

# Chronic Disease Connections

An e-bulletin created for healthcare systems working with patients to control their diabetes and high blood pressure.

## Health Promotion is Newsworthy . . .

### **The National Forum for Heart Disease and Stroke Prevention has released *The Public Health Action Plan to Prevent Heart Disease and Stroke: Ten-Year Update***

The report calls for a series of actions to be taken, while detailing progress made to date -- "Since the launch of the original Action Plan, the opportunities to reduce CVD incidence and risk have become significantly clearer, and specific actions have been identified to exploit these opportunities. Sound policies and programs to improve cardiovascular health are in place and known to be effective. Significant progress has been made over the past decade."

## Pre-diabetes and Diabetes News . . .

### **New CDC data show declines in some diabetes-related complications among US adults**

Rates of five major diabetes-related complications have declined substantially in the last 20 years among U.S. adults with diabetes, according to a study by the Centers for Disease Control and Prevention, published in the current issue of the New England Journal of Medicine.

Rates of lower-limb amputation, end-stage kidney failure, heart attack, stroke, and deaths due to high blood sugar (hyperglycemia) all declined. Cardiovascular complications and deaths from high blood sugar decreased by more than 60 percent each, while the rates of both strokes and lower extremity amputations – including upper and lower legs, ankles, feet, and toes – declined by about half. Rates for end stage kidney failure fell by about 30 percent.

"These findings show that we have come a long way in preventing complications and improving quality of life for people with diabetes," said Edward Gregg, Ph.D., a senior epidemiologist in CDC's Division of Diabetes Translation and lead author of the study. "While the declines in complications are good news, they are still high and will stay with us unless we can make substantial progress in preventing type 2 diabetes."



### **Insurers taking active role in diabetes management**

The AP reports that some health insurance companies are taking a more active role in encouraging the management of diabetes in their clients. The AP describes such patients as "expensive to treat and often lax in taking medications and following their diet." The Affordable Care Act's expansion of health coverage means that insurers are providing coverage to many more people with the condition. According to Dr. Sam Nussbaum, WellPoint executive vice president and a former endocrinologist, such a patient can cost an insurer \$5,000 annually when the disease is well managed but has the potential of exceeding \$100,000 per year when there are a large number of complications. Some insurance companies "are calling [people with diabetes] when they don't pick up prescriptions or miss appointments... are arranging transportation to get them to the doctor's office and some are even sending nurses on house calls."

## What's new about Chronic Disease Self-Management...

### **Chronic Disease Self-management workshops help patients develop a support group**

Most of us will experience two or more chronic long-term illnesses during our lives. The Chronic Disease Self-management Program (CDSMP) workshop begins by providing class participants an overview of the self-management concept. Health is soundness of body and mind, and a healthy life is one that seeks that soundness. Therefore, a healthy way to live with a chronic illness is to work at overcoming the physical, mental, and emotional problems caused by the condition. Chronic disease causes, symptoms, and responses are addressed. An overview of good self-management techniques includes skills needed to deal with the illness, skills needed to continue a normal life, and skills needed to deal with emotions. Participants are reminded that they are not to blame, to connect with other people and avoid going through it alone, that they are more than their disease, and that the illness may actually be an opportunity. Consider referring your patients with high blood pressure and diabetes to this program.

Learn more at <http://idph.state.ia.us/betterchoicesbetterhealth/Default.aspx>.



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## Million Hearts® Initiative Update

### Million Hearts® Learning Collaborative Resource Library

ASTHO has compiled a variety of tools and resources from national organizations and experts to help state teams in the ASTHO Million Hearts® Learning Collaborative implement evidence-based change strategies to improve blood pressure control. The materials in this library are applicable to a range of multidisciplinary partners including state and local public health, quality improvement, health IT, community, health plans and clinical partners. ASTHO will continue to add to the library throughout the course of the learning collaborative.

### Most Americans Not Worried About Heart Health; Confused About Sources of Sodium, Survey Finds

A recent survey of 1,000 men and women aged 18 and older conducted by the Cleveland Clinic found that most Americans are reportedly not worried about their heart health and are not taking steps to prevent heart disease. Findings indicate that Americans are confused about sources of sodium, specifically – Only 24% of Americans reported that bread products are the biggest source of sodium. 32% report that cheese is the biggest contributor to sodium intake. 74% of Americans are not worried about dying from heart disease. 70% of Americans are unaware of all the symptoms of heart disease.

