

**May 29, 2019**

## **MCHD begins project with Association of State and Territorial Health Officials**

MOBILE, Alabama — The Mobile County Health Department recently hosted a meeting for the Association of State and Territorial Health Officials (ASTHO) at the Keeler Memorial Building in Downtown Mobile. ASTHO is the national nonprofit organization representing public health agencies in the United States, the U.S. Territories and the District of Columbia, along with the



more than 100,000 health care professionals employed at these agencies.

ASTHO members formulate and influence sound public health policy and ensure excellence in state-based public health practice. ASTHO's primary function is to track, evaluate and advise members on the impact and formation of public or private health policy that may affect them and to provide them with guidance and technical assistance on improving the nation's health.

The meeting hosted by MCHD was a collaborative event with ASTHO and the Centers for Disease Control & Prevention (CDC). The topic was Heart Disease and Stroke Prevention.

MCHD has been granted blood pressure monitors that are stationed at the Keeler Memorial Building in Downtown Mobile. These are available to the public to check their blood pressure. MCHD encourages all patients to be actively involved in their own care plans.

Additionally, part of the ASTHO initiative is to make sure patients are well versed in the risks of hypertension. MCHD has educational materials available through the ASTHO program that are provided to patients for their resource and reference.

The recent meeting included a review of the Hypertension Program for Alabama and Mobile County, culturally tailored approaches to reach African-American and Black men, a review of State Systems and State Resources, plus the development of new PDSA (Plan, Do, Study, Act) cycles.

The project originally was called the Million Hearts State Learning Collaborative. Since 2013, ASTHO has supported the efforts of 31 jurisdictions to help save lives by preventing heart attacks and strokes through blood pressure control.

To learn more, please visit [www.astho.org/Prevention/Heart-Disease-and-Stroke/Tools-for-Change](http://www.astho.org/Prevention/Heart-Disease-and-Stroke/Tools-for-Change).