



EPI/Lifestyle Conference Executive Planning Committee



Co-Chair
Deborah Rohm Young
PhD, FAHA

Council on Lifestyle and Cardiometabolic
Health



Co-Chair
Elizabeth Selvin
MPH, PhD, FAHA

Council on Epidemiology and Prevention



Vice-Chair
Kristie J. Lancaster
PhD, RD, FAHA

Council on Lifestyle and Cardiometabolic
Health



Vice-Chair
Pamela J. Lutsey,
PhD, FAHA

Council on Epidemiology and Prevention

Council on Epidemiology and Prevention Leadership



Veronique L. Roger, MD, MPH, FAHA
Chair



Cheryl Anderson, PHD, MPH, FAHA
Vice-Chair

Council on Lifestyle and Cardiometabolic Health Leadership



Penny Kris-Etherton, PhD, FAHA
Chair



Frank Sacks, MD, FAHA
Vice-Chair

CONGRATULATIONS!

EPI National Awardees :

- Distinguished Scientist- Lawrence Appel, MD, MPH, FAHA
- Distinguished Scientist Lecturer- Paul M. Ridker, MD, MPH, FAHA

20 new Fellows inducted in the past year

EPI Membership

1,426

Active EPI Council Members

242

International Members

314

Fellows

LCH Membership

857

Active Lifestyle Council Members

105

International Members

127

Fellows

Professional Membership

33,000 Members

68 Specialties

121 Countries



Research is the Foundation of our Work



\$160.7 million

In new research funded last year

\$441.8 million

Value of nearly 2,000 active awards

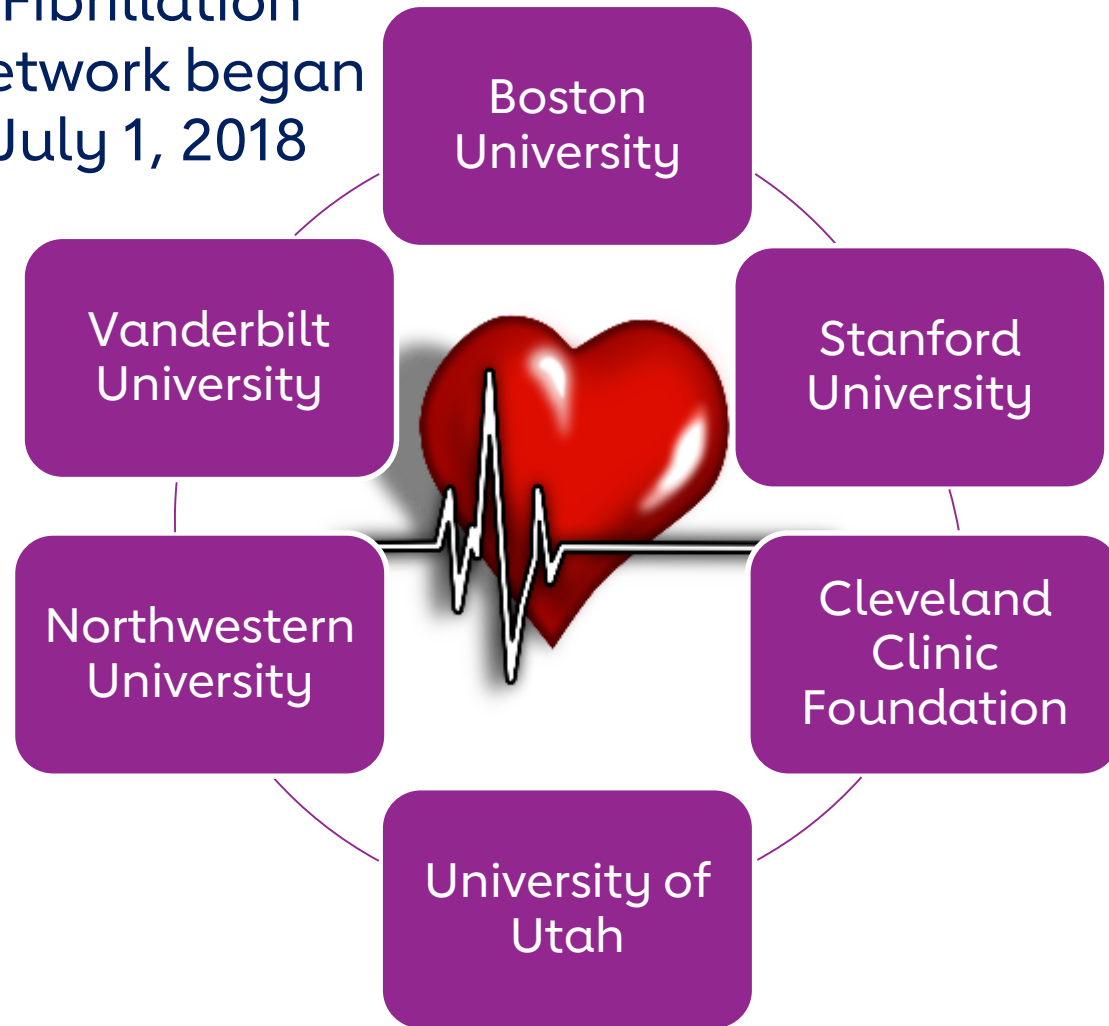
\$4.3 billion

In research funding since 1949

