

Million Hearts® at CDC



What's at Stake?

Every year, over 1.5 million people suffer a heart attack or stroke. And while death rates have been declining steadily for the last 40 years, this trend appears to be stalling. Deaths in some population groups, including adults ages 35 to 64, are on the rise.

This alarming trend points to the need to focus attention and action on improving the cardiovascular health of all Americans by helping people avoid unhealthy behaviors that put them at risk of heart attack and stroke and improving the care of those with key risk factors. It is time to do what works, everywhere, for everyone.

Million Hearts® 2022

Million Hearts® 2022 is a national initiative co-led by the Centers for Disease Control and Prevention (CDC) and the Centers for Medicare & Medicaid Services (CMS) to prevent 1 million heart attacks and strokes within 5 years. It focuses on a small set of priorities selected for their ability to reduce heart disease, stroke, and related conditions.

CDC's Division for Heart Disease and Stroke Prevention provides leadership and support for the Million Hearts® initiative. The agency collaborates extensively with CMS, sets priorities, and leads the communications, partnership development, research, translation, and evaluation efforts for the initiative. In addition, CDC:

- ▶ Posts information and evidence-based tools on the Million Hearts® website.
- ▶ Shares information and best practices with private and public partners through webinars, conferences, and newsletters.
- ▶ Uses clinical quality measures and public health surveillance to monitor progress.
- ▶ Supports the efforts of partners and recognizes partners that achieve or exceed specific targets.

Million Hearts® also plays a critical role in the development of tools and resources that translate science into practical guidance that is ready for use in a variety of clinical and community settings. Materials such as **Self-Measured Blood Pressure Monitoring: Action Steps for Public Health Practitioners** have been downloaded more than 31,000 times.

While CDC sets priorities and provides evidence of what works, this initiative depends on the many public and private partners who have adopted the Million Hearts® priorities and targets as their own. These include 16 national programs that are using one or more of the Million Hearts® clinical quality measures.

Million Hearts® 2022 Priorities and Targets

Keeping People Healthy

- ▶ **20%** reduction in average daily sodium intake.
- ▶ **20%** decrease in prevalence of combustible tobacco use.
- ▶ **20%** reduction in physical inactivity.

Optimizing Care

- ▶ **80%** of patients aged 18 or older with ischemic vascular disease use aspirin or other antithrombotic as appropriate.
- ▶ **80%** of patients aged 18 to 85 with a diagnosis of high blood pressure have it under control (<140/90 mmHg).
- ▶ **80%** of patients who need statin therapy receive it.
- ▶ **80%** of adult tobacco users receive counseling to help them quit.
- ▶ **70%** of eligible patients participate in cardiac rehab.

Focus on Priority Populations

- ▶ Blacks/African Americans with high blood pressure.
- ▶ People aged 35 to 64 because event rates are rising.
- ▶ People who have had a heart attack or stroke.
- ▶ People with mental and/or substance use disorders who use tobacco.



“Effective blood pressure control prevents heart attacks, strokes, heart failure, and premature death. Extending care and services from the doctor’s office to the patient’s community holds promise to get blood pressure under control more quickly and effectively.”

—Nancy Brown, CEO
American Heart Association

Stay Connected



To see the Million Hearts® 2022 Framework, go to <https://millionhearts.hhs.gov/files/MH-Framework.pdf>.



To subscribe to the Million Hearts® eUpdate, go to https://service.govdelivery.com/accounts/USCDC/subscriber/new?topic_id=USCDC_519.



For messages and tools that can be used on partner websites, go to <https://tools.cdc.gov/medialibrary/index.aspx#/microsite/id/279017>.

Fiscal Year 2017 Projects

In addition to supporting the initiative as a whole, CDC has funded several short-term projects to help partners build on and accelerate progress using innovative approaches. To date, funds have focused mainly on improving blood pressure control. Nearly 75 million Americans—or 1 in 3 adults—have high blood pressure, also known as hypertension, and less than half have it under control.

Accelerating Self-Measured Blood Pressure Monitoring

In July 2017, Million Hearts® began the second year of a project with the Association of State and Territorial Health Officials, the National Association of Community Health Centers, and the YMCA of the USA to improve and sustain uptake of self-measured blood pressure monitoring (SMBP) with clinical support. CDC funding provides resources to nine health centers (22 health center sites), nine local health departments, seven local Ys, and their state counterparts in Kentucky, Missouri, and New York to support the collaborative use of SMBP models. Senior leaders from these and other Million Hearts® partners support these efforts by developing policies, identifying sustainable resources, building public awareness, and promoting the use of SMBP nationally.

Million Hearts® in Municipalities

To promote rapid improvement at local levels, Million Hearts® is funding the National Association of City and County Health Officials to support four municipalities’ use of strategies from the Million Hearts® 2022 Framework to develop a learning collaborative that can share best practices with other city and county health departments. This project is intended to expand participation in the Million Hearts® initiative within and across communities.

Million Hearts® Hospitals

Million Hearts® is working with the National Association of Chronic Disease Directors and Leavitt Partners on identifying best practices that can encourage health systems and hospitals to take action to improve cardiovascular outcomes. Senior leaders from high-performing hospitals and executives from hospital associations are being interviewed to help guide this process. The goal is to develop a proposal for how best to get health systems and hospitals involved in improving the cardiovascular health of their staff, patients, and visitors.

Million Hearts® Hypertension Control Challenge

CDC supports an annual Hypertension Control Challenge to recognize clinicians, practices, and health systems that achieve a 70% or higher rate of blood pressure control among their patients. Since 2012, this program has recognized 83 Hypertension Control Champions from 31 states and the District of Columbia that collectively serve 5 million patients with high blood pressure. In 2018, the Challenge will recognize Champions that achieve a control rate of at least 80%. Many of the 2017 Champions achieved blood pressure control rates higher than 80%.

For more information, go to <https://millionhearts.hhs.gov>.