

Million Hearts

Overview and Implications for
Surveillance and Quality Improvement

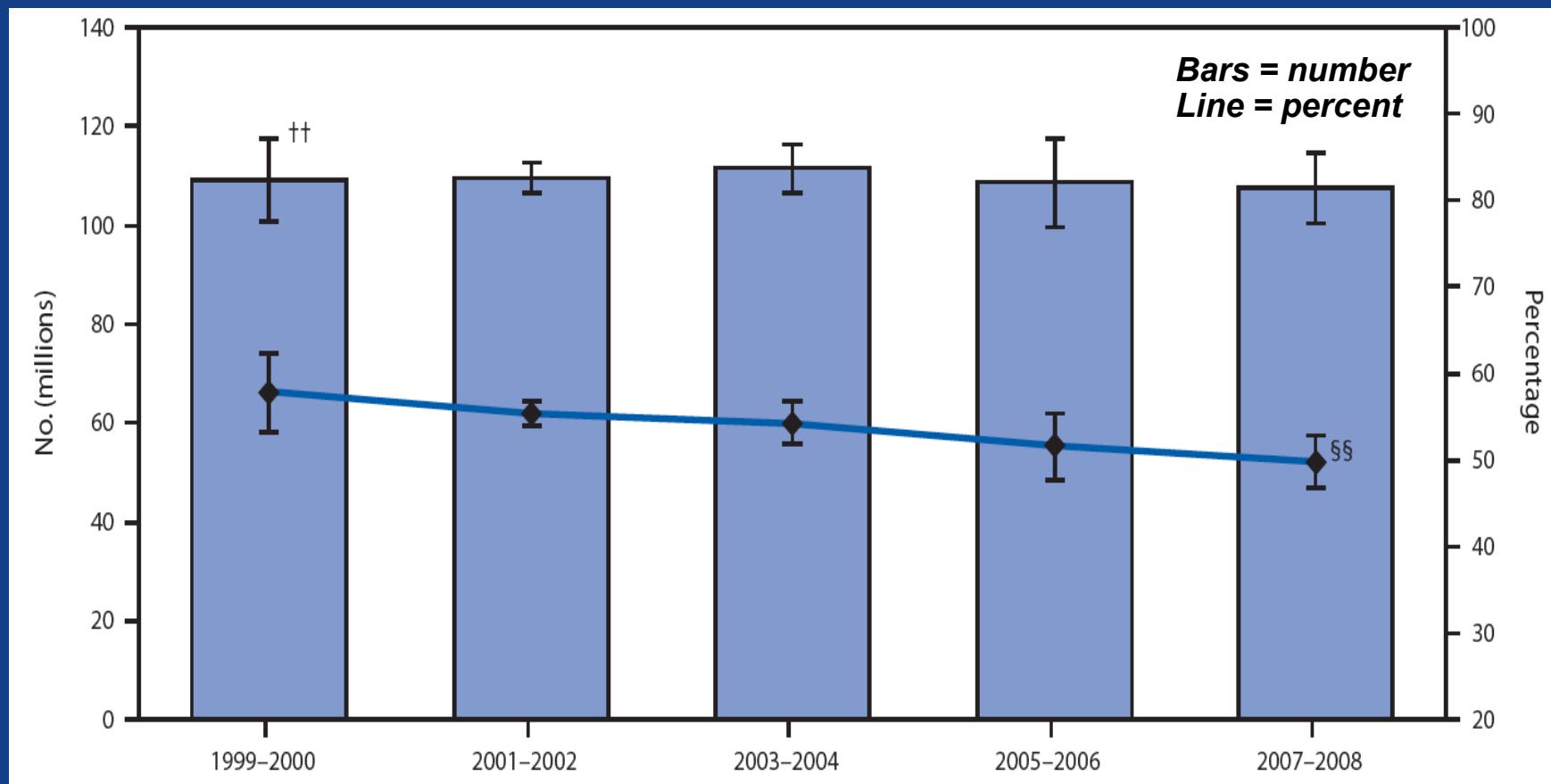
Heart disease and stroke are leading killers in the U.S.

