September 2018 – Million Hearts® Messaging: Cardiac Rehab

Patients who have had a cardiac event or procedure can benefit greatly from participation in a cardiac rehabilitation program. This month, do your part to help Million Hearts®boost

death, disability, and healthcare spending in the U.S and yet many are preventable. Public health, healthcare professionals, communities, and health care systems can coordinate efforts to keep people healthy, optimize care, and improve outcomes within priority populations. Some progress is being made but not nearly enough.

Save the Date: The report is being released on Tuesday, Sept. 6, at 1 p.m. EDT at www.cdc.gov/vitalsigns

For More Information: Tune in to the *Vital Signs* Town Hall on Tuesday, Sept. 11, at 2 p.m. EDT. Conference Line (U.S only): 800-857-0764; Passcode: 795-4413. Call to Action: What can you do to improve the heart health of our nation? Read and share the new *Vital Signs* materials when they are released. Then, participate in the conversation via your social media channels by sharing stories about how you and your partners are implementing Million Hearts®strategies using the hashtag #VitalSgns. You can also share posts from @CDCgov, @MillionHeartsUSand @CDCHeart_Stroke.

September's Focus

The American College of Cardiology has been a leader in promoting cardiac rehabilitation programs. A report released earlier this year by the American College of Cardiology/ American Heart Association Task Force on Performance Measures details the depth of which those who are eligible and would benefit from cardiac rehab programs fail to enroll in such programs. A webinar made available this past July allows medical directors and physicians to learn how to distinguish which patients are appropriate for cardiac rehabilitation referral and enrollment, and identify barriers to enrollment, plus practices that can decrease these barriers.

Report: 2018 ACC AHA Clinical Performance and Quality Measures for Cardiac Rehabilitation

Webinar: <u>Cardiac Rehab Information for Physicians Webinar Series: Overview and Regulations</u>

September is National Cholesterol Education Month, a good time to get your blood cholesterol checked and take steps to lower it if it is high.

Sample Newsletter Article
How can your organization boost cardiac rehab enrollment?
Patients who have had a cardiac event or procedure can benefit greatly from participation in a cardiac rehabilitation program. It can reduce the risk of death, decrease hospital readmissions, and improve functional status, quality of life, and mood.
Strong evidence shows that cardiac rehab programs can benefit individuals who have had a heart attack, chronic stable angina, received a coronary angioplasty or stent, chronic heart failure, or undergone coronary artery bypass surgery, a heart valve replacement or repair, or a

heart or heart-lung transplant.

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