

Accelerating Community-Level Prevention of Cardiovascular Disease

John M. Clymer

Executive Director

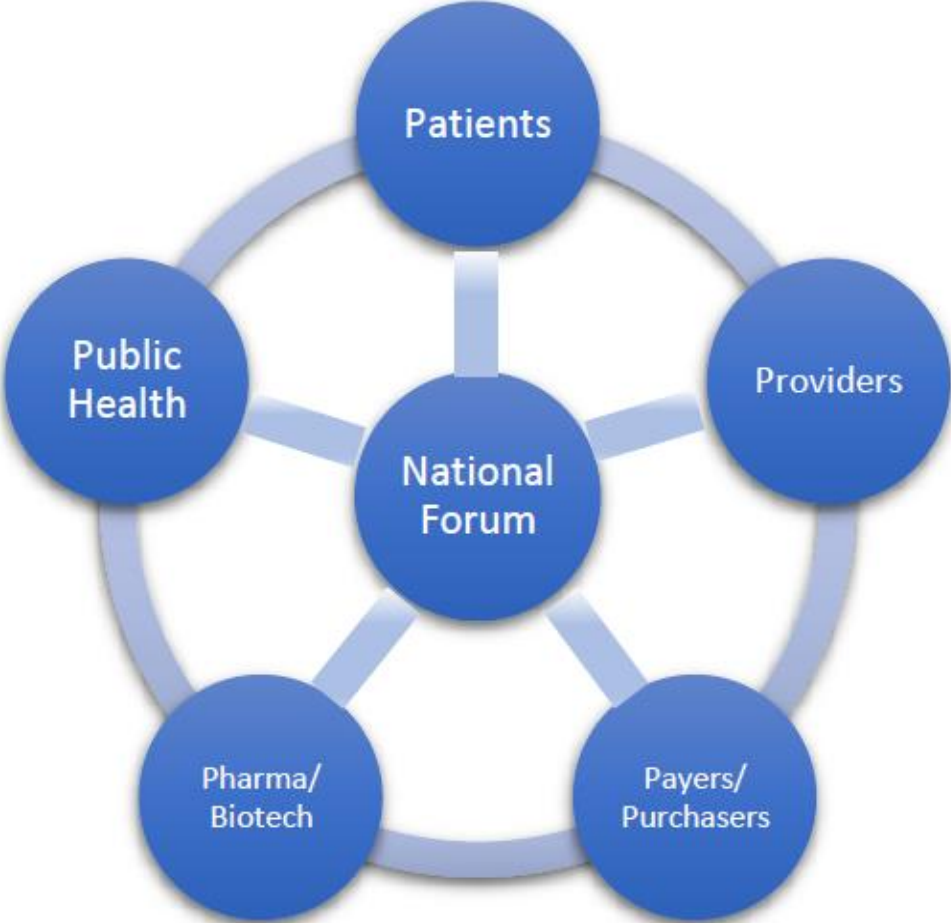
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THE WALL STREET JOURNAL.

Heart Attack at 49—America’s Biggest Killer Makes a Deadly Comeback

Younger people, women and nonsmokers are more likely to be victims of the crisis in cardiovascular health, driven by skyrocketing obesity and diabetes



NATION

'A distinctly American phenomenon': Our workforce is dying faster than any other wealthy country, study shows

Jorge L. Ortiz USA TODAY

Published 11:00 a.m. ET Nov. 26, 2019 | Updated 12:13 p.m. ET Nov. 26, 2019

The engine that powers the world's most potent economy is dying at a worrisome pace, a "distinctly American phenomenon" with no easily discernible cause or simple solution.

“[W]hile life expectancy in other industrialized nations continues to inch up, it has been going in the opposite direction in America...”

...Commonwealth ... down the general ... ed Tuesday in the Journal of ... drug overdoses, suicides and ... life expectancy in the U.S.,” ... on the link between health ... y rate among 17 high-income ... countries despite leading the world in per-capita spending on health care.

And while life expectancy in those other industrialized nations continues to inch up, it has been going in the opposite direction in America, decreasing from a peak of 78.9 years in 2014 to 78.6 in 2017, the last year covered by the report.

By comparison, according to a study published Tuesday in the Journal of the American Medical Association, the rate of progress in the United States is 82.2 percent, compared with 114 percent in Japan.

Steven Woolf, director of the National Center for Chronic Disease Prevention and Control, said the decline goes well beyond what would be expected from aging, that's a factor.

“It would be easier if we could identify the 35 causes of death,” he said. “But the study shows that the decline in life expectancy is not just due to aging, but to a combination of factors, all of which distinguish the U.S. from other wealthy nations.”

Between 1999-2017, midlife deaths from hypertensive diseases increased by 78.9%, and those linked to obesity by 114%.

Democracy Dies in Darkness



‘There’s something terribly wrong’: Americans are dying young at alarming rates

By Joel Achenbach

November 26, 2019 at 11:00 a.m. EST

Death rates from suicide, drug overdoses, liver disease and dozens of other causes have been rising over the past decade for young and middle-aged adults, driving down overall life expectancy in the United States for three consecutive years, according to a strikingly bleak study published Tuesday that looked at the past six decades of mortality data.

The report, published in the Journal of the American Medical Association, was immediately hailed by outside researchers for its comprehensive treatment of a still-enigmatic trend: the reversal of historical patterns in longevity.

Despite spending more on health care than any other country, the United States has seen increasing mortality and falling life expectancy for people age 25 to 64, who should be in the prime of their lives. In contrast, other wealthy nations have generally experienced continued progress in extending longevity. Although earlier research emphasized rising mortality among non-Hispanic whites in the United States, the broad trend detailed in this study cuts across gender, racial and ethnic lines. By age group, the highest relative jump in death rates from 2010 to 2017 — 29 percent — has been among people age 25 to 34.

The findings are sure to fuel political debate about causes and potential solutions because the geography of rising death rates overlaps to a significant extent with states and regions that are hotly contested in the run-up to the 2020 presidential election.



Yes, Americans are feeling the squeeze. It's coming from health care.


By **Robert J. Samuelson**

Dec. 1, 2019 at 6:30 p.m. EST

The idea that most middle-class Americans have been treading water economically is conventional wisdom. It is already playing a role in the 2020 campaign, as the Democratic presidential candidates propose policies (Medicare-for-all, free college tuition at state schools, subsidies for child care, to mention a few) intended to relieve the financial stress on millions of middle-income families.

But the conventional wisdom is wrong — or at least misleading. Although the squeeze is not a myth, it's highly localized: **uncontrolled medical spending. This is crowding out other spending, from wages to defense budgets.** If we don't stabilize health costs (and there is little sign that we will), we should expect the squeeze to continue indefinitely. Income inequality would also probably worsen.

We now have a new study from economist Richard Burkhauser of Cornell University that illuminates health care's peculiar role. A standard benchmark of economic well-being is median income: It is the earnings in the middle of any distribution of income figures. The higher the median, the better off people are assumed to be. In recent decades, the median income of U.S. households has grown slowly, stagnated or declined. In 2018, according to the Census Bureau, the median household income was \$63,179; in 1999, it was \$61,526.



The “Silver Tsunami:”
Aging of Baby Boomers
creates dangerous wave of
heart disease, heart failure

A Report from the National Forum for Heart Disease & Stroke Prevention

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<https://www.wsj.com/articles/heart-failure-deaths-rise-contributing-to-worsening-life-expectancy-11572411901>

HEALTH | HEALTH & WELLNESS

Heart-Failure Deaths Rise, Contributing to Worsening Life Expectancy

Rate surges as population ages and health of younger generations worsens

By Betsy McKay

Oct. 30, 2019 1:05 am ET

Deaths from heart failure, one of the nation's biggest killers, are surging as the population ages and the health of younger generations worsens.

