



Million Hearts Initiative

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Alberta Becenti, MPH
Health Promotion/Disease Prevention Program
Office of Clinical and Preventive Services
IHS Headquarters

Objectives

1. Give examples of improved access and quality of care
2. Illustrate heart healthy lifestyles
3. Incorporate the ABCS of heart health into daily practice

Overview

- Burden of cardiovascular disease among AI/AN
- Key components
- Action steps and implementation updates
- Health Promotion action steps

Million Hearts

Goal: Prevent 1 million heart attacks and strokes by 2017

- US Department of Health and Human Services 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

Public Partners

- ☑Centers for Disease Control and Prevention (co-lead)
- ☐Centers for Medicare & Medicaid Services (co-lead)
- ☐Administration for Children and Families
- ☐Administration for Community Living
- ☐Agency for Healthcare Research and Quality
- ☐Environmental Protection Agency
- ☐Food and Drug Administration
- ☐Health Resources and Services Administration
- ☐Indian Health Service
- ☐National Heart, Lung, Blood Institute
- ☐National Institute for Neurological Diseases
- ☐Office of Minority Health
- ☐Office of the National Coordinator for Health Information Technology
- ☐Office of Personnel Management
- ☐Substance Abuse and Mental Health Services Administration
- ☐U.S. Department of Veterans Affairs
- ☐State and Local governments

MORTALITY RATE DISPARITIES

American Indians and Alaska Natives in the IHS Service Area 2007-2009
and US All Races 2008 (Age-adjusted mortality rates per 100,000 population)

	AI/AN Rate 2007-2009	U.S. All Races Rate 2008	Ratio: AI/AN to U.S. All Races
ALL CAUSES	943.0	774.9	1.2
Diseases of the heart	182.4	192.1	0.9
Malignant neoplasm	169.4	178.4	0.9
Alzheimer's	170.8	176.4	1.0
Unintentional injuries*	94.5	39.2	2.4
Chronic lower respiratory diseases	43.2	44.7	1.0
Diabetes mellitus	61.0	22.0	2.8
Chronic liver disease and cirrhosis	43.1	9.2	4.7
Cerebrovascular diseases	39.1	42.1	0.9
Influenza and pneumonia	24.1	17.8	1.4
Nephritis, nephrotic syndrome	22.1	15.1	1.5
Intentional self-harm (suicide)	18.5	11.6	1.6

ABCS to Prevent Heart Attacks and Strokes

A spirin	People who have had a heart attack and stroke who are taking aspirin
B lood Pressure	People with hypertension who have adequately controlled blood pressure
C holesterol	People with high cholesterol who are effectively managed
S moking	People trying to quit smoking who get help

Sources: National Ambulatory Medical Care Survey, National Health and Nutrition Examination Survey

Implementation update

- The Indian Health Service (IHS) formalized the hypertension treatment protocol developed by the IHS Division of Diabetes Treatment and Prevention
 - **Completed April 2015**
- The Million Hearts ABCSs, including the hypertension treatment protocol, will be implemented through the Improving Patient Care Program model
 - Curriculum completed
 - Recruiting MH Intensive teams began July 2015

Implementation Update

- Electronic Health Record (EHR) Optimization for hypertension management
 - EHR optimization guide is **completed**
 - EHR optimizations will be tested during the MH Intensive
 - A medication order tab will be developed to support Hypertension Management Protocol in the EHR to include a link for the protocol and clinical reminders
 - Upon completion of the Intensive, the EHR patches will be deployed throughout the system - target date is January 2016



Implementation update

- The 16 week Million Hearts Intensive begins September 1, 2015
- A Million Hearts component, ABCS, will be focused on every 4 weeks:
 - **A**spirin – for those at risk
 - **B**lood pressure control
 - **C**holesterol management
 - **S**moking cessation
- August 13, 2015 Clinical Rounds Webinar Topic
 - Hypertension protocol and medication adherence issues

