

Million Hearts® Website Resources

Contents

Introduction 3

Million Hearts® Website Resources – Clinicians 1

Articles	3
Brief	4
Case Studies.....	4
Change Package	4
Clinic IT Guides	4
Fact Sheet	6
Guides	6
Infographics	6
Interactive Tools	6
Programs.....	7
Tip Sheets	7
Videos	8
Webinar	8

Million Hearts® Website Resources – Health Systems 9

Articles	9
Briefs.....	9
Case Study	10
Electronic Tool	10
Measure.....	10
Alignment Guidance	10

Organizational Statements10

Programs.....11

Reports11

Million Hearts® Website Resources – Patients 12

Booklet.....12

Fact Sheets.....12

Online Resources13

Programs.....13

Tip Sheets14

Videos14

Million Hearts® Website Resources – Public Health 15

Brief15

Case Study15

Fact Sheet15

Guides15

Online Resource.....16

Programs.....16

Report.....16

Video/transcript16

Webinar16

Website.....16

Million Hearts® Website Resources – Health benefit managers and employers 17

Guide17

Million Hearts® Website Resources – Policy Makers 17

Programs.....17

Introduction

Million Hearts® is a federal government (HHS) sponsored website with tools for addressing cardiovascular health. The program’s key goal is to prevent 1 million heart attacks and strokes by 2022.

Million Hearts® Website Resources – Clinicians

Resource Type	Description and links
<i>Articles</i>	<p><u>Development and Validation of a Hypertension Prevalence Estimator Tool for Use in Clinical Settings</u></p> <p>Study describing the development and validation of a tool that health systems can use to compare their reported hypertension prevalence with expected prevalence. (<i>Journal of Clinical Hypertension</i>, January 2016)</p>
	<p><u>A Technology-Based Quality Innovation to Identify Undiagnosed Hypertension among Active Primary Care Patients</u></p> <p>Study demonstrating the move from patient identification to diagnosis using a technology-based strategy and illustrating how finding undiagnosed hypertensive patients is not a documentation issue. (<i>Annals of Family Medicine</i>, July 2014)</p>
	<p><u>Undiagnosed Hypertension Among Young Adults with Regular Primary Care Use</u></p> <p>Study comparing the rates of new hypertension diagnosis for different age groups and identifying delay predictors in the initial diagnosis among young adults who regularly use primary care. (<i>Journal of Hypertension</i>, January 2014)</p>
	<p><u>Identifying Patients with Hypertension: A Case for Auditing Electronic Health Record Data</u></p> <p>Study examining electronic health record data application to find potentially undiagnosed hypertensive patients and the variability in the magnitude of the “hiding in plain sight” problem across 11 community health centers. (<i>Perspectives in Health Information Management</i>, April 2012)</p>
	<p><u>Underdiagnosis of Hypertension Using Electronic Health Records</u></p> <p>Study showing how diagnosis leads to treatment by examining and identifying the diagnosis rates of prevalent and incident hypertension cases in a large outpatient health care system. (<i>American Journal of Hypertension</i>, January 2012)</p>

Brief

[What Health Care Providers Should Know about Particle Pollution and Cardiovascular Risk](#)

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, and points physicians to other resources for them and their patients.

Case Studies

Several Million Hearts® partners have demonstrated success in lowering blood pressure by using SMBP. Read more about how they incorporated SMBP into their practices.

- [The Veterans Health Administration in the US Department of Veterans Affairs \[PDF-377K\]](#)
- [ThedaCare—Appleton, Wisconsin \[PDF-429K\]](#)
- [Nilesh V. Patel, MD, FRCS—Audubon, Pennsylvania \[PDF-263K\]](#)
- [Federally Qualified Health Centers \(FQHCs\) \[PDF-102K\]](#)
- [The Whitney M. Young, Jr. Health Center \(WMYHC\)—Albany, New York \[PDF-552K\]](#)

[Federally Qualified Health Centers](#)

This two page case-study highlights how seven Federally Qualified Health Centers achieved a rate of more than 70 percent in controlling high blood pressure.

