



## Preventing 1 Million Heart Attacks and Strokes

Vital Signs – September 2018

- How do you prevent a million heart attacks and strokes?
- Although preventable, heart disease, and stroke are leading causes of death, disability, and healthcare spending in the US.
- Million Hearts® focuses on preventing one million heart attacks, strokes, and other cardiovascular events by 2022.
- More than 1,000 Americans died each day in 2016 from heart attack, stroke, and other events Million Hearts® is trying to prevent.
- Middle-aged adults are hit hard with more than 800,000 events in 2016.
- Everyone can take small steps to improve the heart health of our nation, but we have to act now.
- What can healthcare professionals, systems, and communities do to support Million Hearts
- Find answers at [www.cdc.gov/vitalsigns](http://www.cdc.gov/vitalsigns)