AHA is the largest not-for-profit funder of CVD and Stroke research outside of the federal government

Strategically Focused Research Networks

Atrial
Fibrillation
Network began
July 1, 2018



Arrhythmias & Sudden Cardiac Death Network

Peer Review begins in Spring
for July 2019 start date

Strategically Focused Research Networks

2 NEW NETWORKS
2019-2020

Health Innovation and Technology
(wearables, apps, machine learning, artificial intelligence, etc.)
Cardiometabolic Health with a focus on
Diabetes



Prevention



Hypertension



Go Red for Women

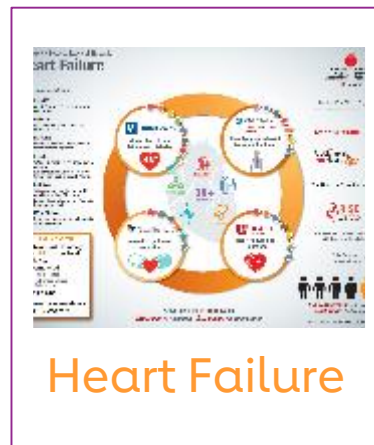


Children's

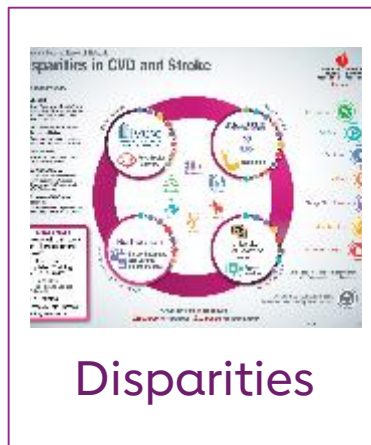
Funded Networks



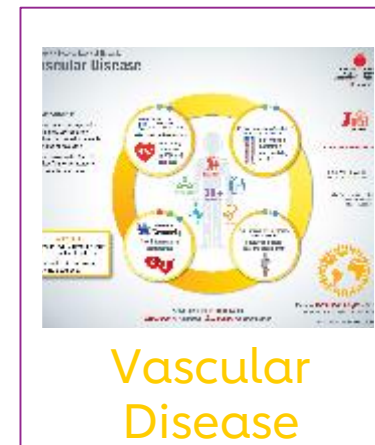
Obesity



Heart Failure



Disparities



Vascular Disease



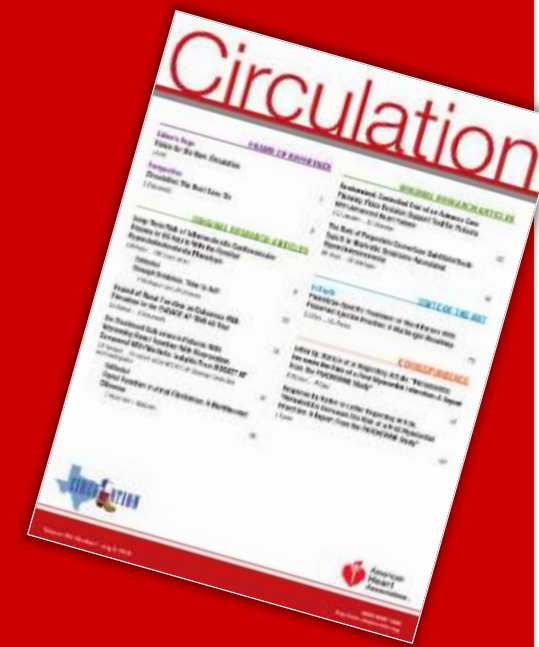
Atrial Fibrillation

Statistical Update

Heart Disease and Stroke Statistics—2019 Update

Published in Circulation

- Leading cause of deaths by CVD in the US:
 - CHD = 43.2% Stroke = 16.9% HTN = 9.8% HF = 9.3%
 - Diseases of the arteries = 3.1% Other CVDs = 17.7%.
- Estimated 116.4 million, 46% of US adults have HTN
- Annual direct and indirect US cost of CVD, including stroke
\$351.2 billion





2020 Impact Goal

Improve the cardiovascular health of ALL Americans by 20 percent while reducing deaths from cardiovascular diseases and stroke by 20 percent.

