

Heart Disease and Stroke Prevention Practitioners Institute

A Public Health Action Plan to Prevent Heart Disease and Stroke



SAFER · HEALTHIER ·
PEOPLE



A Public Health Action Plan to Prevent Heart Disease and Stroke



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

The special contributions of the following partners to development of A Public Health Action Plan to Prevent Heart Disease and Stroke, through representation in the Working Group or Expert Panels, are gratefully acknowledged:

American Heart Association/American Stroke Association

Association of State and Territorial Health Officials (ASTHO)

Association of State and Territorial Directors of Health Promotion and Public Health Education (ASTDHPPHE), ASTHO

Cardiovascular Health Council, Chronic Disease Directors, ASTHO

Centers for Disease Control and Prevention (CDC), U.S. Department of Health and Human Services (HHS)

Chronic Disease Directors (CDD), ASTHO

Health Canada

Heart and Stroke Foundation of Canada

International Stroke Society

National Association of County and City Health Officials

National Heart, Lung, and Blood Institute, National Institutes of Health (NIH), HHS

National Institute of Neurological Disorders and Stroke, NIH, HHS

National Stroke Association

Office of Disease Prevention and Health Promotion, Office of Public Health and Science, HHS

Prevention Research Centers Program, CDC, HHS

World Health Organization



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...as members of the “baby boom” generation fast approach the age when chronic diseases begin to increase rapidly in incidence and seriousness, we are faced with an urgency unlike any that we have faced before. There are but few years to make sure that the millions of members of this generation and their families are as healthy as possible. *Nevertheless, our biggest challenge is, as always, our biggest opportunity.*

- James S. Marks, MD, MPH, Director, NCCDPHP

Time for change: Potential impact of the Plan

By fully implementing the Plan, we can:

- ***prevent the causes* of heart disease and stroke – no longer needing to *treat* the causes or their consequences, when earlier prevention is possible.**

Time for change: Potential impact of the Plan

By fully implementing the Plan, we can:

- *strike a new balance in our investment in health, by putting prevention first.*

Time for change: Potential impact of the Plan

By fully implementing the Plan, we can:

- *transform our public health agencies into effective instruments for policy and environmental change, supporting the entire range of public health approaches for heart disease and stroke prevention.*

Purpose of the Action Plan

“... to chart a course for the Centers for Disease Control and Prevention (CDC) and collaborating public health agencies, with all interested partners and the public at large, to help in promoting achievement of national goals for preventing heart disease and stroke over the next two decades—through 2020 and beyond.”

