



January 2018 – Million Hearts® Messaging

Make your New Year's resolution one to last by focusing on the big picture: your heart health



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We Want to Know

Do you like these messages? Do they meet your needs? We want your feedback! We also want you to use these messages as you wish on your own communications channels. **Please share this content!**

January's Focus

January is the time that most people set New Year's resolutions. This year, we are challenging you to make your resolution last by focusing on the big picture: your heart health. Instead of focusing on a short-term goal such as joining a new gym or cutting a few treats out of your diet, take aim at these five goals that will improve your heart health for years to come: (1) Quit smoking, (2) Increase your physical activity, (3) Control your blood pressure, (4) Know your cholesterol, and (5) Eat heart healthy foods.

Did you know?

You can take control of your heart health by making healthy choices and managing any health conditions that you may have.

A healthy lif

State and local health departments, public health professionals and others interested in improving cardiovascular health, take note. The CDC has just released its Best Practices Guide for Cardiovascular Disease Prevention that describes and summarizes scientific evidence behind 8 effective strategies for lowering high blood pressure and cholesterol levels that can be implemented in health care systems. Check it out! Make 2018 the year that you step up your game. <http://bit.ly/2AjdP3C>

Calling all like-minded groups, organizations and practices: Make it a goal for 2018 to add the Million Hearts for Clinicians Microsite to your own Web site. All content is maintained and updated by the CDC. This is a great way to help spread the word about the aim to prevent 1 million heart attacks, strokes or other cardiovascular events by 2022. <http://bit.ly/2BKFY7s>

Help your patients set heart healthy goals for 2018 with the Heart Healthy Toolbox, courtesy of the

(5) **Eat heart healthy foods.** Choosing healthful meal and snack options can help you avoid heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables and fewer processed foods. Eating foods low in saturated fats, trans fat, and cholesterol and high in fiber can help prevent high cholesterol. Limiting sodium in your diet also can lower your blood pressure.

Million Hearts® Partner Resources

Preventive Cardiovascular Nurses Association (PCNA)

[A Heart Healthy Toolbox](#)
[Behavior Change Mini-Certificate](#)

American Heart Association

[Go Red for Women: 5 Heart Healthy Resolutions for the New Year](#)
[Healthy for Good movement](#)
[Quit Smoking](#)
[Increase physical activity](#)
[Healthy Eating](#)

Cardio Smart: American College of Cardiology

[Stop Smoking](#)
[Move More](#)
[Know Your Numbers](#)
[Eat Better](#)

Million Hearts®

[Million Hearts for Clinicians Microsite](#)
[Tools & Protocols to help educate, motivate, and monitor your patients](#)

Centers for Disease Control and Prevention

[Best Practices for Cardiovascular Disease Prevention Programs](#)
[Preventing Heart Disease: Healthy Living Habits](#)

American Psychological Association

[Making Your New Year's Resolution Stick](#)