

Million Hearts[®] 2022 *Design*

Keeping People Healthy

Optimizing Care

COMMUNITY



Priority Populations

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	<ul style="list-style-type: none">• Enhance consumers' options for lower sodium foods• Institute healthy food procurement and nutrition policies
Decrease Tobacco Use 20% Target	<ul style="list-style-type: none">• Enact smoke-free space policies that include e-cigarettes• Use pricing approaches• Conduct mass media campaigns
Increase Physical Activity 20% Target (Reduction of inactivity)	<ul style="list-style-type: none">• 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
Improve ABCS* 80% Targets	<p><i>High Performers Excel in the Use of.....</i></p> <ul style="list-style-type: none">• Technology – decision support, patient portals, e- and default referrals, registries, and algorithms to find gaps in care• Teams – including pharmacists, nurses, community health workers, cardiac rehab professionals• Processes – treatment protocols; daily huddles; ABCS scorecards; proactive outreach; finding patients with undiagnosed high BP, high cholesterol, or tobacco use• Patient and Family Supports – training in home blood pressure monitoring; problem-solving in medication adherence; counseling on nutrition, physical activity, tobacco use, risks of particulate matter; referral to community-based physical activity programs and cardiac rehab
Increase Use of Cardiac Rehab 70% Target	
Engage Patients in Heart-healthy Behaviors 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	<ul style="list-style-type: none">• Improving hypertension control and statin use• Increasing physical activity
People who have had a heart attack or stroke	<ul style="list-style-type: none">• Increasing cardiac rehab referral & participation• Avoiding exposure to particulate matter
People with mental illness or substance use disorders	Reducing tobacco use

