



American Heart Association.

# PAD NATIONAL ACTION PLAN

## EXECUTIVE SUMMARY

**Peripheral artery disease (PAD)** involving the lower extremities is a progressive atherosclerotic disease where one or more peripheral arteries are partially or completely obstructed. Most patients with PAD will have systemic atherosclerosis with co-existing coronary artery disease or cerebrovascular disease (the heart-brain-leg connection).

PAD afflicts 8-10 million people in the United States, the majority of whom are age 65 years and older. **There are higher rates of PAD in Black American men and women. While Hispanic men and women have similar disease rates as non-Hispanic White individuals, they present to clinical attention at later stages in their disease.**

As the U.S. population ages, by 2050 an estimated 19 million people will have PAD, and an estimated 16 million of those will be 65 years and older.

Approximately one-third of patients will die within five years of a PAD diagnosis, and 20% will experience a myocardial infarction or stroke. Patients with PAD are also at risk for amputation, particularly if they also have diabetes.

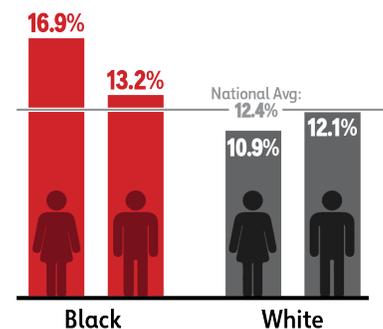
Yet many Americans — even some clinicians — remain unaware of the disease and its devastating impact on individuals, their families and communities.

### What must and can be achieved now: elevated awareness and action through a national plan.

Because this preventable and treatable condition causes so much unnecessary suffering and death, a group of 25 organizations and more than 50 volunteers came together to create the PAD National Action Plan.

### Annual prevalence of diagnosed PAD

— by race & sex —



PAD prevalence in the U.S. is on track to **triple in the next 30 years**



— unless we work to prevent it. —

### RIGHT NOW, WE HAVE AN OPPORTUNITY

This Action Plan will be used to guide a collaborative and enduring road map to prevent PAD, reduce its most serious complications and improve quality of life for people living with this disease.

The PAD National Action Plan features six strategic goals to improve the awareness, diagnosis and treatment of PAD while highlighting the many gaps and opportunities in PAD research to further reduce preventable complications and deaths for future generations.



**GOAL 1:  
PUBLIC  
AWARENESS**

Reach people with PAD and those at risk for PAD by improving public awareness of PAD symptoms and diagnosis.



**GOAL 2:  
PROFESSIONAL  
EDUCATION**

Enhance professional education for multidisciplinary health care professionals who care for people with PAD.



**GOAL 3:  
DETECTION &  
TREATMENT**

Activate health care systems to provide enhanced programs for the detection and treatment of PAD patients, with a focus on understanding and addressing patient-centered outcomes.



**GOAL 4:  
PUBLIC HEALTH**

Reduce the rates of nontraumatic lower extremity amputations related to PAD through public outcome reporting and public health interventions.



**GOAL 5:  
RESEARCH**

Increase and sustain research to better understand prevention, diagnosis and treatment of PAD.



**GOAL 6:  
ADVOCACY**

Coordinate PAD advocacy efforts to shape national policy and improve health outcomes.

## Join Us On This Journey

The PAD National Action Plan is a thoughtful guide that will enable the nation to coordinate initiatives for prevention of PAD complications, treatment of cardiovascular risk and improvement of quality of life for those living with the disease. However, its long-term success depends on the synergistic action of many groups committed to addressing PAD. To implement the PAD National Action Plan successfully, it is critical to gain the support of organizations and individuals who can invest in a sustaining collaboration. Please help us make this continuing effort a national success.

For the full PAD National Action Plan, visit [heart.org/PADActionPlan](https://heart.org/PADActionPlan)

*While there, complete the form to request updates and stay informed on this important topic.*

*A special thank-you to all the volunteers and [organizations](#) involved in leading and drafting the PAD National Action Plan. This vision would not have come to life without the investment of your time and expertise.*