

The Heart Foundation is excited to announce an exciting new initiative:

## **Community Hearts** PROJECT

### **Why is the Heart Foundation conducting the Community Hearts Project?**

Heart disease is Australia's single biggest cause of death; however, it is largely preventable.

Evidence shows that absolute cardiovascular disease (CVD) risk assessment is the most effective means of preventing future heart events. It is imperative that we find ways of motivating more Australians to engage with their GP for an absolute CVD risk assessment.

### **What does the Community Hearts Project involve?**

For the remainder of 2019 the Community Hearts team will engage with South Australians aged 45–75 years (or 30–75 years for Aboriginal and Torres Strait Islander people) across various metropolitan and regional locations. Participants will be asked to share specific demographic details and will have their blood pressure and cholesterol measured.

All eligible participants will be advised to also visit their GP for a 'Heart Health Check'. A Heart Health Check is the patient-friendly term for absolute CVD risk assessment and management.

The Community Hearts team will follow-up with participants 4 to 6 weeks after their appointment to check in and see if they have subsequently visited a GP for a Heart Health Check.

### **How may the Community Hearts Project impact to you?**

As a result of the Community Hearts Project you may witness an increased number of patients attending your practice and requesting a Heart Health Check.

From 1 April 2019 two new interim items (699 and 177) are available on the Medicare Benefits Schedule to allow GPs and other medical practitioners to conduct a Heart Health Check.

### **Where can you find more information?**

To find out more about the Community Hearts Project and the locations that the Community Hearts team will be visiting please contact Dr Natasha Schranz, Research & Translation Manager — Heart Foundation, on (08) 8224 2838 or [natasha.schranz@heartfoundation.org.au](mailto:natasha.schranz@heartfoundation.org.au).

For more resources and information for health professionals on absolute CVD risk assessment please visit the [Heart Foundation website](https://www.heartfoundation.org.au).