

# 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<sup>™</sup> infographic, and share it via social media or other channels.
- Million Hearts<sup>™</sup> Blood Pressure Toolkit—Control is the goal! Use the Million Hearts<sup>™</sup> 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<sup>™</sup> 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.

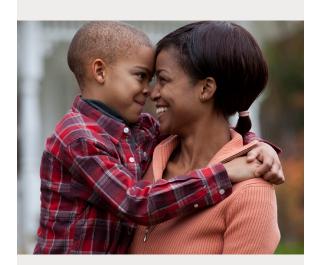
**Let us know** what you're doing to advance **Million Hearts**™ in your community! **Send us** a short description with some key points, and we may feature you in a future e-Update!

### 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™

#### Do This!

# One Easy Way to Support Million Hearts<sup>™</sup>

Visit the **Million Hearts™** website to access "Proud Supporter" badges you can post on your organization's website, Facebook page, and other online spaces.





