

Michigan Improving Cardiovascular Health Learning Collaborative

MICH - Beat Newsletter

- **April MICH Learning Session Recap**

The April MICH Learning Session presentation, "Promising Practices for Assessing and Addressing Social Needs to Improve Cardiovascular Health" by Shannon Lijewski, Executive Director of Everyday Life Consulting, explored how Community Health Workers (CHWs) help improve cardiovascular outcomes by addressing [social determinants of health and health related social needs](#). It covered key learning objectives like understanding social barriers, using screening tools, and recognizing CHWs' roles in care coordination and support. Shannon discussed social determinants in Michigan, clinical integration, and tools like [PRAPARE](#) and [AHC](#). The presentation highlighted CHWs' impact through case studies, emphasizing best practices for documentation, relationship-building, and follow-up care.

Join us for the June 11th MICH Learning Session!

The 5th MICH Learning Session webinar:
Community-Engaged Design and Implementation of Health Promotion & Awareness Campaigns to Improve Cardiovascular Health – will be held
June 11, 2025, from 1-2pm.

Click [HERE to Register!](#)



May is Stroke Awareness Month

Stroke is the 5th leading cause of death and a leading cause of disability for Michigan residents. Controlling blood pressure is important for reducing the risk of stroke. Join us in using and sharing the resources below to promote awareness about stroke, its warning signs, and ways to improve blood pressure awareness, treatment, and control.

CLINICAL RESOURCES

- [American Stroke Month | American Heart Association](#)

The American Heart Association (AHA) is presenting four free stroke-related online webinars during the month of May. Topics include: Primary Prevention of Stroke Guidelines; Women and AFib; Optimize Your Practice with American Heart Association Resources and Digital Health Professional Training & Certification. Click the link above to register.

AHA also offers an On-Demand course, “Virtual Stroke Forum – Advancing Practice and Empowering Optimal Outcomes” available for \$30 and awards 5.5 credit hours. [American Heart Association Virtual Stroke Forum 2024 \(b\) | Professional Education Hub](#)



- [Million Hearts Hypertension Control Change Package](#)

This is a comprehensive resource designed to help outpatient clinical settings improve hypertension (HTN) control among patients. This edition incorporates new clinical guidelines, tools, and resources to enhance the management of HTN. The Michigan Department of Health and Human Services (MDHHS) is a supporter of the National Million Hearts Initiative. We are committed to promoting effective community and clinical strategies and quality improvement. For more information or technical assistance using this toolkit, or any of the Million Hearts resources, please visit the [Michigan Million Hearts](#) webpage and/or contact the MDHHS Heart Disease and Stroke Prevention (HDSP) Unit.

- [CME Course: Measuring Blood Pressure Accurately – Step 1 in Hypertension Control – Target:BP](#)

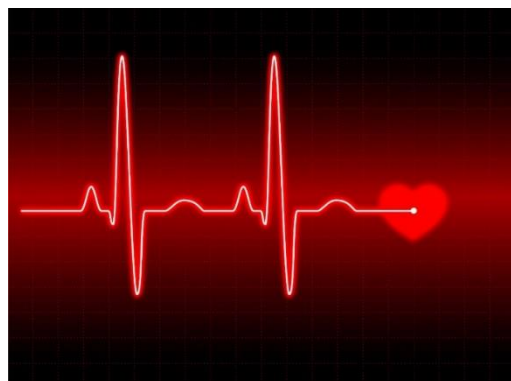
This one-hour webinar trains health care professionals on the “Measure Accurately” component of the AMA MAP™ framework. MAP stands for Measure Accurately, Act Rapidly, and Partner with Patients. The webinar reviews current evidence and guidelines related to blood pressure measurement and outlines steps teams and individuals can take to measure blood pressure accurately.

The course is available until 12/04/2026 and has been approved for CME/CE.

COMMUNITY RESOURCES

- [Michigan Stroke Program — Community Awareness](#)

This initiative by the Michigan Department of Health and Human Services offers a variety of community resources, including stroke support groups, a free monthly digital magazine for stroke survivors and their families, and materials to promote stroke awareness. The program encourages community members to become ambassadors for change by distributing educational materials and wearing stroke awareness pins and t-shirts.



- [Community Stroke Prevention Toolkit | American Stroke Association](#)

The American Stroke Association provides a comprehensive toolkit designed to help individuals and organizations educate their communities about stroke prevention. The toolkit includes a presentation, discussion guide, and a fact sheet on stroke risk factors, making it a valuable resource for community outreach efforts.

- [Stroke Awareness and Education - Stroke Networks](#)

The Stroke Network offers online resources for stroke awareness and education, including a FAST chart to help recognize stroke symptoms, a caregiver handbook, and access to chat rooms for stroke survivors and caregivers. These resources aim to support individuals affected by stroke and promote community education.

COMMUNICATIONS CORNER

- [High Blood Pressure Communications Toolkit | High Blood Pressure | CDC](#)

The Centers for Disease Control and Prevention provides a communications toolkit with social media messages, graphics, and resources that can help your networks understand the basics of hypertension, including how it increases risk for heart disease and stroke, why self-measured blood pressure (SMBP) monitoring is important, and treatment options.

In honor of Stroke Awareness Month, we have also provided some messages below to share with your networks this month!

Hypertension is a leading cause of stroke, which is why it's so important to go to your doctor and get it under control!

May is Stroke Awareness Month! Every second counts when it comes to stroke. Knowing the signs can save a life!

Remember **BE FAST**:

Balance loss

Eyesight changes

Face drooping

Arm weakness

Speech difficulty

Time to call 911

Help spread the word and raise awareness!

#StrokeAwareness #BEFAST #ActFAST #HealthEducation

Did you know? Every 40 seconds, someone in the U.S. has a stroke and every 3.5 minutes, someone dies of one.

But **80%** of strokes are preventable through lifestyle changes and early action!

Know your numbers.

Eat healthy.

Stay active.

Quit smoking.

#StrokePrevention #HealthyLiving #StrokeAwareness #HeartAndBrainHealth

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 MDHHS-MICHLearningCollab@michigan.gov.
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