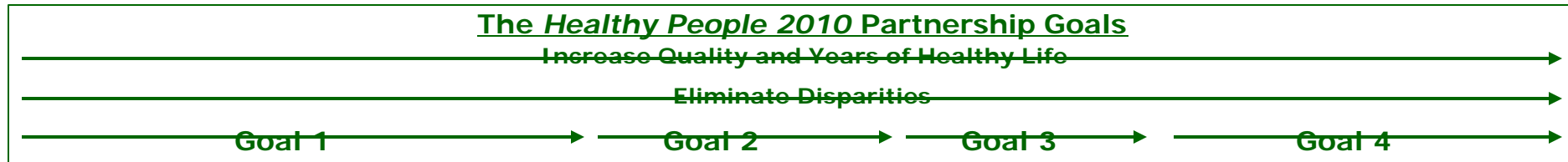
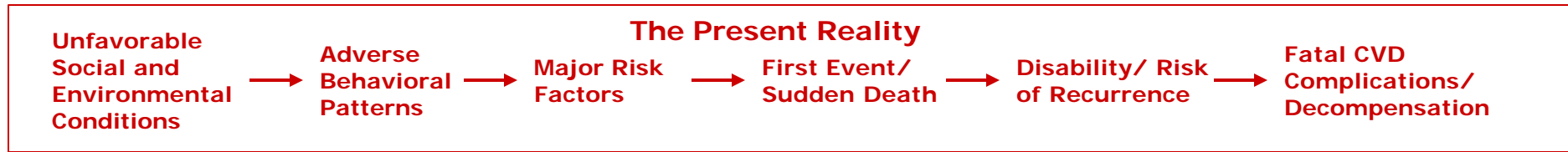
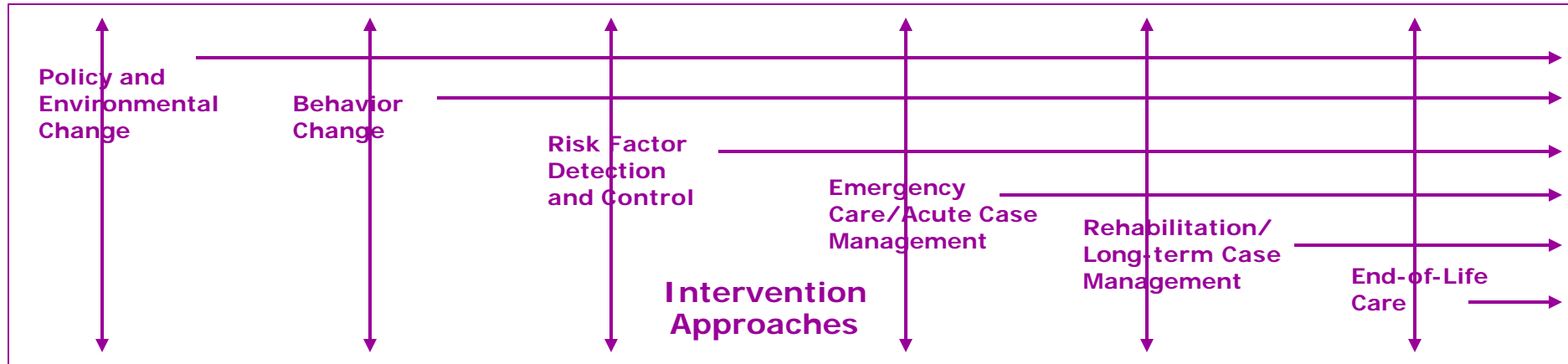
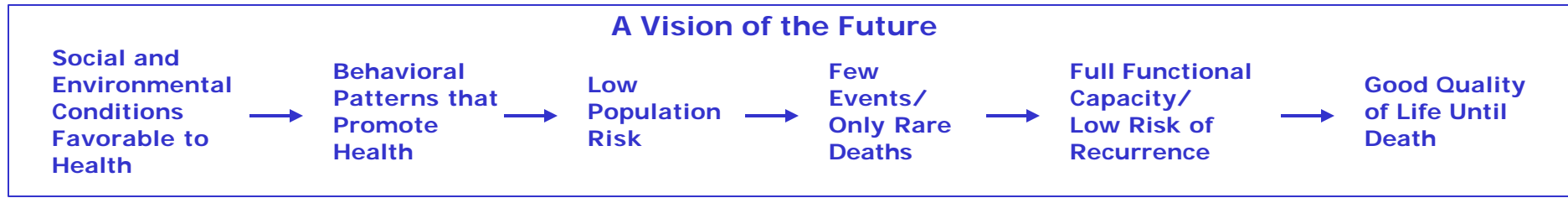
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The framework of the Action Plan

A framework that would embrace the *full scope of a comprehensive public health strategy for preventing heart disease and stroke* was needed to guide development of the Plan.