- Cause 1 of every 3 deaths
- >2M heart attacks and strokes/year, 800,000 die
- Costs \$444B/year – \$1.2B/day – in health care costs and lost economic productivity
 - Treatment accounts for ~\$1 of every \$6 spent on health care
- Accounts for largest portion of racial disparities in life expectancy



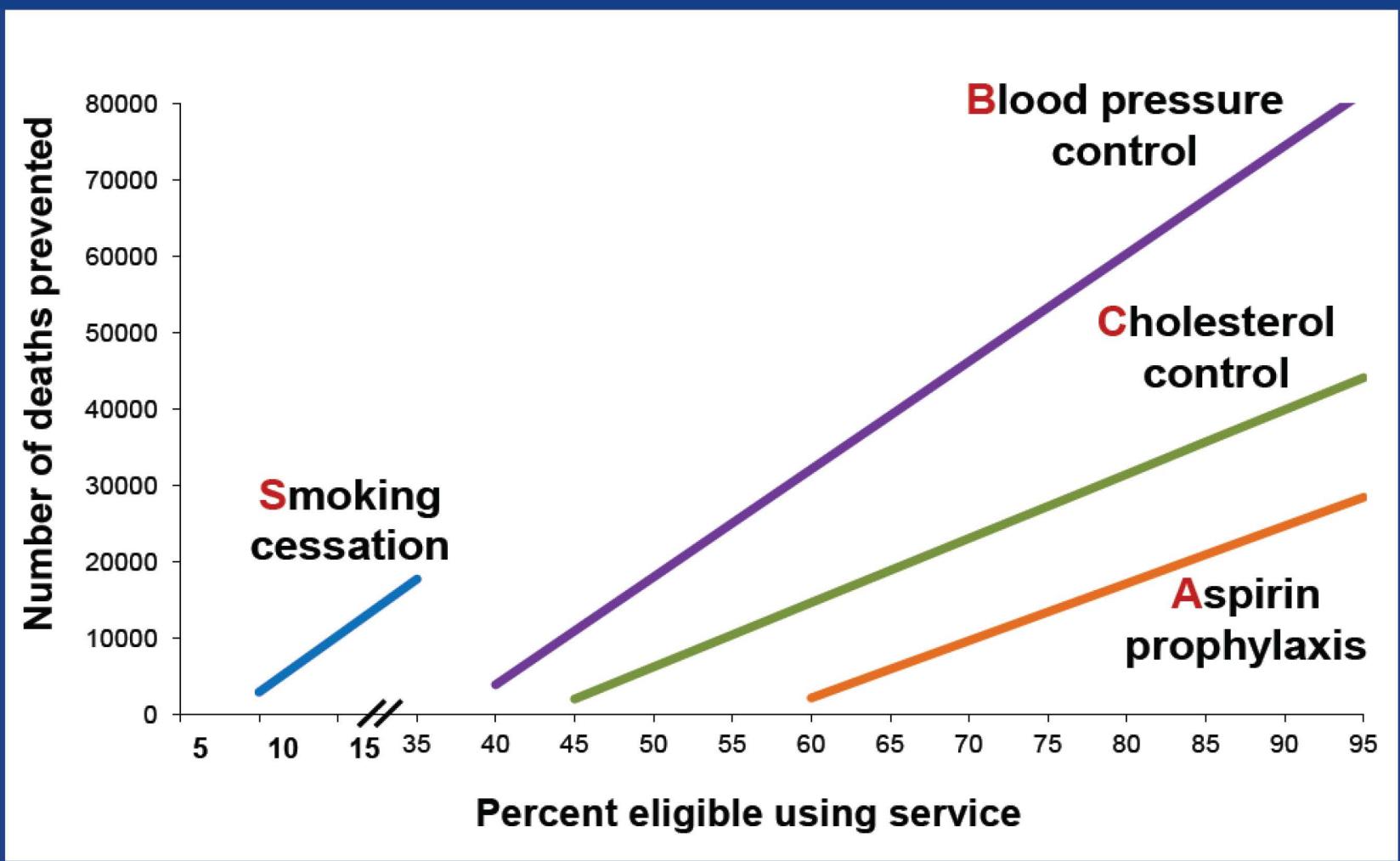
Hearts at Risk:

>100M U.S. adults smoke, have uncontrolled high blood pressure, or uncontrolled high cholesterol



Source: MMWR: Million Hearts: Strategies to Reduce the Prevalence of Leading Cardiovascular Disease Risk Factors—United States, 2011, Early Release, Vol. 60

Improved cardiovascular care could save 100,000 lives/year in U.S.



Status of the ABCS

A spirin	People at increased risk of cardiovascular disease who are taking aspirin	47%
B lood pressure	People with hypertension who have adequately controlled blood pressure	46%
C holesterol	People with high cholesterol who have adequately controlled hyperlipidemia	33%
S moking	People trying to quit smoking who get help	23%

Source: MMWR: Million Hearts: Strategies to Reduce the Prevalence of Leading Cardiovascular Disease Risk Factors — United States, 2011, Early Release, Vol. 60.

