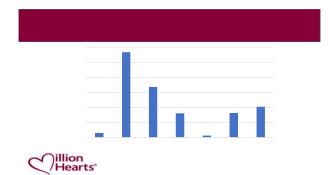
Kentucky + Million Hearts 2022 Wh11





Questions and Input

What strikes you about this framework?

"How could you use this framework to accelerate progress in Kentucky cardiovascular and cerebrovascular health and care?



Y @aa4ya3 & ^• 4∱ -4T 4∏4 } AP^ado AG€CCA∳ [ˇ|åÁ [ˇÁjã ^ / hear about in more detail?

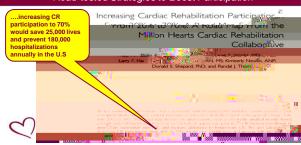


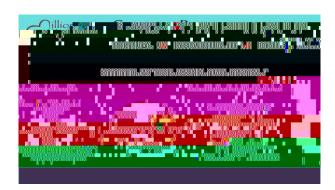
New in Million Hearts 2022

- "Physical activity
- Cardiac Rehab
- Engaging Patients in Heart-healthy Behaviors
 Self-measured Blood Pressure Monitoring
- ″%Lúlā[¦āĉÁÚ[] *|ææā[}•+Á
- Particle pollution



Cardiac Rehab Saves Lives and Improves Health Road-tested Strategies to Boost Participation





Cardiac Rehabilitation: What is it?

Comprehensive, team-delivered out-patient programs that

- " Limit the effects of cardiac illness
- " Reduce the risk for sudden death or re-infarction
- " Control cardiac symptoms
- Stabilize or reverse the atherosclerotic process
- " Enhance psychosocial and vocational status

Typically administered in 36 sessions over ~12 weeks



Cardiac Rehabilitation: Who Benefits?

Strong evidence of benefit---and good insurance coverage---for individuals who have

- " Had a heart attack.1
- "Stable angina.2
- "Received a stent or angioplasty.3
- "Heart failure with ejection fraction ≤ 35%.4"
- "Undergone bypass, valve, or a heart, lung, or heartlung transplant surgery.⁵⁻⁶



Million Hearts CR Collaborative 2018-2021 Action Plan Objectives

- "Increase awareness of the value of CR among health systems, clinicians, patients and families, employers, payers "Increase use of best practices for referral, enrollment, and participation; address knowledge gaps.

 "Build equity in CR referral, participation, and program staffing



Progress to the Ideal System?



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