Million Hearts Initiative in New York State

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Division of Chronic Disease Prevention
NYS DOH
Million Hearts™ Initiative

• A national initiative

• Co-led by CDC and CMS

• Supported by many sister agencies and private-sector organizations.

http://millionhearts.hhs.gov
In 2009, heart disease or stroke was the cause of 36% of deaths in NYS and 30% of deaths in the US.

Principal causes of Hospitalization in NYS, 2010

<table>
<thead>
<tr>
<th>Rank</th>
<th>Principal Cause of Hospitalization (ICD-9-CM Code)</th>
<th># of Hospital Discharges</th>
<th>% of All Hospital Discharges</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Pregnancy/Childbirth</td>
<td>482,854</td>
<td>19.7</td>
</tr>
<tr>
<td>2</td>
<td>Total cardiovascular disease (390-459)</td>
<td>342,855</td>
<td>14.1</td>
</tr>
<tr>
<td>3</td>
<td>Diseases of the digestive system (520-579)</td>
<td>212,031</td>
<td>8.7</td>
</tr>
<tr>
<td>4</td>
<td>Mental disorders (290-319)</td>
<td>195,390</td>
<td>8.0</td>
</tr>
<tr>
<td>5</td>
<td>Diseases of the respiratory system (460-519)</td>
<td>184,686</td>
<td>7.5</td>
</tr>
</tbody>
</table>

Total Hospitalizations 2010: 2,446,518
Obesity among Adults Age 18 and Over, NYS and US*, 2000-2010

Diabetes among Adults Age 18 and Over, NYS and US*, 2000-2010

High Blood Pressure among Adults Age 18 and Over, NYS and US*, 1999-2009

High Cholesterol among Adults Age 18 and Over, NYS and US*, 1999-2009

Source: NYS BRFSS and CDC BRFSS.
*US data is the median% from the 50 States, DC, and Territories
Million Hearts

Goal

Prevent 1 million heart attacks and strokes nationwide over the next 5 years
Million Hearts

Strategy

Engage public and private sector partners in a coordinated approach to:

• Reduce the number of people who need treatment

• Improve the quality of treatment for those who need it

• Maximize current investments in cardiovascular health
Approach to Impacting Health
The Frieden Pyramid*

Smallest Impact

Counseling & Education

Clinical Interventions

Long-lasting Protective Interventions

Changing the Context
*To make individuals’ default decisions healthier*

Examples for CV Health
- Eat healthy, be physically active
- Rx for high blood pressure, high cholesterol
- Brief intervention for alcohol, cessation treatment
- 0g trans fat, salt, smoke-free laws, tobacco tax

Largest Impact

Socioeconomic Factors
Poverty, education, housing, inequality


Janet Wright MD FACC presentation: Million Hearts™ Where are we going? And where do we want to go?
Key Components of Million Hearts

COMMUNITY PREVENTION
Reducing the need for care

CLINICAL PREVENTION
Optimizing care

Focus on ABCS

Health information technology

Clinical innovations
# Million Hearts National Clinical Goals

<table>
<thead>
<tr>
<th>Intervention</th>
<th>Baseline</th>
<th>Target*</th>
<th>Clinical target**</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A</strong> Aspirin for those at high risk</td>
<td>47%</td>
<td>65%</td>
<td>70%</td>
</tr>
<tr>
<td><strong>B</strong> Blood pressure control</td>
<td>46%</td>
<td>65%</td>
<td>70%</td>
</tr>
<tr>
<td><strong>C</strong> Cholesterol management</td>
<td>33%</td>
<td>65%</td>
<td>70%</td>
</tr>
<tr>
<td><strong>S</strong> Smoking cessation</td>
<td>23%</td>
<td>65%</td>
<td>70%</td>
</tr>
<tr>
<td>Sodium reduction</td>
<td>~ 3.5 g/day</td>
<td>20% reduction</td>
<td></td>
</tr>
<tr>
<td>Trans fat reduction</td>
<td>~ 1% of calories</td>
<td>50% reduction</td>
<td></td>
</tr>
</tbody>
</table>

