

# Million Hearts® 2022

## Preventing 1 Million Heart Attacks and Strokes by 2022



**Every 40 seconds, an adult dies from a heart attack, stroke, or other adverse outcomes of cardiovascular disease (CVD).** These deaths account for about one third (30.9%) of all deaths in the United States, or more than 800,000 deaths each year. About 1 in 5 of these deaths is a person younger than 65. Heart disease and stroke can also lead to other serious illnesses, disabilities, and lower quality of life.

The economic toll of CVD is high—more than \$316 billion each year in the United States—with CVD treatment accounting for about \$1 of every \$7 spent on health care in this country.

While cardiovascular deaths have been declining for the past 40 years, the reduction in these deaths has slowed since 2011, indicating the need for focused, sustained action by public and private partners to improve our nation's cardiovascular health.

### Million Hearts® 2022

Million Hearts® 2022 is a national initiative co-led by the Centers for Disease Control and Prevention and the Centers for Medicare & Medicaid Services to prevent 1 million heart attacks and strokes in 5 years. The initiative focuses partner actions on a small set of priorities selected for their impact on heart disease, stroke, and related conditions.

### Million Hearts® 2022 Goals


Reaching these goals will result in 1 million fewer heart attacks and strokes in the next 5 years:


- ▶ 20% reduction in sodium intake
- ▶ 20% reduction in tobacco use
- ▶ 20% reduction in physical inactivity
- ▶ 80% performance on the ABCS Clinical Quality Measures
- ▶ 70% participation in cardiac rehab among eligible patients




## Stay Connected

Learn more about Million Hearts® and how you can join this national effort and take action to prevent 1 million heart attacks and strokes by 2022.

 Visit [millionhearts.hhs.gov](http://millionhearts.hhs.gov).

 Connect with **Million Hearts®** on Facebook.

 Follow **@MillionHeartsUS** on Twitter.

 Sign up for the Million Hearts® e-Update at [millionhearts.hhs.gov/news-media](http://millionhearts.hhs.gov/news-media).

## What You Can Do

The only way we—as a nation—will meet the Million Hearts® goals is through the collective and focused action of a diverse range of partners.

As a Million Hearts® partner, determine where your individual or organizational mission aligns with the Million Hearts® priorities and explore the evidence-based strategies most suited to your talents, interests, and resources. Check out the **Million Hearts® 2022 framework** and commit with us to carry out the priority actions needed to prevent 1 million heart attacks and strokes.

## Million Hearts® 2022 Priorities

Million Hearts® has set the following priorities to meet the aim of preventing 1 million heart attacks and strokes by 2022:

- ▶ **Keeping people healthy** with public health efforts that promote healthier levels of sodium consumption, increased physical activity, and decreased tobacco use.
- ▶ **Optimizing care** by using teams, health information technology, and evidence-based processes to improve the ABCS (Aspirin when appropriate, Blood pressure control, Cholesterol management, and Smoking cessation), increase use of cardiac rehab, and enhance heart-healthy behaviors.
- ▶ **Improving outcomes for priority populations** selected based on data showing a significant cardiovascular health disparity, evidence of effective interventions, and partners ready to act. Populations include Blacks/African Americans, 35- to 64-year-olds, people who have had a heart attack or stroke, and people with mental illness or substance use disorders.

