

# Million Hearts Model cuts five-year heart attack, stroke risk in at-risk patients

October 19 2023, by Lori Solomon

---



The Million Hearts Model, which encouraged and paid for

cardiovascular disease (CVD) risk assessment and reduction, cut first-time heart attacks and strokes over five years, according to a study published in the Oct. 17 issue of the *Journal of the American Medical Association (JAMA)*.

Laura Blue, Ph.D., from Mathematica in Washington, D.C., and colleagues estimated the effects of the Million Hearts Model on first-time myocardial infarctions and strokes and Medicare spending over a period up to five years (2017 to 2021).

Analysis included data from 342 U.S.-based [primary care](#) and specialty practices, [health centers](#), and hospital-based outpatient clinics with participating patients: 130,578 Medicare fee-for-service beneficiaries (aged 40 to 79 years) with medium or high CVD risk and 88,286 control beneficiaries.

The researchers found that the probability of a first-time CVD event within five years was lower for intervention beneficiaries than control beneficiaries (3.3% relative effect; adjusted hazard ratio, 0.97; 90% confidence interval, 0.93 to 1.00). For combined first-time CVD events and CVD deaths, the five-year probability was lower in the intervention group (4.2% relative effect; adjusted hazard ratio, 0.96; 90% confidence interval, 0.93 to 0.99).

For CVD events, Medicare spending was similar between the groups (effect estimate,  $-\$1.83$  per beneficiary per month), as was overall Medicare spending when including model payments (effect estimate,  $\$2.11$  per beneficiary per month).

"Results support guidelines to use risk scores for CVD primary prevention," the authors write.

**More information:** Laura Blue et al, Effects of the Million Hearts

Model on Myocardial Infarctions, Strokes, and Medicare Spending, *JAMA* (2023). [DOI: 10.1001/jama.2023.19597](https://doi.org/10.1001/jama.2023.19597)

Gabriel S. Tajeu et al, Million Hearts Cardiovascular Disease Risk Reduction Model, *JAMA* (2023). [DOI: 10.1001/jama.2023.16096](https://doi.org/10.1001/jama.2023.16096)

Copyright © 2023 [HealthDay](#). All rights reserved.

Citation: Million Hearts Model cuts five-year heart attack, stroke risk in at-risk patients (2023, October 19) retrieved 10 May 2024 from <https://medicalxpress.com/news/2023-10-million-hearts-five-year-heart-at-risk.html>

|  |
|--|
| <p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p> |
|--|