s champions feature 11 small and 7 large practices, 10 of which are federally qualified health centers (FQHCs). Together, these primary care practices have mobilized more than 1.2 million 14+ adults to set, learn, and see how you can be a Champion in your practice.

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

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Help prevent 1 million heart attacks and strokes by 2017.