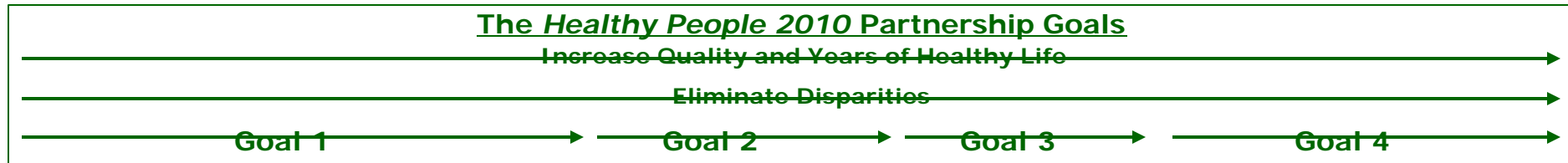
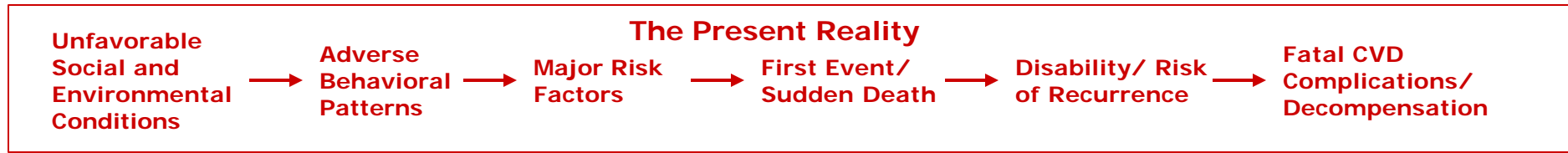
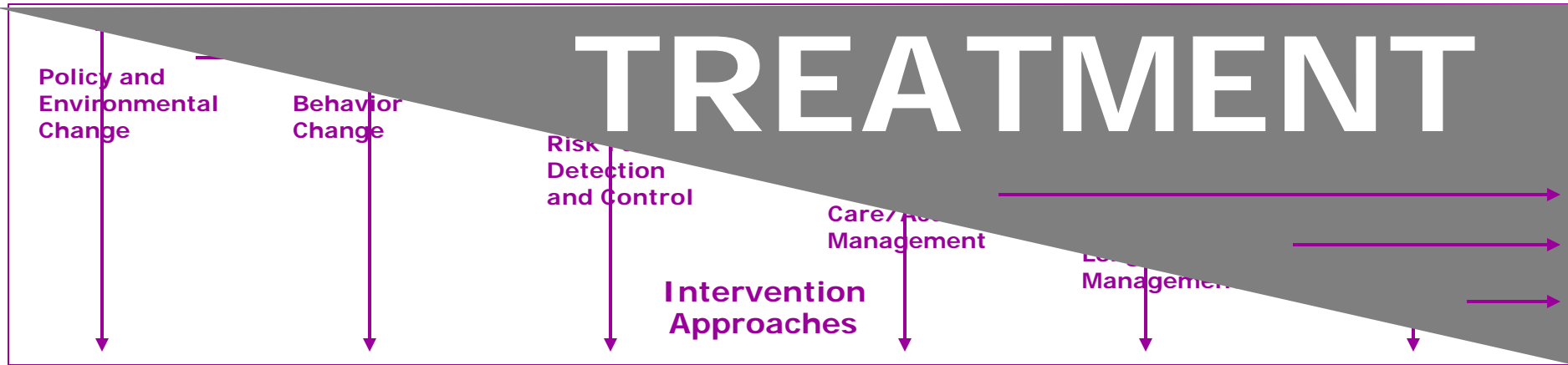
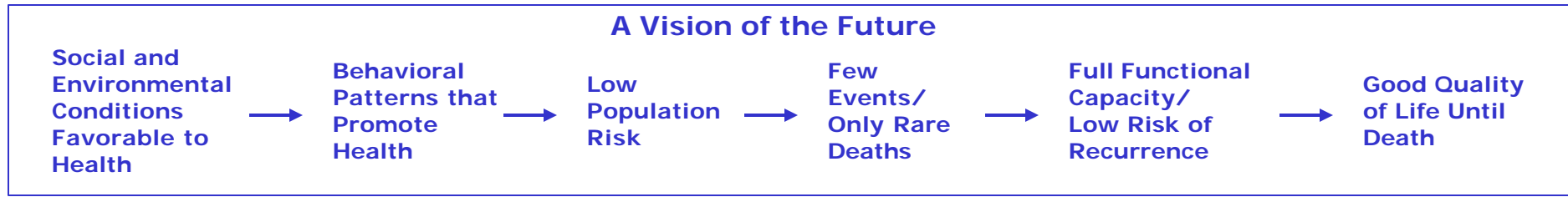
Action Framework For A Comprehensive Public Health Strategy To Prevent Heart Disease And Stroke



Target Population

| | | | | | | | | | |
|------------------|------------------|---------|-------------|--------|---------|--------|---------|-----|---------|
| Total Population | Total Population | TC | 105,000,000 | Stroke | 500,000 | Stroke | 375,000 | CVD | 525,000 |
| 281,000,000 | 281,000,000 | Smoking | 53,000,000 | MI | 650,000 | MI | 450,000 | | |
| | | HBP | 50,000,000 | CHF | 550,000 | CHF | 450,000 | | |
| | | DM | 10,000,000 | | | | | | |

