

Michigan Improving Cardiovascular Health

MICH ❤️-Beat Newsletter

October 2025

Collaborative Meeting Recap



Presented by Dr. Phillip D. Levy, Professor of Emergency Medicine, Associate Vice President for Population Health and Translational Science at Wayne State University, and Director of the Wayne Mobile Health Unit Program, the September MICH Learning Session covered Urban vs. Rural Cardiovascular Health Outcomes.

This presentation explored the disparities in cardiovascular health outcomes between urban and rural populations. Individuals living in rural areas experience higher rates of hypertension and cardiovascular disease. Several factors contribute to these differences, including access to healthcare, socioeconomic status, and lifestyle choices. The presentation also discussed the role of mobile health units and community-based interventions in addressing these disparities. Dr. Levy's team helped develop the [Population Health Outcome Information Exchange](#) (PHOENIX), a platform designed to facilitate access to actionable health data and promote equitable lifespan outcomes across communities. PHOENIX enables users to explore a comprehensive range of metrics, including medical, social, environmental, and vital statistics, tailored to specific geographic areas such as zip codes or cities. This functionality enables stakeholders to evaluate the prevalence of key health indicators, such as hypertension, and informs data-driven strategies for enhancing community health and social well-being.

For more information about using PHOENIX, you can contact Dr. Levy at plevy@med.wayne.edu.

We are delighted to introduce the new [MDHHS MICH Learning Collaborative webpage](#)! This webpage provides an overview of the MICH Learning Collaborative. It will serve as a repository for upcoming learning session registration links, as well as presentations and recordings from past sessions, and links to the MICH Beat Newsletters.

Visit MICH Learning Collaborative

Clinical Resources



Enhance Your Cholesterol Management Knowledge

Attention clinicians! The American Heart Association provides a comprehensive suite of resources on cholesterol management, specifically tailored for healthcare professionals. This webpage provides the latest guidelines, educational materials, and tools to help you stay informed and deliver the best care to your patients. Don't miss out on these valuable resources. Visit the [AHA's Cholesterol for Professionals](#) page today and elevate your practice!

Empower Your Practice with the "Healthy for Good" Course

Healthcare professionals, elevate your expertise and enhance patient care with the [American Heart Association's Free "Healthy for Good" course](#). This comprehensive program offers valuable insights into promoting heart-healthy lifestyles, equipping you with the knowledge and tools to make a significant impact on your patients' cardiovascular health. Don't miss this opportunity to stay at the forefront of heart health education. Enroll today and take a proactive step towards better patient outcomes!

Stay Informed About RSV and Cardiovascular Health

As we approach the colder months, healthcare professionals must stay informed about the impact of Respiratory Syncytial Virus (RSV) on cardiovascular health. The American Heart Association offers a comprehensive resource page dedicated to [RSV for professionals](#). This page provides valuable insights into the complications of RSV, particularly for high-risk groups such as older adults and those with underlying cardiovascular conditions. Discover the latest guidelines, diagnostic tools, and educational resources to enhance your ability to manage and protect your patients effectively. Visit the AHA's RSV for Professionals page today and ensure you're equipped with the knowledge to provide the best care during the RSV season.

Community Resources



October is National Cholesterol Education Month, making it the ideal time to learn more about managing your cholesterol levels. The CDC offers a comprehensive toolkit to help you understand the importance of cholesterol management and take proactive steps towards better heart health. This toolkit includes valuable resources, tips, and guidelines to help you maintain healthy cholesterol levels and reduce your risk of heart disease. Check out the [Cholesterol Communications Toolkit](#) and take charge of your heart health today!

November: Join the Great American Smokeout and Start Your Smoke-Free Journey!

Quitting smoking isn't easy, but you don't have to do it alone. The Great American Smokeout, held on the third Thursday of November, is an ideal opportunity to take the first step toward a healthier, smoke-free life. By joining thousands of people across the country, you can make a significant impact on your health and reduce your cancer risk. The American Cancer Society offers resources and support to help you quit smoking and stay smoke-free. Remember, quitting starts with day one. Learn more about the Great American Smokeout and how you can participate by visiting the [American Cancer Society's website](#).