Public Messages: Emphasize MH Goals

Million Hearts health information messages include:

- Dietary sodium reduction
- Tobacco prevention
- Blood pressure control

Messages to millions (M2M)



Tobacco Cessation Message Map

Question: Why is smoking cessation important to the success of Million Hearts®, and what can be done about it?		
Audience: Partners and Stakeholders of Federal Agencies		
Key Message 1: Smokers are more likely than nonsmokers to develop heart disease, stroke, and lung cancer.	Key Message 2: Health care providers have a vital role to play in helping smokers quit.	Key Message 3: Tobacco dependence often requires repeated interventions and multiple quit attempts.
1-1: Smoking and secondhand smoke exposure have immediate effects on the cardiovascular system and can cause coronary heart disease and stroke.	2-1: Make sure every patient who uses tobacco is identified, advised to quit, and offered evidence-based treatments including individual, group and telephone counseling and the seven FDA-approved cessation medications.	3-1: About 70 percent of smokers want to quit smoking and 52% try to quit each year; quitting completely at any age has health benefits.
1-2: You don't have to be a heavy smoker or a long-time smoker to get a smoking-related disease or have a heart attack or stroke triggered by tobacco smoke.	2-2: The "5 A's" of treating tobacco dependence (Ask, Advise, Assess, Assist, and Arrange follow-up) is a useful way to organize a team to deliver that treatment.	3-2: Population-based strategies including increasing the price of tobacco products, hard-hitting media campaigns and smoke-free policies increase tobacco users' motivation to quit and successful cessation.
1-3: Smoking causes dangerous plaque buildup that can clog and narrow your arteries. This can block blood flow and lead to heart attack, stroke, or sudden death.	2-3: Cessation services covered by ACA include cessation counseling as well as FDA approved over the counter and prescription drugs. Patients can also be referred to free quit line counseling through 1-800-QUIT-NOW, text-messaging interventions at www.smokefree.gov .	3-3: Health care systems, insurers, and purchasers can support clinicians by providing barrier-free coverage for cessation treatments and using electronic health records and provider reminder systems that facilitate screening and intervention for tobacco use.

Messages to Millions (M2M)

M2M Topic	Recipients	Topic Related Patient Education
Hypertension	15,000	2,693 patients received hypertension-related education from January 1, 2015 – February 20, 2015.
Tobacco	15,000	34,942 patients received tobacco-related education from December 1, 2014 – February 1, 2015.
Sodium	15,000	6,700 patients received sodium reduction education from September 1, 2014 – November 20, 2014.

- Post M2M on IHS homepage and Facebook
- Please share the M2M with your networks

Health Promotion/Disease Prevention

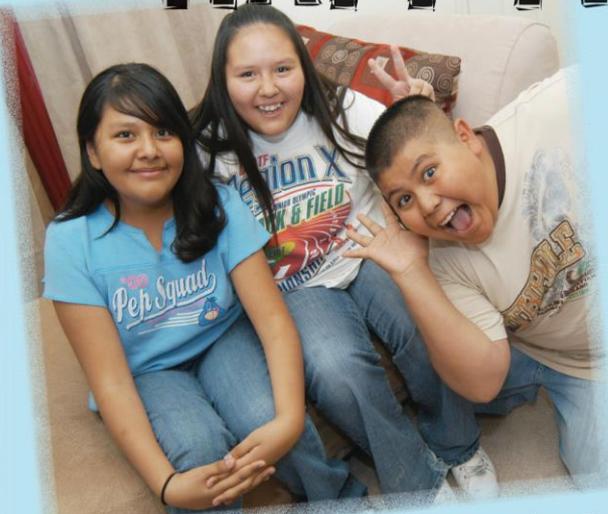
Developed a tobacco prevention work plan

