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 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
Heart Disease and Stroke Trends
1950–2015

Million Hearts® 2022
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

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*Aspirin use when appropriate, Blood pressure control, Cholesterol management, Smoking cessation*
# Keeping People Healthy

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

<table>
<thead>
<tr>
<th>Goals</th>
<th>Effective Health Care Strategies</th>
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</thead>
<tbody>
<tr>
<td><strong>Improve ABCS</strong></td>
<td>High Performers Excel in the Use of…</td>
</tr>
<tr>
<td>Targets: 80%</td>
<td>• Teams—including pharmacists, nurses, community health workers, and cardiac rehab professionals</td>
</tr>
<tr>
<td><strong>Increase Use of Cardiac Rehab</strong></td>
<td>• Technology—decision support, patient portals, e- and default referrals, registries, and algorithms to find gaps in care</td>
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<tr>
<td>Target: 70%</td>
<td>• Processes—treatment protocols; daily huddles; ABCS scorecards; proactive outreach; finding patients with undiagnosed high BP, high cholesterol, or tobacco use</td>
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<td><strong>Engage Patients in Heart-Healthy Behaviors</strong></td>
<td>• 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</td>
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<tr>
<td>Targets: TBD</td>
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</tbody>
</table>

*Aspirin use when appropriate, Blood pressure control, Cholesterol management, Smoking cessation
## Improving Outcomes for Priority Populations

<table>
<thead>
<tr>
<th>Population</th>
<th>Intervention Needs</th>
<th>Strategies</th>
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<tbody>
<tr>
<td>Blacks/African Americans with hypertension</td>
<td>• Improving hypertension control</td>
<td>• Targeted protocols</td>
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<tr>
<td></td>
<td></td>
<td>• Medication adherence strategies</td>
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<tr>
<td>35- to 64-year-olds</td>
<td>• Improving HTN control and statin use</td>
<td>• Targeted protocols</td>
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<tr>
<td></td>
<td>• Decreasing physical inactivity</td>
<td>• Community-based program enrollment</td>
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<tr>
<td>People who have had a heart attack or stroke</td>
<td>• Increasing cardiac rehab referral and participation</td>
<td>• Automated referrals, hospital CR liaisons, referrals to convenient locations</td>
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<tr>
<td></td>
<td>• Avoiding exposure to particulate matter</td>
<td>• Air Quality Index tools</td>
</tr>
<tr>
<td>People with mental and/or substance use disorders</td>
<td>• Reducing tobacco use</td>
<td>• Integrating tobacco cessation into behavioral health treatment</td>
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<tr>
<td></td>
<td></td>
<td>• Tobacco-free mental health and substance use treatment campuses</td>
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<td></td>
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<td>• Tailored quitline protocols</td>
</tr>
</tbody>
</table>

 MILLION HEARTS®
Million Hearts®
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/](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