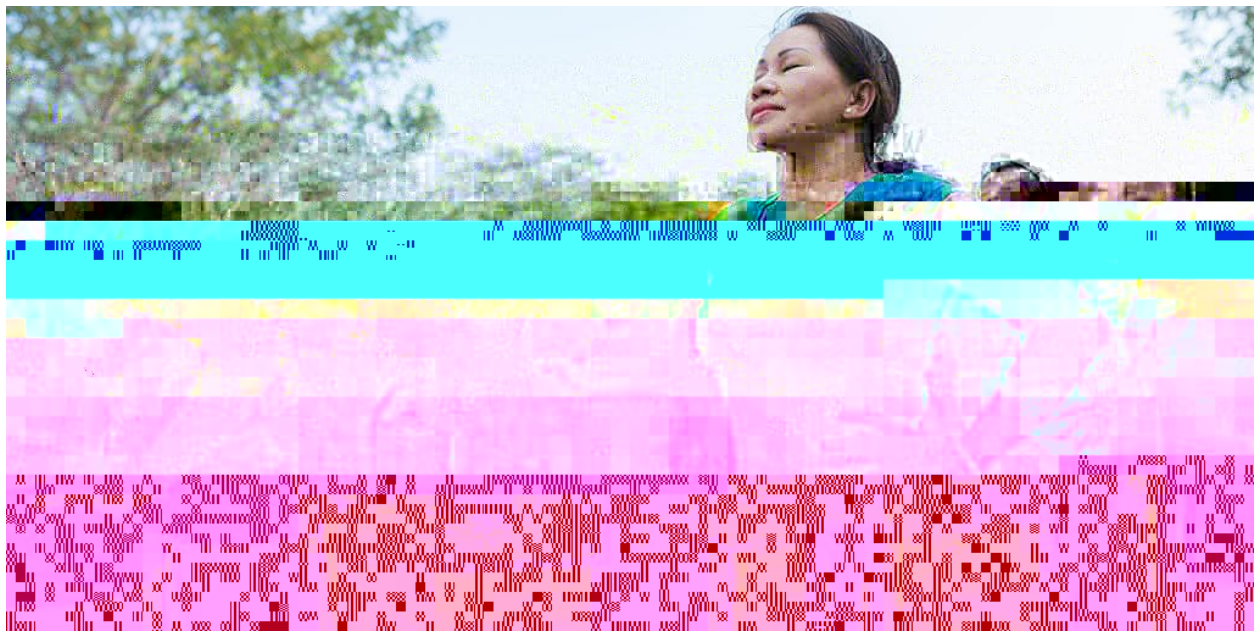




July 2018 – Million Hearts® Messaging: Air Quality

Summertime is here, making it the perfect time to get outside and exercise! But before you go, anyone with a history of heart disease should make sure to check the air quality in their area before heading outside. Studies show that air pollution is especially dangerous for those who have already had a heart attack or stroke.



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July's Focus

Sunshine and blue skies make the month of July the perfect time to get outside and exercise! Check out new walking trails or biking paths. But before you go, anyone with a history of heart disease should first check the air quality in their area. Studies show that air pollution is especially dangerous for those who have already had a heart attack or stroke.

Did you know?

- Particle pollution can trigger heart attacks, stroke, irregular heart rhythms and cause other serious heart problems at any time of year, but it's especially dangerous for those who have already suffered a cardiovascular event.
- An estimated 130,000 premature deaths and 180,000 non-fatal heart attacks occur in the U.S. each year due to particle pollution, many of them repeat events.
- Some 92% of cardiac patients are not informed of health risks related to air pollution.
- Doctors and other health care providers can help their patients who have already suffered a heart attack or stroke understand the risks of air pollution and how to reduce them.
- People who are at risk for cardiovascular disease can use the daily air quality forecast on [AirNow.gov](https://airnow.gov) and on weather reports to check the air quality in their area.

Exercising regularly is important for staying healthy, especially if you have heart disease. But the air we breathe can also have a big effect on heart and brain health. Medical studies show that polluted air, such as smog or wildfire smoke, can trigger heart attacks, stroke or irregular heart rhythms, especially in people who have already suffered a heart attack or stroke. By adjusting when and where you exercise, those who have had a cardiovascular event in the past can lead a healthier lifestyle and also help reduce their risk of additional heart problems or stroke triggered by air pollution.

Million Hearts® Member Spotlight

The American Heart Association, U.S. Environmental Protection Agency and the Bay Area Air Quality Management District, which includes the city of San Francisco, are just a few entities who have been working to address the harmful health effects of air pollution. Here's how:

- AHA has published a

Introducing the Community-Clinical Linkages Toolkit

The Million Hearts® Collaboration, American Heart Association and other stakeholders have unveiled a new tool to promote community-clinical linkages: The [Community Clinical-Linkages Toolkit](#)! The Toolkit organizes an array of resources to help public health practitioners develop and strengthen effective community-clinical linkages. **Join the L**

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Polluted air can cause a heart attack, stroke or irregular heart rhythms in people who have already had a cardiovascular event. Find out who is at risk and what you can do to protect yourself and your family. <http://bit.do/en7G6> [Image #2]

Many Americans are aware of the ways that they can reduce the risk of cardiovascular disease: control their blood pressure, quit smoking, exercise and eat a healthy diet. What is not well known is that air pollution is also a risk factor, especially for people who have already had a

Sample Newsletter Article

Outdoor exercise is healthy, but check the air quality index