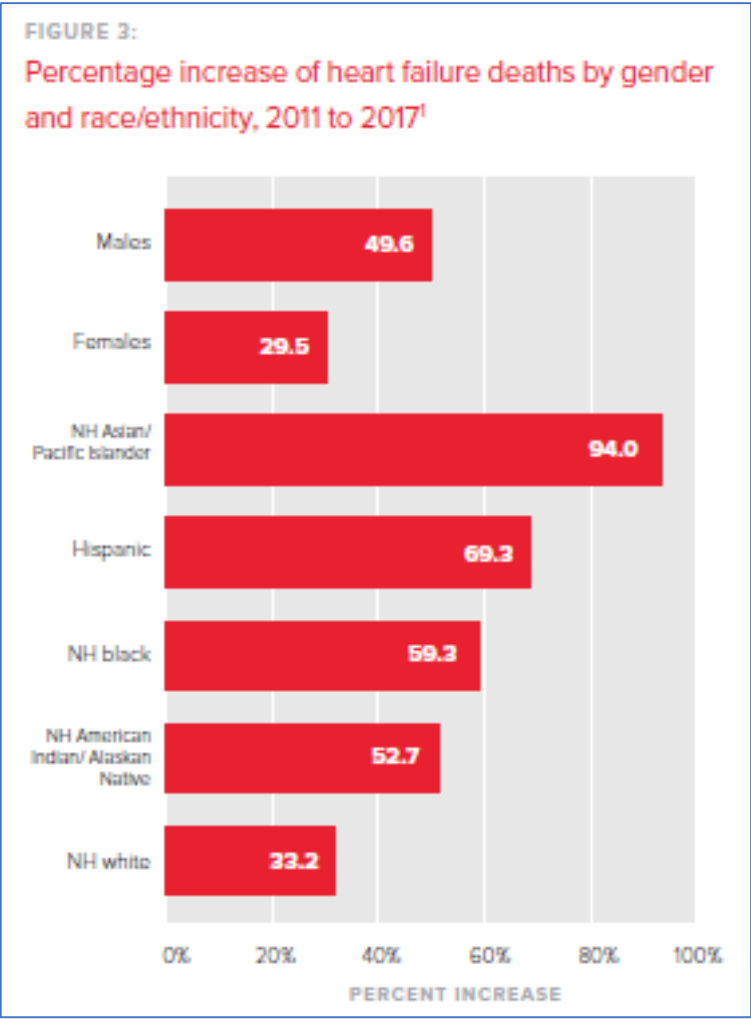
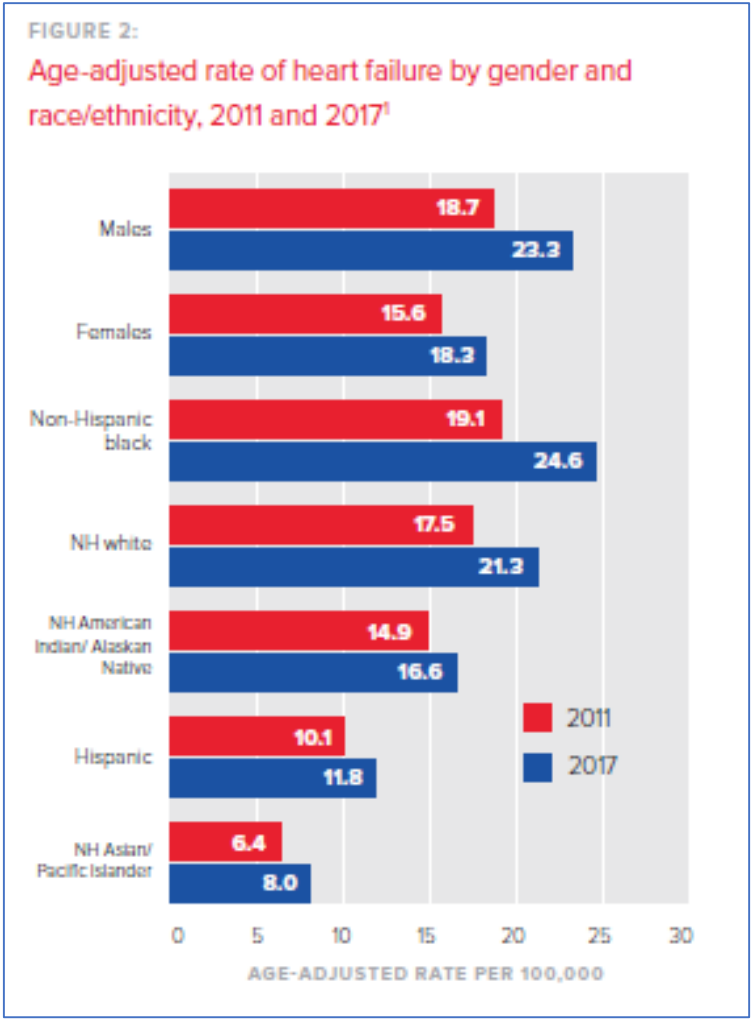
The death rate from the chronic, debilitating condition rose 20.7% between 2011 and 2017 and is likely to keep climbing sharply, according to a study published Wednesday in the journal JAMA Cardiology.

The rapid aging of the population, together with high rates of obesity and diabetes in all ages, are pushing both the rate and number of deaths from heart failure higher, the study said. Most deaths from heart failure occur in older Americans, but they are rising in adults under 65, too, the study showed.

Newsletter Sign-up

The findings help explain why a decadeslong decline in the death rate from cardiovascular disease has slowed substantially since 2011 and started

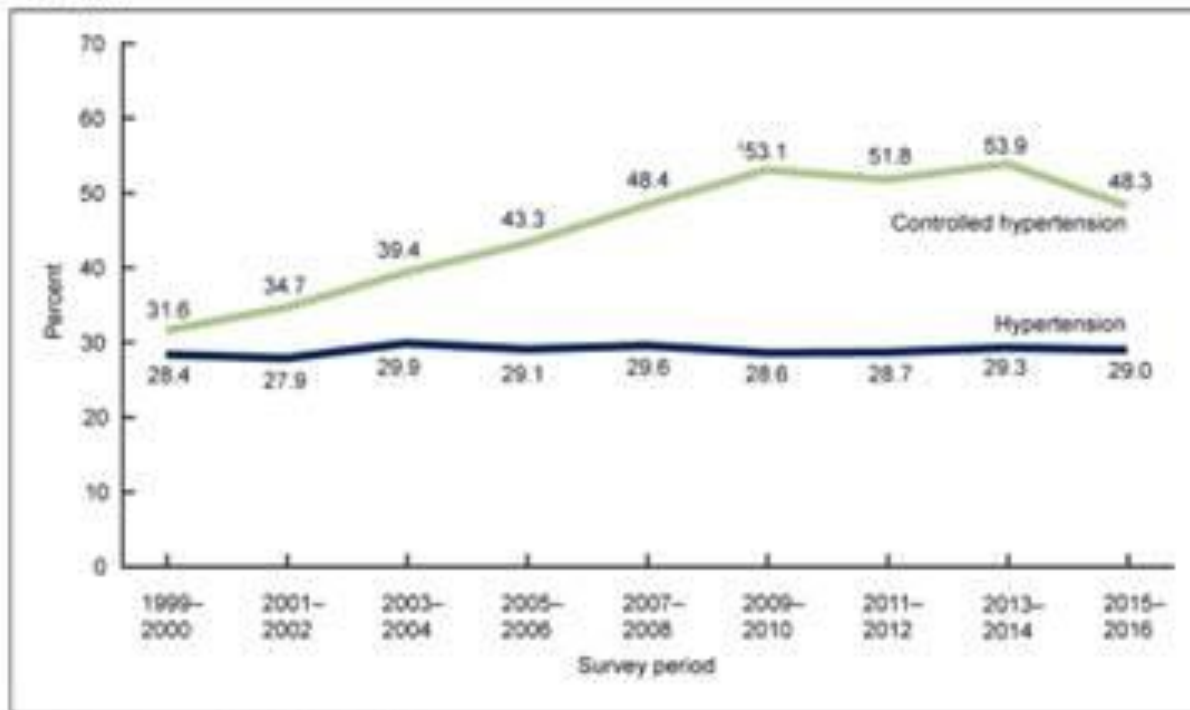
“Heart failure cost the U.S. healthcare system \$30.7 billion in 2012 and is projected to cost about \$70 billion in 2030, according to a report released Wednesday by the National Forum for Heart Disease & Stroke Prevention, an organization that works to end cardiovascular health disparities.”



