

## Tools You Can Use

- **Read the new comprehensive, national hypertension guidelines.** Several health professional organizations collaborated to release new guidance on blood pressure detection and management. Learn how these new numbers might affect your practice and community.
- **Learn the benefits of cardiac rehab on the new Million Hearts<sup>®</sup> Cardiac Rehabilitation web page.** Cardiac rehab improves quality of life and reduces the risk of having another heart attack, but it's underutilized. Learn about cardiac rehab programs, who can participate, and evidence and resources to support this program for improving heart health.
- **Shop here for best practices to prevent cardiovascular disease.** In this handy document for public health professionals, the Centers for Disease Control and Prevention (CDC) summarizes the best evidence and strategies for controlling and managing high blood pressure and high blood cholesterol. Learn how to apply these practices.
- **Take this free course on particle pollution and patient health.** The Environmental Protection Agency (EPA) and CDC developed and accredited a new course for health care professionals: "Particle Pollution and Your Patients' Health." It helps clinicians understand the impact of particle pollution and how to use the EPA Air Quality Index.
- **Help at-risk patients navigate behavioral health services.** Cardiovascular health and mental health are interwoven. Share "A Roadmap to Behavioral Health," from the Centers for Medicare & Medicaid Services and the Substance Abuse and Mental Health Services Administration, to help people navigate insurance and behavioral health services.

## Million Hearts<sup>®</sup> in the Community

- **Tell your cardiac rehab success story through the Huddle for Care tool.** The American Hospital Association's Health Research & Educational Trust is seeking success stories about cardiac rehab care transitions. Share policy or procedural improvements that improved your cardiac rehab referrals or patient participation and completion.
- **San Diego "University of Best Practices" demonstrates success in lowering heart attack hospitalization rates.** This countywide learning collaborative shares road-tested approaches in managing cardiovascular disease and risks. Unlike the rest of California, areas using this program saw a decline in the number of hospitalizations for heart attacks.
- **EvidenceNOW initiative provides a snapshot of results from participating practices and patients.** This initiative, from the Agency for Healthcare Research and Quality, consists of seven regional collaboratives with 1,500 small and medium-sized primary care practices, 5,000 clinicians, and 8 million patients. This infographic details the diversity of these practices and their patients.
- **African Americans face burdens and barriers in cardiovascular disease prevention and management.** Writing for the blog of the National Partnership for Action to End Health Disparities, Dr. Andrew K. Sanderson II outlines what can be done at the individual and system levels to reduce the burden of cardiovascular disease on African Americans.

## The Science of Million Hearts<sup>®</sup>

- **County-level trends in heart disease mortality show widespread increases across age groups.** (*Annals of Epidemiology*)
- **Supplement: Examining the economics of treating hypertension to improve cardiovascular health.** (*American Journal of Preventive Medicine*)
- **Meta-analysis shows self-monitoring of blood pressure worked best combined with more intensive interventions.** (*PLOS Medicine*)
- **Using community health workers in diabetes management is cost-effective and improves glycemic and lipid control.** (*The Community Guide*)
- **Across ages, both male and female stroke patients show increased prevalence of CVD risk factors.** (*Neurology*)

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## 2017 HYPERTENSION CONTROL CHAMPIONS



Learn more from



### Protecting Millions from the Dangers of High Blood Pressure

We are thrilled to recognize the 2017 Hypertension Control Champions for achieving over 70% control rates with their hypertensive patients. These 24 Champions range from solo practitioners to large systems in rural and urban settings across 19 states, and include nine Federally Qualified Health Centers.

The Champions showcase the power of team care, such as working with pharmacists to improve medication adherence and partnering with community health workers to problem solve with patients. The Champions developed hypertension "systems of care," using customized treatment protocols, out-of-office monitoring, and patient outreach between visits. Over the last 5 years, 83 Million Hearts<sup>®</sup> Hypertension Control Champions have cared for 15 million adults and protected them from heart attacks, heart failure, kidney disease, and stroke.

Help celebrate the remarkable achievements of our 2017 Champions. Learn, adopt, and adapt their tips and techniques. Visit the [Million Hearts<sup>®</sup> website](#) for more information.

—Janet Wright, MD, FACC  
Executive Director, Million Hearts<sup>®</sup>

### Do This! Make Control Your Goal in 2018!

By prioritizing blood pressure control in your home, community, and practice, you will contribute to longer, healthier lives. Review the new guidelines for evidence-based recommendations. Learn from the Champions' success stories. Find out how you can protect yourself and your loved ones in the new year.

### Quick Fact

**Chronic kidney disease (CKD)** is common (1 in 7 adults) and often unrecognized. Simple lab tests can detect CKD, and good control of diabetes and hypertension, its most common causes, can slow or stop CKD progression.