

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.

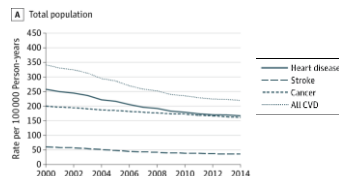
- More than **1.5 million** people in the U.S. suffer from heart attacks and strokes per year¹
- More than **800,000** deaths per year from cardiovascular disease (CVD)¹
- CVD costs the U.S. **hundreds of billions** of dollars per year¹
- CVD is the greatest contributor to racial disparities in life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

While CV deaths have been declining for the past 40 years, the **reduction in these deaths has slowed.**



Sidney S, Quesenberry CP, Jaffe MG, Sorel M, Nguyen-Huyh MN, Kushi LH, et al. Recent trends in cardiovascular mortality in the United States and public health goals. *JAMA Cardiol* 2016;1(5):394-9

Million Hearts® 2022 Design



Million Hearts® 2022 Priorities

Keeping People Healthy	Optimizing Care
Reduce Sodium Intake	Improve ABCS*
Decrease Tobacco Use	Increase Use of Cardiac Rehab
Increase Physical Activity	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



*Astin 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
Improve ABCS* Targets: 80%	<p style="text-align: center;"><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, and 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
Increase Use of Cardiac Rehab Target: 70%	
Engage Patients in Heart-healthy Behaviors Targets: TBD	

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



Improving Outcomes for Priority Populations

Priority Populations	Major Strategies
Blacks/African Americans	Improving hypertension control
35- to 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 and participation Avoiding exposure to particulate matter
People with mental illness or substance use disorders	Reducing tobacco use



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
- **Health IT**
- **Clinical Quality Measures**
- **Consumer Resources and Tools**



Our Commitment

- Partner statement of commitment
- Description of intended actions



Stay Connected

- Million Hearts® eUpdate 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.asp?fmicrosite/id/273017>