

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 . . .

Ten years ago, there was a lack of recognition of health literacy as a foundational element for high-quality, patient-centered care. And there was no recognition of the importance of health literacy to improving population health. But in 2004, the Institute of Medicine released the report *Health Literacy: A Prescription to End Confusion*. In that same year the Agency for Healthcare Research and Quality (AHRQ) published a systematic review and analysis of evidence about the relationship between literacy and health outcomes and the effectiveness of interventions to mitigate the impact of low health literacy.

Over the past decade, understanding has evolved to the point where we now understand that health literacy is not just a function of individual skills and abilities, it also includes the demands and complexities of the systems with which individuals interact. ***Health Literacy: Past, Present, and Future*** commemorates the 2004 release and features invited presentations and discussions of the progress made in the field of health literacy since that time, explores the current state of the field, and discusses possible directions for future health literacy efforts.



Pre-diabetes and Diabetes News . . .

New Diabetes Prevention Module from the American Medical Association

AMA STEPS Forward offers innovative strategies that will allow physicians and their staff to thrive in the evolving health care environment by working smarter, not harder, and giving them more time back to spend caring for their patients. Physicians can access the collection of interactive educational modules online at stepsforward.org and also earn **continuing medical education credit**. The 16 current modules include steps for implementation, case studies, downloadable videos, tools and resources. The **diabetes prevention module** presents strategies to help physicians as well as practice staff educate patients about their risk for developing diabetes and refer at-risk patients to a CDC-recognized lifestyle change program. This module also addresses the need for helping physicians determine roles and responsibilities and practice flow for diabetes prevention in a clinical setting. The AMA-CDC Provider Toolkit has been incorporated into the module.

New US Guidelines Address CVD Prevention in Type 2 Diabetes

The American Diabetes Association (ADA) and the American Heart Association (AHA) have issued a newly revised joint scientific statement on prevention of cardiovascular disease in adults with type 2 diabetes. The statement, which updates the previous one from 2007 (which updated the original one from 1999), was published jointly online August 5 in both *Diabetes Care* and *Circulation* by a writing group co-chaired by Caroline S Fox, MD, a senior investigator at the National Heart, Lung, and Blood Institute, Bethesda, Maryland, and Sherita Hill Golden, MD, executive vice chair of the department of medicine and professor of medicine at Johns Hopkins University, Baltimore, Maryland.

What's new about



Better Choices, Better Health

Put Life Back in Your Life

A Better Choices, Better Health (Stanford's Chronic Disease Self-Management Program) peer leader training will be held on September 28-29 and October 5-6 (four days of training) at Aging Resources of Central Iowa, 5835 Grand Ave., Suite 106 in Des Moines.

Better Choices, Better Health workshops are made up of six sessions, held once a week for 2.5 hours for adults living with a chronic health condition such as arthritis, diabetes, heart disease, lung disease or other on-going health conditions. The program was developed by researchers at Stanford University to help people with chronic conditions gain self-confidence in their ability to manage their own health.

The leader training is free with the expectation that trained leaders will facilitate two workshops within a year.

The deadline for registration is September 21, 2015.

Contact: Stacey Clough, Program Coordinator of Mercy Medical Center—Des Moines' Better Choices, Better Health program (515)643-8632 or by email, sclough@mercydesmoines.org.



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Million Hearts® Initiative Update

Current Science on Consumer Use of Mobile Health for Cardiovascular Disease Prevention

Mortality from cardiovascular disease has declined in recent decades, but unhealthy behaviors such as tobacco use, being sedentary, and maintaining an unhealthy body weight remain prevalent in the U.S. population. The American Heart Association 2020 Strategic Impact Goals target health behaviors and health indicators. Mobile technologies are a pervasive component of the modern American environment and mobile devices permit collection of data in real time – enabling researchers to assess multiple behaviors in various contexts and to inform the development of interventions to prompt behavior change. While many mobile health interventions do not currently have the evidence base to support their inclusion in clinical recommendations, they hold great promise for lifestyle interventions to promote better patient health. [Read the full article in Circulation](#)



The latest on the ABCS ...

A1c

High blood sugar of diabetes can cause immune system malfunction, triggering infection

Scientists may have uncovered a molecular mechanism that sets into motion dangerous infection in the feet and hands often occurring with uncontrolled diabetes. It appears that high blood sugar unleashes destructive molecules that interfere with the body's natural infection-control defenses.

