

Million Hearts® Website Resources – Patients

Resource Type	Description and links
<i>Booklet</i>	<p>High Blood Pressure: Medicines to Help You [PDF-539K]</p> <p>This booklet lists every medicine approved to treat high blood pressure, along with side effects, warnings, and other information. The booklet is designed to initiate conversations between providers and patients. (Food and Drug Administration, May 2011)</p>
<i>Fact Sheets</i>	<p>Cardiac Rehabilitation Fact Sheet [PDF-399K]</p> <p>This AACVPR fact sheet provides an overview of cardiac rehab and outlines the benefits to participating in a program. It can also be displayed and distributed in waiting rooms.</p> <p>ABCS for Heart Health Cuatro pasos adelante</p> <p>This easy-to-understand fact sheet about the ABCS of heart health (Aspirin when appropriate, Blood pressure control, Cholesterol management, and Smoking cessation) is available in English and Spanish.</p>
<i>Online Resources</i>	<p>AirNow: Air Quality Index</p> <p>The Air Quality Index (AQI) predicts when air pollution in your area is likely to reach levels that could be harmful. You can use the AQI to help you avoid particle pollution. Local TV stations, radio programs, websites, and newspapers report the AQI. You can also download an AQI app to your phone. Try checking the AQI out when you plan your daily activities.</p> <p>Recipes for a Heart-Healthy Lifestyle</p> <p>A heart-healthy lifestyle starts with healthy food choices. Eating a variety of foods rich in nutrients like potassium, calcium, magnesium, fiber, and protein and lower in sodium and saturated fat can help keep your blood pressure low and protect against heart disease and stroke.</p> <p>Eating heart-healthy doesn't have to be boring or bland. In fact, it can be easy and delicious! This fall, celebrate the bounty of the harvest. Use fresh, seasonal fruits and vegetables to create heart-healthy dishes for every meal and occasion.</p> <p>Try these affordable, delicious recipes and helpful healthy eating resources from our partners at the U.S. Department of Agriculture (USDA); the National Heart, Lung, and Blood Institute (NHLBI); and the American Heart Association (AHA).</p>

Programs

[National Diabetes Prevention Program](#)
The National Diabetes Prevention Program is a CDC-recognized, research-based lifestyle change program designed to help prevent or delay type 2 diabetes, help lower the risk of having a heart attack or stroke, and improve overall health.

[Living Well with Chronic Conditions](#)
This is Oregon’s version of the Chronic Disease Self-Management Program (CDSMP) developed by Stanford University. The Chronic Disease Self-Management Program is a workshop given two and a half hours, once a week, for six weeks, in community settings such as senior centers, churches, libraries and hospitals. People with different chronic health problems attend together. Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with a chronic disease themselves.

[Walk with a Doc](#)
Developed by a cardiologist, Walk with a Doc is a program whose mission is to encourage healthy physical activity in people of all ages through physician-led walking groups.

[Go4Life](#)
Go4Life is an exercise and physical activity campaign from the National Institute on Aging at the National Institutes for Health. It is designed to help older adults fit exercise and physical activity into their daily life.

[Cardiac Rehab: Your Roadmap to Recovery](#)
This collection of materials from the American Heart Association provides patients with details about what cardiac rehab offers, its benefits, eligibility guidance, common questions and answers, and what can be expected from the experience.

Tip Sheets

How to Make Control Your Goal
Cómo hacer que controlarla sea su meta
Share these hypertension control tip sheets with your patients to encourage them to make control their goal.

General, in English: https://millionhearts.hhs.gov/files/TipSheet_How_to_MCYG_General.pdf
For African-Americans: https://millionhearts.hhs.gov/files/TipSheet_How_to_MCYG_AA.pdf
In Spanish: https://millionhearts.hhs.gov/files/TipSheet_Empower_Spanish.pdf

Supporting Your Loved One with High Blood Pressure
Cómo apoyar a un ser querido con presión arterial alta
General, in English: https://millionhearts.hhs.gov/files/TipSheet_LovedOne_General.pdf
For African-Americans: https://millionhearts.hhs.gov/files/TipSheet_LovedOne_AA.pdf
In Spanish: https://millionhearts.hhs.gov/files/TipSheet_LovedOne_Spanish.pdf

[Heart Disease, Stroke, and Outdoor Pollution](#)
This handout from the Environmental Protection Agency explains how air pollution can trigger heart attacks and strokes and worsen heart conditions in people with known heart disease.

Videos

Medication Adherence Video: Help Patients Take Blood Pressure Medicine As Directed

One major cause of ineffective blood pressure control is poor medication adherence, or patients not taking their medications at the right time and in the right amount. Learn strategies to help your patients improve their blood pressure control.

In English: https://www.youtube.com/watch?v=J_qVaO9pnqY

In Spanish: <https://www.youtube.com/watch?v=Z86xES9VUDQ>

Medication Adherence Video: Tips for Taking Blood Pressure Medicines As Directed

High blood pressure (hypertension) is one of the leading causes of heart disease, stroke, kidney disease, and death in the United States. One major cause of poor blood pressure control is not taking medications at the right time and in the right amount. Learn the steps you can take to help you or your loved ones.

In English: <https://www.youtube.com/watch?v=jyziglXTKzE>

In Spanish: <https://www.youtube.com/watch?v=oUN1tkYCREA>

Be Smart, Protect Your Heart from Air Pollution

Air pollution can trigger heart attacks, strokes and worsen heart disease. Be smart and protect your heart from air pollution. People with heart disease should check the daily Air Quality Index (AQI) forecast, which is color-coded. At code orange or higher, particle pollution can be harmful to your heart. On bad air quality days, it is best to reschedule outdoor exercise or exercise indoors instead, and avoid exercising near busy roads.

Home Health Quality Improvement Cardiac Rehab Video Playlist

This collection of videos, from the American College of Cardiology, the Centers for Medicare & Medicaid Services and other organizations, cover important information about cardiac rehab including program basics and what to expect from participating in a cardiac rehab program. Additionally, these videos include stories and experiences from patients who participated in cardiac rehab programs.