

FACT SHEET



To control high cholesterol among veterans, the American Heart Association, the world's leading nonprofit organization focused on heart and brain health for all, in collaboration with the VA, has launched a new VA Medical Center program to help former service members with ASCVD who are at high risk of recurrent cardiovascular events.

The Veterans Affairs Lipid Optimization Reimagined Quality Improvement (VALOR-QI) program aims to improve the treatment of high cholesterol in veterans whose atherosclerotic cardiovascular disease (ASCVD) puts them at high risk of recurrent heart attack or stroke. Program findings could be translated to a variety of other health care settings and improve care on a larger scale for patients with high cholesterol nationwide.

VALOR-QI will be implemented in 50 selected VA medical center sites and reach up to 30,000 veterans over three years, specifically focusing on veterans whose low-density lipoprotein cholesterol (LDL-C) remains at or above 70 mg/dl despite standard care.

The program will take a multipronged approach designed to enhance the VA health system's ability to identify high-risk patients, augment clinicians' understanding of ASCVD treatment guidelines and their importance and educate veterans on how to manage their high cholesterol and seek appropriate care.

Participating sites will undergo rigorous evaluation using metrics designed to assess ASCVD management. In addition, the VALOR-QI program will scrutinize existing disparities in ASCVD management, then develop and implement strategies to address health equity gaps by sex, race, ethnicity and other demographic variables.

The initiative seeks to provide a mixture of education, staff training, monitoring, health coaching, medication and other steps to achieve better compliance. Taking such a comprehensive approach will be the key to better managing cardiovascular disease and saving lives.