

Where are We Going & Where do We Want to Go?




Million Hearts™



Million Hearts™ Initiative

- ❑ A national initiative
- ❑ Co-led by CDC and CMS
- ❑ Supported by many sister agencies and private-sector organizations



Goal: Prevent 1 million heart attacks and strokes in 5 years

<http://millionhearts.hhs.gov>

CMS, Centers for Medicare and Medicaid Services


Status of the ABCS

A spirin	People at increased risk of cardiovascular events 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 are effectively managed	33%
S moking	People trying to quit smoking who get help	23%

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

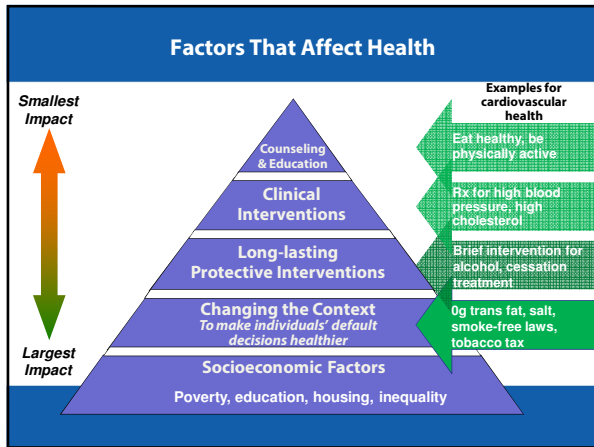
Why Prioritize the ABCS?

- ❑ These evidence-based measures are proven to prevent heart attacks and strokes
- ❑ This is how we can save the most lives and get the most health value out of our current health care investments

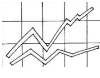







ABCS

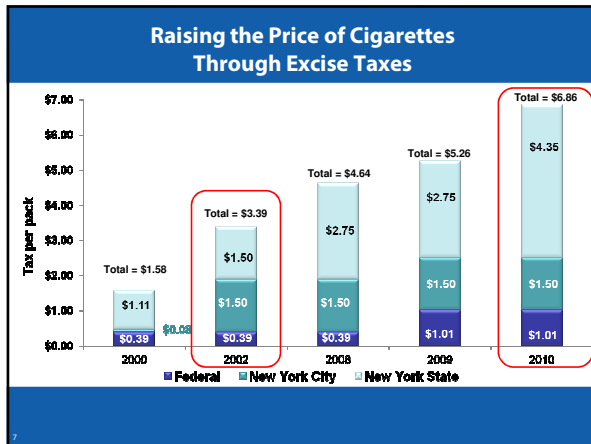
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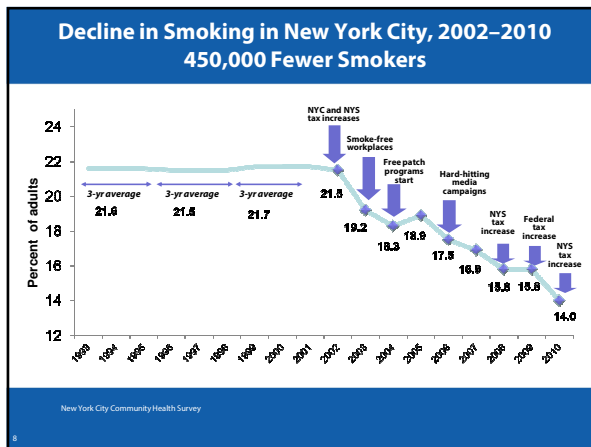


Key Components of Million Hearts

CLINICAL PREVENTION <i>Optimizing care</i>	COMMUNITY PREVENTION <i>Changing the context</i>
Focus on ABCS 	
Health information technology 	
Clinical innovations 	

6





Community Prevention: Reducing the Need for Treatment by Reducing Sodium


- Menu labeling requirements in chain restaurants
- Food purchasing policies to increase access to low sodium foods
- Increase public and professional education about the health effects of excess sodium
- Collect and share information on sodium consumption

About 90% of Americans exceed recommended sodium intake

CDC, MMWR 2011;60:1413-7

Clinical Prevention: Optimizing Quality, Access, and Outcomes

- ▣ **Innovations in care delivery**
 - Embed ABCS and incentives in new models
 - Patient-centered medical homes, Accountable Care Organizations, bundled payments
 - Interventions that lead to healthy behaviors
 - Mobilize a full complement of effective team members
 - Pharmacists, cardiac rehabilitation teams
 - Health coaches, lay workers, peer wellness specialists



