

Preventing 1 Million Heart Attacks and Strokes by 2022

Organization name

Presenter's name

Credentials



Million Hearts[®] 2022

- **Aim:** Prevent 1 million—or more—heart attacks and strokes in the next 5 years
- National initiative co-led by:
 - Centers for Disease Control and Prevention (CDC)
 - Centers for Medicare & Medicaid Services (CMS)
- Partners across federal and state agencies and private organizations



Heart Disease and Stroke in the U.S.

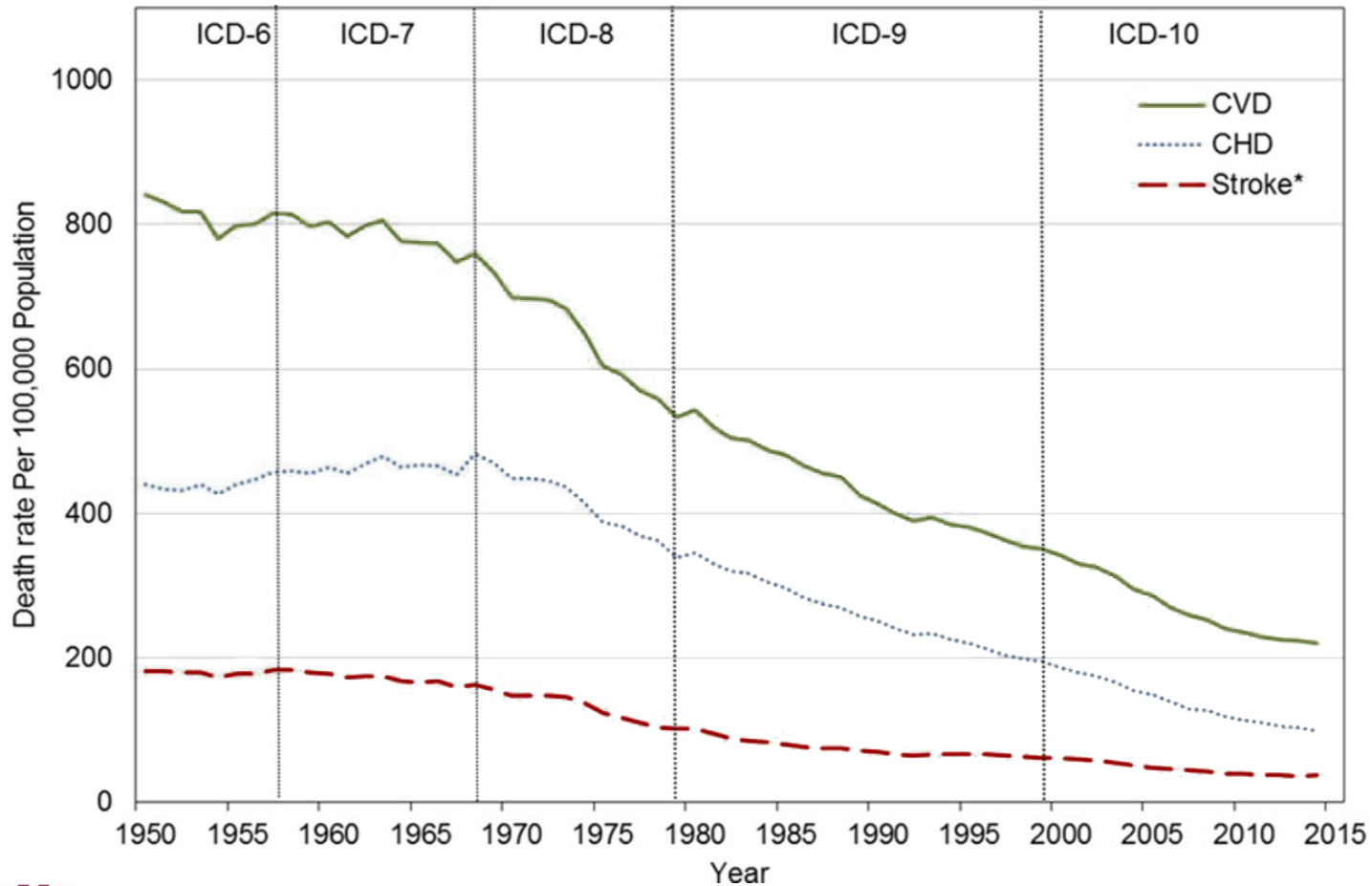
- More than **1.5 million** people in the U.S. suffer from heart attacks and strokes per year¹
- More than **800,000** deaths per year in the U.S. from cardiovascular disease (CVD)¹
- CVD costs the U.S. **hundreds of billions** of dollars per year¹
- CVD is the greatest contributor to racial disparities in life expectancy²



