

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 . . .

Study: Obesity now a \$2 trillion annual economic burden

The Wall Street Journal (11/20, House) "Real Time Economics" blog reports on a study from the McKinsey Global Institute that ranks obesity as the third highest economic burden created by humans, with armed conflict and smoking costing only slightly higher, at \$2.1 trillion each. In the US, the report found, obesity costs the economy \$663 billion annually.

Global survey shows US seniors struggle with poor health, high costs

CNBC (11/20, Mangan) reports that according to a survey by the Commonwealth Fund and published online Nov. 19 in the journal Health Affairs, "elderly Americans are in worse health and have a tougher time dealing with medical costs than senior citizens in 10 other advanced industrialized nations." The survey found that "nearly one in five seniors skipped a doctor's visit, test or a prescribed medication because of the out-of-pocket cost," far more than any other country looked at in the survey. Notably, "the worse outcomes for Americans age 65 or older come despite the fact that they are the one group in the US that has near-universal health coverage, in the form of Medicare." The US News & World Report (11/20, Leonard) "Data Mine" blog reports some good news, however, pointing out that US "seniors are among the most likely to discuss health-promoting behavior with doctors, to have a chronic care plan tailored to their daily life, and to engage in end-of-life care planning." The survey captured "responses from 15,617 adults age 65 and older," comparing "Australia, Canada, France, Germany, the Netherlands, New Zealand, Norway, Sweden, Switzerland, the United Kingdom and the United States."

Pre-diabetes and Diabetes News . . .

Webinar: Prediabetes: How Healthcare Providers Can Take Action

January 15, 2015, 8:00 am to 9:00 am CT. For a full description of this program please visit [website](#) or print out the [informational flyer](#). Webcast will be **available On Demand 2 weeks after the live webcast**. Call 518.402.0330 or e-mail coned@albany.edu if you need assistance. [Click here to Register](#)

Groundbreaking National Initiative Shows Multisystem

Approaches Needed to Reduce Diabetes Disparities

Exciting results from an innovative, multicultural, five-year initiative, known as the Alliance to Reduce Disparities in Diabetes (Alliance), have been published in ten peer-reviewed articles in the November 2014 supplemental issue of *Health Promotion Practice (HPP)*. The findings reveal that a new model of chronic disease management for vulnerable populations with diabetes shows significant promise in strengthening coordination of care, reducing diabetes health disparities and improving health outcomes.



Johns Hopkins Bloomberg School of Public Health Study Finds That Diabetes Patients May Suffer Heart Muscle Damage Not Related to High Cholesterol

People with diabetes who appear otherwise healthy may have a six-fold higher risk of developing heart failure regardless of their cholesterol levels, new Johns Hopkins Bloomberg School of Public Health research suggests.

What's new about



Better Choices, Better Health
Put Life Back in Your Life

Check-out the Better Choices. Better Health. Webpage on the IDPH Website:

<http://www.idph.state.ia.us/BetterChoicesBetterHealth/>. Learn more so that you can refer your patients with high blood pressure, prediabetes or diabetes to workshops that will help them live with and manage or control their chronic diseases.





Million Hearts® Initiative Update



Surveillance for Certain Health Behaviors Among States and Selected Local Areas —

Behavioral Risk Factor Surveillance System, United States, 2011 Fang Xu, PhD, Tebitha Mawokomatanda, MS, David Flegel, MS, et al. *MMWR* 2014;63(No. SS-9) The Behavioral Risk Factor Surveillance System (BRFSS) is an ongoing, state-based, random digit-dialed telephone survey of non-institutionalized adults aged ≥18 years residing in the United States. BRFSS collects data on health-risk behaviors, chronic diseases and conditions, access to health care, and use of preventive health services and practices related to the leading causes of death and disabilities in the United States. In 2011, BRFSS adopted a new weighting methodology (iterative proportional fitting, or raking) and included data from respondents using cellular telephones only. This report presents results for the year 2011 for all 50 states, the District of Columbia, and participating U.S. territories including the Commonwealth of Puerto Rico and Guam, 198 MMSAs, and 224 counties.

