Cardiovascular Health and Million Hearts

Joining patients, caregivers and providers in a collaborative effort to prevent 1 million heart attacks and strokes by 2022

Heart disease and stroke are the first- and fourth-leading causes of death, respectively, in the United States, according to the Centers for Disease Control and Prevention. Fifty percent of men and 64 percent of women who die suddenly of heart disease have no previous symptoms. Knowing the warning signs for both heart disease and stroke is paramount to helping prevent death. In 2011, the U.S. Department of Health and Human Services launched the Million Hearts initiative to prevent 1 million heart attacks and strokes by the year 2022. The initiative focuses on improving the ABCS (Aspirin therapy when appropriate, Blood pressure control, Cholesterol management, and Smoking screening and cessation counseling) for all Americans, including racial and ethnic minorities, and supports the National Prevention Strategy.

A Community-Based Approach

TMF Health Quality Institute has partnered with the Arkansas Foundation for Medical Care, Primaris in Missouri and the Quality Improvement Professional Research Organization, Inc. in Puerto Rico to form the TMF Quality Innovation Network Quality Improvement Organization (QIN-QIO), under contract with the Centers for Medicare & Medicaid Services (CMS). As part of this contract, and in support of the Million Hearts initiative, the TMF QIN-QIO has created the Cardiovascular Health and Million Hearts Network, an online community of patients, caregivers, health care professionals, health systems, nonprofit organizations, federal agencies, private-sector partners and various community stakeholders from Arkansas, Missouri, Oklahoma, Puerto Rico and Texas to spread innovative and best practices to improve cardiac health and empower Americans to make heart-healthy choices.

Our Goals

By establishing a robust exchange of best practices within the network, our consultants facilitate improvements and assist providers to submit Merit-based Incentive Payment System (MIPS) cardiovascular measures, and home health agencies to report cardiovascular measures through the Home Health Cardiovascular Data Registry. Our consultants also assist network members with analysis of data and performance improvement activities, including improving performance on the following clinical quality measures:

- **Aspirin therapy (MIPS #204, NQF #0068)** – Increase the percentage of patients with ischemic vascular disease who have documented use of aspirin
- **Blood pressure control (MIPS #236, NQF #0018)** – Increase the percentage of patients who had a diagnosis of hypertension and whose blood pressure was adequately controlled
- **Smoking/Tobacco Use (MIPS #226, NQF #0028)** – Increase the percentage of patients screened and who receive smoking cessation counseling

Put it in Perspective

**Heart disease is the #1 leading cause of death in the United States**

Annually, heart disease and stroke cost more than $312.6 billion in health care expenditures and lost productivity.

- **1.5 Million**
  Roughly the population of San Antonio
  Number of heart attacks and strokes each year in the U.S.

- **800,000**
  Approximate weekly attendance at Disney World™
  Number of Americans that die from heart disease every year

- **2,200**
  Number of passengers in four loaded 747 jets
  People that die EVERY DAY from cardiovascular diseases

Heart disease kills roughly the same number of people in the U.S. each year as cancer, lower respiratory diseases (including pneumonia) and accidents combined.

HEART DISEASE = cancer + lower respiratory diseases + accidents

Source: Million Hearts
Key Strategies & Interventions

Benefits to Participating Providers

Providers who participate in the TMF QIN-QIO and join the Cardiovascular Health and Million Hearts Network will benefit from:

- Assistance with analysis of data and performance improvement activities on the specific measures associated with the Million Hearts’ ABCS interventions to prevent heart attacks and strokes
- Assistance in aligning processes to avoid penalties, receive incentive payments and achieve recognition in pay-for-performance initiatives, including MIPS one-time reporting, Bridges to Excellence and other insurance carrier programs
- Expert consulting services to identify workflow redesign opportunities, appropriate patient education tools to use, and process and system improvements to transform the practice into a patient-centered model of care
- Assistance in MIPS reporting and improvement on performance of publically reportable data to avoid penalties
- Access to live online forums for networking, sharing best practices and system changes
- Access to download free resources and tools that providers can use to improve processes within their practices and help improve patient education
- Applying for the Physician Practice Quality Improvement Award

Join the Cardiovascular Health and Million Hearts Network

The TMF QIN-QIO collaborates with the American Heart Association, American Cancer Society and many other community organizations focused on preventing heart attacks and strokes and decreasing the associated high mortality rates in the nation in reducing heart disease.

Visit the TMF QIN-QIO website and locate the Cardiovascular Health and Million Hearts Network, under the Networks tab, to learn more about this initiative and how you and members of your community can get involved: http://www.tmfqin.org.

Contact Us

For more information, please contact us at CardiacHealth@tmf.org or 1-833-626-1288.