Preventing 1 million heart attacks and strokes by 2022

Organization name
Presenter's name
Credentials

Heart Disease and Stroke in the U.S.

• More than 1.5 million people in the U.S. suffer from heart attacks and strokes per year\(^1\)
• More than 800,000 deaths per year from cardiovascular disease (CVD)\(^1\)
• CVD costs the U.S. hundreds of billions of dollars per year\(^1\)
• CVD is the greatest contributor to racial disparities in life expectancy\(^2\)

Million Hearts® 2022

Aim: Prevent 1 million—or more—heart attacks and strokes in the next 5 years

National initiative co-led by:
• Centers for Disease Control and Prevention (CDC)
• Centers for Medicare & Medicaid Services (CMS)
• Partners across federal and state agencies and private organizations

Reference

Heart Disease and Stroke Trend

While CV deaths have been declining for the past 40 years, the reduction in these deaths has slowed.

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- to 64-year-olds
- People who have had a heart attack or stroke
- People with mental illness or substance use disorders

Priorities: Details appropriate. Blood pressure control, Cholesterol management, Smoking cessation
Keeping People Healthy

<table>
<thead>
<tr>
<th>Goals</th>
<th>Effective Public Health Strategies</th>
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<tbody>
<tr>
<td>Reduce Sodium Intake</td>
<td>• Enhance consumers’ options for lower sodium foods</td>
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<td>• Institute healthy food procurement and nutrition policies</td>
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<td>Decrease Tobacco Use</td>
<td>• Enact smoke-free space policies that include e-cigarettes</td>
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<td>• Use pricing approaches</td>
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<td>• Conduct mass media campaigns</td>
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<tr>
<td>Increase Physical Activity</td>
<td>• Create or enhance access to places for physical activity</td>
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<td>(Reduction of inactivity)</td>
<td>• Design communities and streets that support physical activity</td>
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<td>• Develop and promote peer support programs</td>
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Improving Outcomes for Priority Populations

<table>
<thead>
<tr>
<th>Priority Populations</th>
<th>Major Strategies</th>
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<tbody>
<tr>
<td>Blacks/African Americans</td>
<td>Improving hypertension control</td>
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<tr>
<td>35– to 64-year-olds, because</td>
<td>• Improving hypertension control and statin use</td>
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<td>event rates are rising</td>
<td>• Increasing physical activity</td>
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<tr>
<td>People who have had a heart</td>
<td>• Increasing cardiac rehab referral and participation</td>
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<tr>
<td>attack or stroke</td>
<td>• Avoiding exposure to particulate matter</td>
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<tr>
<td>People with mental illness or</td>
<td>Reducing tobacco use</td>
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<tr>
<td>substance use disorders</td>
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Optimizing Care

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<th>Goals</th>
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<tbody>
<tr>
<td>Improve ABCS*</td>
<td>• Technology—decision support, patient portals, e- and default referrals, registries, and algorithms to find gaps in care</td>
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<td>• Teams—including pharmacists, nurses, community health workers, and cardiac rehab professionals</td>
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<tr>
<td>Increase Use of Cardiac Rehab</td>
<td>• Processes—treatment protocols; daily huddles; ABCS scorecards; proactive outreach; finding patients with undiagnosed high BP, high cholesterol, or tobacco use</td>
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<td>Engage Patients in Heart-healthy Behaviors</td>
<td>• 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</td>
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Million Hearts® Resources and Tools

- **Action Guides**—Hypertension control; Self-measured blood pressure monitoring (SMBP); Tobacco cessation; Medication adherence
- **Protocols**—Hypertension treatment; Tobacco cessation; Cholesterol management
- **Tools**—Hypertension prevalence estimator; ASCVD risk estimator
- **Health IT**
- **Clinical Quality Measures**
- **Consumer Resources and Tools**

Our Commitment

- Partner statement of commitment
- Description of intended actions

Stay Connected

- Million Hearts® eUpdate Newsletter
- Million Hearts® on Facebook and Twitter
- Million Hearts® Website
- Million Hearts® for Clinicians Microsite
Million Hearts® for Clinicians Microsite

- Features Million Hearts® protocols, action guides, and other QI tools
- Syndicates LIVE Million Hearts® on your website for your clinical audience
- Requires a small amount of HTML code—customizable by color and responsive to layouts and screen sizes
- Content is free, cleared, and continuously maintained by CDC

Available at: https://tools.cdc.gov/medialibrary/index.aspx#/microsite/id/279017