

Enhancing Cardiovascular Health in Cardiology Deserts

A Dual Strategy to Improve LDL-C Management and Lp(a) Awareness Among Clinicians and Communities

About ABC

The Association of Black Cardiologists (ABC) is a national nonprofit organization dedicated to eliminating disparities in cardiovascular disease (CVD) and promoting health equity for Black communities and other underserved populations. ABC's latest initiative targets "cardiology deserts"—US cities, counties and communities with little or no access to cardiology specialists.

The Urgent Need

Over 16.8 million Black Americans live in U.S. counties with limited or no cardiology care, and more than 2 million reside in areas without a single cardiologist. These "cardiology deserts," concentrated in southern states like Mississippi, Louisiana, Georgia, and Arkansas, suffer from high rates of heart disease, driven by limited access, poverty, and systemic health inequities.

Project Overview

ABC launched a multi-phase initiative to improve cardiovascular outcomes by: Training clinicians to better manage LDL-C, a key risk factor for heart disease. Raising awareness in communities most affected by cardiovascular disparities through education and screening.

Phase 1: Cities and Catchment Areas

- Atlanta, GA
- Jackson, MS and The Delta
- Little Rock, AR
- New Orleans, LA
 - Rural and surrounding areas included beyond the cities*

Dual Approach

Clinician Education

- National, regional, and local symposia with up-to-date guidelines on LDL-C and CVD.
- 2026 ACC/AHA Guideline on the Management of Dyslipidemia
- Train up to 500 clinicians annually.

Community Outreach – Spirit of the Heart

- Community health fairs with free screenings for LDL-C, Lipoprotein a [Lp(a)], blood pressure, and more.
- Culturally tailored education via churches, barbershops, HBCUs, and advocacy networks.
- Up to 10,000 residents reached and 8,000 screened for LDL-C and Lp(a).

Anticipated Outcomes

- Increased clinician confidence and action on LDL-C management.
- Early detection and intervention in high-risk individuals.
- Strengthening community trust and engagement with healthcare systems.
- Sustainable models for expanding access to cardiology care in underserved areas.

Why It Matters

This campaign addresses the deadly gap in access to cardiovascular care. By empowering clinicians and educating communities, ABC is transforming how heart disease is prevented and treated in the areas that need it most. **Every Heart Counts.**

Learn More and Get Involved

Social media handles: FB: [abcario](#), LI: [association-of-black-cardiologists](#), X: [ABCario1](#), IG: [abcario1](#) and online at <https://www.youtube.com/theabcario>, <https://abcario.org> and <https://cardiologydeserts.org/>