Notes from Million Hearts Strategic Planning Session

January 4, 2018

**Group 1:**

Mission: Preventing heart attacks and strokes in New Mexico

Goals:

* Develop a compilation of all initiatives in New Mexico to increase physical activity among adults (e.g. Complete Streets, Prescription Trails) – put this on our map story? Million Hearts webpage?
* Ask the ONAPA program to participate in the Million Hearts workgroup
* Increase physical activity and increase access to nutritious foods
* Finish/update our map story

**Group 2:**

Mission: Be a part of a nationwide effort to increase and promote better heart health

Purpose: The workgroup will partner with public and private entities to promote activities that address needs for education, environmental and systems changes in regards to cardiovascular disease prevention and health promotion.

Goals:

* Meet monthly to support statewide initiatives that promote heart health.
* Gather information and resources on walking trails (e.g. prescription trails) throughout the state.
* Develop or provide a hypertension guideline/resource
* Awareness campaign of new hypertension guidelines

**Group 3:**

Mission: Promote activities for education, environmental and systems changes that address heart health.

Purpose: Keeping people healthy by focusing on physical activity

Goals:

* Identify various groups in New Mexico working on prescription trails, the built environment, complete streets
* Develop a shared resource – a tangible resource for people/communities about prescription trails
* Promote/distribute/share this information and resources

**Group 4:**

Mission: To improve cardiovascular health in New Mexico

Purpose: Gather together invested community partners to coordinate activities around cardiovascular health.

Goals:

* Resource coordination
* Information dissemination
* Utilize innovate technologies, ideas, or data to accomplish the first two goals