Action Framework For A Comprehensive Public Health Strategy To Prevent Heart Disease And Stroke



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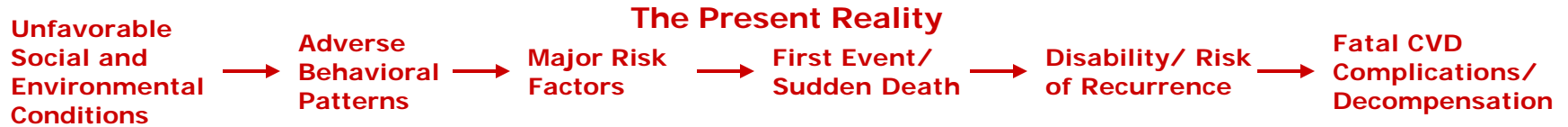
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Action Framework For A Comprehensive Public Health Strategy To Prevent Heart Disease And Stroke

A Vision of the Future



PREVENTION



The Healthy People 2010 Partnership Goals

Increase Quality and Years of Healthy Life

Eliminate Disparities

Goal 1

Goal 2

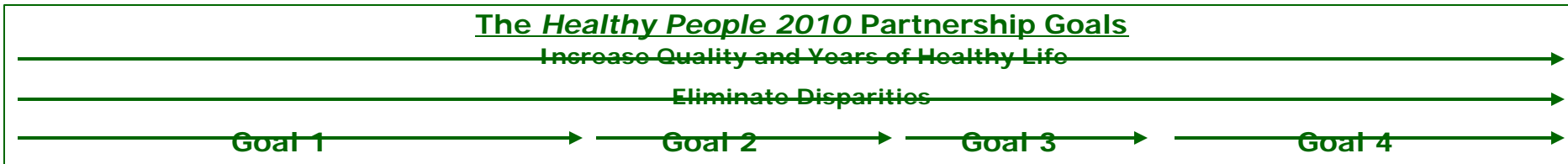
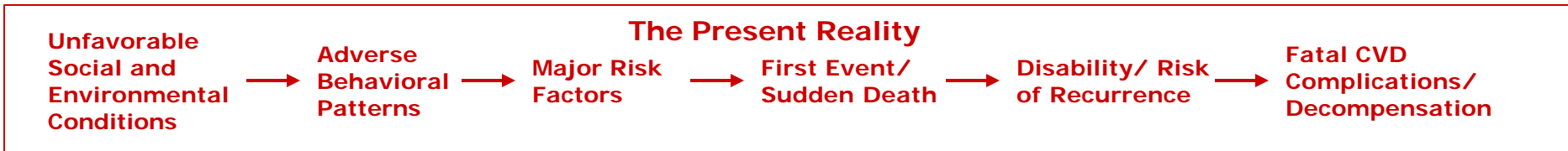
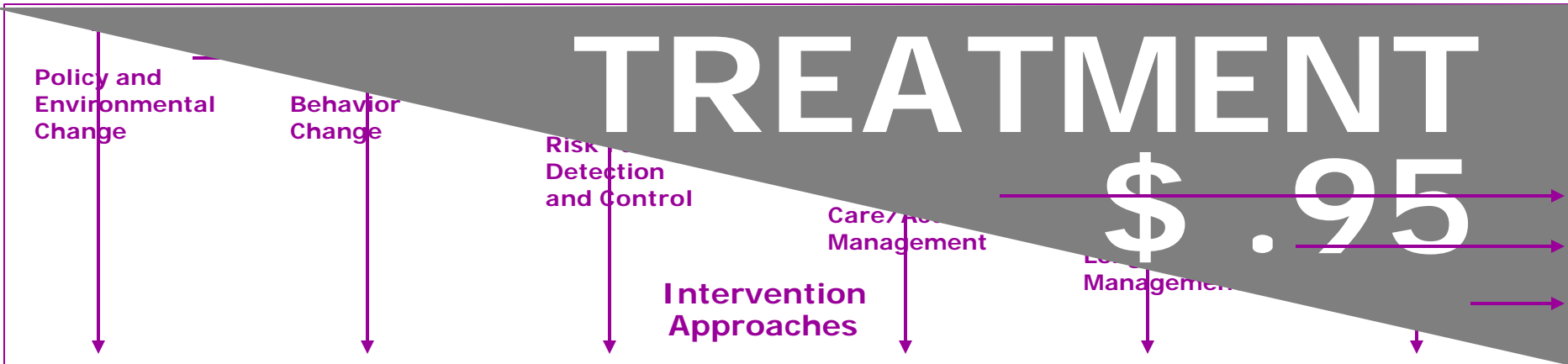
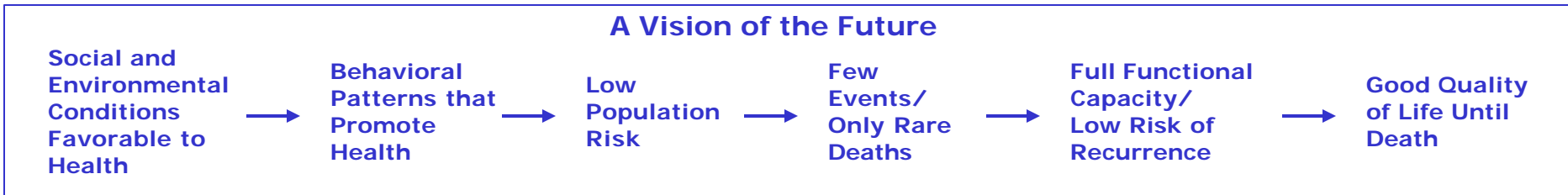
Goal 3