13

CMS Activities Supporting Million Hearts™

- ▣ Clinical Standards and Quality
 - Physician Quality Reporting System
 - Medicare and Medicaid Electronic Health Record Incentive Program
 - Quality Improvement Organizations (QIO)
- ▣ Medicaid, CHIP, and Survey and Certification
 - Medicaid Core Quality Reporting Measures, Incentives to Prevent Chronic Disease, Smoking Cessation Services
 - Medicaid Health Homes
- ▣ Consumer Information and Insurance Oversight
- ▣ Medicare & Medicaid Innovation
 - Health Care Innovation Challenge
- ▣ Medicare-Medicaid Coordination
 - Targeted State Demonstrations and Innovations

Public-Sector Support

<ul style="list-style-type: none"> ▣ Administration on Aging ▣ Agency for Healthcare Research and Quality ▣ Centers for Disease Control and Prevention ▣ Centers for Medicare and Medicaid Services ▣ Food and Drug Administration ▣ Health Resources and Services Administration ▣ Indian Health Service ▣ National Heart, Lung, and Blood Institute ▣ National Prevention Strategy ▣ National Quality Strategy ▣ Office of the Assistant Secretary for Health ▣ Substance Abuse and Mental Health Services Administration ▣ U.S. Department of Veterans Affairs 	
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15

Private-Sector Support

- Academy of Nutrition and Dietetics
- Alliance for Patient Medication Safety
- America's Health Insurance Plans
- American College of Cardiology
- American Heart Association
- American Medical Association
- American Nurses Association
- American Pharmacists' Association
- American Pharmacists Association Foundation
- Association of Black Cardiologists
- Georgetown University School of Medicine
- Kaiser Permanente
- Medstar Health System
- National Alliance of State Pharmacy Association
- National Committee for Quality Assurance
- National Community Pharmacists Association
- National Consumers League
- Samford McWhorter School of Pharmacy
- SUPERVALU
- The Ohio State University
- UnitedHealthcare
- University of Maryland School of Pharmacy
- Walgreens
- WomenHeart
- YMCA of America
- Maryland Dept of Health and Mental Hygiene
- New York State Dept of Health

16

Where We Are Going

Intervention	Baseline	Target	Clinical target
A spirin for those at high risk	47%	65%	70%
B lood pressure control	46%	65%	70%
C holesterol management	33%	65%	70%
S moking cessation	23%	65%	70%
Sodium reduction	~ 3.5 g/day	20% reduction	
Trans fat reduction	~ 1% of calories	50% reduction	

Unpublished estimates from Prevention Impacts Simulation Model (PRISM)

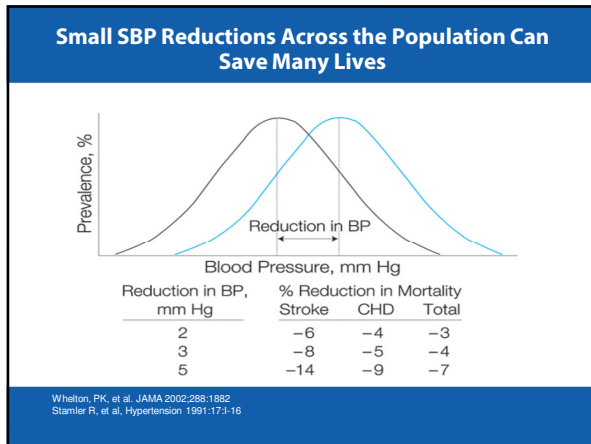
17

37 of the 65 Million Americans with Hypertension Are Un-Controlled


Category	Count	Percentage
Unaware	14M	38%
Aware, not treated	5M	16%
Treated, not controlled	17M	48%

National Health and Nutrition Examination Survey (NHANES), 2005-2008

18



- ### Where We Are Going.....
- ❑ Focusing early on BP Control
 - ❑ Highlighting high performers' use of Million Hearts pillars
 - Team-based care
 - HIT to enable PI, adherence, disparity reduction
 - Focus on and incenting of ABCS
 - Reductions in Na, ATF, tobacco use
 - ❑ Providing a QI module for interdisciplinary care
 - ❑ Distributing the Video Challenge to "Beat Down High Blood Pressure"
 - ❑ Launching "Team Up, Pressure Down"
 - ❑ Igniting partners across country to control BP

- ### Blood Pressure Control In Focus: What the Future Could Look Like
- ❑ Foods are less salty
 - ❑ Effective home blood pressure monitoring with successful control
 - ❑ Seamless data flow between settings
 - ❑ Timely access to professional advice
 - ❑ No or low co-pays for medications
- Adding web-based pharmacist care to home blood pressure monitoring increases control by >50%
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- Green BB, et al. JAMA 2009;299:2857-67