

## Help Younger Adults Take Control of Their Heart Health



While cardiovascular disease–related deaths have fallen since the 1950s, decades of rising rates of obesity, physical inactivity, and diabetes have contributed to slowing progress. A closer look at these data shows an increase in deaths for individuals 35 to 64 years of age in more than half of U.S. counties, from Maine to California.

We know plenty of work lies ahead. That's why Million Hearts® 2022 is focusing attention and action on factors that contribute to this unacceptable trend. The demands and stressors on this younger age group are substantial, creating challenges to adopting healthier habits and fitting health care into busy days. Take a moment to learn

about the efforts of Million Hearts® partners who've made real progress toward improving blood pressure control and helping all of us move more each day. Review the powerful strategies in Million Hearts® 2022, and take action to minimize your risk and improve the health of your community and the nation.

—Janet Wright, MD, FACC

Executive Director, Million Hearts®

[Visit the Million Hearts® Website](#)

## Tools You Can Use

### Remind young Americans: You're in control of your heart health!

Use the Million Hearts® American Heart Month toolkit to encourage people to take control of their heart health, such as by sharing compelling resources, tweets, and Facebook posts on your social media channels.

### Pharmacists: Manage patients' high blood pressure with this guide to team-based care. [PDF - 648 KB]

Learn about current resources and emerging practices, and find tools and examples to help improve health outcomes associated with cardiovascular disease.

### Brush up on the newest stroke guidelines.

This resource from the American Heart Association and the American Stroke Association details prehospital, emergency, and secondary prevention measures for adults with stroke.

### Integrating heart disease prevention into routine dental services.

Join the Health Resources and Services Administration webinar on February 21 at noon ET to examine strategies for integrating blood pressure screening and tobacco cessation services into dental settings.

## Quick Fact

For decades, death rates from heart disease were declining. But that decline has stalled, especially in younger Americans. Between 2010 and 2015, **more than half of all U.S. counties** saw increases in heart disease deaths among adults aged **35 to 64 years**.

## Million Hearts® in the Community

### Do you know a blood pressure control champion?

Do you know an individual or organization that is achieving blood pressure control for at least 80% of hypertensive patients? Encourage them to apply to the Hypertension Control Challenge between February 20 and April 6!

### For American Heart Month, take the pledge to #MoveWithHeart.

Physical activity is an ideal way to improve heart health, but only 1 in 5 Americans meets recommended activity targets. Join the National Heart, Lung, and Blood Institute in its national pledge to #MoveWithHeart by promoting your favorite activities.

### Learn an organization-wide approach to self-measured blood pressure monitoring. [PDF - 16,525 KB]

Read guidelines from Be There San Diego and learn steps to take to implement a self-measured blood pressure monitoring program from the top down.

### Report details a troubling trend in cardiovascular disease deaths. [PDF - 524 KB]

A report from the National Forum for Heart Disease and Stroke Prevention shows that the decline in death rates from cardiovascular disease has stalled and, in some cases, reversed.

### Community health center uses telehealth to help hypertensive patients.

The Lanai Community Health Center won the 2017 Healthcare Information and Management Systems Society's Community Health Davies Award for using telehealth to provide care, such as using remote blood pressure monitoring to reduce people's need for office visits.

### Celebrate the successes of EvidenceNOW practices.

In a recent blog, the Agency for Healthcare Research and Quality celebrated the success of many EvidenceNOW practices in reaching and surpassing their health care goal of reducing risk for heart attack in primary care patients.

## The Science of Million Hearts®

### Rates of cardiac rehabilitation participation show opportunities for improvement. (*Circulation*)

### Significant associations found between influenza infection and acute myocardial infarction. (*N Engl J Med*)

### Smoking even a few cigarettes per day increases the risk for heart disease and stroke. (*BMJ*)

### Comparing the effectiveness of different strategies to control blood pressure in hypertensive patients. (*Ann Intern Med*)

### Wildfire-PM2.5 exposure is a growing risk to public health and cardiovascular disease. (*Sci Total Environ*)

### Urinary sodium, potassium excretion, and blood pressure: a National Health and Nutrition Examination Survey analysis. (*Circulation*)

## Do This!

### Listen to CDC's Public Health Grand Rounds featuring Million Hearts® 2022.

On February 20 at 1 p.m. ET, listen live—or catch the webcast later—as partners and professionals share how they use Million Hearts® 2022 strategies and tools in their health systems, practices, and communities to optimize care, keep people healthy, and improve outcomes for priority populations.

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