Sidney, Stephen, et al. The “Silver Tsunami:” Aging of Baby Boomers Creates Dangerous Wave of Heart Disease, Heart Failure. National Forum for Heart Disease & Stroke Prevention, 2019

Hypertension Control Trends

Figure 5. Age-adjusted trends in hypertension and controlled hypertension among adults aged 18 and over: United States, 1999–2016



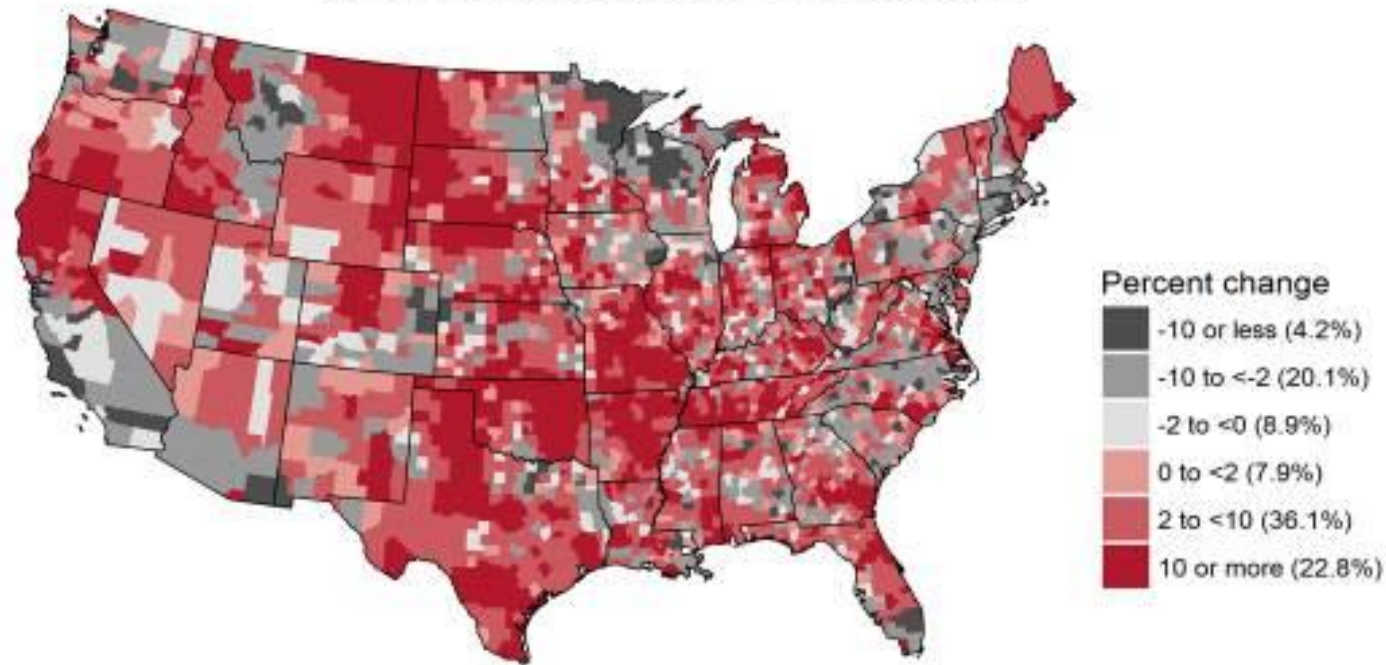
*Significant increasing trend for 1999–2016, $p < 0.001$.

NOTES: Hypertension estimates are age adjusted by the direct method to the 2000 U.S. Census population using age groups 18–39, 40–59, and 60 and over. Estimates of controlled hypertension are age adjusted by the direct method using computed weights based on the subpopulation of persons with hypertension in the 2007–2008 National Health and Nutrition Examination Survey, using age groups 18–39, 40–59, and 60 and over. Access data table for Figure 5 at: <https://www.oas.samhsa.gov/2k2/2k2702a/2k2702a.htm>.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 1999–2016.

Alarming Mortality Rate Changes

County-level percent change in heart disease death rates,
United States, Ages 35-64, 2010-2015

