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)

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.

You are receiving this newsletter because you are a Million Hearts® supporter.