Welcome & Addressing Cardiometabolic Health and Diabetes Care

Nancy Brown, CEO

American Heart Association
American Stroke Association
The Challenge We Face…

Cardiovascular diseases are the **#1** cause of DEATH IN THE WORLD.

**EVERY 2 SECONDS** someone around the world dies from cardiovascular disease.

**17.5M DEATHS** occur each year around the world from cardiovascular diseases.

**1 in 11 ADULTS** has diabetes worldwide & **HALF** are undiagnosed.
The Problem is Getting Worse…

American Heart Association says proposed changes to school meals fails the nation’s children

November 20, 2017 | Delegates: Advocacy News
WASHINGTON, D.C., Nov. 20, 2017 — American Heart Association CEO Nancy Brown made the following comments on an interim final rule issued today by the U.S. Department of Agriculture (USDA). The rule would allow school nutrition standards to include 1 percent flavored milk and refined grains instead of whole-grain rich products in school meals, as well as remove the sodium targets for daily school breakfasts and lunches.

“This new rule deserves an “F,” it fails the test when it comes to helping our kids eat healthier at school.”

In the last five years, nearly 100 percent of the nation’s participating schools have complied with updated school meal standards. Kids across the country have clearly benefited from these changes. Their meals have less salt, sugar and saturated fat, and they eat 18 percent more vegetables and 23 percent more fruit. Why would the USDA want to roll back the current standards and reverse this excellent progress?

Fortunately, when these changes were first proposed by the USDA last May, many schools publicly declared that they would reject the rule and keep healthy foods on our kids’ plates. We strongly applaud those institutions for their ongoing commitment to the existing standards.

For those schools that may be experiencing challenges, phasing away the nutrition standards is not the answer. Special interests won’t solve these problems. Instead, the USDA should focus its time and resources on providing more technical assistance to any school that is struggling with offering more healthy food options.

This new rule is described as an effort to give the nation’s schools more “flexibility” on what foods to serve our children. But this flexibility would weaken school nutrition standards that will help kids attain better long-term health and academic success. We urge the USDA to leave these important nutrition standards intact and reconsider taking this action.”
Diabetes Named Cardiovascular Risk Factor

The AHA has focused on the association of **Diabetes and Cardiovascular Disease** since 1997 when we officially named it a risk factor for cardiovascular disease.
Our Cardiovascular Health Impact Goal

By 2020, to improve the cardiovascular health of all Americans by 20%, while reducing deaths from cardiovascular disease and stroke by 20%.

Life’s Simple 7®
Progress to Cardiovascular Health Goal

IDEAL

- Smoking – Youth & Adults
- Blood Pressure – Youth & Adults
- Physical Activity – Adults
- Total Cholesterol – Adults
- Blood Glucose – Youth

POOR

Healthy Diet – Adults

IDEAL

- Total Cholesterol – Youth
- Physical Activity – Youth
- Blood Glucose – Adults
- Healthy Diet – Youth

POOR

BMI – Youth & Adults

Overall improvement in CV health is 3.95%

*NHANES 2013-2014
AHA Guiding Values

- Meeting People Where They Are
- Improving and Extending People’s Lives
- Speaking with a Trustworthy Voice
- Bringing Science to Life
- Inspiring Passionate Commitment
- Making an Extraordinary Impact
- Ensuring Equitable Health for All
- Building Powerful Partnerships
The American Heart Association is a **catalyst** to achieving maximum impact in **equitable health and wellbeing**.

- In the United States and **around the world**, spanning all populations
- Addressing overall health and **wellbeing**, anchored in cardiovascular and brain health
- Focusing on
  - breakthroughs in science and technology;
  - changes in systems and policy; and
  - working with individuals and organizations to **transform** communities
- Through networks that collectively
  - define and assure scientific integrity
  - invest in impact
  - influence action
  - connect across sectors, communities and nations
- To meet the needs of individuals.
Unite the primary care, cardiology, endocrinology, and other specialty care provider communities in a comprehensive approach to caring for and treating patients with cardiometabolic conditions, such as diabetes.

Educate and empower people living with cardiometabolic disorders and diabetes to better self-manage their condition(s) and improve their cardiovascular and cardiometabolic health.

AHA will build a multi-faceted initiative focused on cardiometabolic health and diabetes. The framework would focus broadly on cardiometabolic health, with an emphasis on prediabetes and diabetes (Type 1 and Type 2).
20+ Organizations Represented Today

Sample Organizations

- AMA
- CDC
- Humana
- National Medical Association
- AAD
- PCNA
- YMCA
- NIH
- National Heart, Lung, and Blood Institute
- APhA
- Baylor Scott & White
- NAIH
- National Association of Hispanic Nurses
- Academy of Nutrition and Dietetics
- Obesity Society
- Kaiser Permanente
- ASPC
- Black Nurses Rock
- ACE
- ABC
- Indian Health Service
- National Forum
THANK YOU