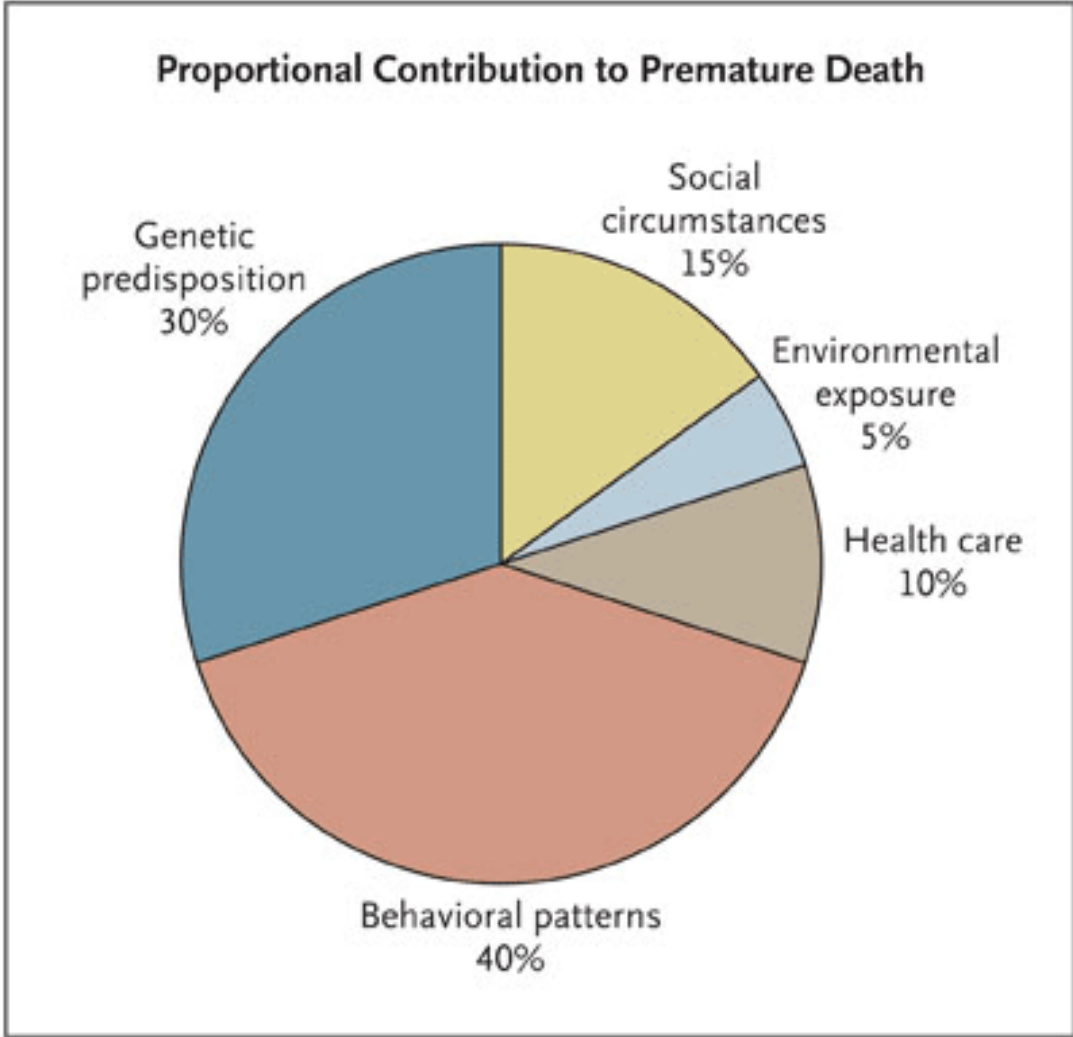


Vaughan AS, Patel SA, Kramer MR, Schieb L, Casper M. Relationships of macro-level conditions with cross-sectional and temporal trends in county-level premature heart disease death rates, 2010-2015. *Journal of Epidemiology and Community Health*. 2019. Under review.



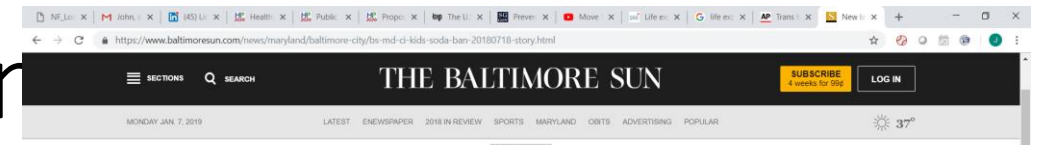
Where does health happen?





McGinnis JM, Foegen WH, Actual Causes of Death in the United States, JAMA 1993; 270:2207-12. Mokdad AH, Marks JS, Stroup DF, Gerberding JL, Actual Causes of Death in the United States, 2000. JAMA 2004; 291:1230-1245

Scaling policy, from commur



NEW YORK BUSINESS JOURNAL

First New York City bans trans fats—now it's the whole USA

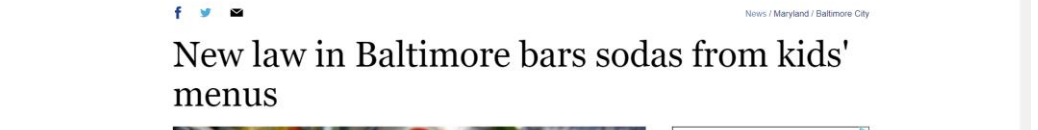
Jun 16, 2015, 1:16pm EDT

Former New York City mayor Michael Bloomberg, who honed in on multiple public health issues during his tenure, banned artificial trans fats from the city's restaurants in 2006. Other states and cities followed, including California, and now the rest of the country will too.

The Food and Drug Administration announced today that it has finalized its rules on partially hydrogenated oils and is giving the food industry three years to eliminate PHOs, the primary source of trans fats from the food supply in a move designed to prevent thousands of fatal heart attacks every year. The government agency had announced that it wanted to eliminate the artery-clogging fats linked to heart disease in late 2012, but now it has finalized its rules and announced a timeline



ADAM ROUNTREE | BLOOMBERG
These McDonald's McNuggets, fries and chicken were photographed the day New York City's trans fat




Newsroom

Categories: [Advisories & Comments](#) | Published: September 20, 2018

CA governor signs bill for healthier beverages in restaurant kids' meals

Healthy kids' meals build healthy habits for life

Related Images



AHA CEO Nancy Brown

Nancy Brown, Chief Executive Officer, American Heart Association

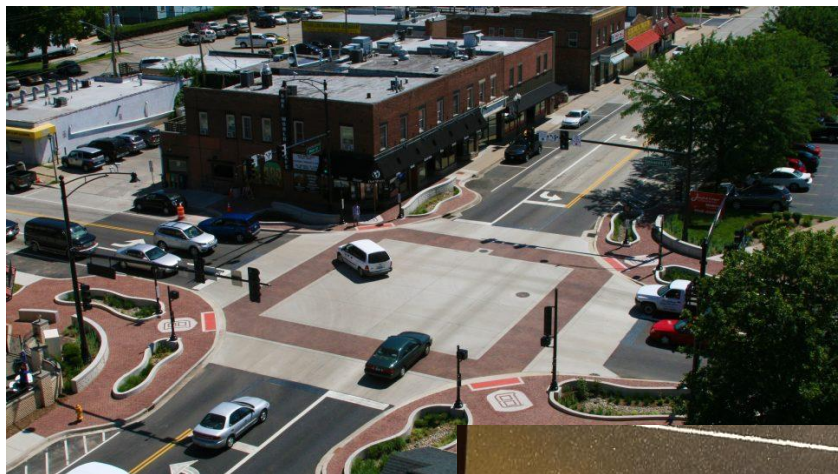
copyright American Heart Association

[Download \(4.9 MB\)](#)

DALLAS, September 20, 2018 — American Heart Association CEO Nancy Brown issued the following comments on California Senate Bill 1192, the California Healthy by Default Kids Meals Beverages bill:

"California has made history today by becoming the first state to ensure that water or milk comes standard for kids' meals at all restaurants. The American Heart Association applauds California's leaders for making it easier for parents to raise healthy kids. We strongly encourage other states and communities to follow suit, and we call on restaurants nationwide to take immediate action on their own by removing unhealthy drinks from kids' meals.

The drinks kids are served at restaurants have an increasingly significant impact on their health—half of the meals in the United States today are purchased outside of home and children get an average of 25 percent of their calories from restaurant foods and beverages. If their meals come with sodas or other sugary drinks, our kids are at greater risk for heart disease and diabetes. But if their meals come with water or milk instead, we can help them build healthy habits that last a lifetime.



	tall 354 mL	cal	grande 473 mL	cal	venti 591/709 mL	cal
Chile Mocha New	4.45	270	4.95	350	5.45	440
Pumpkin Spice Latte It's Back	4.45	300	4.95	380	5.45	470
Salted Caramel Mocha It's Back	4.45	370	4.95	470	5.45	570
Caramel Macchiato	4.25	190	4.95	250	5.25	310
White Chocolate Mocha	4.25	370	4.95	470	5.25	580
Caffè Mocha	3.95	290	4.75	360	5.25	450
Flat White	4.25	170				
Caffè Latte						



American Heart Association



Search The Community Guide

search the guide

Search

Your online guide of what works to promote healthy communities

[About the Guide](#)

Publication Features Cost-Effectiveness of Cancer Intervention

A new publication features economic evidence from a systematic review of multicomponent interventions to increase screenings for breast, cervical, and colorectal cancer screening. [Read the article](#)

