



Healthy People, Healthy Communities Providing Better Care at Lower Cost

Audience: Partner Organizations

Word Count: 364

February is American Heart Month: Encourage Patients to Assess their Risk for Heart Disease:

As part of its effort to improve cardiac health and reduce disparities for people at risk for heart attack or stroke, HealthInsight reminds everyone that **February is American Heart Month**. American Heart Month draws attention to the importance of building healthier lives free of cardiovascular diseases and stroke and also honors health professionals, researchers and heart health ambassadors whose dedication to fighting heart disease enables countless Americans to live full and active lives.

Cardiovascular diseases, including stroke, are the leading cause of death in the United States, for both men and women. About **610,000 people die** of heart disease each year, accounting for **one in every four deaths** in this country.

National Wear Red Day® is Friday, February 3

As part of American Heart Month, Friday, February 3 is recognized as **National Wear Red Day** this year. On that day and throughout the month, we encourage health care practitioners, stakeholders, partners and the public to wear something red – a dress, shirt, tie or accessory – to increase awareness and support the cause. Additionally, clinicians are reminded to have conversations with their patients about heart health.

Here are just a few of the many tools available to support practitioners in discussing heart health with their patients:

- [Know the Facts about Heart Disease](#) CDC handout
- ABCS for Heart Health Million Hearts handout: [English](#) [Spanish](#)
- [Healthy Hearts: A Minute of Health with CDC](#) podcast
- [Stop the “Silent Killer”: A Cup of Health with CDC](#) podcast
- [Keep the Blood Flowing: A Cup of Health with CDC](#) podcast

Million Hearts also offers a number of resources for clinicians to aid them in [identifying patients with undiagnosed hypertension](#), including a clinical video, an interactive hypertension prevalence estimator tool, as well as additional references, resources and case studies.

HealthInsight is working with health care professionals and community stakeholders in Nevada, New Mexico, Oregon and Utah to lower cardiac risk and improve cardiac health. For more information on HealthInsight’s efforts around cardiovascular health and Million Hearts, visit healthinsight.org/cardiovascular-health.

National Wear Red Day® is a registered trademark of the U.S. Department of Health and Human Services and American Heart Association.

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