References

1. Benjamin EJ, Blaha MJ, Chiuve SE, Cushman M, Das SR, Deo R, et al. Heart Disease and Stroke Statistics—2017 Update: A Report From the American Heart Association. *Circulation* 2017;135(10):e146–603.
2. Kochanek KD, Arias E, Anderson RN. How did cause of death contribute to racial differences in life expectancy in the United States in 2010? NCHS data brief, no. 125. Hyattsville, MD: National Center for Health Statistics. 2013.

Heart Disease and Stroke Trends 1950–2015



Mensah GA, Wei GS, Sorlie PD, Fine LJ, Rosenberg Y, Kaufmann PG, et al. Decline in cardiovascular mortality: possible causes and implications. *Circ Res* 2017;120:366–80.

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Aim: Prevent 1 Million Heart Attacks and Strokes in 5 Years

Keeping People Healthy

Optimizing Care

COMMUNITY



Priority Populations

Million Hearts[®] 2022

Priorities

Keeping People Healthy

Reduce Sodium Intake

Decrease Tobacco Use

Increase Physical Activity

Optimizing Care

Improve ABCS*

Increase Use of Cardiac Rehab

Engage Patients in
Heart-Healthy Behaviors

Improving Outcomes for Priority Populations

Blacks/African Americans with hypertension

35- to 64-year-olds

People who have had a heart attack or stroke

People with mental and/or substance use disorders



*Aspirin use when appropriate, Blood pressure control, Cholesterol management, Smoking cessation

Keeping People Healthy

Goals	Effective Public Health Strategies
Reduce Sodium Intake Target: 20%	<ul style="list-style-type: none">• Enhance consumers' options for lower sodium foods• Institute healthy food procurement and nutrition policies
Decrease Tobacco Use Target: 20%	<ul style="list-style-type: none">• Enact smoke-free space policies that include e-cigarettes• Use pricing approaches• Conduct mass media campaigns
Increase Physical Activity Target: 20% (Reduction of inactivity)	<ul style="list-style-type: none">• Create or enhance access to places for physical activity• Design communities and streets that support physical activity• Develop and promote peer support programs



Optimizing Care

Goals	Effective Health Care Strategies
<p>Improve ABCS* Targets: 80%</p>	<p><i>High Performers Excel in the Use of...</i></p> <ul style="list-style-type: none"> • Teams—including pharmacists, nurses, community health workers, and cardiac rehab professionals • Technology—decision support, patient portals, e- and default referrals, registries, and algorithms to find gaps in care • Processes—treatment protocols; daily huddles; ABCS scorecards; proactive outreach; finding patients with undiagnosed high BP, high cholesterol, or tobacco use • Patient and Family Supports—training in home blood pressure monitoring; problem-solving in medication adherence; counseling on nutrition, physical activity, tobacco use, risks of particulate matter; referral to community-based physical activity programs and cardiac rehab
<p>Increase Use of Cardiac Rehab Target: 70%</p>	
<p>Engage Patients in Heart-Healthy Behaviors Targets: TBD</p>	

*Aspirin use when appropriate, Blood pressure control, Cholesterol management, Smoking cessation



