Million Hearts® in the Community

Do you know a blood pressure control champion?

One organization is challenging blood pressure control at 80% of hypertension patients. Encourage them to apply to the Hypertension Control Challenge between February 20 and April 6.

For American Heart Month, the pledge to #WinWithBlood.

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, ym-rm. - Access guidelines from the Time To Learn and docs to take to implement a self-measured blood pressure monitoring program from the top down.

Report details a troubling trend in cardiovascular disease deaths. ym-rm. - Access 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. 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.

Celebrating 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. Do This!

Significant associations found between influenza infection and acute myocardial infarction.

Smoking even a few cigarettes per day increases the risk for heart disease and death. Join the National Heart, Lung, and Blood Institute in its national pledge to #MoveWithHeart by promoting your favorite activities.

The demands and stressors on this younger population have contributed to this unacceptable trend. 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.

Quick Fact

For decades, death rates from heart disease were declining. But that decline has started to stall, 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.

Do This!

Listen to CDC’s Public Health Grand Rounds featuring MillionHearts® 2022.

On February 25 at 1 p.m. ET, listen live—or catch the webinar later—as partners and professionals share how they use MillionHearts® 2022 strategies and tools in their health systems, practices, and communities to optimize care, keep people healthy, and improve outcomes for priority populations.

Connect with us.

You are receiving this newsletter because you are a MillionHearts® supporter.

Tools You Can Use

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

Use this MillionHearts® 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.

Nutrition Examination Survey analysis.


Wildfire-PM2.5 exposure is a growing risk to public health and cardiovascular health. (Circulation)

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

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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.

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