



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

e-update

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Tools You Can Use

- **Employers play an integral role in supporting cardiovascular health**—Check out the new Million Hearts® Action Guide, *Cardiovascular Health: Action Steps for Employers*, to help you create a worksite that supports blood pressure control, cholesterol management, tobacco cessation, healthy nutrition, and physical activity.
- **What is Million Hearts®?**—Use this infographic to spell out the ABCS of heart health and educate potential partners about Million Hearts®, including what it will take to achieve the goal of preventing 1 million heart attacks and strokes by 2017.
- **State laws help ensure value of community health workers**—Develop strong community health worker (CHW) programs with this summary analysis from the Centers for Disease Control and Prevention. The fact sheet can help states understand how to use laws to address CHW infrastructure, professional identity, workforce development, and financing as well as how to integrate CHWs into the health care delivery system.
- **Demonstrate use of electronic health records (EHR) to improve patients' health**—The Centers for Medicare and Medicaid Services has released the latest guidance for eligible professionals to progress to Stage 2 of the EHR Incentive Programs, including criteria, 2014 clinical quality measures, and 2014 EHR certification.
- **5 questions to ask your health care professional about heart health**—Help women better understand their risk for heart disease with Sister to Sister: The Women's Heart Health Foundation's new infographic, which arms women with relevant questions to ask at their next office visit.

Million Hearts® in the Community

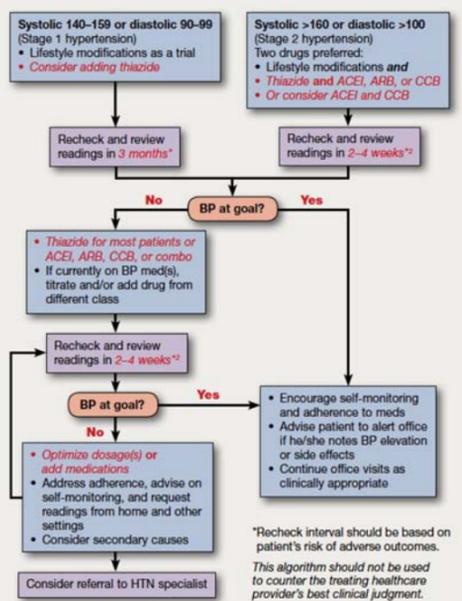
- **Wisconsin organizations team up to improve heart health in African American communities.** Watch how MetaStar, the Medical College of Wisconsin, Progressive Community Health Centers, the American Heart Association, and individual community members are working together to make lifestyle changes that reduce blood pressure in Wisconsin.

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®

- **FDA announces tentative determination on safety of partially hydrogenated oils.** Consumption of artificial partially hydrogenated oils (trans fat) in the United States remains a public health concern. The Centers for Disease Control and Prevention (CDC) estimates that eliminating artificial trans fat from processed foods could prevent 20,000 heart attacks and 7,000 heart-related deaths each year. The Food and Drug Administration (FDA) has announced a preliminary determination that the use of artificial trans fat in foods is not generally recognized as safe. Through January 7, 2014, the FDA is requesting public comments, scientific data, and more information related to use of trans fats. Consumers can reduce their intake of trans fat by checking the Nutrition Facts label on food products for trans fat and by avoiding products that include partially hydrogenated oils.
- **CDC: Sodium reduction is a public health priority.** CDC recently responded to the Institute of Medicine's report *Sodium Intake in Populations: Assessment of Evidence*. This commentary in the *American Journal of Hypertension* reinforces CDC's position that reducing sodium intake is a critical, achievable, and effective public health action to reduce blood pressure and improve cardiovascular health.
- **True: A robo-call can help improve blood pressure control.** Patients who received automated telephone messages encouraging them to get their blood pressure checked at a walk-in clinic were more likely to achieve blood pressure control than patients who did not receive the calls, according to a study by Kaiser Permanente Southern California.
- **Focus on high blood pressure benefits England, United States, and Canada.** Data from national surveys in England, the United States, and Canada show different levels of high blood pressure awareness, treatment, and control. High blood pressure was strongly associated with death rates in all three countries. Each country has addressed high blood pressure differently, with the United States and Canada carrying out more aggressive programs.

Controlling Hypertension in Adults¹



In November, the American Heart Association, the American College of Cardiology, and the Centers for Disease Control and Prevention (CDC) urged practices and health systems to use an **evidence-based hypertension treatment protocol** to improve blood pressure control. The message is clear: To improve blood pressure control, pick almost any hypertension treatment protocol—or develop your own—then use it. Visit the Million Hearts® website for **sample protocols** and a **customizable template** to develop your own protocol.

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

Do This! One Easy Way to Support Million Hearts®

Check out CDC Director Tom Frieden's interview on **Medscape** about ways to improve blood pressure control. Dr. Frieden shares advice on how practices and health systems can better identify and treat patients with high blood pressure, including regularly monitoring patient progress.

