Million Hearts® 2022
Opportunities in Rural Communities

Matthew Ritchey, PT, DPT, OCS, MPH
Senior Health Scientist/Health Services and Systems Research Section Lead
Division for Heart Disease and Stroke Prevention
Centers for Disease Control and Prevention
Disclaimer

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention
Heart Disease and Stroke Burden

- More than **1.5 million** people in the U.S. suffer from heart attacks and strokes per year\(^1\)
- More than **800,000** deaths per year from cardiovascular disease (CVD)\(^1\)
- CVD costs the U.S. **hundreds of billions** of dollars per year\(^1\)
- CVD is the greatest contributor to racial disparities in life expectancy\(^2\)
  - Considerable disparity among younger black adults living in rural compared to metro areas\(^3\)

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Heart Disease and Stroke Trends 1950-2015

Heart Disease and Stroke Mortality Among US Adults Aged 35–64

Hall EW et al. Stroke. 2019;50(12):3355-3359

Heart disease mortality rate* per 100,000, 2017 (% of counties)

Stroke mortality rate* per 100,000, 2016 (% of counties)

*Age-standardized to the 2000 US Census Population

Million Hearts®
Impacting Lives in our Local Communities

Rockville, MD
January 14–16, 2020
Alarming Mortality Rate Changes Among Adults Aged 35–64

Hall EW et al. *Stroke.* 2019;50(12):3355-3359
Percentage of Rural Counties Experiencing Increased Heart Disease Mortality by Age Group, 2010–2015

- Ages 35–44 years: 48.2%
- Ages 45–54 years: 52.4%
- Ages 55–64 years: 69.3%
- Ages 65–74 years: 38.9%

Million Hearts® 2022

• National initiative co-led by Centers for Disease Control and Prevention (CDC) and Centers for Medicare & Medicaid Services (CMS)

Aim
Prevent 1 million—or more—heart attacks and strokes in the next 5 years
Partners (select)

- Healthcare Resources and Services Administration
- Agency for Healthcare Research and Quality
- State and local departments of health
- National Association of Community Health Centers
- National Association of Chronic Disease Directors
- American Medical Association
- American Heart Association
- Million Hearts Cardiac Rehabilitation Collaborative
- American Association of Cardiovascular & Pulmonary Rehabilitation
- National Kidney Foundation
- And MANY, many others…
Relative Event Contributions to "the Million"

Notes: Aspirin when appropriate reflects aspirin use for secondary prevention only; total does not equal sum of events prevented by risk factor type as those totals are not mutually exclusive; applies ratios obtained from PRISM and ModelHealth:CVD to estimate the number of total events, to more closely align with the Million Hearts event definition (unpublished)

Data sources: Aspirin when appropriate – 2013-14 NHANES; blood pressure control and cholesterol management – 2011-14 NHANES; smoking cessation and physical inactivity – 2015 NHIS; sodium reduction – 2011-12 NHANES.
## Million Hearts® 2022 Priorities

### Keeping People Healthy
- Reduce Sodium Intake
- Decrease Tobacco Use
- Decrease Physical Inactivity

### Optimizing Care
- Improve ABCS*
- Increase Use of Cardiac Rehab
- Engage Patients in Heart-healthy Behaviors

### Improving Outcomes for Priority Populations
- Blacks/African Americans with hypertension
- 35- to 64-year-olds
- People who have had a heart attack or stroke
- People with mental illness or substance use disorders who use tobacco

*Aspirin when appropriate, Blood pressure control, Cholesterol management, Smoking cessation
Clinical Strategies


Source: National Health and Nutrition Examination Survey
* p<0.01; † p < 0.05

Wall HK, et al. MMWR. 2018;67(35):983-991
Community Risk Factors


Sources: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration (SAMHSA); National Health and Nutrition Examination Survey, CDC; National Health Interview Survey, CDC

* p<0.01

Wall HK, et al. MMWR. 2018;67(35):983-991
Missed Opportunities

9.0 M not taking aspirin as recommended
40.1 M with uncontrolled high blood pressure
39.1 M not using statins when indicated
54.1 M tobacco users
+ 70.9 M who are physically inactive

