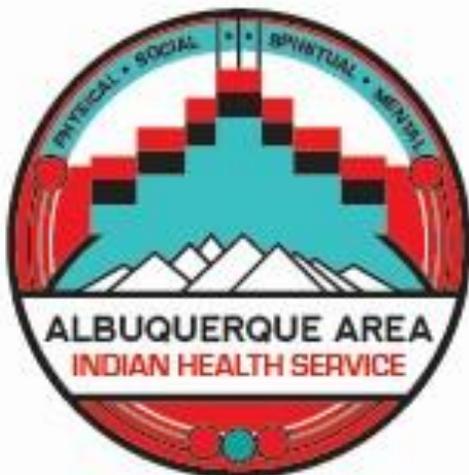
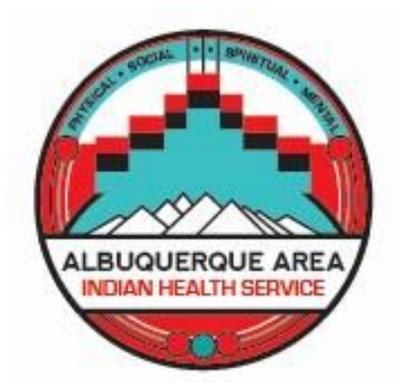


Leveraging the Million Hearts® Initiative



Financial Disclosure

The authors of this presentation declare that no conflict of interest exists in financial or other relationships.



Overview of Presentation

- Introduction
 - Theresa Clay, MS. I.H.S. ABQ Area Health Promotion Disease Prevention
- Overview of the Million Hearts® Initiative
 - Bambi Bevill, MPH, CHES. Heart Disease & Stroke Prevention Coordinator, New Mexico Dept. of Health
- Documenting I.H.S. Million Hearts GRPA/MU Indicators
 - CAPT Wil Darwin, PharmD E.H.R./RPMS Clinical Care; Jackie Candelaria, Program Analyst, I.H.S. ABQ Area
- Importance of the Million Hearts efforts
 - Joe Anderson, BS, PharmD, University of New Mexico, College of Pharmacy
- Wrap-up, Q&A

Objectives

Participants will:

- Obtain an overview of the Million Hearts® Initiative
- Receive instruction on how to implement MHI in GPRA
- Identify how to engage providers in the MHI

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
- ❑ Offices 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 Veteran's Affairs
- ❑ State and Local governments

Private Support

- Health care systems
- Clinicians
- Professional organizations
- Faith-based organizations
- Tribal organizations
- Commercial payers
- Pharmacies
- Employers
- Health advocacy groups
- The New Mexico Million Hearts® workgroup – meets November 13 & December 16 - Albuquerque

Million Hearts®

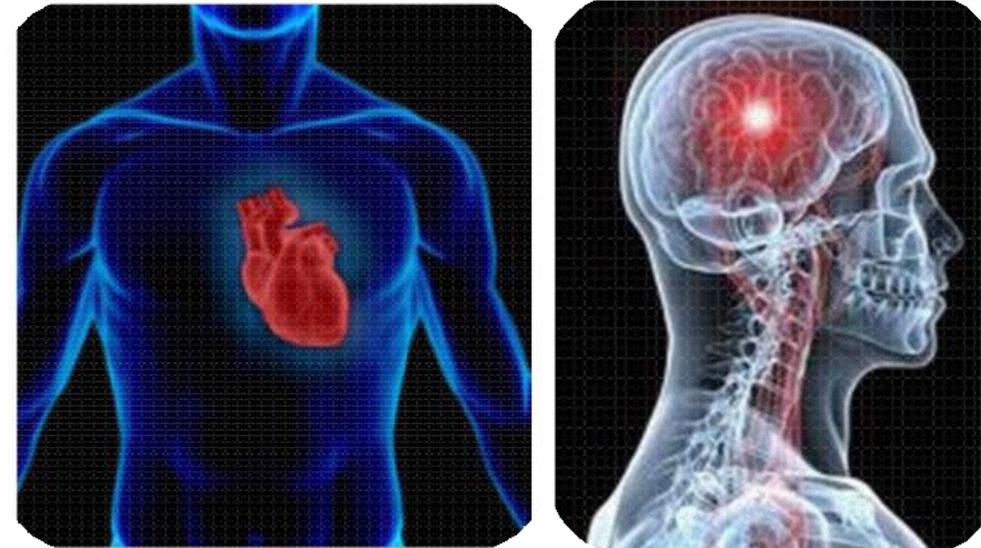
**Goal: Prevent 1 million heart attacks
and strokes by 2017**

