

# California Cardiovascular Disease Prevention Program

## Mission

The mission of the California Department of Public Health's (CDPH) California Cardiovascular Disease Prevention Program (CDPP) is to reduce death and disability from heart disease, a leading cause of death in California.

## Program Background

The CDC Preventive Health and Health Services Block Grant CDPP focuses on heart disease prevention, with an emphasis on hypertension, employing primary and secondary prevention strategies in fulfilling objectives. CDPP aims to reduce sodium intake by providing education on the health benefits of lowering sodium consumption, conducting surveillance activities, and promoting healthier food options at state and local venues. Activities also include identifying current interventions and best practices to improve blood pressure control.

## Statistics

Cardiovascular disease includes coronary artery disease, stroke, and heart failure, and is responsible for about one in every three deaths in California. (2015 California Comprehensive Death File)

Nearly 28 percent of adults in California have high blood pressure, a major risk factor for cardiovascular disease. (California Health Interview Survey, 2013-14)

Reducing the average amount of salt or sodium that people eat from 3,400 milligrams (mg) to 2,300 mg per day—the level recommended in the 2015-2020 US Dietary Guidelines for Americans may reduce cases of high blood pressure by 11 million and save 18 billion health care dollars every year. (Palar K, Sturm R. Potential societal savings from reduced sodium consumption in the U.S. adult population. *Am J Health Promot.* 2009;24:49–57)

## Key Program Objectives

**Objective #1:** Implement Healthy Hearts California, a dynamic and diverse statewide alliance of individuals and organizations working to reduce the burden of heart disease and stroke in California.

**Objective #2** Maintain active partnerships including collaborations with key national, statewide, and local stakeholders in support of cardiovascular risk reduction, with an emphasis on high blood pressure, leading to implementation of evidence-based guidelines and public health best practices.

**Objective #3:** Maintain the statewide Sodium Awareness Leadership Team (SALT) taskforce that conducts state-level efforts to increase awareness about the health benefits of lowering sodium consumption.

**Objective #4:** Conduct data analyses to measure cardiovascular disease burden, risk factors associated with cardiovascular disease, and return on investment of public health interventions.

## **Key Partners**

American Diabetes Association  
American Heart Association/American Stroke Association  
California Chronic Care Coalition  
California Conference of Local Health Officers  
California Department of Health Care Services  
California Health Collaborative  
California Health Sciences University  
Centers for Disease Control and Prevention (CDC)  
CDC National Diabetes Prevention Program  
CDPH Lifetime of Wellness, Communities in Action (1422) program and grantees  
CDPH Nutrition Education and Obesity Prevention Branch  
CDPH Well-integrated Screening for Women Across the Nation program and grantees  
CDPH Prevention First, Advancing Synergy for Health (1305) program and grantees  
Health Services Advisory Group  
National Salt Reduction Initiative  
University of Southern California School of Pharmacy  
University of California, Berkeley – Right Care Initiative, University of Best Practices

## **Program Contact:**

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## **Website**

For further information and resources on chronic disease control and prevention please visit <http://www.cdph.ca.gov/programs/cddb/Pages/default.aspx>.