* Population Wide Indicator
** Clinician Target
Expanded Chronic Care Model

- Community
  - Activated Community
  - Informed Activated Patient
- Health Care System
  - Build Health Policy
  - Self Management Skills
  - Information Systems
  - Delivery System Design
  - Clinical Decision Support

- Productive Interactions and Relationships
- Prepared Proactive Practice Team
- Prepared Proactive Community Partners

Population Health Outcomes
Functional and Clinical Outcomes
New York State Community Prevention

<table>
<thead>
<tr>
<th>Last Five Years</th>
<th>Next Five Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Stroke Media Campaign</td>
<td>• Evaluation</td>
</tr>
<tr>
<td>• HEALD</td>
<td>• Creating environments that support Physical Activity &amp; Improved Nutrition</td>
</tr>
<tr>
<td>• Creating Healthy Places</td>
<td>• Media Campaign</td>
</tr>
<tr>
<td>• CD Self Management</td>
<td></td>
</tr>
<tr>
<td>• Tobacco Control Efforts</td>
<td></td>
</tr>
<tr>
<td>• I CHOOSE 600</td>
<td></td>
</tr>
</tbody>
</table>
## NYS Clinical Prevention

<table>
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<tr>
<th>Past Five Years</th>
<th>Next Five Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Designated Stroke Centers</td>
<td>• Fund QI Initiatives which promote adoption of guideline concordant care and integration of ABCS</td>
</tr>
<tr>
<td>• OHIP</td>
<td></td>
</tr>
<tr>
<td>• OHITT</td>
<td></td>
</tr>
<tr>
<td>• CHCANYS Hypertension Project</td>
<td></td>
</tr>
<tr>
<td>• QI initiatives</td>
<td></td>
</tr>
</tbody>
</table>
What Clinicians Are Being Asked To Do: Optimize Quality in Clinical Practice

Focus on the ABCs

Collect Your Practice Data

Innovate Patient Care Delivery - Make Improvements

Recollect Data to Measure Change
## New York State Data Sources For Million Hearts Metrics

<table>
<thead>
<tr>
<th>Metric</th>
<th>Data Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aspirin Use</td>
<td>Behavioral Risk Factor Surveillance System (BRFSS)</td>
</tr>
<tr>
<td></td>
<td>Consumer Assessment of Health Care Providers and Systems (CHAPS)</td>
</tr>
<tr>
<td>Blood pressure control</td>
<td>Quality Assurance Reporting Requirements (QARR)</td>
</tr>
<tr>
<td>Cholesterol Management among those with diabetes and cardiovascular conditions</td>
<td>Quality Assurance Reporting Requirements (QARR)</td>
</tr>
<tr>
<td>Smoking prevalence</td>
<td>Behavioral Risk Factor Surveillance System (BRFSS)</td>
</tr>
<tr>
<td>Average sodium intake</td>
<td>No New York State Specific Data Source</td>
</tr>
<tr>
<td>Artificial trans fat intake</td>
<td>No New York State Specific Data Source</td>
</tr>
</tbody>
</table>
Million Hearts Partner Support

Public Sector
- Administration on Aging
- Agency for Healthcare Research and Quality
- Centers for Disease Control and Prevention
- Centers for Medicare & Medicaid Services
- Department of Veterans Affairs
- Food and Drug Administration
- Health Resources and Services Administration
- Indian Health Service
- National Institutes of Health, National Heart Lung and Blood Institute
- Substance Abuse and Mental Health Services Administration
- Office of the Assistant Secretary for Health
- Office of the National Coordinator of HIT
- National Prevention Strategy
- National Quality Strategy

Selected Private Sector
- American Heart Association
- America’s Health Insurance Plans
- American Pharmacists Association
- American Medical Association
- The National Community Pharmacists Association
- The National Alliance of State Pharmacy Associations and the Alliance for Patient Medication Safety
- American Nurses Association
- Georgetown University School of Medicine
- UnitedHealthcare
- The YMCA of the USA
- Kaiser Permanente
- Association of Black Cardiologists
- American College of Cardiology
- National Committee for Quality Assurance
- National Consumer League
- American Association of Colleges of Pharmacy
- Walgreens
Visit the Million Hearts website and pledge your organizations support!

http://millionhearts.hhs.gov
Thank You!

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