- 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

Heart Disease and Stroke

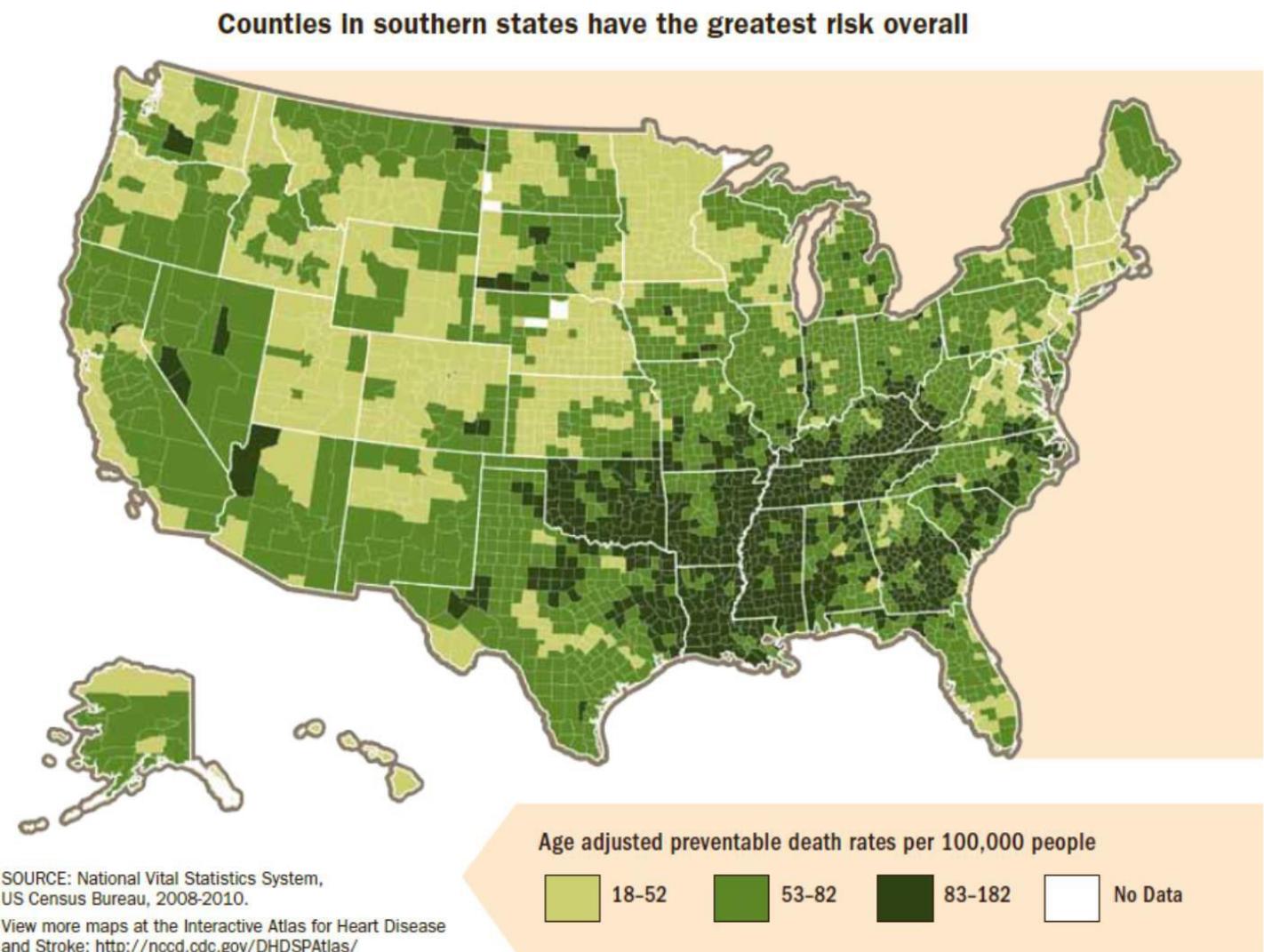
Leading Killers in the United States

- More than 1.5 million heart attacks and strokes each year
- Cause 1 of every 3 deaths
 - 800,000 cardiovascular disease deaths each year
 - Leading cause of preventable death
 - \$315.4B in health care costs and lost productivity
- Leading contributor to racial disparities in life expectancy



