



Altarum Institute Center for Prevention

Overview

The Aspirin Project's goal is to increase awareness of daily, low-dose aspirin use for the prevention of disease. Serving both consumers and providers, the Project provides unbiased information about who should and who should not take aspirin.

Council on Aspirin for Health and Prevention

The Aspirin Project is sponsored by the Council on Aspirin for Health and Prevention, an autonomous, multidisciplinary group of health care professionals dedicated to fostering the appropriate use of aspirin to improve health. The Council is an initiative of Altarum Institute.

Educational Activities

The Aspirin Project sponsors educational activities, sometimes in collaboration with partner organizations. One recent example is a joint webinar with the American College of Preventive Medicine, which educated health care providers about the appropriate use of aspirin in preventing heart disease, stroke, and cancer. The webinar is archived [here](#).

Key Evidence

The Aspirin Project maintains a repository of [key evidence](#) related to aspirin and prevention, which is available on the project website, <http://www.aspirinproject.org>.

The key evidence articles feature most of the critical research studies in recent years that inform national aspirin use guidelines and recommendations. The Aspirin Project has summarized and provided Web links to each study for the benefit of health care providers and policymakers.



Research

Some members of the Council on Aspirin perform their own aspirin research studies, which are highlighted in the [Aspirin Project Research](#) section of the website. The most recent research paper is Dr. Craig Williams' survey of U.S. consumer knowledge about aspirin, which was published in the *American Journal of Preventive Medicine* in April 2015 (available [here](#)).

Aspirin in the News

Each month, the Aspirin Project publishes a two-page digest called *Aspirin in the News*, highlighting recent consumer-friendly and scientific articles of significance. The goal is to educate the public and health care community about aspirin's risks and benefits. The monthly *Aspirin in the News* digests are archived [here](#).

Policy Activities

The Aspirin Project also advocates for the appropriate use of aspirin. The policy section of the website addresses various policy matters and records the positions and actions of the Council on Aspirin. One recent example is a [written response](#) to the United States Preventive Services Task Force on the draft recommendation statement related to aspirin for the prevention of cardiovascular disease and cancer. The Aspirin Project's policy initiatives and, in some cases, their outcomes can be found [here](#).

Grants

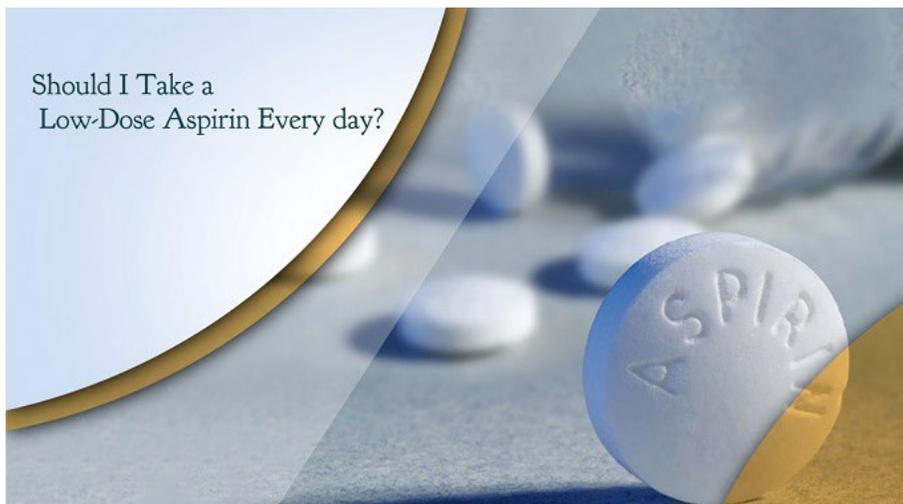
In 2016, the Aspirin Project will make monetary grants available for worthy aspirin-related education, communications, implementation science, or partnership-building activities. Successful applicants may receive up to \$10,000 for the implementation of projects to increase the appropriate use of aspirin. For more information, email david.zauche@altarum.org.

Resources

The Aspirin Project also develops resources to help consumers and providers begin a conversation about aspirin use. These include fact sheets and downloadable waiting room ads, [available here](#). In 2016, the Aspirin Project will partner with leaders in Minnesota to develop a case study about the state's outstanding aspirin initiative.

Website

The Aspirin Project's website, <http://www.aspirinproject.org>, archives most of the resources listed above. The site, which is updated regularly, contains aspirin-related sections for consumers, health care providers, news, research, and policy. It also offers aspirin videos, risk calculators, and other resources.



**View a short
[promo video](#)
about the
Aspirin Project**

For additional information, please contact the following person:

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