

Steps to Million Hearts® Success



1 Choose a Million Hearts® priority area:

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|---|--|--|
| <input type="checkbox"/> Decrease tobacco use/improve smoking cessation | <input type="checkbox"/> Improve appropriate aspirin/anticoagulant use | <input type="checkbox"/> Increase use of cardiac rehabilitation (CR) |
| <input type="checkbox"/> Decrease physical inactivity | <input type="checkbox"/> Improve cholesterol management | <input type="checkbox"/> Focus on health equity (see back for specifics) |
| <input type="checkbox"/> Decrease particle pollution exposure | <input type="checkbox"/> Improve blood pressure control | <input type="checkbox"/> Million Hearts® 2027 (general) |

If you need more data, you can use tools like the CDC's [Heart Disease and Stroke GIS Tools/Maps](#) to help determine a priority area.

2 Set your goal(s): You may choose to use the 20% improvement targets established for the national Million Hearts® campaign or set your own targets.*

List your goals below.

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*If you choose to set your own goal, try to use a specific number as a target—the [Million Hearts® in Municipalities Tool Kit](#) may be helpful.

4 Identify champions, best practices, and key partners in your state:

Identify diverse partners across public health and health care who might be interested in collaborating (e.g., [American College of Cardiology Chapters](#), [American Association of Cardiovascular and Pulmonary Rehabilitation state affiliates](#), [state health departments](#), [Primary Care Associations](#), [Hypertension Control Champions](#) in your state).

Who are the main partners* you should connect with?

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*Feel free to connect with the Million Hearts® team to inquire about what partners might be helpful as you work toward your goal.

3 What are the first steps?

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5 How will you measure and report your success?

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MH Priority Topic and Intervention Type (Linked with Resources)

Examples of specific areas of focus: Use self-measured blood pressure monitoring (SMBP) in low-income populations, reduce physical inactivity for clinic staff/partner with Walk with a Doc (WWAD), improve oral anticoagulant (OAC) use for stroke prevention in atrial fibrillation (SPAF), partner with local obstetricians and gynecologists to address hypertensive disorders of pregnancy, or improve statewide participation rates in cardiac rehabilitation (CR).

KEY:  Pregnant & Postpartum Women with Hypertension  People from Racial/Ethnic Minority Groups  People with Behavioral Health Issues Who Use Tobacco  People with Lower Incomes  People Who Live in Rural Areas or Other Access Deserts

	COMMUNICATIONS	PROGRAM IMPLEMENTATION	QUALITY IMPROVEMENT	POLICY	OTHER
Million Hearts® 2027–General	Million Hearts® Partners	Million Hearts® Hospitals & Health Systems Recognition Program			Heart Disease and Stroke GIS Tools/Maps
Tobacco Cessation		Best Practices for Comprehensive Tobacco Control Programs	 Tobacco Cessation Change Package	Enact Tobacco-Free Space Policies	
		Create a Tobacco Cessation Protocol	Action Steps for Clinicians		
Physical Inactivity	Moving Matters	Walk with a Doc	Exercise is Medicine: Healthcare Providers' Action Guide	Step It Up! The Surgeon General's Call to Action Active People, Healthy NationSM Proclamations	
		Park Prescription Program Toolkit			
		GirlTREK			
Particle Pollution	EPA Healthy Heart Toolkit	Air Quality Flag Program	Climate Change and Cardiovascular Disease Collaborative		
	Air Quality Index (AQI) Basics				
BP control	DYKs and Quick Tips for BP	Million Hearts® SMBP Forum	   Hypertension Control Change Package, Second Edition	 FDC Medicaid Analysis	Hypertension Control Champions
		   NACHC SMBP Toolkit			
	SMBP Resources for Patients	 The Preeclampsia Foundation Cuff Kit™ Program			
Cholesterol Management	CDC Cholesterol Communications Toolkit	Create a Cholesterol Management Protocol	Cholesterol Management Change Package		
	DYKs and Quick Tips for CM				
Cardiac Rehabilitation (CR)	Cardiac Rehabilitation Communications Toolkit	 Design & Implementation of a Hybrid CR Program	  CR Change Package	 Improve Coverage/Reduce Cost-Sharing for CR	AACVPR State Affiliates
		 TAKEheart Hybrid CR Implementation Guide			TAKEheart Training