Change Package

[Featured Resource: National Association of Community Health Centers Undiagnosed Hypertension Change Package](#)

Compilation of materials to help clinicians map and identify enhancements to clinical workflows that improve detection and diagnosis of hypertension. (National Association of Community Health Centers, January 2016)

Clinic IT Guides

Hypertension Control Change Package (CDC)

The Hypertension Control Change Package for Clinicians (HCCP) presents a listing of process improvements that ambulatory clinical settings can implement as they seek optimal hypertension (HTN) control. It is composed change concepts, ideas, evidence- or practice-based tools and resources. Change concepts are general notions useful in the development more specific ideas changes lead to improvement. Change ideas are actionable, specific ideas for changing process. Change ideas be rapidly tested on small scale determine whether result local environment. With each change idea HCCP lists evidence- or practice based tools and resources that can be adapted or adopted in a healthcare setting to improve HTN control.

- The document includes links to additional resources, some of which are require a login or purchase.
- Also includes case studies.

https://millionhearts.hhs.gov/files/HTN_Change_Package.pdf

Million Hearts® EHR Optimization Guides, developed by the ONC, help healthcare professionals leverage their EHR systems to excel in the ABCS. Through helpful step-by-step instructions, the guides illustrate how providers can use their EHR products to find, use, and improve data on the Million Hearts® clinical quality measures. Ultimately, these guides facilitate the identification of at-risk patients, helping clinical teams across the country protect their patients from heart attacks, strokes, and other cardiovascular events.

Allscripts: https://www.healthit.gov/sites/default/files/allscripts_ehr_guide.pdf

NextGen: https://www.healthit.gov/sites/default/files/nextgen_ehr_guide.pdf

Cerner: https://www.healthit.gov/sites/default/files/cerner_ehr_guide.pdf

[Guide to Improving Care Processes and Outcomes in Health Centers for Disease Control and Prevention](#)

The Health Resources and Services Administration (HRSA) created the guide to help improve performance on targets like hypertension control. It provides proven strategies and tools that providers can use to enhance care processes and outcomes for the Million Hearts® ABCS measures, and beyond. The approach provides a framework and tools for documenting, analyzing, sharing, and improving key workflows and information flows that drive performance on high-stakes care performance measures.

[Guide for Implementing e-Referral Using Certified EHRs \[PDF-1.8M\]](#)

The North American Quitline Consortium created these recommended set of standards using established EHR technology to create bidirectional e-referrals between healthcare systems and providers of tobacco cessation counseling.

The Massachusetts Department of Public Health has created a bi-directional e-referral system for tobacco cessation, diabetes self-management, and beyond. [View the PDF \[PDF-196K\]](#)

[“What is a patient portal?” FAQ](#)

This page from the Office of the National Coordinator for Health Information Technology (ONC) provides guidance and resources to clinicians to implement a patient portal. A patient portal is a secure online website that gives patients convenient 24-hour access to personal health information from anywhere with an Internet connection.