Aspirin Use

AHRQ Clinician Fact Sheet on Aspirin Use

Your patients rely on you for accurate, up-to-date preventive health information. This fact sheet for clinicians provides information about the use of aspirin to prevent first myocardial infarctions in men and first ischemic strokes in women. It is designed to complement the patient brochures, *Talk With Your Health Care Provider About: Taking Aspirin to Prevent Heart Attacks—for Men* and *Talk With Your Health Care Provider About: Taking Aspirin to Prevent Strokes—for Women*.

Select to download print version ([PDF File](#), 1 MB).

Blood Pressure Control and Management

Your health system could be the FIRST Iowa Million Hearts Hypertension Control

Champion! CDC/Million Hearts is NOW Accepting Nominations for 2015 Million Hearts® Hypertension

Control Challenge. We know that better blood pressure control is achievable. Since its launch, Million Hearts® has recognized **41 Hypertension Control Champions** for their successes in achieving greater than 70 percent control among their patients with high blood pressure. This year, Million Hearts® wants to recognize more Champions through the **2015 Million Hearts® Hypertension Control Challenge**. Clinicians, practices, and health systems that provide continuing care and have achieved hypertension control rates greater than 70 % are eligible to enter. We also know that many Iowa health systems are doing great things and have reached 70% control—so step forward and submit an application!

Please help spread the word about this challenge and the importance of hypertension control:

- Submit your nomination. The Challenge is open **August 18 through 11:59 PM on October 31, 2015**
- Encourage high-performing, small and large practices to enter the 2015 Million Hearts® Hypertension Control Challenge at <http://bit.ly/HTNCC>
- Place the [Challenge badge](#) on your website homepage between August 18 and October 31, 2015

The 2015 Champions will be announced on www.millionhearts.hhs.gov in May 2016. For more information on rules and eligibility requirements, please visit: http://millionhearts.hhs.gov/aboutmh/htn_champions.html. Questions about the Challenge should be directed to millionhearts@cdc.gov with "Challenge" in the subject line.

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Cholesterol Control and Management



New Study: Clinical Effectiveness of Statin Therapy after Ischemic Stroke

In patients with ischemic stroke, data on real-world effectiveness of statin therapy for clinical and patient-centered outcomes is needed to better inform shared decision-making. Research found in older ischemic stroke patients who were not taking statins at the time of admission, discharge statin therapy was associated with lower risk of MACE and nearly a month more home-time during the 2-year period post-hospitalization. [Read more here](#)

CVS medical officials urge cardiologists to reconsider cholesterol-lowering guidelines

[Bloomberg News](#) (8/11, Langreth) reports that “the fight is intensifying over which patients will get” Praluent (alirocumab), “an almost \$15,000-a-year cholesterol drug...with CVS Health Corp. calling for new treatment guidelines to make it clearer who should qualify.” According to Bloomberg News, “In a [commentary](#) published online in the Journal of the American Medical Association, three top medical officials from CVS are urging cardiologists to reconsider cholesterol-lowering guidelines from the American College of Cardiology and American Heart Association.” These individuals “say that setting clear cholesterol levels for patients to reach would help doctors determine who needs...PCSK9 inhibitors.”

Stopping statins near end of life may be beneficial

[Reuters](#) (3/24, Seaman) reports that [research](#) published in JAMA Internal Medicine suggests that taking people off of statins as they near the end of their lives may improve their quality of life. The [NPR](#) (3/24, Shute) “Shots” blog reports that investigators also found that individuals “approaching the end of life who” stopped taking “statins were not more likely to have a heart attack or stroke than those who kept taking the” medications.

Smoking Cessation



CDC fact sheets have been created for public health officials and others, and provide information taken from Surgeon General’s Reports about smoking and its connection to specific diseases and health conditions, such as cancer, diabetes and cardiovascular disease. There are also fact sheets addressing smoking risks for particular population groups, such as women, youth, and men and women concerned about reproductive health.

The fact sheet “What You Need To Know About Smoking” also includes tips for smokers who want to quit.



