

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 . . .

CDC Foundation's New Business Pulse Focuses on Heart Health

Business Pulse: Heart Health, launched this week by the CDC Foundation, shares how the Centers for Disease Control and Prevention (CDC) works to protect Americans' heart health, a strategy that can improve worker productivity and lower healthcare costs. This issue of Business Pulse highlights specific heart health challenges faced by businesses. Business Pulse: Heart Health also features an interactive infographic that provides useful facts and links, along with a question-and-answer feature and online CDC tools, guidelines and resources.

[Learn More>>](#)

Pre-diabetes and Diabetes News . . .

Groups praise introduction of Federal legislation to prevent T2DM among US seniors

The American Journal of Managed Care (5/1, Caffrey) reported, "A trio of well-known groups with different healthcare missions joined...to praise the introduction of federal legislation to prevent type 2 diabetes mellitus (T2DM) among the nation's seniors, with an estimate putting the bill's potential savings at \$1.3 billion over 10 years." According to the article, "The American Diabetes Association, the American Medical Association and the YMCA of the USA called attention to the latest effort to pass the Medicare Diabetes Prevention Act, which would require coverage of the Diabetes Prevention Program for beneficiaries at high risk of developing T2DM." The Journal points out that "the current legislation comes shortly after the CDC and AMA launched Diabetes STAT, a high-profile effort to identify persons with prediabetes and intervene before they progress to full-blown diabetes."

Metformin Prescription for Insured Adults With Prediabetes From 2010 to 2012: A Retrospective Cohort Study

Only 3.7% of patients with prediabetes were prescribed metformin over the 3-year study window. After adjustment for age, income, and education, the predicted probability of metformin prescription was almost 2 times higher among women and obese patients and more than 1.5 times higher among patients with 2 or more comorbid conditions. **"Despite inclusion in national guidelines for more than 6 years and proven long-term tolerability, safety, and cost-effectiveness, the prescription of metformin in the real-world clinical approach to diabetes prevention remains unclear," Dr. Moin and colleagues write.**

How a tablet can help treat diabetes: Watch this film to find out

What if you could read the exact blood sugar levels of your patients with diabetes right now, send this information to your care staff and alert your patients about their high glucose levels even if they're 100 miles away—all with the help of a touch screen? Sound like futuristic fanfiction? [Read more](#) at *AMA Wire*®.

Some extra weight may be linked to a longer life for people with type 2 diabetes

HealthDay (5/5, Reinberg) reports that "some extra weight may be linked to a longer life for people with type 2 diabetes." After examining "data on 10,568 people with diabetes who were free of heart disease," researchers found that "compared to underweight or normal-weight people with type 2 diabetes, those who were overweight but not obese were less likely to die over the 10-year study period."

What's new about



Better Choices, Better Health

Put Life Back in Your Life

POSITIVE HEALTH OUTCOMES FOR CDSMP PARTICIPANTS

National and state translational research studies have shown that participating in a Chronic Disease Self-Management Program (CDSMP), like Iowa's Better Choices, Better Health, can positively influence the Institute of Healthcare Improvement's "triple aim" of better health, better care and lower costs.





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Million Hearts® Initiative Update



The Million Hearts® Hypertension Control Protocol Learning Collaborative was launched on April 20, 2015. Dr. Joel Handler, Kaiser Permanente Southern California, presented the topic, "Using a Systems-based Approach to Hypertension Control: How Protocols Can Help You Achieve Better Outcomes". Dr. David Meyers, AHRQ hosted the event.

[View the April presentation](#)

[Listen to the presentation \[MP3\]](#)

Save the Date for the next session to be held on June 22, 2015, 12-1pm.



The latest on the ABCS . . .