Progress Toward Improving Cardiovascular Health: Race/Ethnicity

NHANES 2007-2010 vs 2013-2016

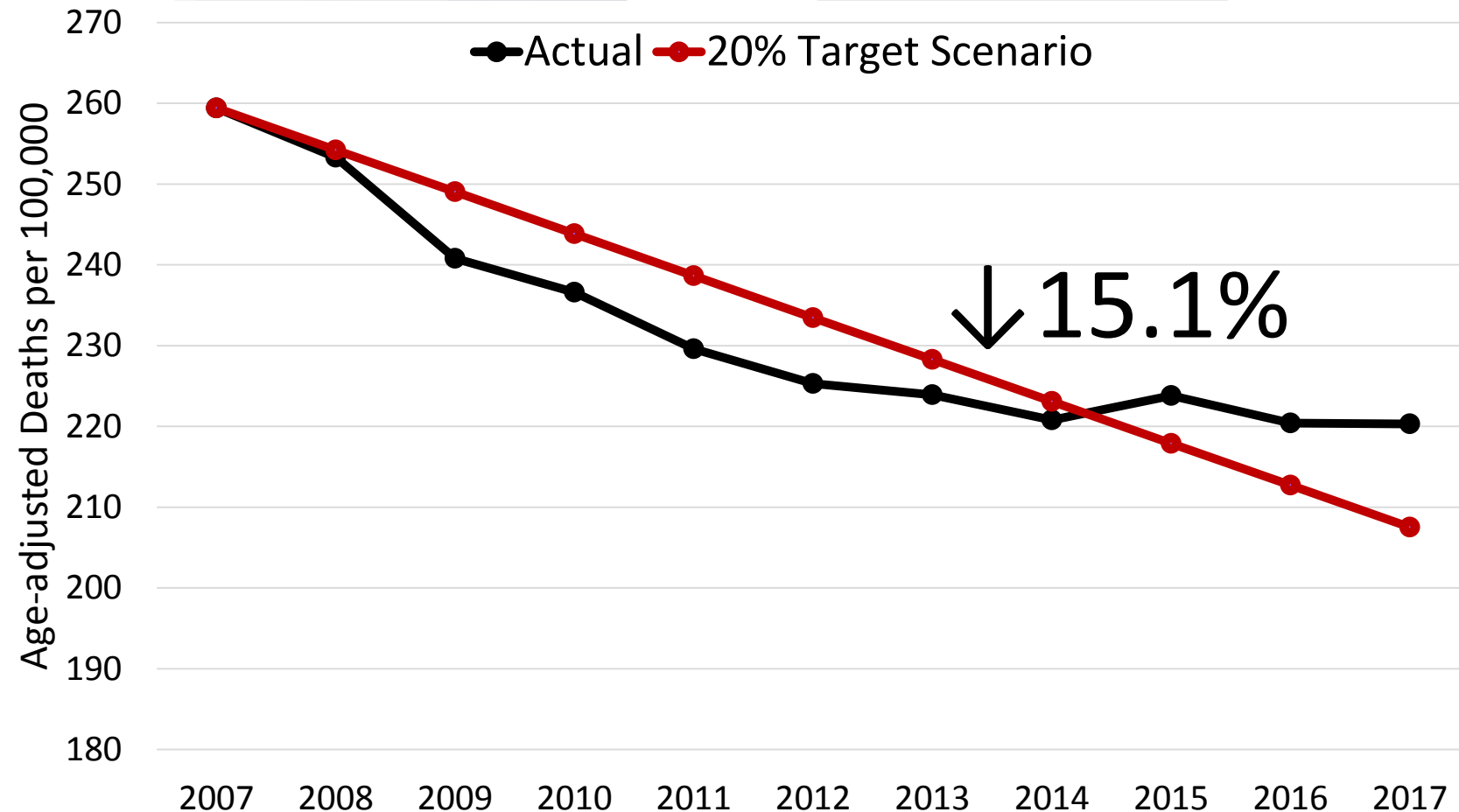
The overall change in CV health is
3.82%