<i>Fact Sheet</i>	<p>Community Health Workers and Million Hearts® Los promotores de salud y la iniciativa Million Hearts®</p> <p>Community health workers can play a key role in team-based care for patients with chronic diseases, particularly for individuals facing health disparities.</p>
<i>Guides</i>	<p>Self-Measured Blood Pressure Monitoring: Action Steps for Clinicians</p> <p>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 clinicians with evidence-based action steps and resources to help patients monitor their blood pressure and engage in their treatment.</p>
	<p>Self-Measured Blood Pressure Monitoring Program: Engaging Patients in Self-Measurement</p> <p>This program, from the American Medical Association and Johns Hopkins Medicine, is designed for use by physician offices and health centers to engage patients in SMBP. This program describes various ways that the patient can obtain blood pressure measurements outside of the clinical office either through the purchase of a device or a physician-led blood pressure monitor loaner program.</p>
	<p>Million Hearts Initiative - This is a national initiative co-led by the Centers for Disease Control and Prevention and the Centers for Medicare & Medicaid Services to prevent 1 million heart attacks and strokes in 5 years.</p> <ul style="list-style-type: none"> • Million Hearts 2022: Partner materials website includes a fact sheet, sample presentation and newsletter and social media messages about the initiative. • Million Hearts 2022 Framework: The framework includes recommendations for keeping people healthy, optimizing care, and improved outcomes for priority populations.
<i>Infographics</i>	<p>Self-Measured Blood Pressure Monitoring Interactive Infographic for Clinicians</p> <p>This interactive infographic, from the Office of the National Coordinator for Health Information Technology, can be used to inform health care providers about SMBP, the burden of high blood pressure, and the medical and financial advantages of an SMBP monitoring program.</p>
	<p>Million Hearts Cardiac Rehab Infographic [PDF-485K]</p> <p>This infographic shares key statistics about the existing infrastructure and service delivery needs to maximize uptake of cardiac rehab programs in the United States.</p>
<i>Interactive Tools</i>	<p>Interactive Protocol for Controlling Hypertension</p> <p>This tool, designed for use by health care practitioners to assist in controlling their patients’ hypertension, is meant to enhance the management of blood pressure in adults 18-85 years. It will continue to be updated as evidence and guidelines evolve.</p>
	<p>Medication Adherence: Interactive Module for Health Care Providers</p> <p>This online module from the American Medical Association provides eight steps to improve medication adherence. Moving through the module, providers can find answers to common questions about how to involve staff and patients in identifying nonadherence and changing behaviors.</p>

*Programs***[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.

[Arthritis Foundation: Walk with Ease](#)

Walk with Ease is a community-based walking program developed by the Arthritis Foundation. It is offered in a group or a self-directed format and helps people learn to walk safely and develop the habit of walking regularly.

[The National ParkRx Initiative](#)

ParkRx is an initiative that encourages people to be physically active in parks and public land through Park Prescription programs.

[Oregon Tobacco Quit Line](#)

The Quit Line is a telephone and web-based counseling service to help Oregonians quit using tobacco and nicotine products.

[Quit Line in English](#)

[Quit Line in Spanish](#)

[Roadmap to Reform \(R2R\)](#)

This initiative from the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) provides turnkey strategies to improve enrollment and adherence in cardiac rehab programs.

*Tip Sheets***[Patient Visit Checklist: Supporting Your Patients with High Blood Pressure](#)**

Effective provider-patient communication improves health outcomes and saves time. Use this checklist with sample questions to communicate better with your patients during every visit.

[Improving Medication Adherence Among Patients with Hypertension](#)

Medication adherence is critical to successful hypertension control for most patients. Find out how you can help.

*Videos***[Self-Measured Blood Pressure Monitoring to Control Hypertension](#)**

This Medscape video highlights ways health care providers can help patients manage hypertension. (To view the video, you may have to register with Medscape.) (Medscape, May 2013)

[Finding Undiagnosed Hypertensive Patients](#)

Watch this CDC-produced video to learn more about the four steps to finding patients “hiding in plain sight” with undiagnosed hypertension:

1. Establish clinical criteria for potentially undiagnosed hypertension.
2. Search electronic health record data for patients who meet the established clinical criteria.
3. Implement a plan to diagnose these patients, and to treat those with hypertension.
4. Calculate your health practice’s or system’s hypertension prevalence and compare your data against local, state, or national data.

Start with the steps that make the most sense for your practice or system. The most important action to take is beginning the search for these patients. Treating uncontrolled hypertension dramatically reduces patients’ risk for heart attack and stroke. Bringing individuals “hiding in plain sight” into clear view will help protect millions from unnecessary and preventable events.

*Webinar***[EHR Innovations for Improving Hypertension Challenge](#)**

The goal of the EHR Innovations for Improving Hypertension Challenge is to gather specific descriptions of health IT tools and approaches used by individual practices to implement an evidence-based blood pressure (BP) treatment protocol that has led to improvement in practice-wide blood pressure control. The winning clinics are small- to medium-sized, one is located in suburban Maryland, and the other in suburban Wisconsin. While the focus is on EHR innovations, many of the changes the clinicians describe in the webinar focus on taking a team-based approach and initiating small, low-tech changes to the work flow.

