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

Health Promotion is Newsworthy

Heart disease deaths have declined across the nation in the past 50 years, according to a recent Morbidity and Mortality Weekly Report (MMWR) released by CDC’s Division for Heart Disease and Stroke Prevention. The report also highlights a troubling disparity: Blacks and whites have not fared equally in many states and nationwide. The study, “Heart Disease Death Rates Among Blacks and Whites Aged ≥35 Years — United States, 1968–2015 found that blacks had smaller declines in heart disease deaths than whites. In 2015, heart disease death rates were 21 percent higher among black Americans than among white Americans. The majority of states had increases in black-white disparities in heart disease deaths over time. Despite these significant disparities, the report revealed some signs of promise. Since 2005, the gap between blacks and whites has narrowed somewhat at the national level. This finding suggests that opportunities exist for prevention and treatment efforts to make significant progress in further reducing the disparity in heart disease death rates. Changing these persistent health disparities will require ongoing efforts at the state, local and federal levels. CDC remains committed to developing and implementing effective strategies to further reduce cardiovascular health disparities between white and black Americans. The CDC will continue to fund heart disease and stroke prevention and control activities in states, local areas, tribal organizations and U.S. territories, including through: cooperative agreements, such as Improving the Health of Americans Through Prevention and Management of Diabetes and Heart Disease and Stroke; The WISEWOMAN program, which helps low-income, uninsured and underinsured women aged 40 to 64 years reduce their risk for heart disease and stroke; and The Million Hearts® initiative, which has created a framework that includes an increased focus on improving blood pressure control among African Americans. In addition to the MMWR, the CDC has developed some additional resources that take a closer look at the data. The state-specific supplementary figures provide a closer look at trends in heart disease death rates for blacks and whites and black-white mortality ratios from 1968 to 2015 for the 50 US states and the District of Columbia among adults aged 35 years and older. The supplementary file for trends among individuals ages 35–64 displays national trends in heart disease death rates for blacks and whites and the black-white mortality ratio from 1968 to 2015 among adults aged 35–64 years. This file provides a comparison to the trends observed among adults aged 35 years and older.

Plan Clinic Awareness Activities for Upcoming Health Observations

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Website</th>
</tr>
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<tbody>
<tr>
<td>Blood Donor Day</td>
<td>June 14, 2018</td>
<td><a href="http://www.who.int">www.who.int</a></td>
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<tr>
<td>Nursing Assistants Week</td>
<td>June 18-22, 2018</td>
<td><a href="http://www.ashrm.org">www.ashrm.org</a></td>
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<tr>
<td>Men's Health Week</td>
<td>June 11-17, 2018</td>
<td><a href="http://www.menshealthmonth.org">www.menshealthmonth.org</a></td>
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What’s new about

Better Choices, Better Health

Put Life Back in Your Life

Better Choices, Better Health is an evidence-based 6-week workshop that meets for 2.5 hours each week. The peer supported program is designed to help adult participants self-manage their chronic health conditions by encouraging mutual support of and confidence in the participants’ abilities to maintain their wellness. The program is not specific to any one disease, but instead addresses a variety of topics that are commonly encountered when dealing with ongoing health conditions. Do you or someone in your organization want to become a trained leader? IDPH will be hosting a 4-day Chronic Disease Self-Management leader training July 9, 10, 16, and 17th in Ankeny. Registration is free. Please contact Erin Olson at erin.olson@idph.iowa.gov for more information or to register.
Million Hearts® Initiative 2022 Update

Coming soon: Million Hearts® Cardiac Rehabilitation Change Package
Coming in June, CDC, in collaboration with the American Association of Cardiovascular and Pulmonary Rehabilitation, will be releasing the Million Hearts® Cardiac Rehabilitation Change Package. This quality improvement guide is a menu of evidence-based strategies and related tools and resources for improving cardiac rehabilitation utilization. It is intended as a tool for anyone interested in improving rates of referral, enrollment, participation and adherence.

Priority: Keeping People Healthy

Reduce Sodium Intake

Most hypertensive patients do not receive clinical advice to reduce sodium intake, study shows.
(MMWR Morb Mortal Wkly Rep)

Decrease Tobacco Use

Cigarette smoking tied to greater stroke risk among men
A study in Stroke found male smokers under age 50 had an 88 percent higher risk of stroke than men who never smoked, with risk increasing the more they smoked. The findings, based on data from 615 men ages 15 to 49 with a history of stroke and 530 healthy men of similar age, showed smoking fewer than 11 cigarettes each day was associated with a 46 percent greater risk of stroke, while smoking at least two packs of cigarettes daily was linked to almost fivefold risk of stroke.
HealthDay News (4/19)

Decrease Physical Inactivity

Walking may cut heart failure risk in postmenopausal women, study finds
A study to be presented at the annual scientific session of the American College of Cardiology found walking for at least 40 minutes at an average pace several times in a week was associated with an almost 25 percent lower risk of heart failure among postmenopausal women. The findings were based on data for 89,270 Women's Health Initiative participants who were followed for over a decade.
United Press International (3/1)

Priority: Optimizing Care

Improve the ABCS

Aspirin When Appropriate

Aspirin for Primary Prevention: 2016 USPSTF Recommendations
Because only a limited group of patients should use preventive aspirin, family doctors should view the 2016 USPSTF Recommendations as an opportunity to make sure that your patients’ aspirin use is consistent with the likelihood of health benefits.

