Steps to Million Hearts® Success



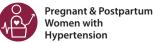


Choose a Million Hearts® priority area:				
 □ Decrease tobacco use/improve smoking cessation □ Decrease physical inactivity □ Decrease particle pollution exposure If you need more data, you can use tools like the CDC's Heart 	 Improve appropriate aspirin/ anticoagulant use Improve cholesterol management Improve blood pressure control t Disease and Stroke GIS Tools/Maps to help determine a prior 		☐ Increase use of cardiac rehabilitation (CR) ☐ Focus on health equity (see back for specifics) ☐ Million Hearts® 2027 (general) ity area.	
2 Set your goal(s): You may choose to use the 20% improvement targets established for the national Million Hearts® campaign or set your own targets.* List your goals below.		Identify champions, best practices, and key partners in your state: Identify diverse partners across public health and health care who might be interested in collaborating (e.g., American Association of Cardiovascular and Pulmonary Rehabilitation [AACVPR] state affiliates, state health departments, Primary Care Associations, Hypertension Control Champions in your state).		
If you choose to set your own goal, try to use a specific number Million Hearts® in Municipalities Tool Kit may be helpful.	r as a target—the	•	artners you should connect with? the Million Hearts® team to inquire about what partners york toward your goal.	
What are the first steps?		6 How will you measure and report your success?		
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MH Priority Topic and Intervention Type (Linked with Resources)

Examples of specific areas of focus: Use self-measured blood pressure monitoring (SMBP) in low-income populations, reduce physical inactivity for clinic staff/partner with Walk with a Doc (WWAD), improve oral anticoagulant (OAC) use for stroke prevention in atrial fibrillation (SPAF), partner with local obstetricians and gynecologists to address hypertensive disorders of pregnancy, or improve statewide participation rates in cardiac rehabilitation (CR).

KEY:











	COMMUNICATIONS	PROGRAM IMPLEMENTATION	QUALITY IMPROVEMENT	POLICY	OTHER
Million Hearts® 2027–General	Million Hearts® Partners	Million Hearts® Hospitals & Health Systems Recognition Program			Heart Disease and Stroke GIS Tools/Maps
Tobacco Cessation		Best Practices for Comprehensive Tobacco Control Programs	Tobacco Cessation Change Package	Enact Tobacco-Free	
		Create a Tobacco Cessation Protocol	Action Steps for Clinicians	Space Policies	
Physical			Exercise is Medicine: Healthcare	Step It Up! The Surgeon General's Call to Action	
Inactivity		Park Prescription Program Toolkit	Providers' Action Guide		
Particle	EPA Healthy Heart Toolkit	Air Quality Flag Program			
Pollution	Air Quality Index (AQI) Basics	All Quality Flag Flogram			
BP control Million Hearts® SMBP Forum	NACHC SMBP Toolkit	Hypertension Control Change Package, Second Edition	FDC Medicaid Analysis	Hypertension Control Champions	
		The Preeclampsia Foundation Cuff Kit™ Program	Patient Safety Bundle: Severe Hypertension in Pregnancy (AIM)	AMA SMBP Coverage Insights	
Cholesterol Management	CDC Cholesterol Communications Toolkit	Create a Cholesterol Management Protocol			
Cardiac Rehabilitation (CR) Cardiac Rehabilitation Communications Toolkit		Design & Implementation of a Hybrid CR Program	CR Change Package	Improve Coverage/ Reduce Cost-	AACVPR State
	TAKEheart Hybrid CR Implementation Guide		Sharing for CR	<u>Affiliates</u>	