Webinar: <https://www.youtube.com/watch?v=vy8Nfnmlbbl&feature=youtu.be>

Webinar slides: <http://bit.ly/1HtxtuV>

Million Hearts® Website Resources – Health Systems

Resource Type	Description and links
Articles	<p>Patients with Undiagnosed Hypertension: Hiding in Plain Sight Article explaining the “hiding in plain sight” phenomenon and summarizing what large health systems have done to find patients with undiagnosed hypertension. (<i>JAMA</i>, November 2014)</p>
	<p>Increasing Cardiac Rehabilitation Participation From 20% to 70%: A Road Map From the Million Hearts Cardiac Rehabilitation Collaborative [PDF-595K] The Million Hearts Cardiac Rehab Collaborative road map outlines the key action steps and best practices to increase cardiac rehab participation rates from 20% to 70%. (<i>Mayo Clinic Proceedings</i>, 2016)</p>
Briefs	<p>Hypertension Prevalence — AMGA Results Using Dx Code, Problem List, and Elevated Blood Pressure Readings This data snapshot shows the differences between hypertension prevalence estimates of AMGA data calculated using three distinctive criteria and the CDC Hypertension Prevalence Estimator Tool for the period of July 2013–June 2014.</p>
	<p>Factors That Promote Antihypertensive Medication Adherence, 2009 vs. 2014 [PDF-1M] This data snapshot shows improvements and areas for improvement in trends for antihypertensive medicine (AHM) and compares the number of AHM fills with low or no copays for that period. Million Hearts®, September 2016)</p>

<i>Case Study</i>	<p>Large Health Systems This two page case-study highlights how three large health systems achieved a rate of more than 70 percent in controlling high blood pressure.</p>
<i>Electronic Tool</i>	<p>Hypertension Prevalence Estimator Tool There are millions of US adults who have hypertension (elevated blood pressure) and have recently received medical care, but their hypertension remains undiagnosed and, therefore, untreated. This places them at increased risk for having a heart attack or stroke. The Million Hearts® Hypertension Prevalence Estimator Tool provides the user with a health system’s expected hypertension prevalence, which is the estimated percentage of patients receiving care within the health system who have hypertension. Health systems (including practices) can compare their expected hypertension prevalence calculated using the Estimator Tool with their measured prevalence to assess if they potentially have a large percentage of their patient population who have undiagnosed hypertension.</p>
<i>Measure Alignment Guidance</i>	<p>Million Hearts® Clinical Quality Measures Alignment To reduce the reporting burden on professionals and focus quality efforts to achieve the greatest impact on outcomes, Million Hearts® staff worked with public and private partners to align and embed a focused set of evidence-based clinical quality measures into major quality reporting initiatives. These measures represent key outcomes related to the ABCS (Aspirin when appropriate, Blood pressure control, Cholesterol management, and Smoking cessation).</p>
<i>Organizational Statements</i>	<p>Call to Action on Use and Reimbursement for Home Blood Pressure Monitoring: A Joint Scientific Statement From the American Heart Association, American Society of Hypertension, and Preventive Cardiovascular Nurses Association [PDF-468K] A joint scientific statement from American Heart Association, American Society of Hypertension, and Preventive Cardiovascular Nurses Association encourages increased regular use of SMBP by clinicians for the majority of patients with known or suspected hypertension as a way to increase patients’ engagement and ability to self-manage their condition. (<i>Hypertension</i>, July 2008)</p> <p>U.S. Preventive Services Task Force Final Recommendation Statement for Hypertension in Adults: Screening and Home Monitoring The US Preventive Services Task Force (USPSTF) continues to give screening for high blood pressure in adults aged 18 years and older an “A” recommendation. In the latest recommendation, the USPSTF included additional guidance for obtaining blood pressure measurements away from the clinical setting, such as ambulatory or SMBP to confirm a hypertension diagnosis before starting treatment. (US Preventive Services Task Force, October 2015)</p>

*Programs***Heart 360**

This pharmacist-led, home blood pressure monitoring program asked participants to upload their home blood pressure measurements 3–4 times a week to the American Heart Association's Heart360 website. Brief videos and accompanying slides describe the innovation, its implementation, and lessons learned.