Goal 4

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Action Framework For A Comprehensive Public Health Strategy To Prevent Heart Disease And Stroke



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Action Framework For A Comprehensive Public Health Strategy To Prevent Heart Disease And Stroke

A Vision of the Future



\$.05 PREVENTION

Factor

Emergency Acute Case

Rehabilitation/ Long-term Case

End-of-Life Care

Unfavorable Social and Environmental Conditions

Adverse Behavioral Patterns

Major Risk Factors

First Event/ Sudden Death

Disability/ Risk of Recurrence

Fatal CVD Complications/ Decompensation

The Present Reality

The Healthy People 2010 Partnership Goals

Increase Quality and Years of Healthy Life

Eliminate Disparities

Goal 1

Goal 2

Goal 3

Goal 4

Target Population

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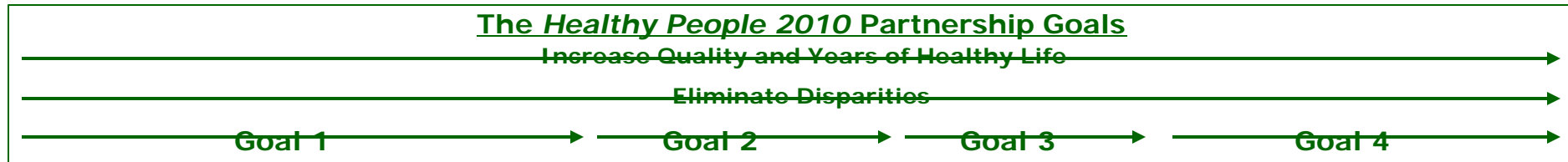
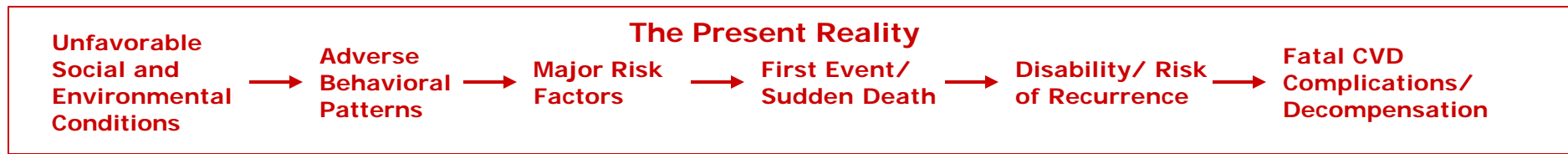
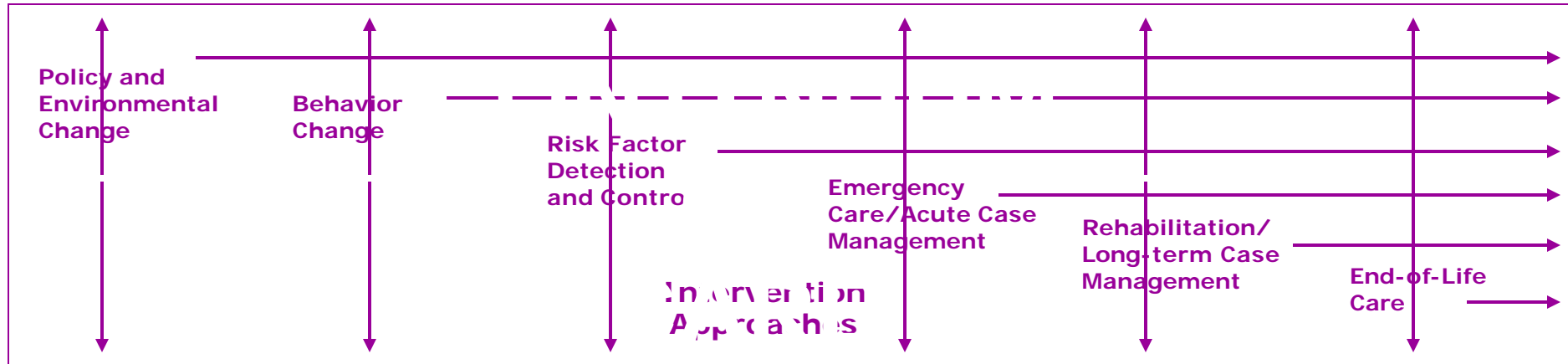
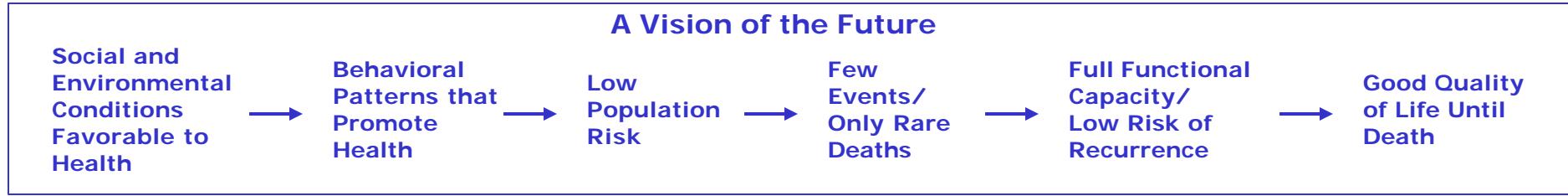
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Stroke 375,000
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Essential components of the Action Plan

***Five cross-cutting components* are regarded as essential for a long-term public health strategy to prevent heart disease and stroke. Each Expert Panel addressed one of these components in developing its recommendations and proposed action steps.**

