

Million Hearts[®] 2022 *Design*

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

35-64 year olds

People who have had a heart attack or stroke

People with mental illness or substance use disorders

*Aspirin, Blood pressure control, Cholesterol management, Smoking cessation



Keeping People Healthy

Goals	Effective Public Health Strategies
Reduce Sodium Intake 20% Target	<ul style="list-style-type: none">• Enhance consumers' options for lower sodium foods• Institute healthy food procurement and nutrition policies
Decrease Tobacco Use 20% Target	<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 20% Target (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 Healthcare Strategies
<p>Improve ABCS* 80% Targets</p>	<p><i>High Performers Excel in the Use of.....</i></p> <ul style="list-style-type: none"> • Technology – decision support, patient portals, e- and default referrals, registries, and algorithms to find gaps in care • Teams – including pharmacists, nurses, community health workers, cardiac rehab professionals • 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 70% Target</p>	
<p>Engage Patients in Heart-healthy Behaviors Targets TBD</p>	



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Improving Outcomes for Priority Populations

Priority Populations	Major Strategies
Blacks/African-Americans	Improving hypertension control
35-64 year olds—because event rates are rising	<ul style="list-style-type: none">• Improving hypertension control and statin use• Increasing physical activity
People who have had a heart attack or stroke	<ul style="list-style-type: none">• Increasing cardiac rehab referral & participation• Avoiding exposure to particulate matter
People with mental illness or substance use disorders	Reducing tobacco use