Blood Pressure Control and Management

Target: BP Resources
Self-measured BP (SMBP) is a key element of Target: BP™, the joint effort of the AMA and the American Heart Association to identify and help the nearly 40 million Americans with uncontrolled high BP. Instructional videos (English; Spanish) from Target: BP can help train care teams and patients on SMBP. Find more tools, resources and information at the AMA’s Targeting Hypertension topic page.

Drug Test Spurs Frank Talk Between Hypertension Patients And Doctors
Roughly half of patients don’t take their high blood pressure medicine as they should, even though heart disease is the leading cause of death in America. Now, a drug test can flag whether a patient is taking the prescribed medication and is meant to spark a more truthful conversation between patient and doctor.
(Blake Farmer, Nashville Public Radio, 4/18)
**Cholesterol Control and Management**

Many people with very high cholesterol may not be taking statins, study suggests

Reuters (3/26, Rapaport) reports that research suggests “many patients with dangerously high cholesterol or a genetic predisposition to it don’t take” statins. Researchers found that “statins were being taken by just 52 percent of adults with...familial hypercholesterolemia.” Meanwhile, just “38 percent of adults with non-genetic severe dyslipidemia took statins.” The findings were published online in Circulation.

**Smoking Cessation**

As a healthcare provider, you have a special role in educating your patients – including your LGBTQ+ patients – about tobacco’s impact on health and tobacco cessation services offered here in Iowa. Encourage your patients to call Quitline Iowa at 1-800-QUIT-NOW (784-8669) to access qualified tobacco cessation coaches and other necessary support for successful tobacco cessation. Quitline Iowa is a toll free number available to anyone who has Medicaid fee for service, Medicare, commercial insurance, or is uninsured. Quitline Iowa is available 24 hours a day and seven days a week. The American Medical Association has tips for becoming an LGBTQ-friendly practice here: https://www.ama-assn.org/delivering-care/creating-lgbtq-friendly-practice.

### Increase Use of Cardiac Rehab

**Cardiac Rehabilitation | Million Hearts**

Cardiac Rehabilitation. Cardiac rehabilitation, or cardiac rehab, is a comprehensive secondary prevention program designed to improve cardiovascular health following a cardiac event or procedure.

### Engage Patients in Healthy Behaviors

**Study: Diet is important for people with genetic risk of obesity**

A healthy diet reduces obesity risks and promotes weight loss in general, and especially for people with a genetic predisposition to obesity, a study in The BMJ found. The analysis showed people with the greatest adherence to the DASH or the Alternate Healthy Eating Index 2010 diets over two decades saw decreases in body weight and BMI, but the strongest effect was among those with the highest genetic risk of obesity. HealthDay News (1/10)

### Priority: Improving Outcomes for Priority Populations:

**Blacks/African Americans; 35- to 64-year-olds; People who have had a heart attack or stroke and People with mental illness or substance use disorders**

**Smart approach improves BP control for black, Hispanic patients**

Serving a population made up largely of African-American and Hispanic patients, a Miami primary care and multispecialty group saw the same racial and ethnic health disparities in hypertension that are rampant in the American population at large. But the team at Doctor’s Medical Center has secured a 16 percent improvement in its BP-control rate. Read more at AMA Wire®.

**Factors contributing to higher incidence of diabetes for black Americans**

A study found that biological risk factors—including weight and fat around the abdomen—are primarily responsible for the elevated rate of diabetes for black Americans.

**Will Certain Foods Boost Brain Health?**

Two eating plans known to improve heart health and control high blood pressure are also a healthy way for stroke survivors to preserve their brain.
Pre-diabetes News

Let Employer Wellness or Benefit Administrators Know About This Upcoming Webinar!
The National Alliance of Healthcare Purchaser Coalitions and the National Association of Chronic Disease Directors (NACDD) bring us an excellent opportunity for payers. This webinar will focus on the specific steps employers and commercial health plans can take to initiate coverage of the National DPP lifestyle change program.

Webinar: “Coverage for the National Diabetes Prevention Program: Employers and Commercial Health Insurance Plans” June 13, 2018, 2:00–3:00 p.m. CT Register to join the webinar.