[Women and Smoking \[PDF-745 KB\]](http://www.cdc.gov/tobacco/data_statistics/sgr/50th-anniversary/pdfs/fs_women_smoking_508.pdf)

[Smoking and Diabetes \[PDF-835 KB\]](http://www.cdc.gov/tobacco/data_statistics/sgr/50th-anniversary/pdfs/fs_smoking_diabetes_508.pdf)

[Smoking and Cardiovascular Disease \[PDF-296 KB\]](http://www.cdc.gov/tobacco/data_statistics/sgr/50th-anniversary/pdfs/fs_smoking_CVD_508.pdf)

[Smoking and Cancer \[PDF-829 KB\]](http://www.cdc.gov/tobacco/data_statistics/sgr/50th-anniversary/pdfs/fs_smoking_cancer_508.pdf)

[What You Need To Know About Smoking \[PDF-812 KB\]](#)



QUITLINE IOWA
1 800 QUIT NOW | 1 800 784 8669

Plan for Awareness Activities at your Clinic !



Cholesterol Education Month

www.nhlbi.nih.gov

Healthy Aging Month

www.healthyaging.net

Farm Safety and Health Week

September 20-26

www.necasag.org



Health Literacy Month

helen@healthliteracy.com

Healthcare Quality Week

October 18-24

www.nahq.org

Pharmacists Month

www.pharmacist.com.apmh

Physician Assistants Week

October 6-12

www.aapa.org/paweek

Medical Assistants Recognition

Week October 19-23

www.americanmedtech.org

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New Resources for Healthcare Providers

Cardiovascular Care High Performers

A [new report](#) issued in support of Million Hearts® highlights health plans and physician practices nationwide that have achieved excellent results in cardiovascular care, including high rates of hypertension control, cholesterol management and smoking cessation.

Physician Quality Reporting System (Physician Quality Reporting or PQRS) formerly known as the Physician Quality Reporting Initiative (PQRI) Resources

This website serves as the primary and authoritative source for all publicly available information and CMS-supported educational and implementation support materials for PQRS.

New Book on Culture and How it Intersects with Health Issues

The book, *Essentials of Health, Culture, and Diversity*, examines the definition of culture, the way it intersects with health issues, how public health efforts can benefit from understanding culture, and useful research tools for identifying connections between culture and health. Subtitled, *Understanding People, Reducing Disparities*, it focuses on three areas of public health where culture and health intersect: HIV/AIDS, obesity, and youth violence. The book also includes an extended discussion of the National CLAS Standards. To find this document and additional information, [search our online catalog](#).

New AHRQ PCMH Resources

The PCMH must interact with the current regulatory and financial landscape, including Affordable Care Act initiatives, public and private payers, accountable care organizations, and more. It is important for practice facilitators to understand this broader context of primary care, as well as state, regional and local policy and payment environments in which their practices exist in order to help them meet the challenges of efficient and effective primary care delivery.

For more information on the primary care landscape, look for the new module in the upcoming, expanded version of [The Practice Facilitation Handbook: Training Modules for New Facilitators and Their Trainers](#).

This module is also foundational to all of [AHRQ's Primary Care Practice Facilitation Forum](#) prior webinar discussions, which are available through these links: [highlights of the PF Case Studies](#), [Use of Health IT](#), [Supporting Patient Safety](#), [Patient Engagement](#), and [Introducing the PF Curriculum](#), as well as previous white paper webinars highlighting [Using Health IT for QI](#) and [Creating Team-Based Care](#). Click the appropriate link and register for the event you wish to hear. If you have already registered for these events, simply sign in. This will bring you to all of the resources available during the live event, including audio and a slide deck.

How Can We Pay for a Healthy Population?

Prevention Institute talked to health-system innovators around the country to identify emerging new approaches for financing population-health measures that prioritize community prevention. Download [here](#).

New Study: Younger Adults Experience Only Slight Declines in Heart Disease Deaths

Deaths from heart disease have declined dramatically, but younger people, particularly women, are not sharing equally in that improvement, according to new research. Researchers tracked annual percentage changes in heart disease death rates between three time periods: 1979-1989, 1990-1999 and 2000-2011. Death rates in adults 65 and older declined consistently over the decades, with accelerating improvements since 2000. In contrast, the annual change in death rates in young women showed no improvement between 1990 and 1999 and has only fallen one percent since 2000. [Read more about this study now.](#)

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



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