Improving Outcomes for Priority Populations

Population	Intervention Needs	Strategies
Blacks/African Americans with hypertension	<ul style="list-style-type: none"> Improving hypertension control 	<ul style="list-style-type: none"> Targeted protocols Medication adherence strategies
35- to 64-year-olds	<ul style="list-style-type: none"> Improving HTN control and statin use Decreasing physical inactivity 	<ul style="list-style-type: none"> Targeted protocols Community-based program enrollment
People who have had a heart attack or stroke	<ul style="list-style-type: none"> Increasing cardiac rehab referral and participation Avoiding exposure to particulate matter 	<ul style="list-style-type: none"> Automated referrals, hospital CR liaisons, referrals to convenient locations Air Quality Index tools
People with mental and/or substance use disorders	<ul style="list-style-type: none"> Reducing tobacco use 	<ul style="list-style-type: none"> Integrating tobacco cessation into behavioral health treatment Tobacco-free mental health and substance use treatment campuses Tailored quitline protocols



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Resources and Tools

- **Action Guides**—Hypertension control; Self-measured blood pressure monitoring (SMBP); Tobacco cessation; Medication adherence
- **Protocols**—Hypertension treatment; Tobacco cessation; Cholesterol management
- **Tools**—Hypertension prevalence estimator; ASCVD risk estimator
- **Messages and Resources**—Undiagnosed Hypertension, Medication Adherence, Health IT, SMBP, Particle Pollution, Physical Activity, Tobacco Use
- **Clinical Quality Measures**
- **Consumer Resources and Tools**



Our Commitment

- Partner statement of commitment
- Description of intended actions



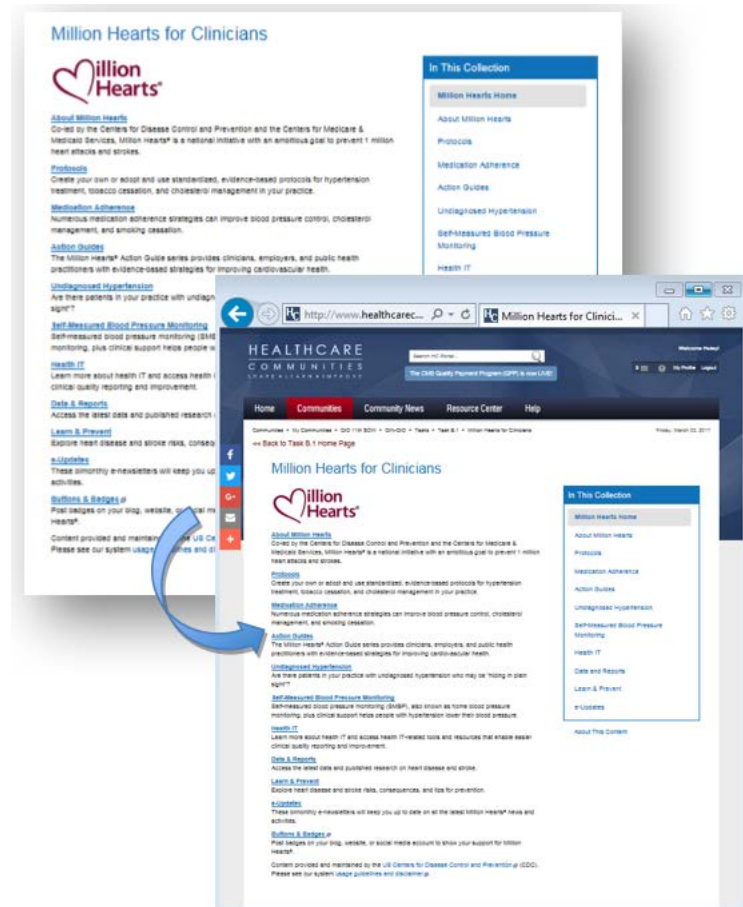
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- Million Hearts[®] on Facebook and Twitter
- Million Hearts[®] Website
- Million Hearts[®] for Clinicians Microsite



Million Hearts® for Clinicians Microsite

- Features Million Hearts® protocols, action guides, and other QI tools
- Syndicates **LIVE** Million Hearts® on your website for your clinical audience
- Requires a small amount of HTML code—customizable by color and responsive to layouts and screen sizes
- Content is free, cleared, and continuously maintained by CDC



Available at <https://tools.cdc.gov/medialibrary/index.aspx#/microsite/id/279017>