Non-Hispanic Whites: **-2.27%**

Non-Hispanic Blacks: **11.07%**

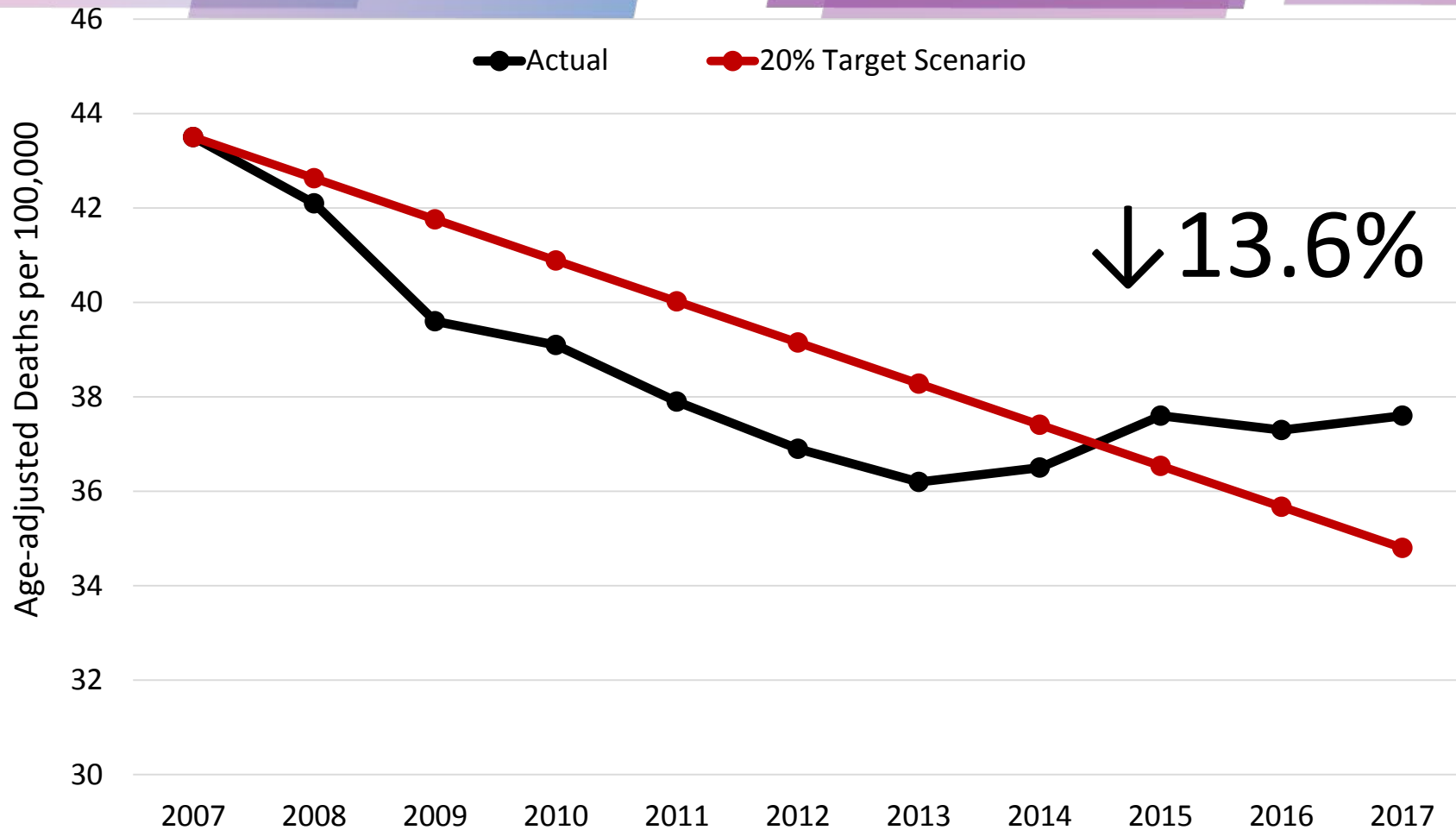
Hispanics: **2.15%**

Age-Adjusted Total CVD Mortality Rates 2007-2017 Actual vs. 20% Impact Goal Scenario



