

Tools You Can Use

- **Get key takeaways from CDC's latest stroke data in less than a minute.** This video highlights CDC's latest *Vital Signs* report on stroke, noteworthy statistics, and an important strategy for treating stroke.
- **Find evidence-based strategies to help smokers quit on the new Million Hearts[®] Tobacco Use website.** Clinician-led interventions are proven to help smokers quit and reduce their risk for heart disease and stroke. Explore new and updated tools and resources, including the Tobacco Cessation Protocol and Action Steps for Clinicians.
- **Optimize care with CDC's new Health Systems Scorecard.** This quality improvement tool assesses evidence-based chronic disease care management policies and practices. Use the tool to establish relationships with primary care practices and better understand evidence-based strategies for managing chronic disease.
- **Be a citizen scientist with the Environmental Protection Agency's Smoke Sense mobile app.** Data collected via the app will be used to study how wildfire smoke exposure affects health and productivity, as well as develop health risk communication strategies that improve public health outcomes. Download Smoke Sense on Android devices.
- **Learn how measurement leads to improved outcomes.** Million Hearts[®] has worked with public and private partners to align evidence-based clinical quality measures across national reporting initiatives. This has helped reduce the reporting burden on clinicians and focus improvement efforts on outcomes that matter.

Million Hearts[®] in the Community

- **Celebrate 20 years of action on preventing and treating stroke with the Brain Attack Coalition.** The Brain Attack Coalition is made up of 13 professional, voluntary, and governmental organizations dedicated to setting direction, advancing knowledge, and communicating the best practices to prevent and treat stroke.
- **Health centers nationwide are setting a high bar for clinical quality measures.** More than 200 health centers across the nation are meeting or exceeding Million Hearts[®] targets for clinical quality measures. Find a center near you that has earned the Million Hearts[®] badge.
- **Where does your state stand in tobacco use and prevention?** Find tobacco use rates, the economics of tobacco use and control, tobacco laws, and details on prevention and cessation in the Truth Initiative's updated state-by-state fact sheets.
- **The Million Hearts[®] Cardiac Rehab Collaborative is raising awareness about the benefits of cardiac rehab.** New developments were shared at the August 10 Cardiac Rehab Collaborative (CRC) meeting. Help the CRC build awareness about the benefits of cardiac rehab by disseminating cardiac rehab patient stories. Stay tuned for the 2018 CRC Action Plan.
- **The Food Trust's Heart Smarts program promotes better health through corner stores.** Through the program, people can visit their corner stores and receive coupons for healthy foods, nutrition education, health screenings, recipe tastings, and more—all free of charge.

The Science of Million Hearts[®]

- **More than 60% of cardiovascular events occur in adults with blood pressure below 140/90 mm Hg.** (*Circulation*)
- **Systematic review shows cost effectiveness of self-measured blood pressure monitoring when combined with team-based care.** (*AJPM*)
- **Only 1 in 3 heart attack survivors reports receiving cardiac rehab after a heart attack.** (*MMWR*)
- **Medication adherence can play a significant role in reducing cardiovascular disease disparities among blacks.** (*J Clin Hypertens*)
- **Tools to help smokers quit also work for people with severe mental health conditions.** (*BMC Psychiatry*)
- **Reducing sodium in processed and prepared foods could substantially decrease U.S. sodium intake.** (*AJCN*)

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CDC's latest *Vital Signs* report exposes a concerning trend. After decades of decline, **progress has stalled** in preventing stroke deaths.

Although we have made excellent progress as a nation in treating stroke risk factors, almost 800,000 people in the United States have a stroke each year, and more than 140,000 die as a result. Rising rates of obesity and other risk factors may be limiting our success. The *Vital Signs* report shows that the decrease in stroke death rates has slowed in 3 out of 4 states, and rates among Hispanics and young adults have increased in recent years.

The good news is that many strokes are preventable. We already have the tools to treat stroke risk factors, such as high blood pressure, tobacco use, cholesterol, and physical inactivity. Million Hearts[®] has a wealth of **evidence-based strategies** for health professionals, communities, and individuals. Find the tools that work for you! Together, we can keep our loved ones stroke-free.

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

Do This!

With stroke, don't just be quick: Be F.A.S.T.

When stroke happens, time lost is brain lost. **Recognize the signs of stroke** and act F.A.S.T.: Ask the person to smile (**Face**), lift their **Arms**, and **Speak**. Problems with any of these tasks mean it's **Time** to call 9-1-1.

Quick Fact

Optimal brain health is important for preventing stroke, dementia, and cognitive impairment. Check out the recent **American Heart Association/American Stroke Association Presidential Advisory** identifying seven metrics for defining optimal brain health and providing guidance on how to maintain it.

