

Chronic Disease Connections

Chronic Disease Connections is an e-bulletin created for healthcare systems working with patients to control chronic disease and high blood pressure and help manage prediabetes, diabetes, and high cholesterol.

The Latest Health Promotion is Newsworthy

U.S. Surgeon General issues call to action to control hypertension- "The Surgeon General's Call to Action to Control Hypertension summarizes recent data on hypertension control, identifies select goals and strategies, and provides recommendations for areas of focus when resources are limited. While the recent trends don't look good—we've hit a plateau in hypertension control—I believe that with focus and collaboration, we can improve our trajectory. Join me in taking control of hypertension across our nation. Together, we've got this!" - VADM Dr. Jerome Adams, U.S. Surgeon General

Study explores the link between type 2 diabetes and cancer risk - A study in the Journal of the National Cancer Institute found that incident type 2 diabetes was linked to an elevated risk for colorectal, liver, thyroid, lung, pancreas, esophagus, breast, and endometrial cancers. The increase peaked at eight years after diabetes diagnosis.

Nearly one in three young adults in the US does not know common stroke symptoms – Nearly 30% of U.S. adults younger than 45 don't know all five of the most common stroke symptoms, according to a recent survey. Hispanic adults, people not born in the U.S., and less educated young adults were among the most likely to be unaware of stroke symptoms. Stroke incidence and hospitalizations are rising among young adults in the U.S.

World caught in "syndemic" of chronic diseases and COVID-19 – The emergence and overlap of the coronavirus pandemic with a continued global rise in chronic conditions such as obesity and diabetes - with added environmental risks such as air pollution - have exacerbated the coronavirus death toll.

Plan Clinic Awareness Activities for Upcoming Health Observations

November



American Diabetes Month

**Alzheimer's Disease
Awareness Month**

Great American Smokeout
– November 19

**Pancreatic Cancer
Awareness Month**



December

World AIDS Day –
December 1

**National Handwashing
Awareness Week** –
December 6-12

**National Influenza
Vaccination Week** –
December 6-12

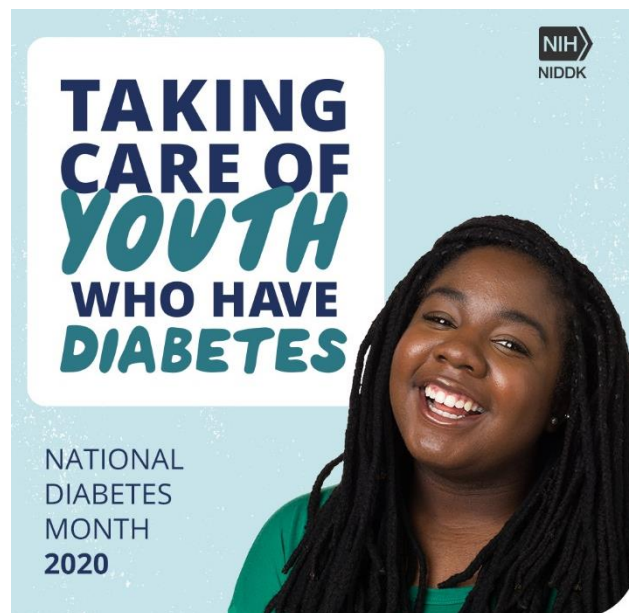
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Funding Opportunities

- The **National Institute on Minority Health and Health Disparities** invites applications to encourage innovative health services research that can directly and demonstrably contribute to the improvement of minority health and/or the reduction of health disparities at the health care system-level and within clinical settings. Applications are due **November 27, 2020**.
- The HRSA **Regional Telehealth Resource Center Program** advances effective telehealth technologies that help health care organizations and providers serving rural areas. Eligible applicants are public, private, and non-profit entities, including community-based organizations, tribes, and tribal organizations that can serve as a collective resource for information on telehealth policy and technology. Applications are due **January 21, 2021**.

National Diabetes Month

- Diabetes is one of the most common chronic conditions in school-age youth in the U.S., and increasing rates of new diagnosed cases of type 1 and type 2 diabetes among youth is a growing public health concern. This year, the focus is on sharing ways that parents and caregivers can work with their child and their health care team to develop a plan to manage diabetes.
- Use the **National Diabetes Month Toolkit** from NIDDK to share this year's theme, ***Taking Care of Youth Who Have Diabetes***. Help raise awareness that youth who have diabetes need support from their parents, caregivers, and health care team.



Webinars

- **Ovarian Cancer in Iowa** – Recorded
- **Understanding the Ground: Social Determinants of Health in Rural Populations** – November 17
- **State of Obesity 2020: Better Policies for a Healthier America** – November 19
- **SMBP Maternal Health Webinar** – Recorded
- **Cultivating Cultural Humility in Public Health Practice** – December 4
- **DSMES Toolkit: A One-Stop Shop for Successful Diabetes Self-Management Education and Support**

Upcoming Events

- The 2020 **Iowa Diabetes & Wellness Summit** will take place virtually the mornings of **November 12** and **November 19**. The two half days will each include a keynote speaker, breakout sessions, and networking opportunities.
- The 3rd Annual **Workplace Health Symposium** on **Thursday, December 10** will look at various spectrums of health and well-being to empower your team to be their best self in the workplace. Attendees are a cross section of representatives, ranging from HR and benefits managers, to company health and wellness leaders. **Free to attend**.

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Team Based Care and Hypertension Control

Team Based Care (TBC) has been recognized as an important tool in managing hypertension. TBC is based on health systems-level approaches and interventions with multidisciplinary health care teams collaborating to diagnose, treat, and educate patients. A systematic review by the Community Preventive Services Task Force (CPTSTF) found that team-based care can lead to significantly improved hypertension control and lowered systolic and diastolic blood pressure levels with median reductions of 3.4 mmHg and 1.8 mmHg, respectively. TBC has also been found to be effective in improving medication adherence to hypertensive medication.

Multidisciplinary health care teams include the patient and their health care provider in addition to traditional and non-traditional health care partners such as nurses, pharmacists, dietitians, social workers, and community health workers. The team provides support for and shares responsibilities associated with medication management, patient follow-up, and patient self-management.

Establishing TBC within health systems includes carrying out changes at the root of care delivery. It is a stepwise process which includes building workflows that cover a patient's journey, starting from pre-patient visit planning to patient discharge, follow-up, and beyond.

The American Medical Association has a series of **Team-Based Care and Workflow learning modules**. Each module provides 0.5 CME credits. The modules cover a number of topics areas, such as pre-visit planning, team meetings and documentation. One of these modules focuses on **how to get started on TBC**.

The Heart Disease and Stroke and WISEWOMAN programs at IDPH work with health systems and clinics to establish team-based care approaches for hypertension control. To learn more about these opportunities, please contact IDPH at 515-281-5616 or contact Morgan Casey at morgan.casey@idph.iowa.gov or Denise Attard-Sacco at denise.attard-sacco@idph.iowa.gov

Resources:

American Medical Association: Team-Based Care and Workflow <https://edhub.ama-assn.org/steps-forward/pages/workflow-and-process>

Community Preventive Services Task Force Guide to Community Preventative Services - Cardiovascular Disease: Team-Based Care to Improve Blood Pressure Control
<https://www.thecommunityguide.org/findings/cardiovascular-disease-team-based-care-improve-blood-pressure-control>

CDC Division for Heart Disease and Stroke Prevention: Promoting Team-Based Care to Improve High Blood Pressure Control <https://www.cdc.gov/dhdsdp/pubs/guides/best-practices/team-based-care.htm>