A_{1c}

Tight HBA_{1c} CONTROL in Type 1 Diabetes Reduces Eye Surgery

A [Medscape Article](#): Young patients with type 1 diabetes who received several years of tight glycemic control vs conventional glycemic control were much less likely to need ocular surgery decades later, new data from the [Diabetes Control and Complications Trial/Epidemiology of Diabetes Interventions and Complications](#) (DCCT/EDIC) studies indicate. The results [were published](#) in the April 30 issue of the *New England Journal of Medicine*.

Alliance to Reduce Disparities in Diabetes Wraps Up

The Alliance to Reduce Disparities in Diabetes, a multi-site initiative funded by the Merck Foundation beginning in 2009, has officially come to a close. The Alliance mission was to decrease diabetes disparities and enhance the quality of health care among vulnerable populations in the five grantee communities using a multi-level approach targeting patients, clinicians, and systems. Across the Alliance, significant changes were made to coordinate health care; connect to services in the community such as pharmacies, farmers' markets, and places of worship; and improve patients' diabetes self-management and overall health. To learn more about the Alliance and its successes, check out the "Bridging the Gap in Diabetes Care" [infographic](#) and the [backgrounder report](#).

Aspirin Use

Aspirin for the Primary Prevention of Cardiovascular Disease

Patients rely on you for accurate, up-to-date preventive health information. Find brochures, fact sheets and clinician guidelines regarding appropriate aspirin use at this [AHRQ webpage](#).



Blood Pressure Control and Management

What you need to know about self-measured blood pressure monitoring

Having patients measure their own blood pressure at home can improve diagnosis of hypertension, and for those patients who have it, can help get their hypertension under control. Learn the facts about self-measured blood pressure monitoring, including how you can get a self-measured blood pressure monitoring program started in your practice. [Read more](#) at *AMA Wire*®.

The New Hampshire Department of Health and Human Services helps clinicians and community partners improve blood pressure control

Relying on a proven model developed by 2013 Million Hearts® Hypertension Control Champion [Cheshire Medical Center/Dartmouth-Hitchcock Keene](#), the New Hampshire Department of Health and Human Services developed a manual for others in the state to consider when implementing hypertension control strategies. The approach confirms that when health care delivery systems work with the public health system, improved population health can be achieved quickly and efficiently.

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The one graphic you need for accurate blood pressure reading

Blood pressure measurement is a routine task in most practices, but are you sure it's done accurately in yours? It's easy to get skewed results if clinicians and patients aren't on the same page about how to take accurate blood pressure measurements. This infographic offers a simple way to help your patients and practice get the most accurate results. [Read more](#) at *AMA Wire*®.

Cholesterol Control and Management

Americans' Blood Triglyceride Levels Dropping: CDC

05/07/2015 About one-quarter have high levels of this heart-disease related blood fat, but experts say many people still at risk.

Modest consumption of high-fructose corn syrup may cause cholesterol, triglycerides levels to rise

The *New York Times* (4/28, Bakalar) "Well" blog reports on research suggesting that just "two weeks of modest consumption of high-fructose corn syrup causes cholesterol and triglycerides levels to rise, and the more consumed, the greater the increases." The findings were published in the *American Journal of Clinical Nutrition*.

Smoking Cessation

Get tips on talking to your patients about smoking

The American College of Cardiology offers simple ways that health care professionals can talk to patients about smoking without adding substantial time to already demanding schedules.

Study links quitting smoking with deterioration of diabetes control

Sufferers of type 2 diabetes mellitus (T2DM) who quit smoking are likely to see a temporary deterioration in their glycemic control which could last up to three years, according to new research.



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

June

National Men's Health Week

June 15 to 21, 2015

www.menshealthweek.org.au

National Nursing Assistants Week

June 11 to 18, 2015

www.cna-network.org

July

Fireworks Safety Month

www.preventblindness.org



Training Opportunities

Check out the American Pharmacists Association's (APhA's) new certificate training program

Pharmacy-Based Cardiovascular Disease Risk Management is APhA's innovative and interactive certificate training program that explores the pharmacist's role in cardiovascular disease risk management. This practice-based activity is the first step for pharmacists interested in learning the essential skills to successfully assess risk, promote cardiovascular disease prevention, and encourage patient adherence to therapy. Visit the website for a full list of offerings as well as licensed APhA partners presenting the course.