It's Not Just Health Care

Communities

- Nearly 47 million Americans still smoke
 - After decades of improvements, progress has stalled
- 90% of Americans consume too much sodium
 - More than two thirds of Americans over age 65 have high blood pressure
- Artificial trans fat is an avoidable hazard in packaged and restaurant food

Monitor progress of Million Hearts to achieve goals by 2017

Population metric	Baseline	2017 ¹	Clinical target ²
Aspirin for those at high risk	~50%	65%	~70%
Blood pressure control	~50%	65%	~70%
Cholesterol control	~33%	65%	~70%
Smoking prevalence	~20%	17%	—
Average sodium intake	3.5g/day	20% ↓	—
Average artificial trans fat intake	1% of calories/day	50% ↓	—

¹ Population-wide indicators

² Clinical systems





<http://millionhearts.hhs.gov/>

What is Million Hearts?

- **Goal:** Prevent 1 million heart attacks and strokes over the next 5 years
- Engage public and private sector partners in a coordinated approach to:
 - Reduce the number of people who need treatment
 - Improve the quality of treatment for those who need it
 - Maximize current investments in cardiovascular health

Million Hearts: Targets of Change

Other Supporting Activities:

Community prevention addressing nutrition, physical activity, obesity reduction, and other issues

Primary Targets of Change

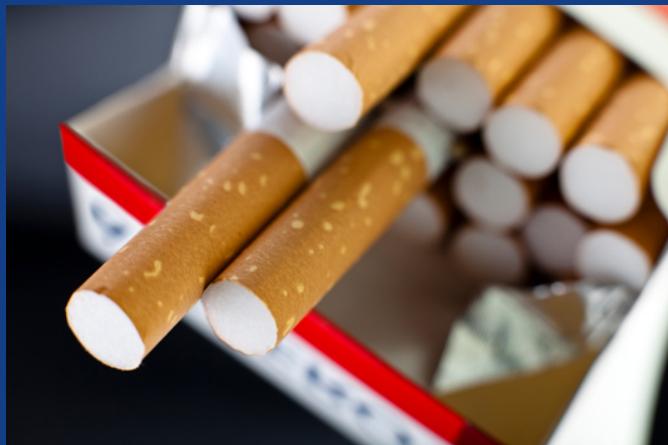
Na, ATF, Smoking
ABCS

Early recognition and effective treatment of acute events

Other health care quality efforts

Key Components

- Community Prevention ...reducing the need for treatment
- Clinical Prevention ...improving quality, access and outcomes



Key components of Million Hearts

- **Clinical prevention:** Improve care of ABCS
 - Focus on ABCS
 - Health information technology
 - Team-based care
- **Community prevention:** Reduce treatment need
 - Strengthen tobacco control and reduce smoking
 - Improve nutrition through decreased sodium and artificial trans fat consumption



Community Levers

Principles and Approaches	Sample Activities
Policies and programs designed to reduce tobacco use and exposure to second-hand smoke	<ul style="list-style-type: none">• As of Sept 2012, the FDA requires prominent health warnings on all cigarette packaging and ads• Grants to communities will address tobacco-use prevention and cessation• Mass-media campaigns will aim to reduce smoking initiation and promote cessation
Policies for reducing sodium content of food	<ul style="list-style-type: none">• Menu-labeling requirements in chain restaurants will help people make more informed choices• The CDC will increase public and professional education• NHANES will begin collecting info on sodium consumption
Policies aimed at eliminating artificial trans fats from diet	<ul style="list-style-type: none">• The CDC and the FDA will work with industry to expand voluntary food reformulation initiatives• The CDC will monitor trans fat levels through NHANES

