



Help prevent **1 million** heart attacks and strokes by 2017.

e-update

January/February 2013

Tools You Can Use

- **Working with patients on blood pressure control**—We teamed up with QuantiaMD to develop expert presentations for physicians on topics related to blood pressure control.
- **Tracking down the salt in food**—Let Professor Saul T. walk you through the dangers of excess sodium consumption in a Million Hearts™ infographic, and share it via social media or other channels.
- **Million Hearts™ Blood Pressure Toolkit**—Control is the goal! Use the Million Hearts™ Blood Pressure Toolkit, including the new “My Blood Pressure Wallet Card,” to help your patients be in control.
- **Heart-smart “gifts” for Valentine’s Day**—New virtual gifts from Million Hearts™ include tips for staying on the path for a heart-healthy life.
- **13 in 2013 Digital Press Kit**—Million Hearts™ is featured as one of the 13 priority public health topics for CDC this year.

Million Hearts™ in the Community

- **American Medical Group Foundation launches the Measure Up. Pressure Down. campaign to increase high blood pressure detection and control.** Medical groups that sign onto MUPD agree to work toward achieving the goal of having at least 80% of hypertensive patients under control by 2016.
- **The American Association of Colleges of Pharmacy and the National Community Pharmacist Association have joined forces to advance the Million Hearts™ Team Up. Pressure Down. program.** They are challenging community pharmacists and schools of pharmacy to use TUPD resources to enhance medication adherence and blood pressure control.

Let us know what you’re doing to advance **Million Hearts™** in your community! **Send us** a short description with some key points, and we may feature you in a future e-Update!

The Science of Million Hearts™

Heart health tracked by state for the first time. A team of CDC researchers has for the first time taken an in-depth look at heart health at the state level. The article, “**Cardiovascular Health among Adult Americans in the 50 states and the District of Columbia,**” appears in the December 19 issue of the *Journal of the American Heart Association*.

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Welcome to the first issue of our new e-newsletter, the Million Hearts™ e-Update! Active, engaged supporters are vital to the success of the Million Hearts™ initiative. This e-newsletter will provide you with updates on tools and resources, news from the field, and success stories from other Million Hearts™ supporters that we hope you will find useful as we work together to advance cardiovascular health in America.

Thank you for your tremendous and ongoing support of Million Hearts™. I look forward to a productive 2013 as we make progress toward preventing 1 million heart attacks and strokes!

—**Janet Wright, MD, FACC,**
Executive Director, Million Hearts™

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