## **Steps to Million Hearts® Success**



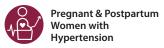


1 Choose a Million Hearts® priority area:						
<ul> <li>□ Decrease tobacco use/improve smoking cessation</li> <li>□ Decrease physical inactivity</li> <li>□ Decrease particle pollution exposure</li> <li>If you need more data, you can use tools like the CDC's Heart</li> </ul>	☐ Improve appropriate anticoagulant use ☐ Improve cholesterol ☐ Improve blood press Disease and Stroke GIS Tools/M	management ure control	☐ Increase use of cardiac rehabilitation (CR) ☐ Focus on health equity (see back for specifics) ☐ Million Hearts® 2027 (general)  prity 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.		dentify 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 p	partners* you should connect with?			
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•		•				
•						
*If you choose to set your own goal, try to use a specific number as a target—the <u>Million Hearts® in Municipalities Tool Kit</u> may be helpful.		*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?		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).







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	
		Create a Tobacco Cessation Protocol	Action Steps for Clinicians	Space Policies	
Physical Inactivity	Moving Matters	Walk with a Doc		Step It Up! The Surgeon General's Call to Action Active People, Healthy Nation <sup>5M</sup> Proclamations	
		Park Prescription Program Toolkit	Exercise is Medicine: Healthcare Providers' Action Guide		
		GirlTREK			
Particle	EPA Healthy Heart Toolkit	- Air Quality Flag Program	Climate Change and Cardiovascular		
Pollution	Air Quality Index (AQI) Basics	All Quality Flag Flogram	<u>Disease Collaborative</u>		
BP control		Million Hearts® SMBP Forum	Hypertension Control Change Package,	FDC Medicaid Analysis	Hypertension Control Champions
	DYKs and Quick Tips for BP	NACHC SMBP Toolkit			
			Second Edition		
	SMBP Resources for Patients	The Preeclampsia Foundation Cuff Kit™ Program	Patient Safety Bundle: Severe Hypertension in Pregnancy (AIM)  Hypertension in Pregnancy Change Package	AMA SMBP Coverage Insights	
	CDC Cholesterol Communications Toolkit	Create a Cholesterol	Cholesterol Management Change Package		
Management	DYKs and Quick Tips for CM	- Management Protocol Cholesterol Management Change Packa			
	Cardiac Rehabilitation Communications Toolkit	Design & Implementation of a Hybrid CR Program	CR Change Package	Improve Coverage/	AACVPR State Affiliates
		TAKEheart Hybrid CR Implementation Guide	TAKEheart Training	Reduce Cost- Sharing for CR	<u>CR Collaborative</u>