

# The ABCS of Heart Disease, Stroke, and Diabetes

Satellite Conference and Live Webcast  
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Produced by the Alabama Department of Public Health  
Video Communications and Distance Learning Division

## 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

## Million Hearts Goals

- Empowering Americans to make healthy choices
- Improving care for people who do need treatment by focusing on the:
  - “ABCS” – of Heart Disease, Stroke, Diabetes

## 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

## ABCS 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%

### **ABCS 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

### **ABCS 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

### **ABCS 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**

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