[Video: Part I – Outline of Program and Evidence Base](#)

[Video: Part II – Stakeholder Interest and External Factors Affecting Spread](#)

[Associated Slides](#)

[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.

Reports

[Agency for Healthcare Research and Quality Self-Measured Blood Pressure Monitoring: Comparative Effectiveness \[PDF-1.7M\]](#)

A 2012 comparative effectiveness review by the Agency for Healthcare Research and Quality (AHRQ) examined the effectiveness of SMBP alone compared with SMBP plus additional clinical support and with usual care. AHRQ found that the strength of evidence is high for the effectiveness of SMBP with some form of additional clinical support in lowering blood pressure and improving control among patients with hypertension, compared with usual care. (Agency for Healthcare Research and Quality, January 2012)

The Community Preventive Services Task Force Recommendations on Self-Measured Blood Pressure Monitoring Interventions

The Community Preventive Services Task Force conducted a systematic review evaluating the effectiveness of using SMBP with additional clinical support to manage high blood pressure and SMBP alone. The results of this review demonstrated strong evidence of effectiveness for interventions using SMBP plus additional clinical support to improve high blood pressure outcomes and sufficient evidence of effectiveness for SMBP interventions used alone. Additionally, economic evidence indicates that SMBP monitoring interventions are cost-effective when used with additional patient support or team-based care. (Community Preventive Services Task Force, June 2015)

- [SMBP combined with additional support](#)
- [SMBP used alone](#)
- [Economic evidence](#)

[The 6|18 Initiative: Accelerating Evidence into Action](#)

As of 2015, coverage for SMBP is not universal and varies by state, insurance plans, or is not covered at all. The CDC 6|18 Initiative includes SMBP as one of its evidence-based interventions to control high blood pressure and is partnering with health care purchasers, payers, and providers to promote SMBP as a proposed payer intervention. The Initiative supports providing access for SMBP for home-use and creating individual, provider, and health-system incentives for compliance and meeting goals.

Million Hearts® Website Resources – Patients

Resource Type	Description and links
<i>Booklet</i>	<p>High Blood Pressure: Medicines to Help You [PDF-539K] 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] 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 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>

*Online
Resources*

[AirNow: Air Quality Index](#)

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.

[Recipes for a Heart-Healthy Lifestyle](#)

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.

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.

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).

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=jyzjgIXTkzE>

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.

Million Hearts® Website Resources – Public Health

Resource Type	Description and links
<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>

<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>

Million Hearts® Website Resources – Health benefit managers and employers

Resource Type	Description and links
Guide	<p>Medication Adherence: Action Steps for Health Benefit Managers</p> <p>This guide provides a call to action for health, employer, and pharmacy benefit managers to implement evidence- and practice-based medication adherence strategies that improve blood pressure control, cholesterol management, and smoking cessation. Additional resources and references for each action step are also included in the guide.</p>

Million Hearts® Website Resources – Policy Makers

Resource Type	Description and links
Programs	<p>Burn Wise</p> <p>Burn Wise is a partnership between EPA, state agencies, manufacturers, and consumers that teaches the importance of burning the right wood, the right way, in the right appliance.</p>
	<p>EPA Clean Diesel</p> <p>New diesel engines are cleaner than ever before, but millions of older, dirtier engines are still in use. Reducing exposure to diesel exhaust from these older engines is important for human health and the environment.</p>
	<p>Americans for Nonsmokers' Rights: Smoke-Free Lists, Maps, and Data</p> <p>This site provides a collection of state and local tobacco control laws including 100% smoke-free laws and e-cigarette laws.</p>
	<p>Smart Growth America</p> <p>Smart Growth America is dedicated to encouraging smart growth practices to build great neighborhoods and create healthy communities.</p>
	<p>Promoting Airport Walking: A Guide [PDF-632K]</p> <p>The airport walking guide was developed for airport managers, as part of CDC's Walk to Fly project to encourage airport travelers to make more active choices by using signs to encourage people to walk through the airport.</p>
	<p>America Walks</p> <p>America Walks offers resources for increasing walking and expanding walkable communities.</p>