The Science of Million Hearts®

Increased use of prescription cholesterol-lowering medication among U.S. adults aged 40 and older. Using National Health and Nutrition Examination Survey (NHANES) data, the National Center for Health Statistics found a significant increase in the percentage of adults aged 40 and older who were using prescription cholesterol-lowering medication. In 2003–2004, one in five adults reported using a prescription cholesterol-lowering medication in the past 30 days. By 2011–2012, that number had risen to one in four adults, high cholesterol is one of the most common preventable risk factors for types of cardiovascular disease that involve hardening of the arteries.

American College of Cardiology CEO releases call to reduce access to tobacco products. In an article in the Journal of the American College of Cardiology, Shalom Jacobson of the American College of Cardiology, discussed the importance of partnerships and support in improving the nation’s cardiovascular health through reducing access to tobacco products.

Affordable Care Act creates opportunities to help smokers quit. In an opinion piece in the New England Journal of Medicine, members of the CDC Office of Smoking and Health discussed provisions of the Affordable Care Act designed to address the long-standing gap in insurance coverage for smoking cessation programs. The authors noted that these provisions could contribute greatly to improving the quality of health care and achieving better health outcomes while reducing health care costs.

Million Hearts® in the Community

National Committee for Quality Assurance (NCQA) examines best practices in cardiovascular care. In an effort to identify best practices in cardiovascular care, NCQA selected and interviewed high performing physician practices using its Healthcare Effectiveness Data and Information Set (HEDIS) for quality measures related to hypertension control. Consistent themes emerged across the high-performing practices and health plans. To learn more, read the full report.

Association of Public Health Nurses and Association of State and Territorial Health Officials discuss roles of public health nurses in hypertension control. Nurses comprise the largest group of occupational public health workers in the United States, and their strong prevention- and population-focused training makes them ideal partners in health promotion and disease prevention initiatives. Community and public health nurses draw on their expertise using Million Hearts® as a framework to address the needs of populations with the greatest risk and highest burden of hypertension at the state and local levels.

Virginia’s 100 Congregations for Million Hearts Initiative recognized for work to prevent heart attacks and strokes. The Virginia Department of Health’s Office of Minority Health and Equity recently partnered with the 100 Congregations for Million Hearts Initiative to raise awareness and prevent cardiovascular disease— with a focus on hypertension control—from the pulpit to the pew. So far, 14 Virginia states to receive support to address cardiovascular burden.

National Association of Chronic Disease Directors (NACDD) selects three statewide partners. NACDD will provide enhanced technical assistance to each of the 100 Congregations for Million Hearts® initiative to raise awareness and prevent cardiovascular disease— with a focus on hypertension control—from the pulpit to the pew. So far, 14 Virginia communities have enrolled in the faith-based program to help guide members with a focus on hypertension control toward a heart-healthy lifestyle. The state aims to have 100 congregations and health care providers working toward a heart-healthy lifestyle. The state aims to have 100 congregations and health care providers working toward a heart-healthy lifestyle. The state aims to have 100 congregations and health care providers working toward a heart-healthy lifestyle. The state aims to have 100 congregations and health care providers working toward a heart-healthy lifestyle. The state aims to have 100 congregations and health care providers working toward a heart-healthy lifestyle. The state aims to have 100 congregations and health care providers working toward a heart-healthy lifestyle. The state aims to have 100 congregations and health care providers working toward a heart-healthy lifestyle. The state aims to have 100 congregations and health care providers working toward a heart-healthy lifestyle. The state aims to have 100 congregations and health care providers working toward a heart-healthy lifestyle. The state aims to have 100 congregations and health care providers working toward a heart-healthy lifestyle. The state aims to have 100 congregations and health care providers working toward a heart-healthy lifestyle. The state aims to have 100 congregations and health care providers working toward a heart-healthy lifestyle. The state aims to have 100 congregations and health care providers working toward a heart-healthy lifestyle. The state aims to have 100 congregations and health care providers working toward a heart-healthy lifestyle. The state aims to have 100 congregations and health care providers working toward a heart-healthy lifestyle. The state aims to have 100 congregations and health care providers working toward a heart-healthy lifestyle. The state aims to have 100 congregations and health care providers working toward a heart-healthy lifestyle. The state aims to have 100 congregations and health care providers working toward a heart-healthy lifestyle. The state aims to have 100 congregations and health care providers working toward a heart-healthy lifestyle. The state aims to have 100 congregations and health care providers working toward a heart-healthy lifestyle. The state aims to have 100 congregations and health care providers working toward a heart-healthy lifestyle. The state aims to have 100 congregations and health care providers working toward a heart-healthy lifestyle. The state aims to have 100 congregations and health care providers working toward a heart-healthy lifestyle. The state aims to have 100 congregations and health care providers working toward a heart-healthy lifestyle. The state aims to have 100 congregations and health care providers working toward a heart-healthy lifestyle. The state aims to have 100 congregations and health care providers working toward a heart-healthy lifestyle. The state aims to have 100 congregations and health care providers working toward a heart-healthy lifestyle. The state aims to have 100 congregations and health care providers working toward a heart-healthy lifestyle. The state aims to have 100 congregations and health care providers working toward a heart-healthy lifestyle. The state aims to have 100 congregations and health care providers working toward a heart-healthy lifestyle. The state aims to have 100 congru...