Diabetes News

Research shows association between diabetes, autoimmune diseases
A study presented at the Endocrine Society's annual meeting showed that type 1 diabetes onset after age 40 is tied to a more than double increased risk for one or more autoimmune diseases, such as gastrointestinal autoimmune conditions, pernicious anemia, thyroid disease and vitiligo, compared with diabetes onset at 10 years or younger. Researchers used a cohort of 1,167 adult diabetes patients, mean age of 46.9, and found that women older than 60 had a 63 percent likelihood of developing at least one additional autoimmune condition, compared with 27 percent for women younger than 29 and 33 percent for men in the same age group. Medscape [free registration] (3/27)

Health coverage for adults with diabetes increased after ACA
A study in Diabetes Care found that health insurance coverage among adults with diabetes, ages 18-64, increased from 84.7 percent in 2009 to 90.1 percent in 2016 after implementation of the Affordable Care Act in 2010. Researchers analyzed data from the National Health Interview Surveys. Healio [free registration]/Endocrine Today (2/27)

Study quantifies diabetes risk associated with A1C elevation
Individuals who started a study with A1C readings of more than 5.9 percent but less than 6.5 percent had more than eight times the risk of developing diabetes over about four years as those whose readings fell below 5.7 percent, while risk was about doubled for those who started with A1C readings from 5.7 percent to 5.9 percent, according to a study in Diabetes Care. Researchers evaluated data from more than 34,000 people without diabetes who were participating in an employee wellness program, and they found that nearly 13% of those with the highest A1C readings developed diabetes during the study, compared with less than 1 percent of those with lower readings. Reuters (5/23)

Study Finds Association Between Number Of Missing Teeth And Glucose Intolerance
The Daily Mail (3/19, Baulkman) reports that researchers have found “a positive relationship between the number of missing teeth people had and glucose intolerance.” The article states that the study, conducted by researchers at City of Hope National Medical Center, “suggests dental exams may be a tool for diagnosing a person’s risk for developing diabetes.” Lead author Dr. Raynald Samoa, an assistant professor in the Department of Diabetes, Endocrinology & Metabolism, said, “Although a causal relationship cannot be inferred from this cross-sectional study, it demonstrates that poor dental outcome can be observed before the onset of overt diabetes.”

Training for Healthcare Providers:

Working as a Team for Cardiovascular Risk Reduction in Patients With T2D CME
Can Smoking Only 1 Cigarette a Day Raise Cardiovascular Risk? CME / ABIM MOC / CE
New Expert Consensus on Optimizing Heart Failure Treatment CME / ABIM MOC / CE

It's everything you need to know about Medicaid
AHIP's new Medicaid Primer online course gives you a solid understanding of the landmark public program that delivers health coverage to millions of Americans. You'll master Medicaid's fundamentals and ongoing innovations including funding and administration, eligibility rules, long-term services, waivers, regulation of managed care and more. Learn more about Medicaid Primer and enroll today.
New Resources for Healthcare Providers

Patient EHR enhancements may help ID possible PDMP risk areas, study shows
Enhancing patient EHRs, having graphical displays of controlled-substance prescription use and implementing maps showing distances between patients, pharmacies and prescribers could help determine the possible risk areas in prescription drug monitoring programs, according to a Pew Charitable Trusts study. Researchers also found several barriers to PDMP implementation, including time constraints associated with reviewing information in patient profiles, differences in the interpretation and application of PDMP data between states, ability to monitor the extent and appropriateness of PDMP use and high costs. EHR Intelligence (5/23)

Researchers examine popularity of Mediterranean diet across USA
A study presented at the annual meeting of the European Congress on Obesity showed that the Mediterranean diet was most popular in the Northeast region, including Massachusetts, Pennsylvania and New York City, and on the West Coast, including California, and was less popular in Alabama, Arkansas, Georgia and Louisiana. Researchers analyzed how the regimen was followed by almost 21,000 non-Hispanic adults across the US and found that those who reported exercising at least four times a week and watching television for less than four hours a day were more likely to adhere to this diet. HealthDay News (5/23)

Dietary protein source affects heart disease risk, study says
A study of dietary proteins, published in the International Journal of Epidemiology, found that red meat consumption can increase the risk of heart disease by 60 percent, while eating nuts and seeds can reduce it by 40 percent. Similar associations were not found for other dietary sources, including fruits, grains, legumes, processed foods and vegetables. United Press International (4/6)

Test prompts honest discussions about adherence to hypertension meds, docs say
Physicians say a urine test that confirms whether patients have taken their hypertension medication in the past day or two can facilitate more honest conversations about medication adherence and the dangers of not taking medication, although Dr. Tom Johnston cautions that the test could create a more adversarial relationship between physician and patient. About half of patients do not take medications for high blood pressure as prescribed due to side effects and other factors. National Public Radio (4/16)