>>

CPSTF 2018-2019 Annual Report to Congress

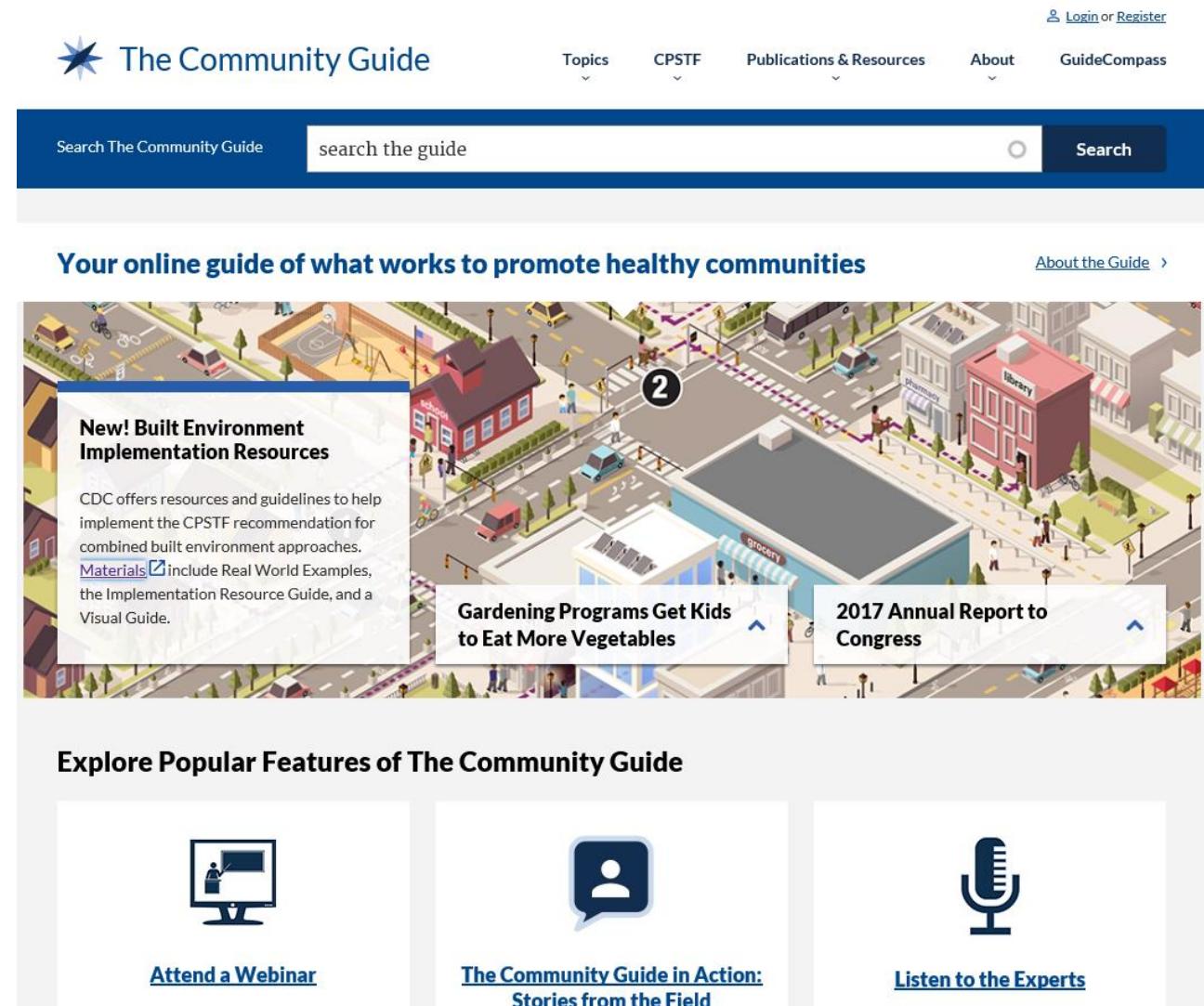
↑

CPSTF Announces New Chair and Vice-Chair

↑

The Guide to Community Preventive Services (The Community Guide)

- Systematic reviews of interventions appropriate for communities and healthcare systems
- Methods for the broad consideration of evidence on effectiveness and other issues
- Reviews support the findings of the Community Preventive Services Task Force (CPSTF)



The screenshot shows the homepage of The Community Guide. At the top, there is a navigation bar with the logo and the text "The Community Guide". To the right of the logo are links for "Topics", "CPSTF", "Publications & Resources", "About", and "GuideCompass". In the top right corner, there are links for "Login or Register". Below the navigation bar is a search bar with the text "Search The Community Guide" and a search button labeled "Search". The main content area features a headline: "Your online guide of what works to promote healthy communities" with a link "About the Guide". Below this is a large graphic of a city street scene with several callout boxes. One box is titled "New! Built Environment Implementation Resources" and contains text about CDC resources and guidelines. Another box is titled "Gardening Programs Get Kids to Eat More Vegetables" and a third is titled "2017 Annual Report to Congress". Below the graphic is a section titled "Explore Popular Features of The Community Guide" with three icons and corresponding text: "Attend a Webinar" (with a monitor icon), "The Community Guide in Action: Stories from the Field" (with a speech bubble icon), and "Listen to the Experts" (with a microphone icon).

Topics with CPSTF Intervention Reviews and Recommendations (1996-2018)

Reviews Organized by Environment

Health equity (Determinants of Health)

Reviews by Risk Behavior

Alcohol abuse/misuse

Tobacco use

Poor nutrition

Physical inactivity

Unhealthy sexual behaviors

Cardiovascular disease prevention

Reviews Organized by Setting

Worksite health promotion

Special Projects

Health communication

Reviews by Specific Condition

Cancer

Oral Health

Mental health

Increasing Appropriate Vaccinations

Violence

Motor vehicle injuries

Diabetes

Reviews Organized by Life Stage

Adolescent health

Emergency preparedness

Community Guide Reviews and CPSTF Recommendations for CVD Prevention

Community Guide Intervention Review	Included Studies	CPSTF Finding
Team-based care for blood pressure control	52	Recommended based on strong evidence of effectiveness
Clinical decision support systems	45	Recommended based on sufficient evidence of effectiveness
Reducing out-of-pocket costs for CVD preventive services	13	Recommended- sufficient
Interactive digital interventions for blood pressure self-management	7	Recommended- sufficient
Interventions engaging Community Health Workers (CHWs)	31	Recommended- sufficient
Mobile health interventions for treatment adherence for newly diagnosed CVD patients	12	Recommended- sufficient
Self-measured blood pressure monitoring interventions to improve BP control	26 25	Alone: Recommended- sufficient With additional support: Recommended- strong

<https://www.thecommunityguide.org/content/task-force-findings-cardiovascular-disease>

Community Guide Resources

Search The Community Guide

Search

[Home](#) » [Systematic Review](#)

Systematic Review



Topic

[Cardiovascular Disease](#)

Recommended

April 2012

Audience

Adults
Healthcare Providers
Older Adults

Setting

Clinical/Health Systems
Medical Home
Rural
Urban

Strategy

Case Management
Health Education
Organizational Changes

Cardiovascular Disease: Team-Based Care to Improve Blood Pressure Control

Snapshot

What the CPSTF Found

Supporting Materials

Considerations for Implementation

Summary of CPSTF Finding

The [Community Preventive Services Task Force \(CPSTF\)](#) recommends team-based care to improve patients' blood pressure. Evidence shows team-based care increases the proportion of patients with controlled blood pressure and reduces systolic (SBP) and diastolic (DBP) blood pressure. Economic evidence indicates team-based care is cost-effective.

Studies included in the systematic review primarily used teams in which nurses and pharmacists collaborated with primary care providers, patients, and other professionals.

Intervention

Team-based care to improve blood pressure control is a health systems-level, organizational intervention that relies on multidisciplinary teams to improve the quality of hypertension care for patients.

Team-based care is established by adding new staff or changing the roles of existing staff who work with a patient's primary care provider. Teams include the patient, the patient's primary care provider, and other professionals such as nurses, pharmacists, dietitians, social workers, and community health [Read more](#)

CPSTF Finding and Rationale Statement



The Community Guide

Cardiovascular Disease Prevention: Team-Based Care to Improve Blood Pressure Control

Summary of Community Preventive Services Task Force Recommendation



The Community Preventive Services Task Force (CPSTF) recommends team-based care to improve blood pressure control in patients with hypertension (high blood pressure). This is based on strong evidence of effectiveness in increasing the number of patients with their blood pressure under control compared to usual care.

