

# Million Hearts® Continues to Make Significant National Impact



## Million Hearts® Saves Lives and Money

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), with a goal of preventing 1 million heart attacks and strokes in 5 years. The initiative works with public- and private-sector partners to focus on advancing a set of strategies selected for their proven impact on preventing cardiovascular events.

In its first 5-year cycle (2012–2016), Million Hearts®:

Prevented an estimated **135,000** heart attacks, strokes, and related acute cardiovascular events.<sup>1\*</sup>



Saved **\$5.6 billion** in direct medical costs, a substantial portion of which was saved by public insurance programs like Medicare and Medicaid.<sup>1</sup>



\*Deaths, hospitalizations, and emergency room visits due to heart attack, stroke, and other preventable cardiovascular events.



[millionhearts.hhs.gov](https://millionhearts.hhs.gov)

## Partner Engagement is Vital to Million Hearts® Success

Million Hearts® leverages a national network of more than 300 private partner organizations, all 50 states and the District of Columbia, and 20 federal agencies to advance Million Hearts® priorities.

Collectively, Million Hearts® has:

- Translated the science of self-measured blood pressure monitoring (SMBP) into practice with the development of actionable resources.
- Convened a forum of more than 400 clinical, public health, and community-based partner members to facilitate the exchange of ideas, tools, and solutions to optimize SMBP use nationwide.
- Organized and led the Cardiac Rehabilitation Collaborative, a body of 400 multidisciplinary health professionals taking action to increase **cardiac rehabilitation** participation.
- Recognized 118 Hypertension Control Champions, serving 15 million adults across 37 states, for achieving at least 70% blood pressure control among patients served.<sup>2</sup>

Supported the National Association of Community Health Centers (NACHC) to detect undiagnosed hypertension, address underutilization of cholesterol-lowering medications for those at high risk and improve blood pressure control for African Americans with diagnosed hypertension. Through these combined initiatives, participating health centers identified more than 27,000 people with elevated blood pressures but no previous diagnosis of hypertension. Within 8 months (including some during the pandemic), more than 3,000 of these patients were recalled, were diagnosed with hypertension, and had their blood pressure attended to. Through the partnership with NACHC, we have discovered systems, patient, and data drivers of statin underuse. Initial implementation resulted in 2,260 new prescriptions in 12 months (including during the pandemic). And finally, participating health centers identified more than 20,000 African Americans with uncontrolled hypertension and experienced a 10-mmHg reduction in their average systolic blood pressure, translating to the prevention of hundreds of events. Collectively, 32 health centers engaged in these efforts, serving an adult population of more than 570,000 people. These health centers belong to health center-controlled networks that plan to spread these interventions to an additional 242 health centers serving more than 3,500,000 additional adults.

# Million Hearts® Can Prevent Heart Attacks and Strokes

Heart attacks and strokes are common, with someone in the United States suffering an event every 20 seconds. Million Hearts® focuses on advancing a set of priorities selected for their impact on preventing heart disease, stroke, and related conditions:



A majority of premature heart disease and strokes are preventable.

- **Keeping people healthy** with public health efforts to reduce sodium consumption, increase physical activity, and decrease tobacco use.
- **Optimizing care** by using teams, health information technology, and evidence-based processes to promote the ABCS (Aspirin when appropriate, Blood pressure control, Cholesterol management, and Smoking cessation), increasing participation in cardiac rehabilitation, and enhancing heart-healthy behaviors.
- **Improving outcomes for priority populations**, including Blacks/African Americans with hypertension, people ages 35 to 64, people who have already had a heart attack or stroke, and people with mental health and/or substance use disorders who smoke.

Current Million Hearts® work includes the following:

**Million Hearts® Change Packages and Action Guides:** Million Hearts® identifies partners and approaches to improve the quality of care and patient outcomes. Widespread implementation of the second edition of the [Million Hearts® Hypertension Control Change Package](#), released in June 2020, is critical to reaching our 2022 targets.

**SMBP with Clinical Support:** Evidence shows that SMBP with clinical support can improve blood pressure control. Despite the inclusion of SMBP in clinical guidelines, adoption and implementation remain suboptimal. Million Hearts® is working with partners to improve access to home blood pressure monitors and support primary care teams to implement SMBP with clinical support.

**Hospital Engagement:** The [Million Hearts® Hospitals & Health Systems Recognition Program](#) was launched in February 2020 to engage and acknowledge health care institutions working to systematically improve the cardiovascular health of the populations they serve. The program application outlines key strategies that hospitals and health systems can implement to drive quality-of-care improvements within their communities, complementing efforts to help local and state health departments implement strategies from the [Million Hearts® in Municipalities Toolkit](#).

**Home-Based or Hybrid Cardiac Rehabilitation Programs:** Participation in cardiac rehabilitation reduces the risk of death, decreases hospital readmissions, and improves patient functional status and quality of life. Alternative models for cardiac rehabilitation delivery are critically needed to help patients who cannot otherwise attend a center-based program to benefit from this evidence-based comprehensive approach to cardiovascular prevention. Million Hearts® is working with experts to catalyze development of new care delivery models at the home or community level.

## References

1. Ritchey MD, Wall HK, Hannan J, Sperling LS. [Million Hearts: 2012–2016 Final Report Addendum](#). June 2020. Accessed on August 12, 2020.
2. Ritchey MD, Hannan J, Wall HK, George MG, Sperling LS. [Notes from the Field: Characteristics of Million Hearts Hypertension Control Champions, 2012–2019](#). *MMWR*. 2020;69(7):196–197.



## Now Is the Time

COVID-19 has affected all American lives. The unprecedented challenge of the coronavirus pandemic has highlighted significant gaps and vulnerabilities in our nation's health. Improving the cardiovascular health of our nation has never been more important. There is an increased urgency to do better.

**We, as a nation, can prevent 1 million heart attacks, strokes, and cardiovascular events.**

Million Hearts® remains dedicated to this mission.

**For more information:**

Visit <https://millionhearts.hhs.gov>.