Faster walking pace linked to reduced hospitalization risk in CVD, hypertension
Researchers followed 1,078 patients with hypertension and cardiovascular disease for three years and found that those with a mean walking speed of 5.1 kilometers per hour had a lower risk of hospitalization than those who walked at a slower pace. The findings, published in the European Journal of Preventive Cardiology, showed the hospitalization risk was reduced 19% for every 1 kilometer per hour increase in speed. Healio (free registration)/Cardiology Today (4/24)

FDA explores regulation of digital medication adherence tools
FDA Commissioner Scott Gottlieb said the agency is looking at establishing a "balanced, risk-based" framework for regulating digital medication adherence tools as part of a drug review process. Digital adherence health tools include mobile devices and software that support adherence to prescription medications, facial recognition software designed to categorize pain symptoms or monitor cognitive performance and software that uses a smartphone camera to help patients monitor the side effects of treatment. Modern Healthcare (tiered subscription model) (4/26)

New Resources Available on the Medicare Diabetes Prevention Program Website
The following resources have been recently added to the MDPP resource library:
MDPP Sessions Journey Map: Provides an overview of the different types and sequence of MDPP sessions.
MDPP FAQs: Answers commonly-asked questions about the MDPP expanded model.
Medicare Advantage (MA) Fact Sheet: Provides an introduction to Medicare Advantage for MDPP suppliers.
Can’t find the answer to your question on the MDPP website?
Please email the MDPP Mailbox at MDPP@cms.hhs.gov or call the Help Desk at 1-877-906-4940.
More New Resources for Healthcare Providers

**Science-in-Brief: Turning Science into Action** synthesizes research findings from peer-reviewed journal articles into concise and user-friendly summaries. Each summary highlights how findings might be applied to the work in cardiovascular health promotion. The following recently published summaries are related to pharmacy-based interventions.

**Medication Synchronization Programs Improve Adherence to Cardiovascular Medications and Health Care Use**
A Project to Promote Adherence to Blood Pressure Medication Among People Who Use Community Pharmacies in Rural Montana, 2014–2016

Disparities in hypertension and cardiovascular disease in blacks: the critical role of medication adherence

Factors Predicting Self-reported Medication Low Adherence in a Large Sample of Adults in the U.S. General Population: A Cross-sectional Study

View the full archive of Science-in-Brief publications online. For questions or comments concerning the summaries, please contact AREBheartinfo@cdc.gov.

**USPSTF issues new recommendations to prevent falls, fractures in older adults**

On its website, **CBS News** (4/17, Welch) reports that “in an effort to reduce the number of injuries and fatalities in the elderly, the US Preventive Services Task Force (USPSTF) has issued new recommendations to prevent falls and fractures in older adults.” The recommendations are published in the Journal of the American Medical Association. A “major point of guidance from the USPSTF is that adults 65 years or older who are at increased risk of falling should exercise.” Alex Krist, MD, USPSTF vice chair, said, “There’s fairly good evidence that this works well, so for community-dwelling adults [those who live at home and not in a nursing home or other institutional care setting] who are at risk of falling we’re recommending exercise to help prevent falls.” The **NPR** (4/17, Aubrey) “Shots” blog reports that meanwhile, the task force, “in a change from its previous recommendation issued in 2012...now recommends against vitamin D supplementation to prevent falls in people 65 and older, unless they are known to have osteoporosis or vitamin D deficiency.” Following “a review of several studies on the effectiveness of vitamin D supplementation in preventing falls, the task force didn’t see a consistent benefit.”

**Public Health Consequences of E-Cigarettes**

Millions of Americans use e-cigarettes, even as rates of smoking combustible tobacco cigarettes continue to decline among youth and adults. In 2016 youth e-cigarette use was substantially higher than cigarette smoking or use of any other tobacco product. The Center for Tobacco Products of the Food and Drug Administration requested that the National Academies of Sciences, Engineering, and Medicine convene a committee of experts to conduct a review the available evidence of the health effects related to the use of e-cigarettes and identify future federally funded research needs. The resulting report is a comprehensive and systematic review of the literature that evaluates the evidence about e-cigarettes and health, highlights gaps that are a priority for future research, and makes recommendations to improve the quality of this research.

**CPAP tied to heart disease risk reduction in prediabetes, study finds**

Researchers from the US and Canada used a cohort of 39 patients with prediabetes and obstructive sleep apnea and found that those who wore continuous positive airway pressure masks for two weeks had significantly lower resting heart rates than those on placebo. The findings in the American Journal of Respiratory and Critical Care Medicine revealed that “optimal treatment of sleep apnea reduces cardiovascular risk in those with prediabetes,” said study author Dr. Esra Tasali.

**Diabetes (UK)** (5/21)

**Improving ways to find and diagnose hypertensive patients hiding in plain sight in health centers**

(UT Comm J Qual Patient Saf)