

# Michigan Improving Cardiovascular Health

## MICH ❤️ -Beat Newsletter

July 2025

### Collaborative Meeting Recap



The June MICH Learning Lesson topic was “Community-Engaged Design and Implementation of Health Promotion and Awareness Campaigns,” presented by Jen Nicodemus and Ashley Brage from the YMCA. Key Topics included:

- How relationships influence health
- Why partnerships matter
- Existing programs
- Engagement that works

The YMCA offers programs that welcome all and are designed to improve overall health. They offer a blood pressure self-monitoring program and heart attack and stroke prevention programs that emphasize lifestyle changes. Referrals can be made via EPIC, Holon/MiHIN.

For more information, contact:

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# Clinical Resources



Did you know that the first week of June every year is CPR & AED Awareness Week? June may have passed, but it's never too late to make it CPR & AED Awareness Week! Visit the [American Heart Association's website](#) for more resources and information.

How are you partnering with your patients? The American Medical Association has created a [helpful infographic](#) that shares proven communication strategies for you and your entire team to use in engaging patients in their care.

## [Self-Measured Blood Pressure \(SMBP\) Monitoring Implementation Toolkit | NACHC](#)

This toolkit, developed by the National Association of Community Health Centers in collaboration with Million Hearts®, provides a practical, step-by-step guide to implementing SMBP in clinical workflows.

It helps clinics:

- Define goals and identify priority populations
- Assign SMBP-related tasks by staff role and tailor patient training
- Select data management platforms and design IT/data workflows
- Create a custom SMBP protocol informed by real-world implementation experiences

Packed with checklists, workflow diagrams, training tools, and technical guidance, this toolkit is ideal for clinics looking to launch or expand home blood pressure monitoring programs that enhance hypertension diagnosis, management, and equity.

## [Self-Measured Blood Pressure Telemonitoring Guide | NACHC](#)

Developed by the National Association of Community Health Centers, this "how-to" tool supports clinics launching telemonitoring SMBP initiatives. It addresses data flow, IT integration, patient engagement strategies, and workflow models, with pragmatic advice and case examples from federally qualified health centers.

## [Kidney Series Grand Rounds | National Kidney Foundation of Michigan](#)

### [Session 1: CKD Screening, Diagnosis, and Management](#)

**September 10, 2025 | 12:15 PM – 1:15 PM**

Speaker: Ben Collins-Hamel, D.O., Program Director, Internal Medicine, Henry Ford Warren Hospital

Uncontrolled high blood pressure is the second leading cause of kidney failure in the US, which can lead to chronic kidney disease (CKD). After attending this session, participants will have increased knowledge of CKD screening and early detection. CEUs available. For additional information, contact Terri Walters, [twalters@nkfm.org](mailto:twalters@nkfm.org).

## Community Resources



The American Heart Association offers [additional resources](#), including printable documents, email templates, downloadable toolkits, and various information about hands-only CPR.

Additionally, the [American Heart Association](#) and the [Red Cross](#) offer local CPR classes. Find one near you.

### Enjoy Summer While Taking Care of Your Heart

Summer in Michigan is the perfect time to unwind and spend more time outdoors! Spending time enjoying the warm weather, road trips, and relaxation doesn't mean you have to put a hold on your heart health. Taking advantage of the nice weather by getting outside can improve your cardiovascular health.

Here are some ideas for staying mindful of your heart health, whether you're lounging at the beach, exploring a new destination, or enjoying a backyard barbecue.

- Summer is a great time to increase physical activity and eat more fresh fruits and vegetables. Go to a [local Farmer's Market](#) or your local grocer to find fresh fruit and vegetables in season.
- Get in some extra steps and enjoy the fresh air by participating in outdoor activities you enjoy, such as swimming, hiking, or outdoor yoga. The American Heart Association provides some [helpful tips](#) to keep cool during warm weather workouts.
- Stay safe in extreme heat and be aware of the [differences between heat stroke and heat exhaustion](#).
- Maintain healthy habits, such as staying hydrated, eating heart-healthy foods, managing stress, and taking any prescribed medications. Check out the American Heart Association's [Heart-Smart Summer Guide](#) for tips to beat the heat and healthy cookout recipes. Find even more healthy grilling recipes [here!](#)

## Social Corner



Learn the **two simple steps** of Hands-Only CPR if you witness a teen or adult suddenly collapse:

1. Call 9-1-1
2. Push hard and fast in the center of the chest until help arrives.

### Learn the 2 steps of Hands-Only CPR and be ready to save a life.



**Use these tips for staying mindful of your heart health during the summer as standalone social media messages!**

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# Next Learning Collaborative



## Join us for the next MICH Learning Session

The next Learning Collaborative is scheduled for Wednesday, September 24, 2025, from 1:00 PM to 2:00 PM.

**Topic:** Urban vs. Rural Health Outcomes presented by Dr. Levy.

**Register**

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## Get in touch with the MICH Learning Collaborative Team:

For more information about any of the resources on this page, or to contact a member of the MICH Learning Collaborative team, please contact us at [MICHLearningCollab@michigan.gov](mailto:MICHLearningCollab@michigan.gov).

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