

Million Hearts® Website Resources – Public Health

| Resource Type | Description and links |
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| <i>Brief</i> | <p>Million Hearts in Action: Epi-Exchange, a CDC and CMS Collaboration This one-pager describes a partnership between CDC and CMS that successfully helped patients improve medication adherence.</p> |
| <i>Case Study</i> | <p>Tips From Former Smokers™ campaign Hear personal stories from former smokers and access free cessation resources, including the QuitGuide app and 1-800-QUIT-NOW.</p> |
| <i>Fact Sheet</i> | <p>Electronic Nicotine Delivery Systems Key Facts [PDF-100K] See key facts related to e-cigarettes, including patterns of use, their impact on adult cessation from cigarettes, and policy levers to protect public health.</p> |
| <i>Guides</i> | <p>Self-Measured Blood Pressure Monitoring: Action Steps for Public Health Strong evidence suggests that SMBP—when combined with regular support from trained health care professionals—is effective in lowering blood pressure among hypertensive patients. This Centers for Disease Control and Prevention (CDC) guide targets public health practitioners with evidence-based action steps and resources to help patients monitor their blood pressure and engage in their treatment.</p> |
| | <p>Medication Adherence: Action Steps for Public Health Practitioners This guide provides a call to action for public health practitioners to support evidence- and practice- based medication adherence strategies that improve blood pressure control. Additional resources and references for each action step are also included in this guide.</p> |
| | <p>Best Practices for Comprehensive Tobacco Control Programs—2014 This evidence-based guide can help states plan and establish effective tobacco control programs to prevent and reduce tobacco use.</p> |
| | <p>States and Municipalities with Laws Regulating Use of Electronic Cigarettes [PDF-500K] Learn about states and municipalities that regulate the use of e-cigarettes in public indoor areas.</p> |

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| <i>Online Resource</i> | <p>CDC National Environmental Public Health Tracking Network The National Environmental Public Health Tracking Network integrates health, exposure, and hazard information and data from a variety of national, state, and city sources. View maps, tables, and charts with data about air pollution and some chronic diseases, including heart disease.</p> |
| <i>Programs</i> | <p>The National ParkRx Initiative ParkRx is an initiative that encourages people to be physically activity in parks and public land through Park Prescription programs.</p> |
| | <p>GirlTrek GirlTrek is a movement for African-American women and girls that encourages healthy, fulfilled lives through a habit of daily walking. (Note: there are currently no GirlTrek groups in Oregon.)</p> |
| | <p>Mall Walking: A Program Resource Guide [PDF-300K] The mall walking guide provides information about the health benefits of walking, explains why mall walking programs can help people walk more, and provides practical strategies for starting and maintaining walking programs.</p> |
| | <p>Every Body Walk! Every Body Walk! is a campaign aimed at getting Americans up and moving. This site features information about the health benefits of walking, news, videos, and events.</p> |
| <i>Report</i> | <p>Population Health Management Software: An Opportunity to Advance Primary Care and Public Health Integration [PDF-788K] This report was developed by the Public Health Informatics Institute to provide guidance to health care providers and public health agencies on selection and use of population health management software products and the data they can provide.</p> |
| <i>Video/transcript</i> | <p>Public Health Live: Hiding in Plain Sight: Finding Patients with Undiagnosed Hypertension Hour-long interview with experts from the Centers for Disease Control and Prevention and the Health Center Network of New York exploring the science and implementation of finding patients with potentially undiagnosed hypertension. (Public Health Live, February 2016)</p> |
| <i>Webinar</i> | <p>Overcoming Barriers to Medication Adherence for Chronic Diseases (February 2017) The Centers for Disease Control and Prevention hosted a Public Health Grand Rounds. The webcast featured a panel of leaders in pharmacy, nursing, medicine, and academia who highlighted the burden of medication nonadherence and barriers for adherence among patients with cardiovascular disease and other chronic diseases.</p> |
| <i>Website</i> | <p>Smokefree Lists, Maps, and Data from Americans for Nonsmokers' Rights This site provides a collection of state and local tobacco control laws, including 100% smoke-free laws and laws that regulate where e-cigarettes may be used.</p> |