

Improving cardiovascular health remains a priority even during a pandemic.



Million Hearts® understands that hospitals and health systems are challenged, working hard, and adjusting to meet the needs of their patients, employees, and communities during the pandemic. Focusing on cardiovascular health has never been more important. The **Million Hearts® Hospitals & Health Systems Recognition Program** recognizes institutions working systematically to improve the cardiovascular health of their communities by focusing on Million Hearts® priority areas:

1. Keeping People Healthy
2. Optimizing Care
3. Improving Outcomes for Priority Populations
4. Innovating for Health

The application for recognition remains open to multihospital health systems, hospitals with and without ambulatory care, medical practices unaffiliated with hospitals, community health centers, and any clinical entity whose leaders consider it eligible. Even if an institution chooses not to apply, the application form itself offers a plethora of proven strategies for improving the cardiovascular health of patients and communities.

Apply now! Our next review deadline is July 30, 2020. Achieve a Million Hearts® Hospitals & Health Systems designation to showcase your institution's commitment to both clinical quality and overall cardiovascular health.

My heart is with you in support.

Laurence Sperling, MD, FACC, FACP, FAHA, FASPC
Executive Director, Million Hearts®

[Apply for the Hospitals & Health Systems Recognition Program](#)

Tools You Can Use

Million Hearts® releases its new Hypertension Control Change Package (HCCP).

The 2020 HCCP provides new tools and resources for hypertension management that outpatient clinical settings can implement as they seek optimal hypertension control. The HCCP highlights the work of 20 Hypertension Control Champions and features new sections on self-measured blood pressure (SMBP) monitoring and chronic kidney disease.

Validate BP is a new resource listing home blood pressure devices that have been independently validated for clinical accuracy.

With telehealth visits increasing, clinically accurate self-measured blood pressure readings are vital. Validate BP provides a list of devices that have been independently validated for clinical accuracy and offers manufacturers information about the validation data needed.

Find hypertension treatment protocols on the Million Hearts® website.

The Hypertension Treatment Protocols section on the Million Hearts® website has been updated. Visit the revised page to make sure you have the most up-to-date information.

FDA has updated the Nutrition Facts label on packaged foods and drinks.

Learn about what's new with the updated Nutrition Facts label, including details on calories, serving sizes, added sugars, and more to make it easier for you to make informed food choices that support lifelong healthy eating habits.

CMS promotes value-based insurance design in final payment notice for 2021 . [PDF - 931 KB]

The Centers for Medicare & Medicaid Services (CMS) includes blood pressure monitors, glucometers, hemoglobin A1C testing, and cardiac rehabilitation in the high-value services to be covered with zero cost-sharing in value-based plans and encourages zero cost-sharing for antihypertensives, statins, and tobacco cessation treatments.

New maps depict adult physical inactivity by race/ethnicity.

CDC created maps illustrating adults' levels of physical inactivity, defined as no leisure-time physical activity during the past month. Combining 2015–2018 state-level data from the Behavioral Risk Factor Surveillance System (BRFSS), the maps showed noticeable differences by race/ethnicity.

The Community Guide reviews effective telehealth interventions for reducing chronic disease risk factors.

Text messaging and web-based content and applications have been shown to improve medication adherence, clinical outcomes, and dietary outcomes.

Quick Fact

Hospitals employ millions of people across the nation. Hospitals and health systems can have a positive impact on the communities they serve—starting with decisions they make to support their employees' health.

— Centers for Disease Control Prevention

Million Hearts® in the Community

CDC recognizes Eisenhower Health as a Million Hearts® Hospital.

Eisenhower Health in Rancho Mirage, California, has been recognized as a Million Hearts® Hospital for its work in Million Hearts® priority areas. We applaud Eisenhower Health's efforts and strong commitment to the cardiovascular health of its patients, employees, and community.

Pennsylvania QIO helps practices achieve 80% control rate.

Learn how a Pennsylvania Quality Improvement Organization (QIO) helped Burstein Medical Associates and Stolz and Hahn Family Medicine make changes in their own practices—such as focusing on medication adherence—to improve their patients' hypertension control.

NACDD releases national assessment of SMBP coverage. [PDF - 841 KB]

The National Association of Chronic Disease Directors (NACDD) recently released a report evaluating nationwide coverage for home blood pressure monitors and SMBP clinical support services in 2019. In its report, NACDD identifies facilitators and barriers of optimal coverage of the devices and associated clinical services.

Join Active People, Healthy NationSM.

Active People, Healthy NationSM, a multisector initiative that aims to help 27 million Americans be more physically active by 2027, offers individuals, organizations, and community leaders monthly updates, exclusive networking opportunities, a design element, and ways to receive recognition.

The Science of Million Hearts®

COVID-19–related hospitalizations and deaths are 6 and 12 times higher, respectively, in patients with reported underlying conditions. (MMWR Morb Mortal Wkly)

(MMWR Morb Mortal Wkly)

Hospital admissions for transient ischemic attack and mild and moderate stroke decrease during the COVID-19 era. (Stroke)

(Stroke)

During initial months of the COVID-19 pandemic, at least 1 in 5 expected emergency department visits for heart attack or stroke did not occur. (MMWR Morb Mortal Wkly)

(MMWR Morb Mortal Wkly)

AHA/AMA Policy Statement: SMBP has high potential for improving diagnosis and management of hypertension in the United States. (Circulation)

(Circulation)

Accelerating SMBP use through clinical-community care model. (J Community Health)

Million Hearts® Hypertension Control Champions identify effective hypertension control strategies. (MMWR Morb Mortal Wkly)

(MMWR Morb Mortal Wkly)

Do This!

Explore the Hospitals & Health Systems Recognition Program.

Do you have a connection to a hospital or health system? Suggest applying for the new Million Hearts® Hospitals & Health Systems Recognition Program by July 30, 2020, to receive recognition for their efforts in and commitment to preventing heart attacks and strokes.