213.1 M missed opportunities

55% of these opportunities are in adults aged 35–64 years
Million Hearts® -preventable event rates among adults aged ≥18 years by state, 2016

Ritchey M, et al. MMWR. 2018;67(35):974-982
Identifying and Spreading Best Practices

• Publications
• Clinical quality measures/measure alignment
  • [https://millionhearts.hhs.gov/data-reports/cqm/measures.html](https://millionhearts.hhs.gov/data-reports/cqm/measures.html)
• Treatment Protocols
  • [https://millionhearts.hhs.gov/tools-protocols/protocols.html](https://millionhearts.hhs.gov/tools-protocols/protocols.html)
• “Action Guide” series
  • [https://millionhearts.hhs.gov/tools-protocols/action-guides.html](https://millionhearts.hhs.gov/tools-protocols/action-guides.html)
• Recognition
Clinical Quality Measures

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<thead>
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<th>Domain</th>
<th>NQF #</th>
<th>CMS #</th>
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<tbody>
<tr>
<td>Aspirin when appropriate</td>
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<td>164</td>
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<tr>
<td>Blood pressure control</td>
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<td>165</td>
</tr>
<tr>
<td>Cholesterol management (statin use)</td>
<td>n/a</td>
<td>347</td>
</tr>
<tr>
<td>Smoking cessation (assessment and treatment)</td>
<td>0028</td>
<td>138</td>
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</tbody>
</table>

- Included in CMS Quality Payment Program/Merit-based Incentive Payment System (QPP/MIPS)
  - Cardiology
  - Internal Medicine
  - General/Family Medicine

Clinical Quality Measure Alignment webpage on the Million Hearts website https://millionhearts.hhs.gov/data-reports/cqm/measures.html
Standardized Treatment Protocols

- Available for:
  - Hypertension control
  - Cholesterol management
  - Tobacco assessment and treatment

- Key components, implementation guidance
- Evidence-based protocols examples
- Customizable template
- Help address disparate populations

View and download protocols on the Million Hearts website: https://millionhearts.hhs.gov/tools-protocols/protocols.html
Hypertension Control Change Package

‘Undiagnosed’ Hypertension

- National Association of Community Health Centers:
  - **Consolidated Change Package** - leveraging health IT, QI, and primary care teams to identify hypertensive patients hiding in plain sight

- **Hypertension Prevalence Estimator**:
  - For practices/health systems to use to estimate their expected hypertension prevalence among their patient population


[Undiagnosed Hypertension webpage on the Million Hearts website](https://millionhearts.hhs.gov/tools-protocols/hiding-plain-sight/index.html)
Self-Measured Blood Pressure (SMBP) Resources

Million Hearts® SMBP Webpage
https://millionhearts.hhs.gov/tools-protocols/smbp.html

NACHC SMBP Patient Testimonials
http://www.nachc.org/taking-control-of-my-blood-pressure-patient-stories/

Target BP™: Patient-Measured BP
https://targetbp.org/blood-pressure-improvement-program/patient-measured-bp/

Million Hearts® SMBP Healthcare Communities
Community
https://www.healthcarecommunities.org/ (Sign in to your free account; click the “Available Communities” tab; search for “SMBP”; click “Join Community”)

Million Hearts® SMBP Forum
Contact MillionHeartsSMBP@nachc.org for more information
2020 SMBP-Related CPT Codes

- **99473**: SMBP using a device validated for clinical accuracy; patient education/training and device calibration
  - Can be submitted once
  - **Staff time = $11.19 for patient education**

- **99474**: SMBP using a device validated for clinical accuracy; two SMBP readings, one minute apart, 2X/day over a 30-day period (minimum of 12 readings), collection of patient data reported to the physician or other qualified health care professional, with report of average systolic and diastolic pressures and subsequent communication of a treatment plan to the patient
  - Can be submitted monthly
  - **Provider = $15.16 monthly for data and treatment plan**
Tobacco Use


• E-cigarettes  
  https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm

Physical Inactivity

• US Preventive Services Task Force recommends behavioral counseling for people with CVD risk factors