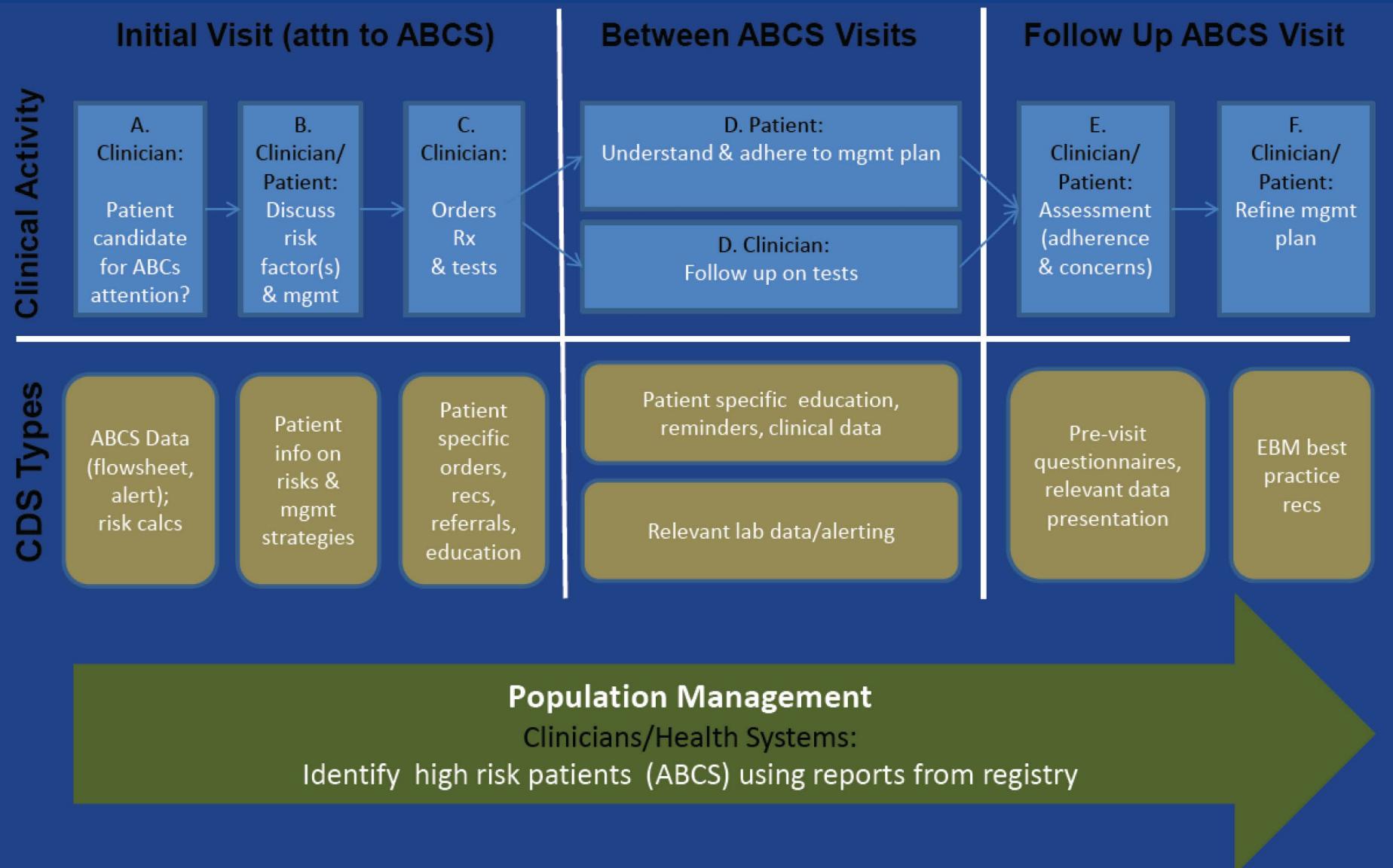
Clinical Activities: Optimizing treatment for those who need it

- Barrier is generally not screening but adherence to treatment and treatment to goal
- Gaps involve both clinicians (lack of focus, clinical inertia) and patients (lack of knowledge or motivation; lack of access to information or services)
- Solutions will require clinician and patient-oriented strategies in both clinics and communities

Clinical Levers

Principles and Approaches	Sample Activities
Focus	<ul style="list-style-type: none">• Incorporation of simple, consistent ABCS indicators into the Physician Quality Reporting System, Medicare Part D and Medicare Advantage plan ratings, EHR meaningful use criteria, community clinic measures, and guidelines from private organizations
Clinical Innovations	<ul style="list-style-type: none">• In 2011, a pharmacist-led campaign will provide materials and facilitate patient counseling about hypertension control• The CDC and the Agency for Healthcare Research and Quality will identify and disseminate strategies that improve ABCS delivery
Health Information Technology	<ul style="list-style-type: none">• Meaningful use criteria include clinical quality measures for hypertension and cholesterol control.• HIT Regional Extension Centers and Beacon Communities, which reach nearly 100,000 primary care providers, will support providers and institutions in using EHRs to improve ABCS management

Applying CDS to ABCS Management



Public sector support

- U.S. Department of Health and Human Services
- Administration on Aging
- Agency for Healthcare Research and Quality
- Centers for Disease Control and Prevention
- Centers for Medicare & Medicaid Services
- U.S. Food and Drug Administration
- Health Resources and Services Administration
- Indian Health Service
- National Heart, Lung, and Blood Institute
- National Prevention Strategy
- National Quality Strategy
- Substance Abuse and Mental Health Services Administration



Private sector support

- American College of Cardiology
- American Heart Association
- America's Health Insurance Plans
- American Medical Association
- American Nurses Association
- American Pharmacists' Association and the American Pharmacists Association Foundation
- Association of Black Cardiologists
- Kaiser Permanente
- National Alliance of State Pharmacy Associations and the Alliance for Patient Medication Safety
- National Committee for Quality Assurance
- National Community Pharmacists Association
- UnitedHealthcare
- Walgreens
- YMCA of America

