

Welcome!

**Office for State, Tribal, Local and Territorial Support
presents...**



CDC *Vital Signs* Cardiovascular Disease: High Blood Pressure and Cholesterol

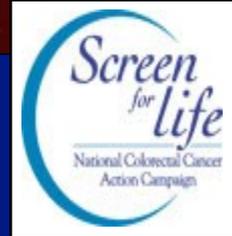
February 8, 2011
2:00pm – 3:00pm EST



Centers for Disease Control and Prevention
Office for State, Tribal, Local and Territorial Support

Agenda

- 2:00 pm** **Welcome & Introductions**
Dr. Judy Monroe, CDC OSTLTS Director
- 2:02 pm** **Speaker Introductions**
Lynn Sokler, CDC *Vital Signs* Program Communication Director and Senior Communication Advisor
- 2:04 pm** ***Vital Signs* Overview**
Dr. Darwin Labarthe, CDC DHDSP Director
- 2:10 pm** **Presentations**
Paula Clayton, MS, RD
Director, Bureau of Health Promotion
Kansas Department of Health and Environment
Hattie Rees Hanley, MPP
Director, Right Care Initiative Project
California Department of Managed Health Care
- 2:30 pm** **Q&A and Discussion**
Lynn Sokler, Facilitator
- 2:55 pm** **Wrap – up**
- 3:00 pm** **End of call**



Vital^{CDC}signs™ Teleconference
to support STLT efforts and build momentum around the monthly release of CDC *Vital Signs*



CDC *Vital Signs* Town Hall Teleconference on Cardiovascular Disease: High Blood Pressure and Cholesterol

Darwin R. Labarthe, MD, MPH, PhD

Director, Division for Heart Disease and Stroke Prevention

Vital Signs Town Hall Teleconference

February 8, 2011

National Center for Chronic Disease Prevention and Health Promotion

Division for Heart Disease and Stroke Prevention



February 2011 *Vital Signs* Highlights

- ❑ **CVD kills more than 800,000 U.S. adults each year.**
 - 150,000 are younger than age 65.
- ❑ **High blood pressure:**
 - 68 million U.S. adults.
 - About ½ don't have condition yet under control.
- ❑ **High LDL cholesterol:**
 - 71 million U.S. adults.
 - Nearly 2 out of 3 adults don't have condition yet under control.
- ❑ **Improvements in health care delivery needed in U.S.**

What Can Be Done?

❑ **Affordable Care Act**

- Expand health insurance coverage and cover preventive services.

❑ **Policy makers**

- Develop programs/policies to increase chronic disease prevention and management.
- Champion policies to improve food.

❑ **Doctors, nurses, and other health care providers**

- Work with patients to manage conditions at every opportunity.
- Use current guidelines and technology .

❑ **Individuals**

- Make healthy lifestyle choices, follow doctors' instructions ,and stay on medications.

What Can YOU Do?

- ❑ Use *Vital Signs* to bring attention to high blood pressure and high cholesterol.
- ❑ Champion policies that promote healthy food and beverages.
- ❑ Create and implement statewide systems of care.
- ❑ Support policies for other health care professionals to help manage high blood pressure and cholesterol.
- ❑ Promote effective disease prevention and chronic disease management.
- ❑ Improve access to medications.

Thank You!

<http://www.cdc.gov/vitalsigns/>

<http://www.cdc.gov/dhdsp/>

For more information please contact Centers for Disease Control and Prevention

1600 Clifton Road NE, Atlanta, GA 30333

Telephone, 1-800-CDC-INFO (232-4636)/TTY: 1-888-232-6348

E-mail: cdcinfo@cdc.gov Web: www.cdc.gov

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

National Center for Chronic Disease Prevention and Health Promotion

Division for Heart Disease and Stroke Prevention



Sodium Reductions in Kansas

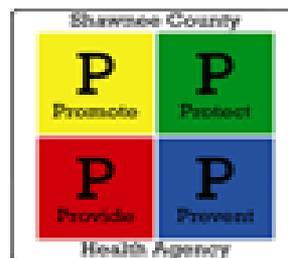
Paula F. Clayton, MS, RD

Director, Bureau of Health Promotion

Sodium Reduction in Communities: Shawnee County

- **Policy, system and environmental change strategies**
 - Procurement practices
 - Price incentives
 - Medical Professionals
 - Employers
- **Media strategy**
 - Counter-advertising