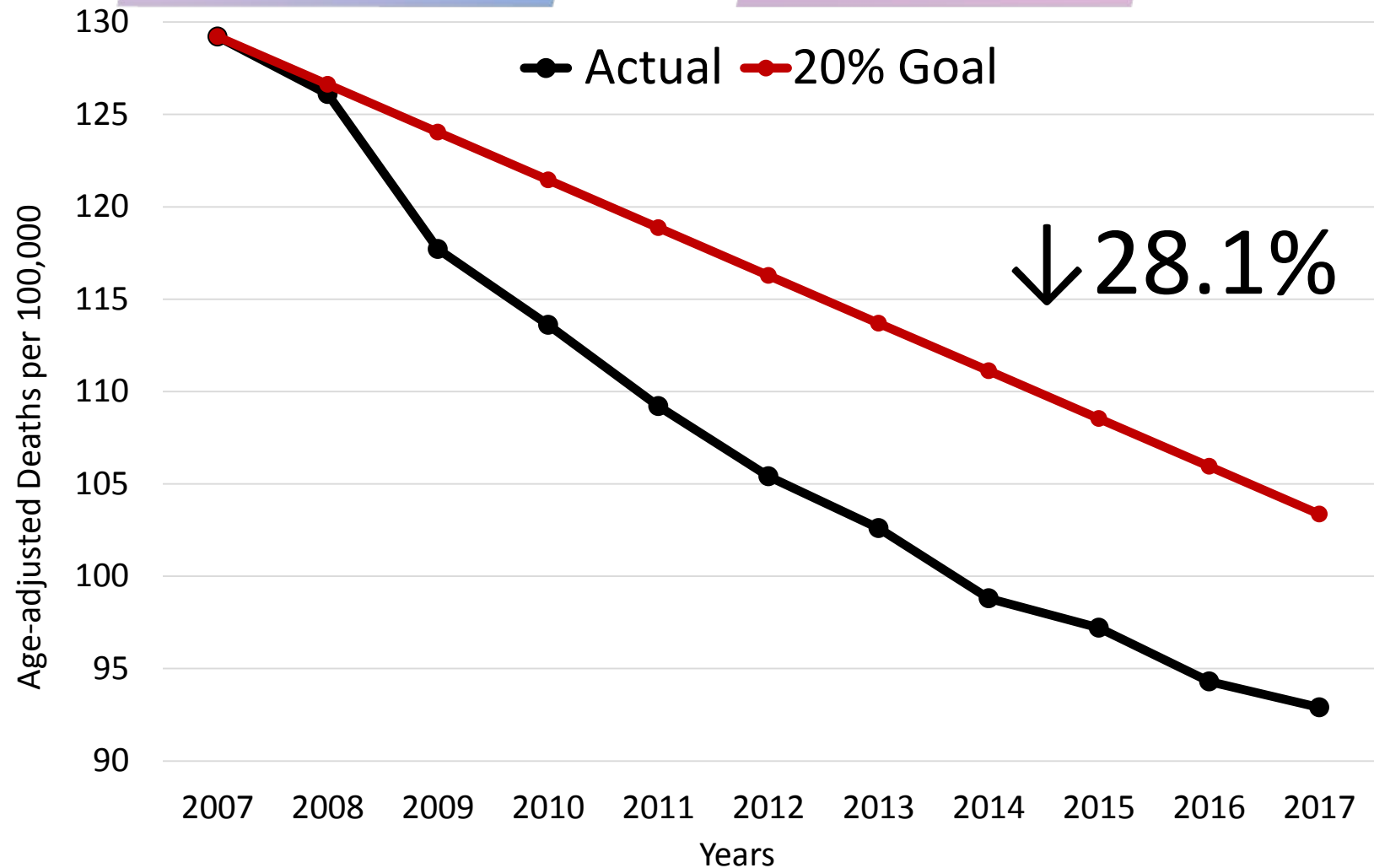
Source: NCHVS. ICD-10: I00-I99, Q20-28

Age-Adjusted Stroke Mortality Rates 2007-2017 Actual vs. 20% Impact Goal Scenario



Source: NCHVS. ICD-10: I60-I69

Age-Adjusted Coronary Heart Disease Mortality Rates 2007-2017 Actual vs. 20% Impact Goal Scenario



AHA Strategies for a Healthier Lifestyle



American Heart Association,
Simple Cooking with Heart®



American Heart Association,
Workplace Health Solutions™



American Heart Association,
Teaching Gardens®



American Heart Association,
Healthy for Good™



American Heart Association,
Kids Cook with Heart™



American Heart Association,
Life's Simple 7™



AHA Strategies for a Healthier Lifestyle



AHA Strategies for a Healthier Lifestyle



American Heart Association.
Check. Change. Control.
Cholesterol™



AHA Strategies for a Healthier Lifestyle

Know **Diabetes** by **Heart**™



Improving the Health of Communities by Addressing Social Determinants



Economic
Stability



Access to
Healthcare



Societal
Influences



Neighborhood



Level of
Education

We Need You!



Volunteer for local AHA events

(Heart Walk, Heart Ball, Go Red Luncheon, etc.)

Become involved with a local/ affiliate Board or committee.

Sign up to be a You're The Cure Advocate

Be an AHA spokesperson for events, mission programs and fundraising efforts.





Thank you for coming and
have a great conference