

Million Hearts®

Fostering Collaboration to Save Millions of Lives

OVERVIEW

Heart disease and stroke are the first and fifth leading causes of death in the United States, respectively. To fight these deadly diseases, in September 2011 the Centers for Disease Control and Prevention (CDC) and the Centers for Medicare & Medicaid Services (CMS) launched Million Hearts®. Million Hearts® seeks to protect and to save lives impacted by heart disease and stroke in the United States and brings together communities, healthcare professionals, nonprofit organizations, federal agencies, and private-sector partners to promote the implementation of evidence-based strategies to prevent cardiovascular disease (CVD). Million Hearts® also addresses health equity. The American Heart Association (AHA) proudly supports the work of Million Hearts® and is pleased to collaborate on numerous projects.

Million Hearts® provides many resources, including tools, protocols, change packages, and action guides, to help healthcare professionals educate, motivate, and monitor their patients in order to improve their heart health. For example, high blood pressure (HBP) or hypertension is a major risk for stroke and other CVD. And, according to the CDC, 47.3% of American adults (116 million) have HBP. Million Hearts® has developed and distributes several educational publications and videos for patients and professionals such as [Medication Adherence Video: Tips for Taking Blood Pressure Medicines As Directed](#) and [My Blood Pressure Journal](#).

Cardiac rehabilitation is an especially hi

To build healthy communities, Million Hearts® 2027 has three goals:

- x to decrease tobacco use,
- x to decrease physical inactivity, and
- x to decrease particle pollution exposure

To optimize care, Million Hearts® 2027 has five goals:

- x to improve appropriate aspirin or anticoagulant use,
- x to improve blood pressure control,
- x to improve cholesterol management,
- x to improve smoking cessation, and
- x to increase use of cardiac rehabilitation.

Million Hearts® 2027 focuses its health equity work on several different groups of people:

- x pregnant and postpartum women with hypertension,
- x people from racial/ethnic minority groups,
- x people with behavioral health issues who use tobacco,
- x people with lower incomes, and
- x people who live in rural areas and other areas with limited access to healthcare.

In Million Hearts'® first five-year cycle, the initiative, through substantial partner engagement and intervention support, is estimated to have prevented 135,000 heart attacks, strokes, and other CVD-related events and to have saved \$5.6 billion in direct medical costs from reduced deaths, hospitalizations, and ER visits.

THE ASSOCIATION ADVOCATES

The American Heart Association also advocates for healthy and programs that help patients better prevent and control cardiovascular disease. These efforts include:

- x Supporting funding for Million Hearts® to help Americans prevent heart attacks and strokes,
- x Protecting funding for the Prevention and Public Health Fund (PPHF) which provides support for Million Hearts'® activities,
- x Supporting policies that improve appropriate referrals and patient access to cardiac rehabilitation as well as uptake of cardiac rehabilitation,
- x Promoting patient HBP medication adherence through public policies and programs, and
- x Support for population approaches to improve diet, physical activity, and smoking habits to reduce the burden of HBP and CVD.

¹ Murphy SL, Kochanek KD, Xu JQ, Arias E. Mortality in the United States, 2020. NCHS Data Brief #427. Hyattsville, MD: National Center for Health Statistics. 2021. DOI: <https://dx.doi.org/10.15620/cdc:112079>

² Fuchs FD, Whelton PK. High Blood Pressure and Cardiovascular Disease. *Hypertension* 2020 Feb;75(2):285-292. doi: 10.1161/HYPERTENSIONAHA.1240. Epub 2019 Dec 23. PMID: 31865786.

³ Centers for Disease Control and Prevention. [Hypertension Cascade: Hypertension Prevalence, Treatment and Control Estimates Among U.S. Adults Aged 18 Years and Older Using the Criteria from the American College of Cardiology and American Heart Association's 2017 Hypertension Guideline—NHANES 2015–2018](#). Atlanta, GA: U.S. Department of Health and Human Services; 2021. Accessed May 5, 2022.

⁴ Anderson L, Thompson DR, Oldridge N, Zwisler AD, Rees K, Taylor RS. Exercise-based cardiac rehabilitation for coronary heart disease. *Cochrane Database of Systematic Reviews* 2016, Issue 1. Art. No.: CD001800. DOI: 10.1002/14651858.CD001800.pub3.

⁵ House CM, Anstadt MA, Stuck LH, Nelson WB. The Association Between Cardiac Rehabilitation Attendance and Hospital Readmission. *Am J Lifestyle Med*. 2016 Sep 28;12(6):513-520. doi:10.1177/1559827616670118. PMID: 27183406; PMCID: PMC6367883.

⁶ Thomas RJ, Balady G, Banka G, Beckie TM, Chiu J, Gokak S, Ho PM, Keteyian SJ, King M, Lui K, Pack Q, Sanders-BAC/VA/AC/TICA 20 performance and quality measures for cardiac rehabilitation/10.5 0 0 Revie6oTJ 1u6r(e)6.PDd013 Tw [(The A)5,