## The latest on the **ABCS** ...

### **Aspirin Use**

#### **Aspirin, clonidine may not reduce heart attack risk after noncardiac surgery**

Forbes contributor Larry Husten writes that research presented at the American College of Cardiology meeting and published in two papers in the New England Journal of Medicine suggests that aspirin and clonidine may not reduce the risk of heart attack after noncardiac surgery. CardioSource reports, “The trial looked at the efficacy and safety of low-dose clonidine vs. placebo and also low-dose aspirin vs. placebo in 10,010 patients at 135 centers in 23 countries with, or at risk for, atherosclerotic cardiovascular disease.”

### **A1c**

#### **Exercise, Diet May Help 'Pre-Diabetics' Dodge Heart Disease Death**

Study followed Chinese people with high blood sugar for more than two decades.

## **Blood Pressure Control and Management**

### **March CDC Science-in-Brief: Undiagnosed Hypertension Among Young Adults Who Regularly Use Primary Care**

In this study, the authors compared the rates of first-time hypertension diagnosis for different age groups and identified factors that delayed diagnosis among young adults who regularly used primary care.

#### **New Sodium Resources Now Available**

Two new resources are now available on [www.cdc.gov/salt](http://www.cdc.gov/salt). The first is a Tips sheet intended to assist older adults and their caregivers with reducing sodium in the diet both through home cooking and when dining out. The second resource is intended for those providing meals for older adults, such as the Meals on Wheels Program and congregate meal services, and contains resources for reducing sodium in meals served in these settings.

#### **Less Salt Use Tied to Drop in U.K. Heart Deaths**

Deaths from stroke also fell in the 8-year study from England.

#### **Helping Doctors Spot Who's Not Taking Their Blood Pressure Meds**

Simple urine screening could prevent unnecessary procedures, study says.

#### **Keeping Blood Pressure Low Halves Risk of Second Stroke**

But less than one-third of survivors maintain consistently safe levels.



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## Cholesterol Control and Management

### Americans Bringing Down Cholesterol Levels

It looks like Americans might be doing something right when it comes to their cholesterol levels. See how they've dropped in the last decade.

### Beans, Lentils, Peas: Your Recipe for Lower Cholesterol?

Review of 26 studies finds one serving per day tied to healthier arteries, especially in men.

### Cholesterol Levels Spike During Winter Months, Study Finds

Tendency to eat more, exercise less when it's cold and snowy outside may explain trend.

## Smoking Cessation

### Characteristics of smokers who have never tried to quit: evidence from the British Opinions and Lifestyle Survey

An understanding of the characteristics of smokers who have never tried to quit may be useful to help identify and target these individuals and encourage them to attempt to give up smoking. Using national survey data researchers investigated variables associated with smokers reporting never having tried to quit.



## Place these Health Observations on Your Upcoming Calendar . . . Plan for Awareness Activities at your Clinic !



Arthritis Action Month [www.arthritis.org/index/arthritis-action-month/](http://www.arthritis.org/index/arthritis-action-month/)

Employee Health and Fitness Month [www.physicalfitness.org](http://www.physicalfitness.org)

High Blood Pressure Education Month [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

Mental Health Month [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

Older Americans Month [www.acl.gov](http://www.acl.gov)

Stroke Awareness Month [www.stroke.org;](http://www.stroke.org;)

[www.strokeassociation.org](http://www.strokeassociation.org)

May 6-12: Nurses Week [elise.swinehart@ana.org](mailto:elise.swinehart@ana.org)

May 11-17: Hospital Week [www.nationalhospitalweek.com](http://www.nationalhospitalweek.com)

May 11-17: Women's Health Week

[www.womenshealth.gov/nwhw](http://www.womenshealth.gov/nwhw)

May 18-24: Emergency Medical Services Week



June 1-7: Community Health Improvement Week

[www.communityhlth@aha.org](mailto:www.communityhlth@aha.org)