YMCA
Shawnee County
Medical Society
Community
Resources Council
County
Commissioner
Shawnee County
Health Agency
United Way
KSU Extension and
Research
WIBW-TV
PARS



Increase Fruits and Vegetables Decrease Blood Pressure

Capitol Midweek Market :

- Average number of visitors per week: ~2,920
- Average number of vendors per week: 13
- A conservative estimate of market sales conducted by the Kansas Rural Center using the Rapid Market Assessment Tool was \$9,935/market
- That equates to \$188,765 of income for our Kansas Farmers for the season and over \$14,000 in sales tax revenue for Topeka





THE TOPEKA CAPITAL-JOURNAL
.com

wibw.com
KABE BROADCASTERS Station and Station Website of the Year

County gets CDC

Posted: January 18, 2011 - 1:43

THAD ALLTON/THE CAPITAL

Nancy Johnson was mulling which had more "hamburger and french fries," Johnson announced the county had received the award. Johnson is the



49 NEWS
KTCA.com
Fast. Focused. Always local.
Closing

ksnt.com
COMBINE POWER
SAVE MORE.
High Speed Internet and Home
LEGAL
Weather Sports Entertainment & Games Videos Business
Shawnee County kicks off project to reduce sodium
Last Update: 1/18 9:12 pm
Recommend Be the first of your friends to recommend this.
Share This

THURSDAY, DECEMBER 30, 2010

Grant helps Shawnee Co. cut back on sodium

By 49 News Report

Topeka — The Holiday Season could also be called salty snack season. And all that salt can have an impact on public health.

The Shawnee County Health Agency has just received a Federal grant to reduce the amount of sodium people eat. Part of the program will be to educate people on the amount of sodium in certain

of the few
alt use of

Always
FOR GREAT
TEXT NOW
Most Popular



Thank you!

Paula Clayton, MS, RD, Director

Bureau of Health Promotion

Kansas Department of Health and Environment

785-296-8916

pclayton@kdheks.gov

Our Vision – Healthier Kansans living in safe and sustainable environments

California's Right Care Initiative

Clinical Quality Improvement Leadership Collaborative

Hattie Rees Hanley, MPP

Right Care Initiative Project Director

CA Dept. of Managed Health Care and
UC Berkeley School of Public Health, Dean's Office
(916) 323-2704 hattiehanley@berkeley.edu

www.rightcare.dmhc.gov

Goals: Preventing Heart Attacks and Strokes

2011 California Statewide Goals: Preventing Heart Attacks and Strokes

Achieve National HEDIS 90th Percentile Targets:

- o 70% of hypertensive patients with blood pressure controlled <140/90 MMHG
- o 70% of patients with cardiovascular conditions with lipids controlled LDL-C < 100 Mg/dl
- o 81% of diabetic patients with blood sugar controlled HBA1C < 9
- o 52% of diabetic patients with lipids controlled LDL-C < 100 Mg/dl

San Diego Demonstration Goals

Heart attack and stroke prevention focused on heart disease and diabetes patients through lipid and blood pressure management

Promising Interventions to Reach HEDIS Control Targets for Heart Attack and Stroke Prevention

Patient Activation

- Patient Incentives for healthy diet, exercise & medication adherence
- Evidence-based patient education (e.g., Project DULCE; Stanford Patient Self-Management)
- Motivational Media Messaging