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

A1c

FDA approves remote glucose-monitoring tool

The *Wall Street Journal* (10/21, Linebaugh, Subscription Publication) reports the FDA has approved Dexcom Inc.'s accessory cradle that assists a device to remotely monitor the glucose level of people with diabetes. The device monitors blood sugar at regular intervals and sends the data to a receiver that must be within 20 feet of the patient. The cradle allows the data to be sent to apps on smartphones; however, the cradle has to be plugged into an electrical outlet, so it won't be useful when the patient is outside, the piece notes. The new tool is seen as a first step in the development of true remote monitoring.



Aspirin Use

"FDA has concluded that the data do not support the use of aspirin as a preventive medication by people who have not had a heart attack, stroke or cardiovascular problems, a use that is called 'primary prevention.' In such people, the benefit has not been established but risks — such as dangerous bleeding into the brain or stomach — are still present."

Blood Pressure Control and Management

Home Blood Pressure Monitors May Occasionally Miss the Mark

10/28/2014 Study finds inaccurate readings in small percentage of patients.

Many Docs Fail to Counsel Young Adults with High Blood Pressure

11/10/2014 Too few physicians urge lifestyle changes, study finds.

More Americans Controlling Their High Blood Pressure

11/16/2014 Government researchers report the numbers are looking better, but national goal not yet reached.

Mental disorders may be associated with increased risk of heart disease, stroke

The *Huffington Post* (11/1, Chan) reported that research "presented at a meeting of the Canadian Cardiovascular Congress shows an association between having a mental disorder — including schizophrenia, depression, anxiety and bipolar disorders — and an increased risk of heart disease or stroke." Researchers analyzed information from the Canadian Community Health Survey. The investigators "found that the likelihood of having heart disease or a stroke was doubled for people who had a mental disorder during any point of their lives." Additionally, the investigators "found that the likelihood of having heart disease was doubled and the likelihood of having had a stroke was tripled among people on psychiatric medications, which include antidepressants, mood-stabilizing drugs and antipsychotics."



FDA warns consumers about mixing supplements and medications

The US Food and Drug Administration has issued a consumer update to warn of the potential interactions between prescriptions and OTC medications and dietary supplements... [Read](#)

<http://www.fda.gov/downloads/ForConsumers/ConsumerUpdates/UCM420449.pdf>

Continued on the next page...



Chronic Disease Connections

Cholesterol Control and Management



Study: Many Patients Not Receiving Statins Despite Eligibility

MedPage Today (11/22, Boyles) reported that a new study appearing in the Journal of the American College of Cardiology found that almost one-third of patients “eligible for lipid-lowering therapy... were not taking a statin,” while nearly “one in five were receiving potentially unnecessary repeat LDL testing in a study designed to examine the impact” of new guidelines on cardiovascular clinical practice.

Guideline-Directed Low-Density Lipoprotein Management in High-Risk Patients With Ischemic Stroke

Findings from Get With The Guidelines®-Stroke show 1 in 5 at-risk stroke patients meet low LDL targets. [Read the study.](#)

Smoking Cessation

Study: Physicians not asking heart patients about secondhand smoke exposure

Reuters (11/11, Doyle) reports a new study, interviewing 214 adults hospitalized for coronary heart disease at Massachusetts General Hospital, found doctors questioned only 37 about secondhand smoke exposure, 21 about living with smokers, and only 3 about keeping their homes or cars smoke-free. The piece frames the findings within secondhand smoke exposure's 25 to 30% increased risk for heart disease, recognized by only 56% of those surveyed. Secondhand exposure was reported by more than 20% in the past 30 days, with 15% in the past week, and almost 14% reported living with a smoker.



SAVE THE DATE

**COMING
UP**

Plan Clinic Awareness Activities for Upcoming Health Observations:



Blood Donor Month www.adrpp.org

Healthy Weight Week 1/18-24

www.healthyweight.net/hww.htm

Women's Healthy Weight Day 1/20

www.healthyweight.net/hww.htm



Heart Month www.goredforwomen.org

Wear Red Day 2/6 www.goredforwomen.org

Congenital Heart Defect Awareness Week 2/7-14

<http://tchin.org/aware>

Cardiac Rehabilitation Week 2/8-14 aacvpr@aacvpr.org

Cardiovascular Professionals Week 2/8-14

www.acp-online.org

Training for Practices:

Telligen Offers Services to Iowa's Clinical Practices Through its Contracts with CMS

Telligen will come onsite to your provider practice to present about the functionalities of the Iowa Health Information Network (IHIN) and how to sign up. The vast majority of Iowa hospitals have signed up with the IHIN. Consider your practice's data trading needs with hospitals in your community and how the IHIN could be beneficial. Telligen will conduct a phone conference, WebEx, or come onsite to meet with you. Learn more or sign up today by contacting Telligen at HIE@telligen.org or 515-223-2859.