What is Team-Based Care to Improve Blood Pressure Control?

Team-based care to improve blood pressure control relies on multidisciplinary teams at health-system and organizational levels to improve the quality of hypertension care for patients.

Each team includes a patient, the patient's primary care provider, and other professionals, such as nurses, pharmacists, dietitians, social workers, and community health workers. Team members share responsibilities, such as medication management, patient follow-up, and adherence and self-management support.

Major Findings

Overall, team-based care increased the number of patients whose blood pressure was under control compared to usual care. Teams were most effective when they included pharmacists and when team members could change patients' medications, either independent of the primary care provider or with their approval or consultation.

Team-based care decreased both systolic and diastolic blood pressure. It also was effective in improving patient outcomes for other cardiovascular disease risk factors, such as blood glucose and cholesterol levels.

The available economic evidence shows team-based care is a cost-effective intervention for blood pressure control, with the median cost per quality-adjusted life year (QALY) gained falling below a \$50,000 benchmark for cost effectiveness.

Facts about High Blood Pressure

- Nearly 75 million U.S. adults have high blood pressure and only about half have their condition under control.¹
- High blood pressure increases risk for heart attack, stroke, chronic heart failure, and kidney disease.²
- Cardiovascular disease costs the United States approximately \$316 billion each year in health care services, medications, and lost productivity from premature mortality.³

Learn More

Summary of Evidence and CPSTF Finding

<https://www.thecommunityguide.org/findings/cardiovascular-disease-team-based-care-improve-blood-pressure-control>

CDC, High Blood Pressure

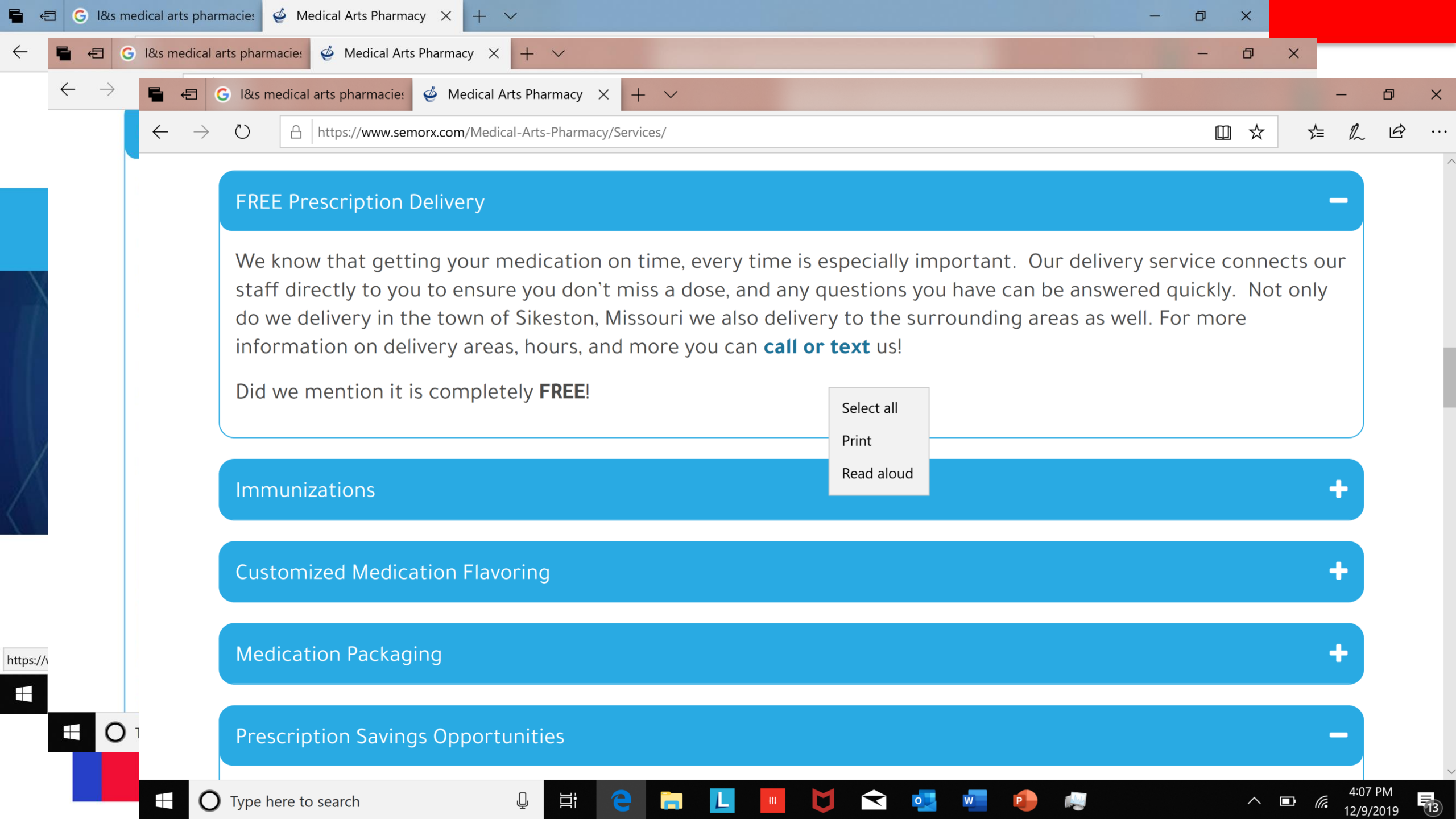
<https://www.cdc.gov/bloodpressure/index.htm>

Million Hearts Initiative

<http://millionhearts.hhs.gov/index.htm>

¹ Meral R, Siegel C, Rakotz M, Basch P, Wright J, Wong B, DHS, Thorpe P. CDC Grand Rounds: A Public Health Approach to Detect and Control Hypertension. MMWR Morb Mortal Wkly Rep. 2016 Nov 18;65(45):1261-1264.

² Mozaffarian D, Benjamin EJ, Go AS, et al. Heart Disease and Stroke Statistics: 2015 Update: a report from the American Heart Association. *Circulation*. 2015;132:514-560.



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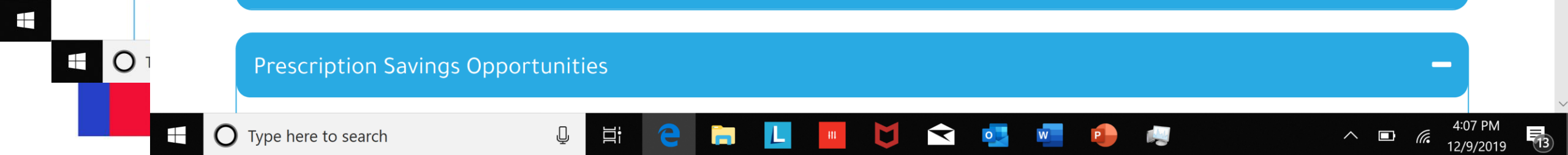
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Move with the Mayor™ paved the way for Green Bay employees to live healthier and reduce health care costs.

100
Walking meetings
Mayor Jim Schmitt
holds annually.

9/13
City departments
have walking
groups each week.



95% Eligible employees
actively engaged in
Health 1265.