- In 2014, 9 of 12 Area HP/DP Coordinators completed tobacco assessment in 120 I/T/U facilities
 - Using results to plan and implement tobacco prevention efforts through partnership with internal and external partners.
 - Billings, Tucson, Albuquerque HP partnered with the State Health Department to increase referral to 1-800-QUIT-NOW.
 - Navajo (Gallup Indian Medical Center) and Albuquerque Areas (Albuquerque Indian Health Center) are partnering with the New Mexico State Health Department to participate in the Health Systems Change pilot project to determine the best way to develop a sustainable tobacco treatment system

Tobacco Prevention highlights

- Area HP/DP Coordinators are providing Basic Tobacco Cessation Intervention Skill Certification training to I/T/Us
 - Tucson and Oklahoma HP/DP Coordinators are certified instructors
 - Oklahoma and Tucson have provided training to 132 participants
- Developed posters, informational cards and Public Service Announcement (PSA) to increase awareness of the dangers of second and third-hand smoke
 - To be distributed to WIC, Head Start, Childcare Centers and Tribal colleges

WE BREATHE HAPPY!



**IN OUR TOBACCO-SMOKE-FREE HOME
Thanks to YOU!**

A tobacco-smoke-free home protects our children. It helps them be healthier as they grow up. If you smoke, do it outside your home and car, or get help to quit. To get help call 1-800-Quit-Now or call your tribal or Indian Health Service clinic.



OUR HOME IS TOBACCO-SMOKE-FREE!



Tobacco-smoke-free homes and communities protect our children. They are protected from the dangers of second and third-hand smoke.

- Second-hand smoke is smoke that comes off of a lit cigarette, and comes out of the smoker's mouth and nose. There is no risk-free level of contact with second-hand smoke. Even brief contact can harm your children.
- Third-hand smoke is the smoke that stays in clothes, hair, walls, and furniture, and the skin of the smoker. It stays there even after the cigarette is put out. When a child touches something with third-hand smoke in it, the toxins move onto the child. This happens also when a person with third-hand smoke on their skin hugs a child.



Help protect our children from secondhand and thirdhand smoke by:

- Not allowing anyone to smoke tobacco anywhere in or near your home.
- Not allowing anyone to smoke tobacco in your car, even with the windows down.
- Making sure that your children's day care centers and schools are free of tobacco smoke.

Thank YOU!

A commercial tobacco smoke free home protects our children. It helps them be healthier as they grow up. If you smoke tobacco, do it outside your home and car, or get help to quit. Call 1-800-QUIT-NOW (1-800-784-8669) or your Tribal or Indian Health Service clinic.




Tobacco prevention

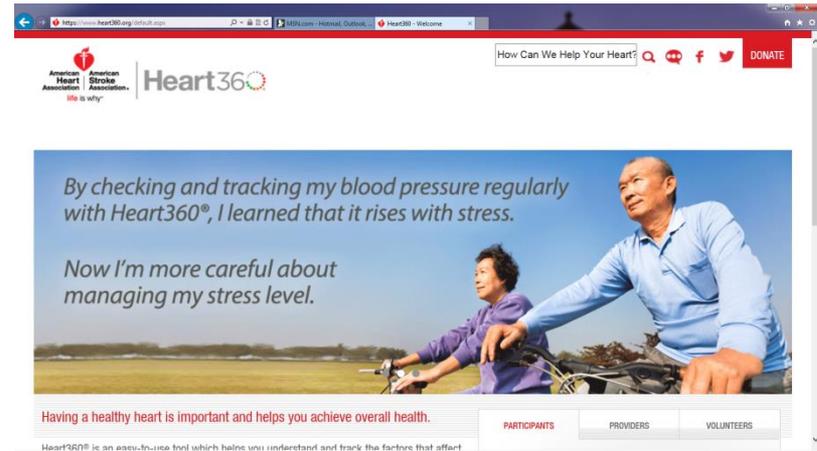
- Hosting quarterly tobacco prevention webinars to share best/promising practices
 - 239 participants
 - Next webinar scheduled on September 16, 2015 at 1:00 p.m. Mountain Time
 - Webinars are archived
- Implementation of the Coordinated Approach to Child Health (CATCH) curriculum focusing on tobacco and obesity prevention
 - Implemented in Portland and Tucson Areas
 - Reached more than 600 youth

