

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
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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 U.S. is due to heart disease

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

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- **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

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- **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

Life's Simple 7

www.heart.org/mylifecheck

Be One in a Million Hearts

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