**500
million**
Steps taken by Green Bay employees
between Nov. 2017 & May 2018.



Number of employee
hospitalizations

120
2015

Before
Health 1265

110
2017

After the first full
year of Health 1265



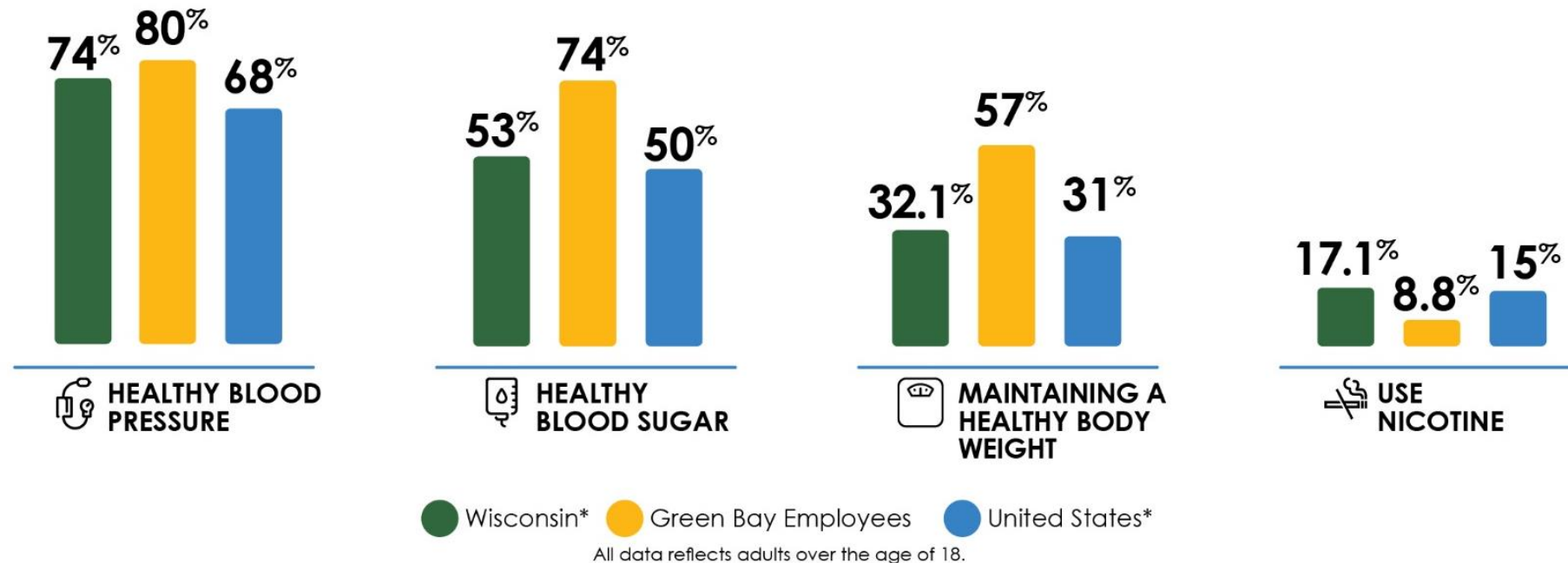
Hospitalization Costs



184 minutes
150 minutes

Green Bay employees average 184 mins.
of moderate-intensity aerobic activity
each week. CDC recommends 150.

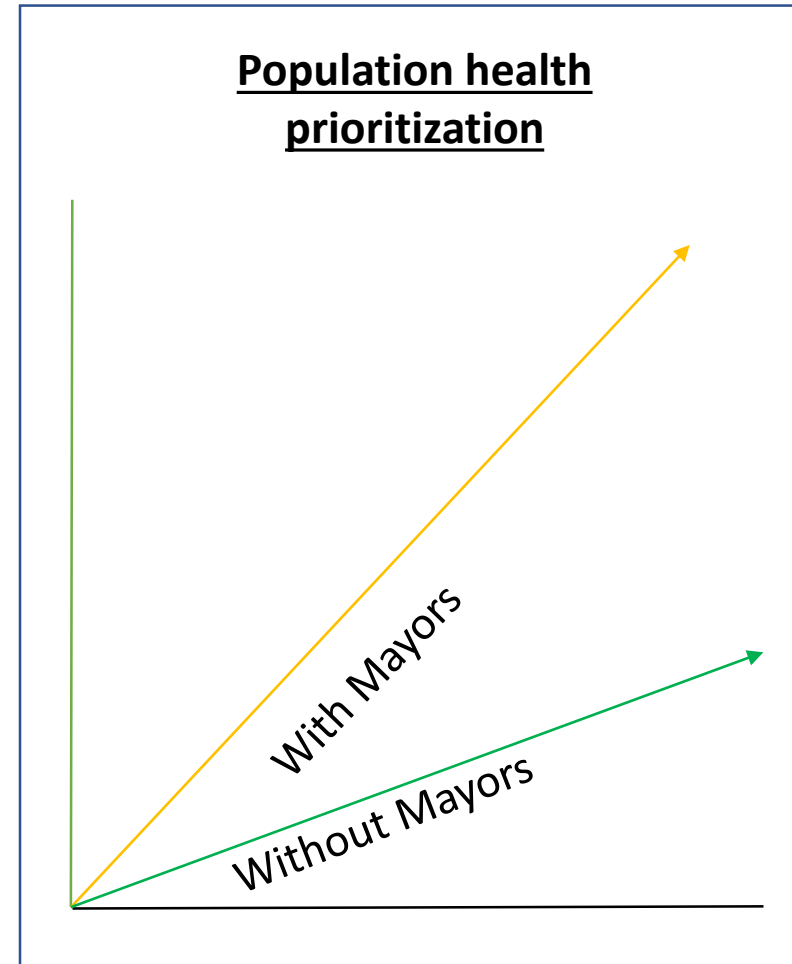
Move with the Mayor™ paved the way for Green Bay employees to live healthier and reduce health care costs.



*Data Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, [2018].

Move with the Mayor™

- Mayors' catalytic power can accelerate collaborative action to improve health
- National Forum members can work with mayors to achieve mutually beneficial goals
- World Heart Day provides a platform for mayors to focus on cardiovascular health





AKRON
BEAVERCREEK
COLUMBUS
CUYAHOGA FALLS
DAYTON
ELYRIA

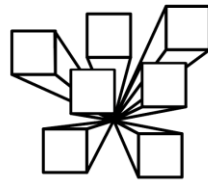
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GROVE CITY
LANCASTER
TOLEDO
YOUNGSTOWN
#MovewiththeMayor



**THE OHIO STATE
UNIVERSITY**



NATIONAL FORUM
FOR HEART DISEASE & STROKE PREVENTION



**OHIO
MAYORS
ALLIANCE**



NATIONAL FORUM
FOR HEART DISEASE & STROKE PREVENTION

Move with the Mayor™ / U.S. Surgeon General's Call to Action Step it Up! Success Roadmap

Purpose of this Roadmap

The U.S. Conference of Mayors (USCM) endorses Step It Up!, the U.S. Surgeon General's Call to Action to Promote Walking and Walkable Communities. USCM urges cities to develop initiatives and programs that respond to the Call to Action.

Many mayors already use Move with the Mayor™ (MWTM), developed by the National Forum for Heart Disease & Stroke Prevention, to encourage people to walk and live active, healthy lifestyles.

Now the Move with the Mayor™ / Step It Up! Success Roadmap blends elements of both initiatives, to help you identify and strengthen your city's programs and policies to improve health, including:

- strengths in promoting heart health by answering the U.S. Surgeon General's Call to Action and through MWTM; and
- opportunities to make it possible for more people to live healthy lives.

By completing this roadmap you will determine your city's Step it Up! score. The National Forum will also use your scores to help improve our future MWTM programming in your city.

Roadmap Instructions

Please respond to each section of the roadmap and provide an answer for each question. We appreciate your taking the time to complete this roadmap. The challenge will run from **August 9 – October 9, 2019**. For all questions in the roadmap, **your city will receive the number of points indicated for every "Yes" answer.**

The following sections are included in the roadmap, with elements related to heart health promotion interwoven.

