



*Bless Your Heart*

## About the Million Hearts® Initiative

Million Hearts® is a national initiative to prevent one million heart attacks and strokes in the U.S. over five years. Launched by the Department of Health and Human Services (HHS) in September 2011, it aligns existing efforts, and creates new programs to improve health across communities and help Americans live longer, more productive lives. The Centers for Disease Control and Prevention (CDC) and Centers for Medicare & Medicaid Services (CMS), co-leaders of Million Hearts within HHS, are working alongside other federal agencies and private-sector organizations to make a long-lasting impact against cardiovascular disease.

### Cardiovascular Disease in the U.S.

Cardiovascular disease, a broad term for all diseases that affect the heart or blood vessels, includes heart attack and stroke as well as conditions such as high blood pressure, coronary artery disease, and aortic aneurism.

- Together, heart disease and stroke are among the most widespread and costly health problems facing the nation today, accounting for more than \$444 billion in health care expenditures and lost productivity in 2010 alone.
- Many major risk factors — including blood pressure, cholesterol, smoking, and obesity — are controllable, and there are many important ways to lower risk of cardiovascular disease.



## The Issue

Heart disease and stroke are the first and fourth leading causes of death in the United States, making cardiovascular disease responsible for 1 of every 3 deaths in the country. Americans suffer more than two million heart attacks and strokes each year, and 2,200 people die from cardiovascular disease everyday. Further, heart disease and stroke are among the leading causes of disability in our country, with more than three million people reporting serious illness and decreased quality of life.

## Our Goals

Preventing one million heart attacks and strokes by 2017:

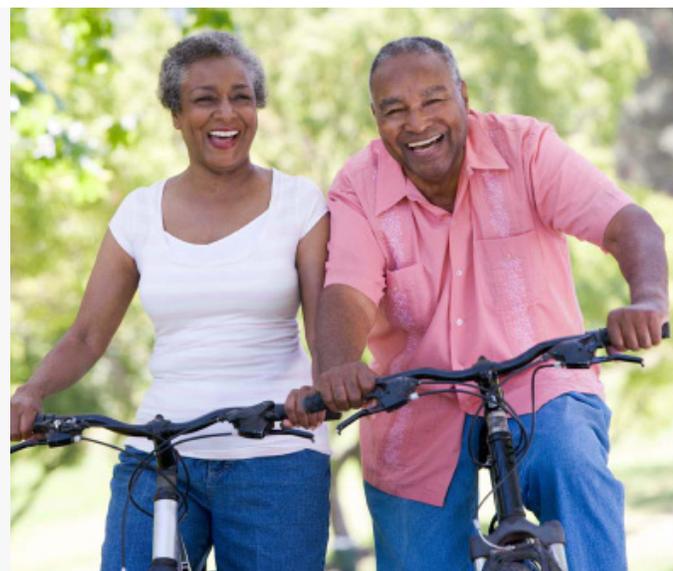
- **Empowering Americans to make healthy choices** such as preventing tobacco use and reducing sodium and trans fat consumption. This can help reduce the number of people who need medical treatment such as blood pressure or cholesterol medications to prevent heart attacks and strokes.
- **Improving care** for people who do need treatment by encouraging a targeted focus on the “**ABCS**”— **A**spirin for people at risk, **B**lood pressure control, **C**holesterol management and **S**moking cessation—which address the major risk factors for cardiovascular disease and can help to prevent heart attacks and strokes.

## Our Support

Million Hearts is a public-private initiative that involves multiple federal agencies and key private organizations, including the American Heart Association, the American Pharmacists’ Association, the YMCA, Walgreens and UnitedHealthCare. Million Hearts hopes to secure commitment and participation from many more partners in healthcare, public health, industry and government. These partnerships will help Million Hearts leverage and advance existing investments in cardiovascular disease prevention.

## Examples of Million Hearts Activities

- Educational campaigns to increase awareness about heart disease prevention and empower patients to take control of their heart health.
- Use of health information technology and quality improvement initiatives to standardize and improve the delivery of care for high blood pressure and high cholesterol.
- Community efforts to promote smoke-free air policies and reduce sodium in the food supply.



INDICATOR	BASELINE	2017 GOAL
Aspirin use for people as high risk	47%	65%
Blood pressure control	46%	65%
Effective treatment of high cholesterol (LDL-C)	33%	65%
Smoking prevalence	19%	17%
Sodium intake (average)	3.5g/day	20% reduction
Artificial trans fat consumption (average)	1% of calories/day	50% reduction

### How to Be One in a Million Hearts

Preventing one million heart attacks and strokes in five years will require commitment from everyone — healthcare providers, pharmacies, hospitals, employers, communities and individuals too. There are steps that each person can take to help the nation reach this goal. Million Hearts is asking Americans to sign the Million Hearts pledge at [millionhearts.hhs.gov](http://millionhearts.hhs.gov) and make a commitment to

- **PREVENT** heart disease and stroke in your families by **UNDERSTANDING** the risks
- **GET UP** and **GET ACTIVE** by exercising for 30 minutes several days a week
- **KNOW** your **ABCS**:
  - Appropriate Aspirin Therapy
  - Blood Pressure Control
  - Cholesterol Management
  - Smoking Cessation
- **STAY STRONG** by eating a hearthealthy diet that is high in fresh fruits and vegetables and low in sodium, saturated and trans fats and cholesterol
- **TAKE CONTROL** of your heart health by following your doctor’s instructions for medications and treatment

Visit [millionhearts.hhs.gov](http://millionhearts.hhs.gov) for more information about the Million Hearts™ initiative.

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