Proactive Outreach

Home Blood Pressure Monitoring

Patient Centered Practice Redesign

- Medical Home
- Team-Based
- Web Supported
- High-Tech Enabled
- Continuous Care—Not Episodic

Clinical Pharmacist on Care Team

- HRSA.gov/patientsafety
- The Asheville Project

Medication Protocols

- ALL/PHASE (Kaiser)
- E.U. Guidelines

Intensive Ambulatory Care

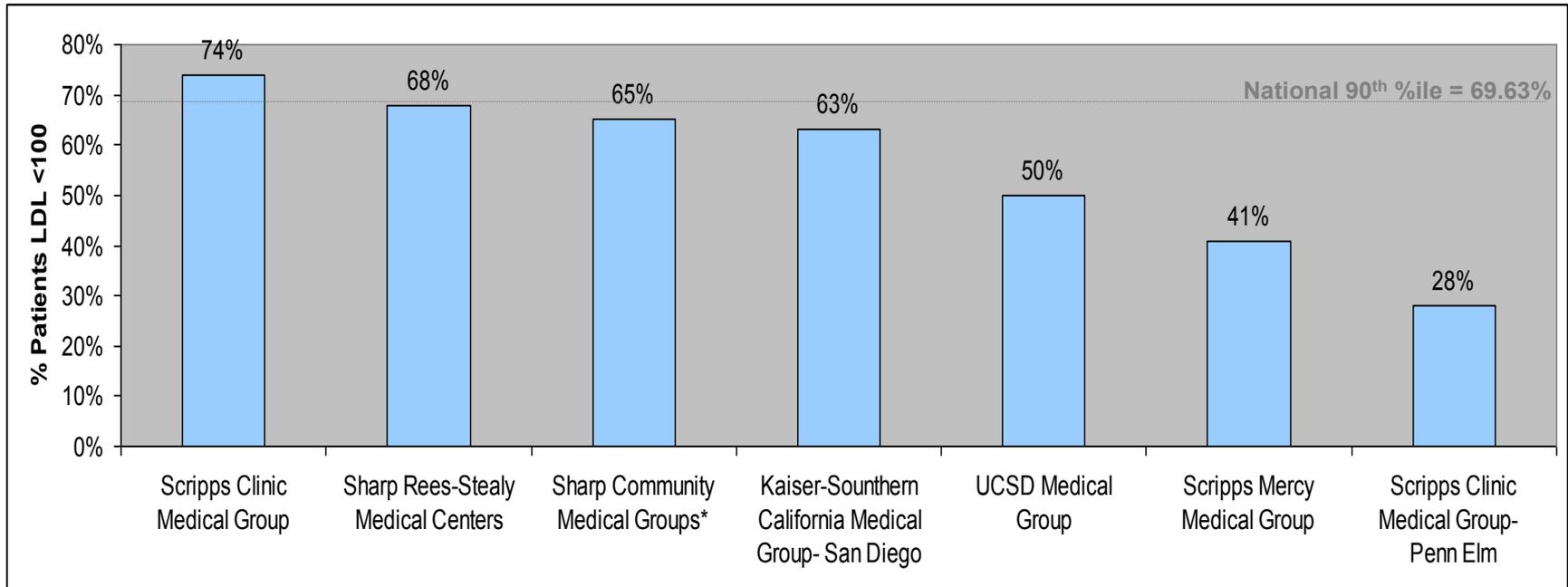
CA vs. National Top 10 HEDIS Scores

Controlling High Blood Pressure <140/90	
<i>California</i>	
Kaiser Foundation Health Plan - Southern CA	84.23
Kaiser Foundation Health Plan - Northern CA	80.37
Blue Cross of California dba Anthem Blue Cross	71.16
Health Net of California	68.56
PacifiCare of California	66.75
Blue Shield of California	64.73
Western Health Advantage	64.48
Aetna Health of California, Inc.	62.59
CIGNA HealthCare of California, Inc.	62.11
National 90th	72.68
<i>National Top 10</i>	
PersonalCare Insurance of Illinois, Inc.	87.62
Kaiser Foundation Health Plan Inc. - Southern California	84.23
Kaiser Foundation Health Plan, Inc. - Northern California	80.37
Grand Valley Health Plan, Inc	79.08
HealthAmerica Pennsylvania, Inc./ HealthAssurance Pennsylvania, Inc.	78.93
CIGNA HealthCare of Delaware, Inc.	78.09
Wellmark Health Plan of Iowa, Inc.	77.86
CIGNA HealthCare of Pennsylvania, Inc.	77.36
HealthPartners, Inc.	77.13
CIGNA HealthCare Mid-Atlantic, Inc.	76.04

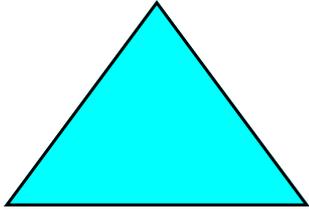
Cardiovascular LDL-C Control < 100	
<i>California</i>	
Kaiser Foundation Health Plan - Northern CA	74.97
Kaiser Foundation Health Plan - Southern CA	72.87
Blue Cross of California dba Anthem Blue Cross	70.56
Health Net of California	69.87
Western Health Advantage	64.86
PacifiCare of California	62.98
CIGNA HealthCare of California, Inc.	60.51
Blue Shield of California	59.56
Aetna Health of California, Inc.	56.27
National 90th	69.63
<i>National Top 10</i>	
HealthAmerica Pennsylvania, Inc./ HealthAssurance Pennsylvania, Inc.	81.55
Grand Valley Health Plan, Inc	77.39
CIGNA HealthCare of St. Louis, Inc.	76.22
CIGNA HealthCare of New Hampshire, Inc.	75.44
