



Illinois Department of Public Health



Frequently Asked Questions

| More questions or to sign up call 217-785-4311

What is the Faith-Based Million Hearts® Initiative “Love to Love Your Heart”?

“Love to Love Your Heart” helps raise awareness about risks for heart disease and stroke. Love to Love Your Heart provides congregations support in the prevention of high blood pressure and its control. Congregations designate one member to serve as a Million Hearts® advocate and resource for heart health for the rest of the congregation.

What is the goal?

To enlist the participation and active engagement of 50 faith-based organizations statewide to support the national goal to prevent one million heart attacks and stroke by the end of 2017.

Why should our congregation join?

- Heart disease is the #1 leading cause of death in the United States.
- Every year an estimated 785,000 Americans will have their first heart attack.
- In Illinois, heart disease or stroke is responsible for 1 in every 3 deaths.
- Engaging communities to work together using education and support can affect change in the number of deaths caused by heart disease and stroke.

What is expected of us?

Active congregations are expected to commit to the program for one year, and complete four service components or activities, one each quarter, through December 2017. Level and effort of commitment is dependent on each congregation’s capability as long as there is a focus on heart disease and stroke education and prevention.

What is the Illinois Department of Public Health’s Role?

IDPH is committed to providing congregations with the tools and ongoing technical assistance to successfully implement and manage each congregation’s effort to promote heart health, such as:

- a. Provide a list of suggestions on events and activities to help congregations get started
- b. Provide resources for individuals to track and self-manage their health and wellness
- c. Connection with local content experts who can conduct presentations to participants on related topics (nutrition, physical activity, self-management of hypertension, etc.)
- d. Provide culturally competent and linguistically appropriate educational and promotional materials (to the extent possible).
- e. Connect with potential local partners who can support efforts (local health departments, clinics, grocery stores, drug stores, park districts, etc.)
- f. Assistance with access/linkage to care services
- g. Report/publish/promote/recognize activities and successes of participating faith-based organizations
- h. Monitor, evaluation effectiveness, and help guide success of your program
- i. Free blood pressure screenings provided by Walgreens
- j. Get Balance® rewards points for setting and achieving goals and daily tracking