

New Mexico Department of Health – Heart Disease & Stroke Prevention (HDSP)

The Heart Disease Stroke Prevention Program is housed within the New Mexico Department of Health (NMDOH), Public Health Division (PHD), Chronic Disease Prevention and Control Bureau (CDPCB).

Mission: Promote cardiovascular health for all New Mexicans across the lifespan and reduce the impact of heart disease and stroke, especially in priority populations.

- Priority populations include persons who are un/underinsured, low socioeconomic status, rural/frontier, American Indian, African American, and Hispanic.

HDSP provides:

- Education, technical assistance, and support for coordinated public health efforts to address chronic disease.
- Professional development and training for health care providers and health systems in preventing and controlling cardiovascular disease (CVD).
- Opportunities and information for engaging communities in CVD prevention.

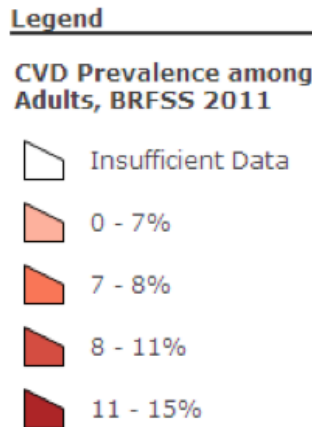
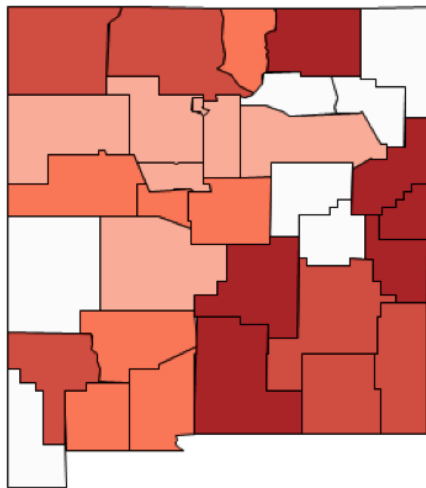
Why does HDSP do what it does?

- Common risk factors contribute to the development of chronic conditions, including CVD. High blood pressure, abnormal cholesterol, diabetes or pre-diabetes, physical inactivity, poor nutrition, excess weight, tobacco use, and second hand smoke exposure are risk factors. Managing these may help prevent heart attacks and strokes.
- Social determinants of health are additional risk factors for CVD. These include income, social support and status, education, housing, discrimination, occupation, transportation, physical environment (air and water quality), and access to the resources necessary for health (affordable, healthful food; safe places to be physically active, and; access to healthcare services).
- More people today are overweight or obese, have high blood sugar and high blood pressure. These may lead to higher rates of CVD as well as other chronic conditions. High blood pressure is a leading contributor to CVD, including heart attack and stroke. The number of New Mexicans with high blood pressure has steadily increased, with almost 30% of adults reporting having high blood pressure in 2011.
- CVD is costly in terms of both dollars and lives in New Mexico. In 2007, over \$450 million was spent on heart disease and stroke; \$160 million was spent treating hypertension alone, and lost productivity amounted to \$1.86 billion. Every year, 4,000 New Mexicans die from CVD.
- Health education, efforts to support healthy lifestyle choices, and improved clinical care improve overall health. Preventing and controlling CVD may save lives and resources, and promote a better quality of life.

The Million Hearts® Initiative — Be One in a Million Hearts®

- CDC (Centers for Disease Control and Prevention) and CMS (Centers for Medicaid and Medicare Services) started Million Hearts in 2011 with the goal to *prevent one million heart attacks and strokes by 2017*.
- HDSP partners with public and private entities to promote health education, and provide technical assistance to health systems for use of electronic health records.
- Two pronged approach — improved clinical care and community activation.
- Emphasizes the ABCS – (♥) Aspirin use as indicated (♥) Blood pressure control (♥) Cholesterol management (♥) Smoking cessation
- Encourages team based health care — doctors, nurses, medical office assistants, pharmacists, community health workers and the patient work together for better health.
- June 13, 2014 — NMDOH — Heart disease and stroke program will work with other organizations around the state to conduct a Million Hearts® workshop, to kick off comprehensive and coordinated efforts in New Mexico.

CARDIOVASCULAR DISEASE



Prevalence of cardiovascular disease (history of coronary heart disease, heart attack and/or stroke) among New Mexican adults by county, 2011

Source: New Mexico Behavioral Risk Factor Surveillance System, 2011

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