

## Top Ten Things To Know Million Hearts Initiative for Stroke

1. Stroke prevention is a key component in the Million Hearts Initiative as stroke shares many of the same risk factors for CV disease.
2. While deaths due to stroke have fallen from the 3rd leading cause to the 4th leading cause, stroke is still a leading cause of adult disability.
3. Assuming current stroke trends, the projected prevalence of stroke will increase by 25% by 2030.
4. The AHA/ASA is focused on reducing the mortality attributable to cardiovascular disease and stroke by establishing its 2020 goal of improving the overall health of all Americans by 20%, while reducing deaths by 20%.
5. The economic burden of stroke was estimated to be \$53.9 billion in 2010, and this is expected to **triple** by 2030.
6. Million Hearts and Stroke Prevention Targets the ABCS – Aspirin, blood pressure, cholesterol and smoking.
7. Clinical prevention includes: health information technology, alignment of ABCS across health systems, and other clinical innovations, such as increasing medication adherence.
8. ABCS - Increase **aspirin** use among high risk persons, increase **hypertension control** from 46% to 65% in the population and 70% in the clinical setting, increase **cholesterol control** from 33% to 65% in the population and 70% in the clinical setting, and **reduce smoking** from 19% to 17%.
9. The AHA/ASA partnership with the CDC offers a strong continued opportunity to collaborate, as they have in the past on using national stroke registries to improve stroke care and initiate prevention strategies.
10. The Million Hearts focus has created synergies within federal agencies and the private sector to make stroke prevention a top line goal for Americans.