• Community-based referral programs
  o e.g., Walk with a Doc, Walk with Ease, GirlTrek

• Community Preventive Services Task Force:
  o “Recommendation on Built Environment Approaches Combining Transportation System Interventions with Land Use and Environmental Design” (https://www.thecommunityguide.org/findings/physical-activity-built-environment-approaches)

Physical Inactivity webpage on the Million Hearts website https://millionhearts.hhs.gov/tools-protocols/tools/physical-activity.html
Cardiac Rehabilitation

- Strong evidence of benefit for those who have had a heart attack, chronic stable angina, heart failure with reduced ejection fraction, or had a heart procedure

- Million Hearts Cardiac Rehabilitation Collaborative

- Cardiac Rehabilitation Change Package: [https://millionhearts.hhs.gov/files/Cardiac_Rehab_Change_Pkg.pdf](https://millionhearts.hhs.gov/files/Cardiac_Rehab_Change_Pkg.pdf)


Cardiac Rehabilitation webpage on the Million Hearts website [https://millionhearts.hhs.gov/tools-protocols/tools/cardiac-rehabilitation.html](https://millionhearts.hhs.gov/tools-protocols/tools/cardiac-rehabilitation.html)
Hybrid or Home-based Cardiac Rehabilitation

Olson, T. Balancing Technology with the Human Touch to Promote Exercise is Medicine. AACVPR 2018
The purpose of this scientific statement is to identify the core components, efficacy, strengths, limitations, evidence gaps, and research necessary to guide the future delivery of HBCR in the United States.
Million Hearts® in Municipalities Toolkit

- A toolkit to help health departments and municipal organizations implement Million Hearts® strategies at a local level.

- Includes 5 modules:
  1. Overview
  2. Setting Goals
  3. Partnerships
  4. Communication
  5. Evaluation and Monitoring

- Each module offers:
  - Key concepts, principles, and resources
  - Tips and problem-solving solutions
  - Readiness Assessment worksheets and the Action Plan Template

The Toolkit and Million Hearts® Municipalities Success Stories are accessible online at: https://millionhearts.hhs.gov/tools-protocols/tools/municipalities.html
Recognition

- HRSA Million Hearts “badge”
- Million Hearts Hypertension Control Champions
  - [https://millionhearts.hhs.gov/partners-progress/champions/list.html](https://millionhearts.hhs.gov/partners-progress/champions/list.html)
- Million Hearts Hospitals and Health Systems recognition program
Million Hearts® Hypertension Control Challenge

- Annual recognition program for health care professionals, practices, and health systems
- ≥ 80% blood pressure control
- 118 Champions from 36 states and D.C. (2012–2019); 61% have a rural or urban/rural service area
- The call for 2020 Champions will open in February of 2020

More information and success accessible online at: https://millionhearts.hhs.gov/partners-progress/champions/list.html

The following states do not have Champions...yet:

AK, AL, AR, AZ, DE, ID, IN, ME, MS, NC, NE, NV, SD, and VT
Rural Health Success Stories

• White House Clinics (KY)
  o https://youtu.be/XGO-I59UMDg
  o SMBP monitoring

• High Plains Community Health Center (CO) and Pacific Family Medicine (OR)
  o Patient education
  o SMBP
  o EHRs with clinical support tools

“We have an amazing relationship with our patients. They know it’s a two-way street. We’re very communicative about the fact that patients need to be equally engaged in their care. That’s the culture we share with them from the first visit onwards.”

Janet Mossman, FACMPE, clinic manager for Pacific Family Medicine

More information and success accessible online at: https://millionhearts.hhs.gov/partners-progress/champions/list.html
Million Hearts® Hospitals & Health Systems Recognition Program

- A new recognition program to recognize institutions working to improve the cardiovascular health of the population & communities they serve by:
  1. Keeping People Healthy
  2. Optimizing Care
  3. Improving Outcomes for Priority Populations
  4. Innovating for Health

- Online applications open mid-January through March 2020

- Million Hearts® will publicly recognize and feature top-performing Million Hearts® Hospitals and Health Systems
Subscribe to Updates

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Questions?

Matt Ritchey
mritchey@cdc.gov