December: Protect Your Heart Health During the Holidays

The holiday season is a time for celebration, but it's also important to be mindful of your heart health. According to Jefferson Health, "Holiday Heart Syndrome" refers to the increased risk of heart problems during the festive season due to factors like stress, overindulgence in food and alcohol, and lack of exercise. This article provides valuable tips on how to protect your heart during the holidays, including managing stress, making healthier food choices, and staying active. Don't let the festivities take a toll on your heart. Read the [full article](#) and check out [some tips](#) from the American Heart Association on reducing holiday stress.



Boost Your Social Media Impact with the CDC Cholesterol Toolkit!

October is National Cholesterol Education Month, making it the ideal time to raise awareness about cholesterol management. The [CDC offers a fantastic toolkit](#) (also shared above) designed to help you create engaging and informative social media posts. This toolkit includes ready-to-use graphics, sample messages, and valuable resources to help you effectively communicate the importance of maintaining healthy cholesterol levels. Don't miss out on this opportunity to make a difference. Check out the CDC Cholesterol Toolkit and start sharing today!

Amplify Your Message with the Great American Smokeout Toolkit!

Are you looking to make a significant impact on social media this November? The [American Cancer Society's Great American Smokeout toolkit](#) is here to help! This comprehensive resource offers ready-to-use graphics, sample messages, and valuable information to help you spread the

word about the importance of quitting smoking.

Social Media Posts:

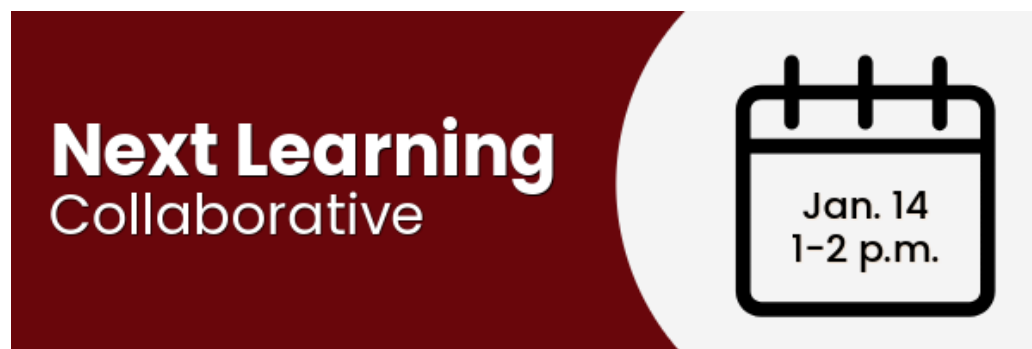
October is National Cholesterol Education Month! ♥ Did you know that high cholesterol can lead to heart disease? Learn more about how you can keep your cholesterol levels in check: <https://www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8/how-to-control-cholesterol-fact-sheet>. #CholesterolAwareness #HeartHealth

Ready to quit smoking? The Great American Smokeout is the perfect opportunity to take the first step towards a healthier, smoke-free life. Join thousands across the country on the third Thursday of November and commit to quitting smoking. The American Cancer Society offers resources and support to help you on your journey. Let's make this the year you say goodbye to smoking for good! #GreatAmericanSmokeout #QuitSmoking #HealthyLiving

The holiday season is here! While we celebrate, let's not forget to take care of our hearts. Manage stress, eat healthily, and stay active to keep your heart in top shape. #HeartHealth #HolidayWellness

Did you know that heart attack risks increase during the winter holidays? Maintain your heart health by avoiding overindulgence and engaging in regular exercise. #HeartHealth #HealthyHolidays

Enjoy the holidays without compromising your heart health! Opt for heart-healthy foods, manage stress effectively, and stay physically active. Your heart will thank you! ♥ #HeartHealth #HolidayTips



Join us for the next MICH Learning Session

The next learning collaborative is Wednesday, January 14, 2026. We are still confirming the topic and presenter. Updates will be provided as available. Register below.

[Register](#)

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.

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