

## The ABCS of Heart Disease, Stroke, and Diabetes

Satellite Conference and Live Webcast  
 Monday, May 21, 2012  
 2:00 – 4:00 p.m. Central Time

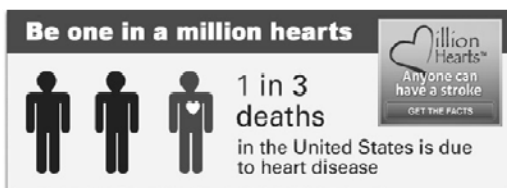
Produced by the Alabama Department of Public Health  
 Video Communications and Distance Learning Division

## Faculty

Melanie Rightmyer, MSN, RN  
 Cardiovascular Programs Director  
 Chronic Disease Programs Branch  
 Alabama Department of Public Health

## What Is Million Hearts?

- National initiative to prevent:
  - 1,000,000 heart attacks and strokes
  - Over the next 5 years



## Million Hearts Goals

- Improving access to effective care
- Improving the quality of care for the ABCS
- Focusing clinical attention on the prevention of heart attack and stroke
- Activating the public to lead a heart-healthy lifestyle

## Million Hearts Goals

- Improving the prescription and adherence to appropriate medications for the ABCS

## 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

### **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**
  - Consume less sodium
    - Less than 1 teaspoon of table salt a day for most

### **ABCS of Heart Disease, Stroke, and Diabetes**

- **Less than 1500mg for the following:**
  - African Americans
  - Those 51 years old or older

### **ABCS of Heart Disease, Stroke, and Diabetes**

- Individuals with:
  - Hypertension
  - Diabetes (BP < 130/80)
  - Chronic kidney disease

### **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 (1 – 800 – 784 – 8669)
  - Visit [www.AlabamaQuitNow.com](http://www.AlabamaQuitNow.com) or ask your provider

**Be One in a Million Hearts**

**Melanie Rightmyer, MSN, RN  
(334) 206-3977**

**[melanie.rightmyer@adph.state.al.us](mailto:melanie.rightmyer@adph.state.al.us)**

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