Are you looking for additional help beyond traditional REC services? Telligen provides consulting in a number of areas. Some services can even be offered on a free pilot basis! Through Practice Transformation consulting services, Telligen advisors help guide medical practices through activities such as Patient Centered Medical Home (PCMH) and readiness for becoming an Accountable Care Organization (ACO).

Understanding each practice is unique, therefore, Telligen can provide a customized strategy to meet and exceed your goals. Telligen's strength and vast experience in health information technology and clinical experience allows them to provide second-to-none healthcare intelligence for medical practice clients.

To learn more about consulting services from Telligen, or to speak to an Advisor, please visit www.telligen.com or contact them at 800-373-2964 or iowahitrec@telligen.com.

Chronic Disease Connections

EHR Adoption, Implementation and Meaningful Use

Achieving Positive Impacts on Workflow and Quality Improvement through Full Implementation of Electronic Health Records

With the increasing implementation of electronic health records (EHRs) to monitor and track patient populations, practice facilitators will need to have a working knowledge of EHRs to use them effectively. The next edition of this newsletter will highlight how “meaningful use” of EHRs impacts a practice’s workflow and quality improvement (QI) efforts. This topic is the focus of Module 17 of *The Practice Facilitation Handbook: Training Modules for New Facilitators and Their Trainers*. The upcoming newsletter will explore best practices for implementing and utilizing EHRs, also known as achieving “meaningful use,” and conducting comprehensive workflow analyses.



E-health records used to search for hidden drug benefits

With research and development costs for many drugs reaching well into the billions, pharmaceutical companies want more than ever to determine whether their drugs already at market have any hidden therapeutic benefits that could warrant putting additional indications on the label and increase production.

New Resources for Healthcare Providers

Insurance Companies—Good and Bad to work with...

Does the way an insurance company reimburses your practice impact your decision to keep them? See which payers physicians deem the worst and why. Results are from the 2014 Survey of Physicians. [This is a Medscape article, if you are not already registered, you will need to do so to open the article... there is no cost for registration.] [View Report >](#)

USPSTF Releases Fourth Annual Report to Congress on High-Priority Evidence Gaps for Clinical Preventive Services

The U.S. Preventive Services Task Force (USPSTF or Task Force) has released its “Fourth Annual Report to Congress on High-Priority Evidence Gaps for Clinical Preventive Services.” In 2014, the USPSTF continued to fulfill its mission of improving the health of all Americans by making evidence-based recommendations about clinical preventive services such as screening tests, counseling about healthy behaviors, and preventive medications. These recommendations help primary care clinicians and patients to decide together whether a preventive service is right for each patient’s needs. In this report, the USPSTF has prioritized evidence gaps related to the care of children and adolescents. More research in these areas would result in important new knowledge that may improve the health and health care of young Americans, with lasting benefits through adulthood. [Please click here to read the complete USPSTF report.](#)

The U.S. Preventive Services Task Force posted today a final research plan on screening for obstructive sleep apnea in adults

The draft research plan for this topic was posted for public comment from August 7 to September 3, 2014. The Task Force reviewed all of the comments that were submitted and took them into consideration as it finalized the research plan. To view the final research plan, please go to: <http://www.uspreventiveservicestaskforce.org/Page/Document/ResearchPlanFinal/obstructive-sleep-apnea-in-adults-screening>.

CDC National Health Report CDC published a special MMWR supplement that uses data from 19 surveillance sources to provide recent trends in the nation’s health. The report reviews population health in the United States and provides an assessment of recent progress in addressing high-priority health issues. It identifies important public health successes and challenges to help guide national policy and programmatic efforts to improve health and quality of life.

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



This e-Bulletin is supported by Cooperative Agreement Numbers 5U58DP004807-02 and 3U58DP004807-02S1 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Iowa Department of Public Health.

Editors:

Terry Y. Meek
Health Systems Coordinator
terry.meek@idph.iowa.gov

Laurene Hendricks
Linkage Coordinator
laurene.hendricks@idph.iowa.gov