Preventing 1 Million Heart Attacks and Strokes by 2022

Organization name

Presenter's name

Credentials

million Hearts®

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 year[1]

- 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 year[1]

- CVD is the greatest contributor to racial disparities in life expectancy[2]

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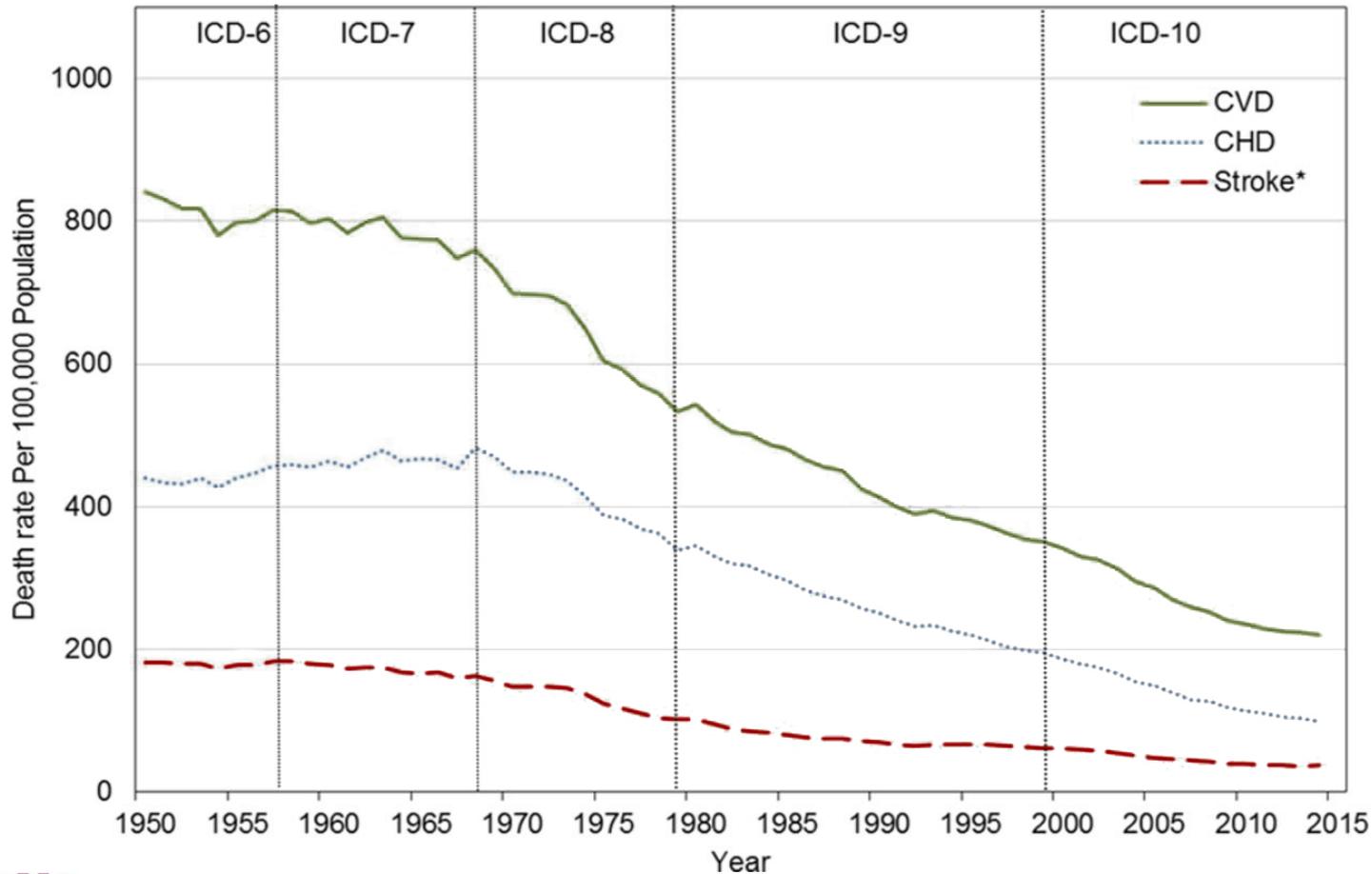
Mensah GA, Wei GS, Sorlie PD, Fine LJ, Rosenberg Y, Kaufmann PG, et al. Decline in cardiovascular mortality: possible causes and implications. Circ Res 2017;120:366–80.