Martin's Point Health Care, Inc.	75.22
CIGNA HealthCare of Pennsylvania, Inc.	75.00
Kaiser Foundation Health Plan, Inc. - Northern California	74.97
Unity Health Plans Insurance Corporation	74.94
Group Health Cooperative of Eau Claire	73.80
Security Health Plan of Wisconsin, Inc	73.72

LDL-C Control (<100mg/dL) in San Diego County By Medical Group

Data published by California's Office of the Patient Advocate. Copyright 2009. http://www.opa.ca.gov/report_card/medicalgroupcounty.aspx



* Sharp Community Medical Groups with 65% of patients' LDL-C controlled include Chula Vista, Coronado, Graybill, Grossmont, Inland North and Metro San Diego.



Right Care Initiative Key Partners

The Right Care Initiative is a collaborative, expert-based, public-private, multi-year effort that draws on leadership from key partners

- CA health plans and medical groups
- CA Chronic Care Coalition
- University of California
- RAND
- Stanford University
- University of Southern California
- American College of Cardiology
- American Diabetes Association
- American Heart/Stroke Association
- CA Hospital Association
- CA Medical Association Foundation
- CA Pharmacy Foundation
- CA Quality Collaborative
- Integrated Healthcare Association
- Pacific Business Group on Health
- Ralphs Grocery Company
- Additional clinical quality experts
- Pharmaceutical Companies
- Community-based groups
- Office of the Patient Advocate
- Our colleagues in public health

Provide feedback on this Teleconference:

http://www.cdc.gov/ostlts/webinars/vitalsigns_20110208.html



Please mark your calendars for the next
OSTLTS Town Hall Teleconference:

March 8, 2011
2:00pm – 3:00pm EST

For more information please contact Centers for Disease Control and Prevention

1600 Clifton Road NE, Atlanta, GA 30333
Telephone, 1-800-CDC-INFO (232-4636)/TTY: 1-888-232-6348
E-mail: cdcinfo@cdc.gov Web: www.cdc.gov

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.



Centers for Disease Control and Prevention
Office for State, Tribal, Local and Territorial Support