

## The ABC's of Heart Disease, Stroke and Diabetes

Satellite Conference and Live Webcast  
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Produced by the Alabama Department of Public Health  
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## Faculty

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## What Is Million Hearts?

- National initiative to prevent:
  - 1,000,000 heart attacks and strokes
  - Over the next 5 years
- 1 in 3 deaths in the United States is due to heart disease

## Million Hearts Goals

- Empowering Americans to make healthy choices
- Improving care for people who need treatment by focusing on the:
  - “ABCS” of heart disease, stroke, and diabetes

## Million Hearts: Where We Are and Where We Need to Go

Indicator	Baseline	2017 Goal
Aspirin use for people at 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)	3.5 g/day	20% reduction
Artificial trans fat consumption (average)	1% of calories/day	50% reduction

## ABC's of Heart Disease, Stroke, and Diabetes

- A = Aspirin use / A1c
  - Ask your provider about taking:
    - One baby aspirin (81 mg) daily
    - One regular aspirin (325 mg) every other day
  - Most diabetics should have an A1c < 7%

### **ABC's of Heart Disease, Stroke, and Diabetes**

- **B** = Blood Pressure treatment and control
  - BP < 120/80
    - Consume less than 2300 mg sodium daily
    - BP < 130/80 if diabetic

### **ABC's of Heart Disease, Stroke, and Diabetes**

- **C** = Cholesterol
  - Ask your provider about how often to check your cholesterol
    - Total cholesterol < 200
    - LDL (bad cholesterol) < 100
    - Trans fats goal of 50% reduction

### **ABC's of Heart Disease, Stroke, and Diabetes**

- **S** = Smoking Cessation
  - Research shows using a quitline with medication increases abstinence rates
  - Call 1-800-QUITNOW for more details or ask your provider
    - 1 - 800 - 784 - 8669

### **Be One in a Million Hearts**

**[www.adph.org/cvh](http://www.adph.org/cvh)**

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