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
35- to 64-year-olds
People who have had a heart attack or stroke
People with mental illness or substance use disorders

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

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Keeping People Healthy

Goals	Effective Public Health Strategies
Reduce Sodium Intake Target: 20%	• Enhance consumers' options for lower sodium foods • Institute healthy food procurement and nutrition policies
Decrease Tobacco Use Target: 20%	• Enact smoke-free space policies that include e-cigarettes • Use pricing approaches • Conduct mass media campaigns
Increase Physical Activity Target: 20% (Reduction of inactivity)	• Create or enhance access to places for physical activity • Design communities and streets that support physical activity • Develop and promote peer support programs

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Optimizing Care

Goals	Effective Health Care Strategies
Improve ABCS* Targets: 80% **Increase Use of Cardiac Rehab** Target: 70% **Engage Patients in Heart-Healthy Behaviors** Targets: TBD	***High Performers Excel in the Use of…*** • **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

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

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Improving Outcomes for Priority Populations

Population	Intervention Needs	Strategies
Blacks/African Americans with Hypertension	• Improving hypertension control	• Targeted protocols • Medication adherence strategies
35- to 64-year-olds	• Improving HTN control and statin use • Decreasing physical inactivity	• Targeted protocols • Community-based program enrollment
People who have had a heart attack or stroke	• Increasing cardiac rehab referral and participation • Avoiding exposure to particulate matter • Increasing influenza vaccine uptake	• Automated referrals, hospital CR liaisons, referrals to convenient locations • Air Quality Index tools • Offer vaccination during routine health care visits and hospitalizations
People with mental illness or substance abuse disorders	• Reducing tobacco use	• 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**

Million Hearts® 2022 Website: https://millionhearts.hhs.gov/

Our Commitment

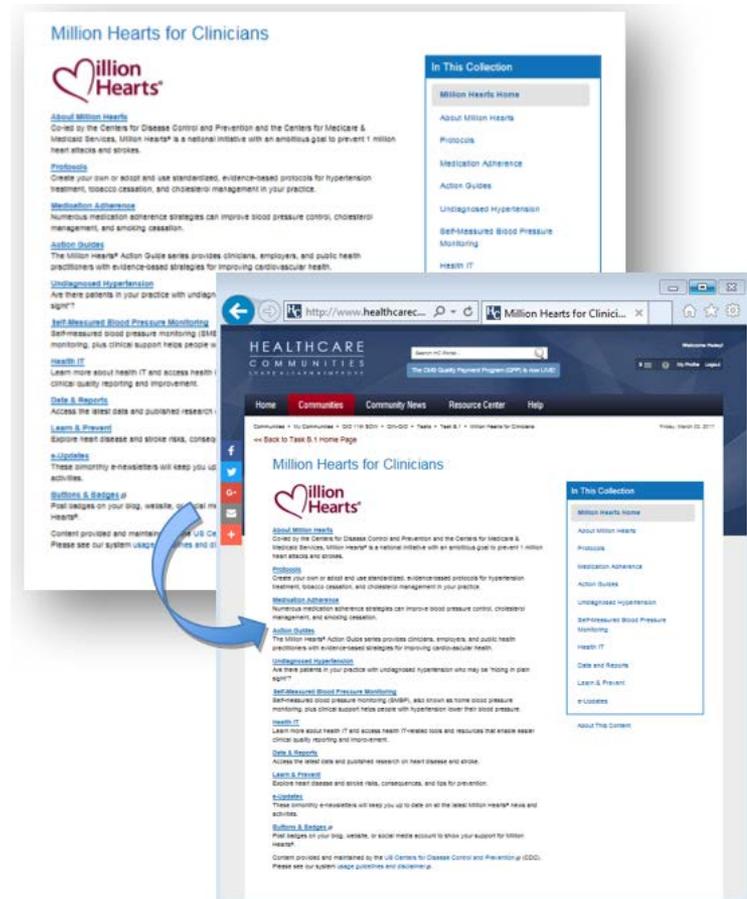- Partner statement of commitment
- Description of intended actions

Stay Connected

- Million Hearts® e-Update Newsletter
- 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**