Tobacco prevention Highlights

- Nashville Area HP/DP program is providing competitive funds to tribal and urban health programs to address tobacco use and exposure
 - Three tribal sites established tobacco cessation programs as a result of this effort

Million Hearts Initiative

- HP/DP Highlights
 - Oklahoma and Albuquerque HP partnered with American Heart Association to implement **Heart 360** to increase awareness of heart disease
 - Albuquerque and Oklahoma partnered with the American Heart Association to host a “Go Red for Native Women” annual conference to increase awareness of heart disease



Million Hearts Initiative

- Albuquerque HP partnered with the NM State Health Department
 - Hosted MH webinar
 - Participants on monthly MH workgroup consisting of multi-disciplinary and cross section of organizations
- Bemidji Area HP is integrating MH into team coaching training
 - Implemented a worksite MH virtual walking program called *The ABCs of Walking Minnesota*
- Tucson Area HP and partners is integrating MH into their annual wellness conference that reaches more than 500 participants

MHI -- Work in progress

- Developing culturally appropriate patient education materials (tobacco, sodium, cholesterol, weight management, blood pressure, & physical activity)
 - Post bundled patient education links for easier access in Electronic Health Record
 - Will need SCP approval
- Encourage CHRs & Health Educators to use
- the Honoring the Gift of Heart Health
- Curriculum



How to support Million Hearts Initiative

- Convene and collaborate with stakeholders across public health and healthcare in order to enhance effectiveness and efficiency of efforts to prevent heart attack and stroke
- Encourage patients/clients to reduce sodium and trans fat intake
- Make most of available food and beverage choices from vending machines, cafeterias, snack bars, or other purchase points healthier items

How to support Million Hearts Initiative

- Provide tobacco education and awareness in the community, school, clinic and worksite
 - Second-hand and third-hand smoke is harmful
- Screen for tobacco and refer patients to tobacco cessation program
 - Refer to 1-800-QUIT-NOW --- if tobacco cessation is not available
- Develop and establish tobacco-free policies in the treatment centers
- Get training in Basic Tobacco Intervention Skills certification

Healthy Life styles For Heart Health

- Do not use tobacco products
- Get daily physical activity (30 minutes or more)
- Reduce intake of sodium
- Reduce intake of trans fat
- Maintain a healthy weight
- Drink alcohol in moderation

Reading Food Label (which is a Healthier

9 – Canned or Packaged (Dry) Soup



Nutrition Facts	
Serving Size 1 cup (240 g)	
Servings per container 2	
Amount Per Serving	
Calories 90	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 820mg	34%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 7g	
Vitamin A 25%	● Vitamin C 0%
Calcium 0%	● Iron 4%

1 – Homemade Soup (or Canned, Low Sodium)



Nutrition Facts	
Serving Size 1 cup (240 g)	
Servings per container 2	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 12g	4%
Dietary Fiber 8g	32%
Sugars 6g	
Protein 6g	
Vitamin A 200%	● Vitamin C 8%
Calcium 4%	● Iron 20%

Lower
Sodium
Choice

Million Hearts® Resources

- [Hypertension Control: Action Steps for Clinicians](#)
- [Hypertension Control Champions](#)
- [Self-Measured Blood Pressure Monitoring Guide](#)

Grand Rounds:

- [Million Hearts® Grand Rounds](#)
- [Hypertension Grand Rounds: Detect, Connect, and Control](#)
- [Cardiovascular Health: Action Steps for Employers](#)
- [Million Hearts® E-update](#)
- [100 Congregations for Million Hearts®](#)
- [Team up. Pressure down. program](#)
- Visit <http://millionhearts.hhs.gov/> to find other useful Million Hearts® resources.