



Summary of Community Preventive Services Task Force Recommendation

The Community Preventive Services Task Force (CPSTF) recommends mobile health interventions to improve treatment adherence among patients recently diagnosed with cardiovascular disease.

Major Findings

The CPSTF recommendation is based on evidence from a systematic review published in 2017.¹

- The CPSTF examined results from a subset of 12 trials conducted in high-income countries:
 - Adherence to medications improved significantly (3 studies).
 - Adherence to treatment (i.e., one or more medications, clinical care follow-up, or risk factor management recommendations) improved significantly (6 studies).
 - Two additional studies reported improvements in medication adherence using objective measures (1 study) or self-reported outcomes (1 study). A third study reported improvements in treatment adherence.



What are mHealth interventions for cardiovascular disease treatment adherence?

- The CPSTF findings are for mobile health interventions that use mobile devices to deliver self-management guidance to patients who have been recently diagnosed with cardiovascular disease.
- Interventions also may include an interactive component, direct contact with a healthcare provider, or web-based content to supplement text-message interventions.

Facts about Cardiovascular Disease

- Only 51% of Americans treated for hypertension follow their health care professional's advice when it come to their long-term medication therapy.²
- Every year direct and overall costs resulting from cardiovascular disease are estimated at \$273 billion and \$444 billion.³
- Strategies to reduce high blood pressure, high cholesterol, and smoking can reduce the cardiovascular disease burden.³

Learn More

Summary of Evidence and CPSTF Finding

<https://www.thecommunityguide.org/findings/cardiovascular-disease-mobile-health-interventions-treatment-adherence-among-newly-diagnosed-patients>

CDC, Cardiovascular Disease

<https://www.cdc.gov/heartdisease/index.htm>

Million Hearts

<https://millionhearts.hhs.gov/>

¹ Gandhi S, Chen S, Hong L, Sun K, Gong E, Li C, et al. Effect of mobile health interventions on the secondary prevention of cardiovascular disease: systematic review and meta-analysis. *Canadian Journal of Cardiology* 2017; 33:219-31.

² Ho, P. M., Bryson, C. L., & Rumsfeld, J. S. (2009). Medication Adherence: Its Importance in Cardiovascular Outcomes. *Circulation*, 119(23), 3028-3035. doi:10.1161/circulationaha.108.768986.

³ Million Hearts: Strategies to Reduce the Prevalence of Leading Cardiovascular Disease Risk Factors --- United States, 2011. (2011, September 16). Retrieved February 05, 2018, from https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6036a4.htm?s_cid=mm6036a4_w.

Established in 1996 by the U.S. Department of Health and Human Services, the Community Preventive Services Task Force (CPSTF) is an independent, nonfederal panel of public health and prevention experts whose members are appointed by the director of CDC. The CPSTF provides information for a wide range of decision makers on programs, services, and other interventions aimed at improving population health. Although CDC provides administrative, scientific, and technical support for the CPSTF, the recommendations developed are those of the CPSTF and do not undergo review or approval by CDC. Find more information at www.thecommunityguide.org.