

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

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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)

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