The Department of Health and Human Services (HHS) is establishing a Health Care Payment

Learning and Action Network (HCPLAN). HHS is working to advance private, public, and nonprofit activities to increase the adoption of value-based payments and alternative payment models. HCPLAN is part of a larger HHS effort to drive better care, smarter spending, and healthier people by improving care delivery, provider compensation, and information sharing to support decision-making.

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New Resources for Healthcare Providers

Taking Better Care: Supporting Well-Being for an Aging Population

A resource released by The Alliance of Community Health Plans offers five member plans' innovative, patient-centered care models that meet both medical and psychosocial needs of the frail elderly.

Sustained Cardiovascular Risk Reduction Programs and Associated Health Outcomes in Rural Communities

This recent CDC *Science-in-Brief*, is a synopsis of "Community-Wide Cardiovascular Disease Prevention Programs and Health Outcomes in a Rural County, 1970-2010," published online in January 2015 in *The Journal of the American Medical Association*.

Improving Primary Care: Team Guide

The MacColl Center for Health Care Innovation, with the support of the Robert Wood Johnson Foundation, has produced the *Improving Primary Care: Team Guide*. The *Guide* presents practical advice, case studies, tools, and videos from 31 practices across the country that have transformed their practice using a team-based approach.

The Vermont Department of Health explains the DASH Diet

The Vermont Department of Public Health has created a quick guide to the Dietary Approaches to Stop Hypertension (DASH) Diet for consumers and for providers to share with patients. The guide features full-color images and infographics to help break-down the DASH Diet basics, including keeping an eye on sodium.

Down load an infographic on hypertension control for clinicians and providers

The Centers for Medicare & Medicaid Services has released a new infographic to help health care professionals recognize and manage patients' high blood pressure using hypertension treatment protocols.

Vital Signs: Leading Causes of Death, Prevalence of Diseases and Risk Factors, and Use of Health Services Among Hispanics in the United States — 2009–2013

Kenneth Dominguez, Ana Penman-Aguilar, Man-Huei Chang, et al.

Hispanics and Latinos are estimated to represent 17.7% of the U.S. population. Published national health estimates stratified by Hispanic origin and nativity are lacking. Four national data sets were analyzed to compare Hispanics overall, non-Hispanic whites, and Hispanic country/region of origin subgroups for leading causes of death, prevalence of diseases and associated risk factors, and use of health services. This report, the first national study on Hispanic health risks and leading causes of death in the United States by the Centers for Disease Control and Prevention (CDC) showed that similar to non-Hispanic whites (whites), the two leading causes of death in Hispanics are heart disease and cancer. Fewer Hispanics than whites die from the 10 leading causes of death, but Hispanics had higher death rates than whites from diabetes and chronic liver disease and cirrhosis. They have similar death rates from kidney diseases, according to the new Vital Signs.

This Vital Signs report recommends that doctors, nurses and other health professionals:

- Work with interpreters to eliminate language barriers when patients prefer to speak Spanish.
- Counsel patients with or at high risk for high blood pressure, diabetes, or cancer on weight control and diet.
- Ask patients if they smoke and, if they do, help them quit.
- Engage community health workers (*promotores de salud*) to educate and link people to free or low-cost services.

Using Health Information Technology to Support Quality Improvement in Primary Care

Describes how practices can use health information technology (health IT) to support ongoing QI and is written for primary care practices, practice facilitators and the organizations that deploy them, IT developers and standards certifiers, and decision-makers. It shares lessons learned from discussions with experts in fields such as health IT, clinical practice, primary care transformation, and human factors engineering, as well as with representatives of three primary care organizations that have made exemplary use of health IT for QI.

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

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