



Million Hearts™

Million Hearts™ is a national initiative to prevent 1 million heart attacks and strokes over the next five years. Heart disease and stroke are two of the leading causes of death in the United States. Launched in September 2011 by the Department of Health and Human Services and co-led by the Centers for Disease Control and Prevention and Centers for Medicare & Medicaid Services, the Million Hearts™ initiative brings together public and private partners to prevent heart disease and stroke.

The Million Hearts™ initiative seeks to:

- **Empower Americans to make healthy choices** such as avoiding tobacco use and reducing the amount of sodium and trans fat they eat. These changes will reduce the number of people who need medical treatment for high blood pressure or cholesterol—and ultimately prevent heart attacks and strokes.
- **Improve care for people who do need treatment** by encouraging a focus on the "ABCS"—**A**spirin for people at risk, **B**lood pressure control, **C**holesterol management, and **S**moking cessation—four steps to address the major risk factors for cardiovascular disease and help to prevent heart attacks and strokes.

Preventing 1 million heart attacks and strokes in the next five years will require the work and commitment to change from all of us. Each of us can take steps to ensure we reach this goal. Be one in a Million Hearts™ by pledging to get involved and see how your actions can make a positive difference. Take the pledge today at <http://millionhearts.hhs.gov>.