200,000 Preventable Deaths from Heart Disease and Stroke

- Many of the deaths caused by heart disease and stroke are preventable
- Preventable deaths are those attributed to lack of preventive health care or timely and effective medical care



Key Components of Million Hearts[®]

Keeping Us Healthy
Changing the environment

Health
Disparities

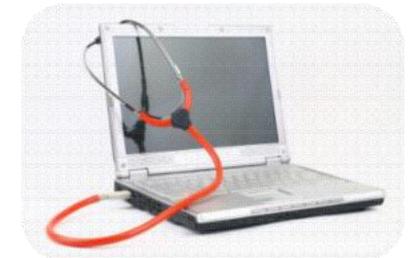
Excelling in the ABCS
Optimizing care



Focus on
the ABCS



Health tools
and technology



Innovations in
care delivery



Health Disparities

- African-Americans develop high blood pressure more often, and at an earlier age, than whites and Hispanics do.
- African-Americans are nearly twice as likely as whites to die early from heart disease and stroke.
- American Indians and Alaska Natives die from heart diseases at younger ages than other racial and ethnic groups in the United States. 36% of those who die of heart disease die before age 65.

Source:

Go AS, Mozaffarian D, Roger VL, et al. [Heart disease and stroke statistics—2013 update: a report from the American Heart Association](#). *Circulation*. 2013;127:e6–245.

Morbidity and Mortality Weekly Report (MMWR): Vital Signs: Avoidable Deaths from Heart Disease, Stroke, and Hypertensive Disease — United States, 2001–2010

SS Oh, JB Croft, KJ Greenlund, C Ayala, ZJ Zheng, GA Mensah, WH Giles. Disparities in Premature Deaths from Heart Disease—50 States and the District of Columbia. *MMWR* 2004;53:121–25. <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5306a2.htm>

The ABCS to Prevent Heart Attacks and Strokes

Aspirin

People who have had a heart attack and stroke who are taking aspirin

Blood pressure

People with hypertension who have adequately controlled blood pressure

Cholesterol

People with high cholesterol who are effectively managed

Smoking

People trying to quit smoking who get help

Action Steps: Healthcare Systems

Achieving Excellence in the ABCS

- Adopt and report on the Million Hearts[®] Clinical Quality Measures
- Provide timely feedback on performance to the clinical teams
- Recognize and reward high performing teams
- Implement systems to alert clinicians of patterns of high blood pressure, high cholesterol, and smoking status of patients.
- Support titration of hypertension and cholesterol medications by clinical team members via a physician-approved protocol

Action Steps: Pharmacists/Pharmacies Achieving Excellence In The ABCS

- Develop policies and systems to allow for 90-day prescription refills
- Provide medication therapy management (MTM) that supports the ABCS
- Track prescription refills and alert prescribers when necessary
- As state laws permit, implement collaborative drug therapy management agreements with clinicians
- Encourage policies that expand the use of generic medications when clinically appropriate.
- Provide blood pressure screening with clinician referrals for follow up
- Sell validated home blood pressure monitors

TOOLS & RESOURCES

Million Hearts® Resources

- [Hypertension Treatment Protocols](#)
- [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](#)
- Spanish language [website](#)
- [100 Congregations for Million Hearts®](#)
- [Team up. Pressure down. program](#)
- Visit <http://millionhearts.hhs.gov> find other useful Million Hearts® resources.
- New Mexico Chronic Disease Prevention Council and the NM Million Hearts Workgroup - [http://chronicdiseasenm.org/](http://chronicdiseasenm.org)

Speaker contact information

- Theresa Clay, MS I.H.S. AAO HPDP Phone: 505.248.4772 theresa.clay@ihs.gov
- Bambi Bevill, MPH, CHES, NMDOH
Phone: 505.383.0158 Bambi.Bevill@state.nm.us
- CAPT Wil Darwin, PharmD, I.H.S. AAO
E.H.R./RPMS Phone 505.248.4328
Wil.Darwin@ihs.gov
- Jackie Candelaria, I.H.S. AAO Program Analyst
Phone: 505.248.4773 Jacque.Candelaria@ihs.gov
- Joe Anderson, BS, PharmD, UNM COP
Phone: 505.272.3664 janderson@salud.unm.edu

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Thank You!

