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## NEWS RELEASE

For Immediate Release:  
May 10, 2016

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### **Altru Health System selected as 2015 Million Hearts Champion**

The North Dakota Department of Health (NDDoH), is pleased to announce that Altru Health System has been named a 2015 Million Hearts Hypertension Control Champion. The 2015 Hypertension Control Champions were chosen for using evidence-based strategies and patient engagement to help their patients achieve blood pressure control rates at or above the Million Hearts target of 70 percent.

Eighteen Champions providing care to nearly 1.5 million adults were selected, ranging from small practices to large health care systems throughout the U.S. All Champions achieved control rates of 70 percent or greater for their adult patients by using a variety of approaches.

Altru Health System is currently working with the North Dakota Department of Health (NDDoH) on improving care for patients with hypertension (high blood pressure). “We are excited that Altru has been chosen for the award, and are being celebrated for their hard work to achieve blood pressure control of their patients,” said Tiffany Knauf, NDDoH Hypertension Management Coordinator.

Saving lives through better blood pressure control has been a longstanding priority of the Centers for Disease Control (CDC). By recognizing the Champions’ performance and sharing their lessons learned, the CDC aims to help other health care professionals achieve the same success in communities nationwide.

Nearly 1 in 3 American adults has high blood pressure, a leading cause of heart disease and stroke. Nearly half of adults with high blood pressure do not have their condition under control. Even more alarming, millions of Americans have high blood pressure that is undiagnosed or untreated.

Million Hearts is a national initiative to prevent 1 million heart attacks and strokes in five years. For more information about the initiative and to access resources, visit <http://millionhearts.hhs.gov>.

The NDDoH offers free educational materials to help people manage their blood pressure, eat healthier, become more physically active, and quit smoking. For more information, visit [www.ndhealth.gov/heartstroke/](http://www.ndhealth.gov/heartstroke/) or call 1.800.280.5512.

– 33 –

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