

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 40,000 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.

Fiscal Year 2018 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 by using innovative approaches. To date, funds have focused mainly on improving hypertension control. Nearly 78 million Americans—or 1 in 3 adults—have hypertension, and fewer than half have it under control.

Million Hearts® in Municipalities

For the second year, Million Hearts® is funding the National Association of City and County Health Officials (NACCHO) to support the implementation of strategies from the Million Hearts® 2022 Framework in five municipalities across the United States. Additionally, NACCHO and CDC will host a learning collaborative for local and state health departments to share best practices. This project is intended to expand participation in the Million Hearts® initiative at the local level.

Million Hearts® Hospitals

Million Hearts® is working with the National Association of Chronic Disease Directors (NACDD) to launch a Hospitals Recognition Program to spread community-based and clinically driven evidence based interventions in hospitals. The goals are to (1) encourage health systems and hospitals to improve the cardiovascular health of their staff, patients, and visitors and (2) highlight hospitals' cardiovascular health accomplishments. The program is expected to launch in fall 2019.

Million Hearts® Hypertension Control Challenge

CDC supports an annual Hypertension Control Challenge to recognize clinicians, practices, and health systems that achieve an 80% or higher rate of blood pressure control among their patients. Since 2012, this program has recognized 101 Hypertension Control Champions from 34 states and the District of Columbia that collectively serve more than 5 million hypertensive patients.

Million Hearts®: Preventing Heart Attacks and Strokes in Primary Care

Million Hearts® is funding the National Association of Community Health Centers (NACHC) to work with primary care associations and health center-controlled networks to (1) discover new tools and strategies that will improve performance in hypertension control and cholesterol management in health care settings, (2) test and implement evidence-based strategies to improve health outcomes at participating sites and identify best practices to implement

these strategies nationwide, and (3) increase access to credible data on medically vulnerable, diverse populations. Million Hearts® continues to scale and spread self-measured blood pressure monitoring (SMBP) by disseminating best practices from the Accelerating SMBP Project and convening more than 300 SMBP implementers and stakeholders on a quarterly basis to encourage information exchange and facilitate widespread SMBP implementation.

Coverage/Reimbursement Analysis on Self-Measured Blood Pressure Monitoring

NACDD is working with CDC to conduct a national coverage and reimbursement analysis on SMBP. The analysis will include current coverage and reimbursement for SMBP by third-party payers. The outcomes of this project will include a report on state-based SMBP coverage and a narrative to increase understanding of the facilitators and barriers, which should help financially sustain the provision of SMBP, confirm a hypertension diagnosis, and improve blood pressure outcomes.


Million Hearts® Cardiac Rehabilitation Collaborative

Million Hearts®, in collaboration with cardiac rehabilitation (CR) professionals, aims to increase CR participation among eligible patients from 20% to 70% by 2022. CDC has therefore convened the Million Hearts® Cardiac Rehabilitation Collaborative, a national forum of more than 200 individuals from a variety of disciplines, to focus on increasing CR awareness, spreading best practices, building health equity, enhancing sustainability, and tracking progress toward the 70% goal. Accomplishments include the development of communication materials, the Million Hearts® Cardiac Rehabilitation Change Package, and, in collaboration with the Centers for Medicare & Medicaid Services, a surveillance plan to monitor CR participation among eligible patients.

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

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 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>.