June 8-14: Vascular Nursing Week [www.scnnet.org](http://www.scnnet.org)

June 9-15: Men's Health Week

[www.menshealthweek.org](http://www.menshealthweek.org)

June 12-19: National Nursing Assistants Day

[www.cna-network.org](http://www.cna-network.org)

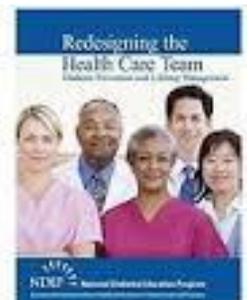
Aphasia Awareness Month [www.aphasia.org](http://www.aphasia.org)

## Care Coordination and Team Care Implementation

### Redesigning the Health Care Team: Diabetes Prevention and Lifelong Management

Quality diabetes care involves more than just the primary provider. Find out more about implementing multidisciplinary team care for people with diabetes in all clinical settings and how to reduce the human and economic toll of diabetes through a continuous, proactive, planned, patient-centered, and population-based approach to care.

In addition to a downloadable file (PDF) of the full color *Team Care* guide, an online only black & white format is available for ease of printing. View or download [promotional tools](#).



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## EHR Adoption, Implementation and Meaningful Use

### Capturing Social and Behavioral Domains in Electronic Health Records: Phase 1

Traditionally, research and interventions on social and behavioral determinants of health have largely been the purview of public health which has focused on disease prevention and maintenance of the public's health. Health care systems, in contrast, have focused primarily on the treatment of disease in individual patients, and, until recently, social determinants of health have not been linked to clinical practice or health care delivery systems. Electronic health records (EHRs) provide crucial information to providers treating individual patients, to health systems about the health of populations, and to researchers about the determinants of health and the effectiveness of treatments. The Institute of Medicine (IOM) was asked to form a committee to identify domains and measures that capture the social determinants of health to inform the development of recommendations for meaningful use of EHRs. This link brings up the Phase 1 report by IOM.

### Research Using EHR And Medicaid Claims Data: Methodological Challenges And Policy-Relevant Analyses

Live broadcast sponsored in part by the Safety-Net Practice Based Research Networks Virtual Training Series. Friday, May 23, 2014, 3-4 PM EDT. Presented by Rachel Gold, PhD, MPH Investigator, OCHIN Research & Investigator, Kaiser Permanente Northwest Center for Health Research.

## New Resources for Healthcare Providers

### Use Washington's resource to improve the screening, prevention, and management of hypertension

The Washington State Department of Health, in collaboration with CDC and the University of Washington Medical Center's Hypertension Clinic, recently published a **five-step implementation guide to improving high blood pressure control**. The guide includes a package of evidence-based change concepts and supporting tools that can serve as a template for quality improvement work.

### The Spotlight on Senior Health: Adverse Health Outcomes of Food Insecure Older Americans

The study reveals that senior food insecurity is associated with lower nutrient intake and an increased risk for chronic health conditions. In addition, the study highlights that the senior population is particularly vulnerable to the negative health and nutrition implications of food insecurity compared to other adult age groups. Compared to food secure seniors, food insecure seniors are:

- 60 percent more likely to experience depression
- 53 percent more likely to report a heart attack
- 52 percent more likely to develop asthma
- 40 percent more likely to report an experience of congestive heart failure

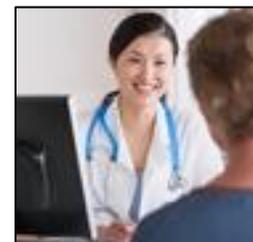
### 1 in four patients don't take high blood pressure medication as prescribed

Study Concludes that non-adherence to blood pressure lowering therapy is common, particularly in patients with suboptimal blood pressure control and those referred for renal denervation. HP LC-MS/MS urine analysis could be used to exclude non-adherence and better stratify further investigations and intervention.

Also, try these strategies to help patients stay on top of their pill schedule.

### Strategies for Reducing Health Disparities - Selected CDC-Sponsored Interventions, United States, 2014

Examples of health interventions that address various topics in the 2013 report, *CDC Health Disparities and Inequalities Report-United States, 2013*.



## The Iowa Department of Public Health -- Health Promotion and Chronic Disease Control Partnership



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