Summary Recommendations

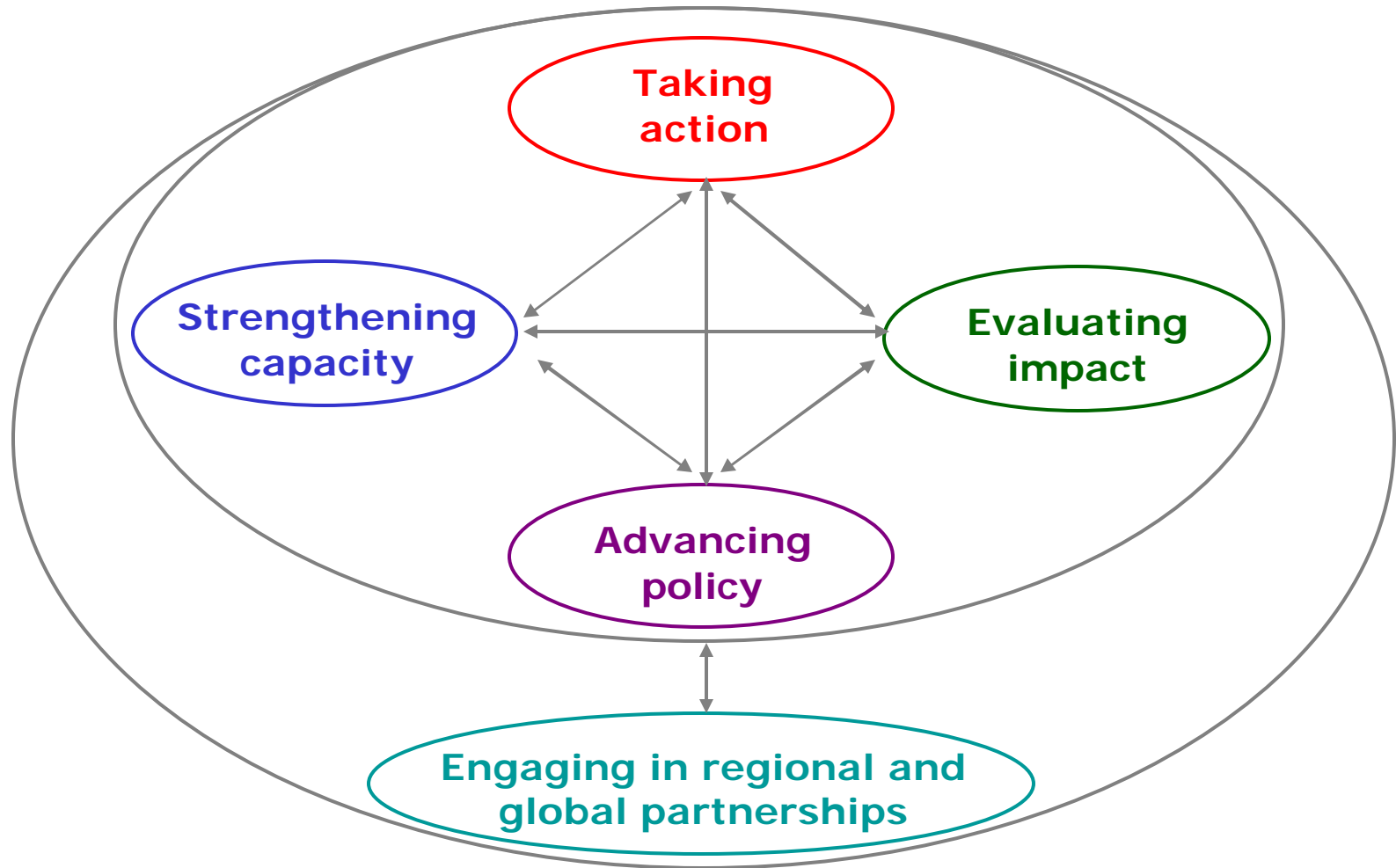
1. Strengthen public health agencies
2. Enhance data sources and systems to monitor key indicators
3. Develop new policies and environmental supports to prevent CVD and ensure treatment and control.
4. Foster research on policies and public health programs in atherosclerosis and high blood pressure
5. Work with regional and global partners



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PEOPLE



An Integrated Comprehensive Public Health Strategy To Prevent Heart Disease And Stroke



A historic opportunity: Meeting the challenge

The public health response to date sets the stage for such an opportunity –

by establishing the scientific basis, national goals and objectives, and partnerships needed for effective public health action;

A historic opportunity: Meeting the challenge

The public health response to date sets the stage for such an opportunity –

by *initiating programs* that can potentially be brought to full-scale implementation and evaluated to measure their impact;

A historic opportunity: Meeting the challenge

The public health response to date sets the stage for such an opportunity –

and by *recognizing that prevention must come first.*

A historic opportunity: Meeting the challenge

***With A Public Health Action Plan to Prevent Heart Disease and Stroke* and the will to implement it fully, we can seize this historic opportunity.**

A historic opportunity: Meeting the challenge

With A Public Health Action Plan to Prevent Heart Disease and Stroke and the will to implement it fully, we can seize this historic opportunity.

A PUBLIC HEALTH ACTION PLAN TO PREVENT HEART DISEASE AND STROKE

Contact: www.cdc.gov/cvh



**DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION**

