Heart Disease and Stroke Create an Enormous Public Health Burden

Each year, more than 1.5 million Americans have a heart attack or stroke, leading to disability and death at work and interrupted lives at home, and increasingly a unhealthy lifestyles may be contributing to this burden.

That’s why it’s crucial to connect public health efforts with heart care to make it easier for people to survive and maintain good health. Evidence from a few policies can notch positive behavior changes. When joined with quality health care services, public health strategies can have even greater impacts on improving cardiovascular health. For example, barbers in Los Angeles provided hypertension education with pharmacists to help African-American men know and control their blood pressure. (Check out MillionHearts in the Community to learn more.)

When we combine widespread public health efforts with team- and evidence-based health care, everybody wins. Find strategies to use in your community in the Centers for Disease Control and Prevention’s (CDC) Best Practice Guide for Cardiovascular Disease (CVD) Prevention. Together, we can prevent 1 million heart attacks and strokes.

—Janet Wright, MD, FACC
Executive Director, MillionHearts

MillionHearts® in the Community

Explore the link between air quality and CVD. First resource and information in this blog post includes a poor air quality page to care for hypertension. Including key actions health professionals can take to help keep communities healthy.

Blue Cross and Blue Shield of Louisiana recognizes top performers for hypertension control

This blog post from National Institutes of Health (NIH) Director Francis S. Collins, M.D., Ph.D., details a recent study from the National Heart, Lung, and Blood Institute (NHLBI) that examined the impact of increased access to and quality of care for hypertension control.

The Science of MillionHearts®

Improving ways to find and diagnose hypertensive patients hiding in plain sight in health centers. (A.J. Comm J Qual Patient Saf)

Heart disease death rates decreased from 1968 to 2015, but report finds racial and geographical disparities. (Chest: Vol 159, Issue 3)

Cardiac rehabilitation may lower the risk of hospitalization and mortality in heart failure. (JACC: Heart Failure)

Most hypertensive patients do not receive clinical advice to reduce sodium intake, study shows. (Circulation)

Heart failure days are dropping more faster for Northern California Kaiser Permanente members than rest of nation. (Am J Med)

Learn More About the New FDA Nutrition Innovation Strategy

On March 29, the Food and Drug Administration (FDA) announced the FDA Nutrition Innovation Strategy, which will take a fresh look at what can be done to reduce preventable nutrition-related disease and death. The initiative, still in early stages of development, will include a focus on lowering sodium in the marketplace through short-term voluntary sodium targets for the food industry. Find resources and information in this blog post about the risks poor air quality pose to heart health.

Explore the link between air quality and CVD

Learn ways to conduct chronic disease surveillance using electronic health record data.

Use this calculator to assess patients’ self-reported blood pressure data and to guide treatments.

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Learn how to help people lower their risk for CKD and cardiovascular disease with this National Kidney Foundation toolkit.

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