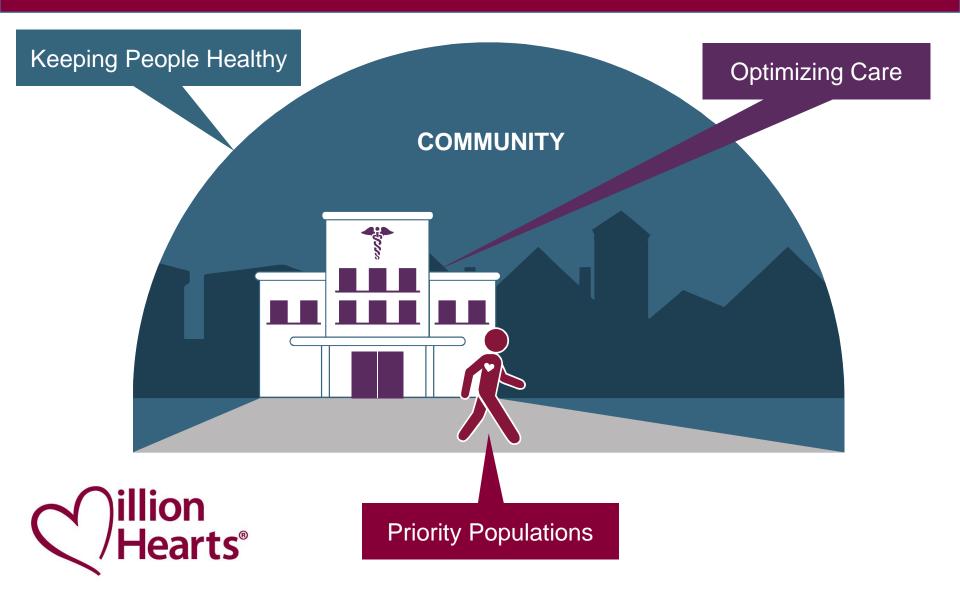
Million Hearts® 2022 Design



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 | Enhance consumers' options for lower sodium foods Institute healthy food procurement and nutrition policies |
| Decrease Tobacco Use 20% Target | Enact smoke-free space policies that include e-cigarettes Use pricing approaches Conduct mass media campaigns |
| Increase Physical Activity 20% Target (Reduction of inactivity) | 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** High Performers Excel in the Use of...... Improve ABCS* • **Technology** – decision support, patient portals, e- and default 80% Targets referrals, registries, and algorithms to find gaps in care • **Teams** – including pharmacists, nurses, community health workers, cardiac rehab professionals Increase Use of • **Processes** – treatment protocols; daily huddles; ABCS Cardiac Rehab scorecards; proactive outreach; finding patients with 70% Target undiagnosed high BP, high cholesterol, or tobacco use Patient and Family Supports – training in home blood pressure monitoring; problem-solving in medication adherence; **Engage Patients in** counseling on nutrition, physical activity, tobacco use, risks of **Heart-healthy** particulate matter; referral to community-based physical activity **Behaviors** programs and cardiac rehab Targets TBD



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

Improving Outcomes for Priority Populations

| Priority Populations | Major Strategies |
|---|---|
| Blacks/African-Americans | Improving hypertension control |
| 35-64 year olds—because event rates are rising | Improving hypertension control and statin useIncreasing physical activity |
| People who have had a heart attack or stroke | Increasing cardiac rehab referral & participationAvoiding exposure to particulate matter |
| People with mental illness or substance use disorders | Reducing tobacco use |