1. Make Walking a City Priority
2. Design Communities that Make Walking Safe & Easy for People of All Ages & Abilities
3. Promote Programs and Policies to Support Walking Where People Live, Learn, Work, Pray, & Play
4. Provide Information to Encourage Walking and Improve Walkability

Using the interactive PDF, your points for each section will be automatically totaled to determine your city's Step it Up! score.

Please send your completed roadmap to Debbie Martinez at debbie.martinez@nationalforum.org by **October 14, 2019**.



Please consider only the time period of **August 9, 2019 – October 9, 2019** when answering questions in the following sections.

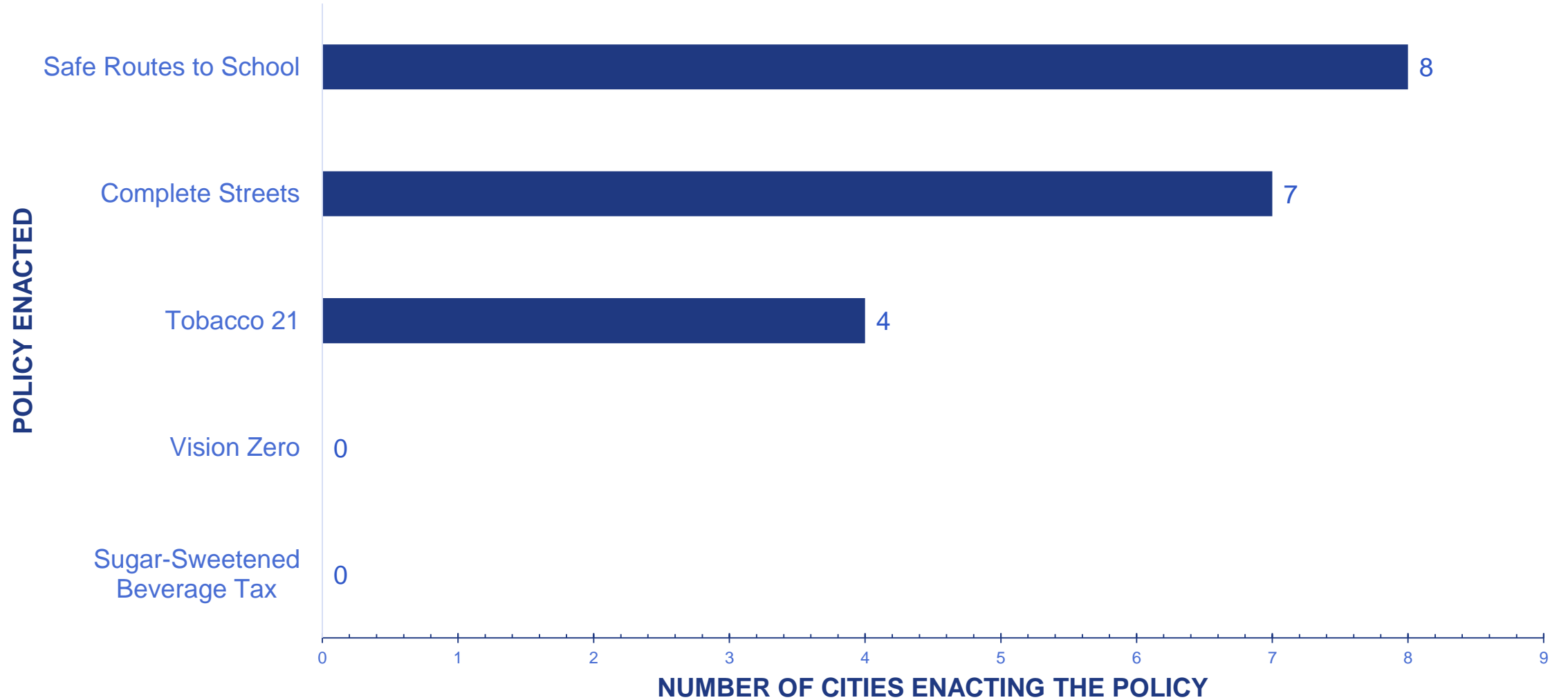
2. Design Communities that Make Walking Safe & Easy for People of All Ages & Abilities

Check the box to the right if the answer is 'Yes'.	YES
We (mayor's office) have engaged in community planning efforts to make communities more walkable. (3 points)	
Our parks and rec department participated in designing communities that support safe and easy places for people to walk. (3 points)	
Our public health department participated in designing communities that support safe and easy places for people to walk. (3 points)	
Our public works, transit, or transportation department participated in designing communities that support safe and easy places for people to walk. (3 points)	
Total Walkable Communities Score Max	12
Our City's Walkable Communities Score	0

3. Promote Programs & Policies to Support Walking Where People Live, Learn, Work, Pray & Play

Blood Pressure / Cholesterol / Heart Healthy Activities	
We (mayor's office) led, or in collaboration with another department, did the following: Check the box to the right if the answer is 'Yes'.	YES
Hosted free/subsidized screenings for blood pressure (followed by directed feedback and clinical referral when appropriate) (3 points)	
Provided brochures, videos, posters, pamphlets, newsletters, or other written or online information that address the risks of high blood pressure (1 point)	
Hosted free/subsidized screenings for cholesterol (followed by directed feedback and clinical referral when appropriate) (3 points)	
Provided brochures, videos, posters, pamphlets, newsletters, or other written or online information that address the risks of high cholesterol (1 point)	
Provided brochures, videos, posters, pamphlets, newsletters, or other written or online information on the signs and symptoms of stroke (1 point)	
Provided brochures, videos, posters, pamphlets, newsletters, or other written or online information on the signs and symptoms of heart attack (1 point)	
Used World Heart Day to raise public awareness that most people can prevent heart disease and stroke, for example, with a social media post the week of September 29, using #MoveWithTheMayor (1 point)	
Celebrated World Heart Day with a Move with the Mayor event the week of September 29 (3 points)	
Total Heart Healthy Activities Score Max	14
Our City's Heart Healthy Activities Score	0

CITY POLICIES





Nan Whaley @nanwhaley

It's Step-tember, so I'm visiting each major city facility to #MoveWithTheMayor. We're starting with a walk at Dayton International Airport - I got a tour of the terminal improvements, along with some exercise!



Tweet your reply



#movewiththemayor

Top Latest People Photos

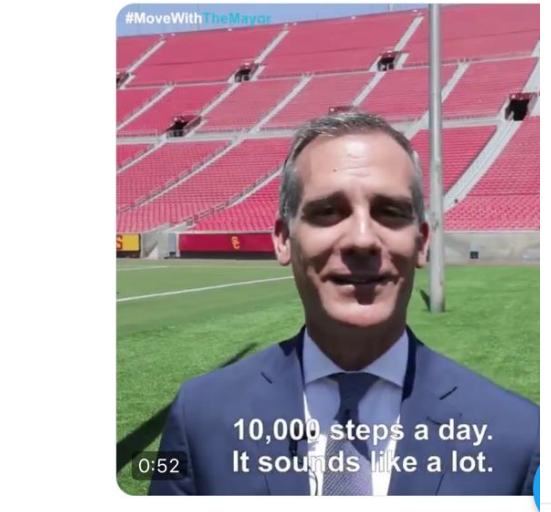
Chicago, Illinois [instagram.com/p/B29rFdpALHQ/...](https://www.instagram.com/p/B29rFdpALHQ/)



Mayor Eric Garcetti @May... 9/28 Join us and #MoveWithTheMayor

Walk, run, and play your way to a healthier heart!

#WorldHeartDay | @WorldHeartFed



2,491 views



City of Akron, Ohio @AkronOhioMayor

It's a beautiful day to get out for a walk. During September, the City of Akron encourages employees to participate with the Mayor initiative!

Today, employees came out for a walk during their lunch break and met with a new finance team. #HearFromUs #MoveWithTheMayor



Tweet your reply



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