

**“Advancing Million Hearts®:  
AHA and State Heart Disease and Stroke Prevention  
Programs Working Together in Idaho”**

**July 27, 2016**

**Affiliates – Boise, Idaho**

**Meeting Summary**



This one-day event was presented by the Million Hearts® Collaboration, co-chaired by the American Heart Association and the National Forum for Heart Disease and Stroke Prevention. Funding for this event is made possible (in part) by the Centers for Disease Control and Prevention for the Million Hearts® Collaboration.

Those invited to attend included colleagues from the American Heart Association, Idaho Department of Health and Welfare, local health agencies, health systems, health insurers, and professional associations.

**Meeting Purpose:**

Connecting staff from AHA Affiliates, state health departments and other state and local heart disease and stroke prevention partners to establish and engage in meaningful relationships around Million Hearts® efforts.

**Meeting Objectives:**

At the end of the meeting, participants will be able to:

- 1) Identify Million Hearts focused activities for 2016
- 2) Recognize Million Hearts® evidence-based and practice-based CVD prevention strategies and approaches
- 3) List partner programs and resources that align with Million Hearts
- 4) Identify programs efforts that align and ways to work together
- 5) Create plan for follow-up to increase engagement
- 6) Recognize key contacts within heart disease and stroke prevention

**Idaho Focus:**

HTN Change package with presentation from Dr. Janet Wright

**Attendance: 33**

**Facilitated Discussion Notes**

- **High level overview of the key areas recognized for collaboration:**
  - Identifying Undiagnosed Hypertension: HIPS
  - Team- Based Care: Pharmacists, Community Health Workers
    - Collaborative Practice Agreements
    - Working with Idaho Board of Pharmacies and Pharmacist Association on Medication Therapy Management
  - AHA Policy Priorities:
    - Health insurance coverage
    - Stroke and STEMI designations and registries
    - Regional councils
    - Biking and walking to schools/Safe Routes to Schools
    - Tobacco Free Idaho
- **Next steps over these next few months:**
  - Increase communication
  - Medical Health Neighborhood
    - Gaps in communities 1-degree care and specialist
    - Community focus – education, access, and food
    - Regional collaboratives with leader and medical champion
  - Increase engagement/communication with legislators
    - Invite to Board of Health meetings
    - Need to see numbers and costs
    - Stories from the districts

- Local health districts, coalitions/partners coming together
- Sharing of goals across organizations
- Strategic plan workgroup – August new plan
- Idaho Data Exchange
- Need to communicate to operational leaders about what is going on in districts or at clinical level (using champions)
- Gather health system leaders to learn more with State Health Department
- Other partners:
  - Physicians from health systems
  - Healthy Connections
  - Healthy Hearts Northwest
  - American Lung Association
- **Content to share with the participants/ resources they need:**
  - QI Initiatives/trainings
  - Information on collaborative practice agreements and MTM projects
  - Medical Health Neighborhood meetings
- **Summary of the resources they need / compiled:**
  - Identifying Undiagnosed Hypertension: Hiding in Plain Site (HIPS)  
<http://millionhearts.hhs.gov/tools-protocols/hiding-plain-sight/index.html>
  - Proper BP Measurement [http://millionhearts.hhs.gov/Docs/TUPD/BP\\_Guide.pdf](http://millionhearts.hhs.gov/Docs/TUPD/BP_Guide.pdf)
  - Target BP <http://targetbp.org/>  
Team Up Pressure Down  
[http://millionhearts.hhs.gov/Docs/TUPD/TUPD\\_Materials\\_Overview.pdf](http://millionhearts.hhs.gov/Docs/TUPD/TUPD_Materials_Overview.pdf)

### Facilitated Group Discussion

#### Goal: Identify hypertension efforts in the state of Idaho

#### Overview of Task

- Please use the template on the second page to capture information you would like to share on your organization's hypertension projects and programs in Idaho. You can also note initiatives and other ideas you have heard throughout the day of areas you would like to partner on or seek resources.
- You will be asked to share this information during the facilitated group discussion. This document will be collected to provide a summary to the group.
- The facilitator will be listening for this information throughout the day's presentations and will be capturing it on flip charts under three strategies: Undiagnosed Hypertension, Uncontrolled Hypertension, Team Based Care. We will also have a flip chart for additional strategies.
- The point of this exercise and the facilitated session is to hear from you on your programs and interests to better understand what is happening in Idaho around hypertension and to find ways to better partner. It is not meant to create additional work or to form a new group but to help each other do our work better and to create synergies around the state.
- We will have the opportunity to hear from all the partners present, we will capture the work being done around the state and then we will have an opportunity to note where we can partner with others to help scale and spread the work.
- Finally, we will have a discussion about the key areas noted as partnership opportunities and discuss additional resources and partners necessary to support this work.

- Facilitated Group Discussion Itinerary

1:20pm Attendees complete ideas on the template.  
 1:30pm Prioritization exercise/stretch break  
 Attendees place circle stickers on areas/projects where their organization can see alignment and may want to partner. (Add name/organization on stickers.)  
 1:45pm Discuss group priorities and how partners can align. This information is captured on a fourth flip chart (Coordination and Collaboration) identifying for each selected priority - what, who, and by when

### Identifying Hypertension Efforts in Idaho

Partner/Organization Name \_\_\_\_\_  
 Individual Name \_\_\_\_\_  
 Role within your organization \_\_\_\_\_  
 Region (if applicable) \_\_\_\_\_

In the boxes below, please include the following:

- 1) Activities under each of the categories that you are currently working (focus on main priorities)
- 2) An area you may like to collaborate on moving forward
- 3) Resources/tools you have available for others

If you are not working on one of these areas, please feel free to leave it blank. If you have another main priority, feel free to use the space at the end.

**Strategy: Identify Undiagnosed Hypertension**

| ACTIVITY | COLLABORATION / ENGAGEMENT OPPORTUNITIES | RESOURCES / TOOLS |
|----------|--|-------------------|
|          |  |                   |

**Strategy: Team Based Care**

| ACTIVITY | COLLABORATION / ENGAGEMENT OPPORTUNITIES | RESOURCES / TOOLS |
|----------|--|-------------------|
|          |  |                   |

**Strategy: Address Uncontrolled Hypertension**

| ACTIVITY | COLLABORATION / ENGAGEMENT OPPORTUNITIES | RESOURCES / TOOLS |
|----------|--|-------------------|
|          |  |                   |

**Other Strategies:**

| ACTIVITY | COLLABORATION / ENGAGEMENT OPPORTUNITIES | RESOURCES / TOOLS |
|----------|--|-------------------|
|          |  |                   |

**Notes**

**Address Uncontrolled Hypertension**

| Organization  |  | Activity  |
|---|--|---|
| PHD HTN/DM<br>Regional Coalition  | Qualis Health                              | Training clients on SMBP<br>QI Initiatives/Training                           |
| SWDH (Community<br>Health Assessment)   | St. Alphonsus                              | Health Screenings/Health Fairs  |
| CDHD (Community<br>Health Assessment)<br>CDHD/Health District<br>HTN/DM Coalition | St. Luke Health<br>System, YMCA            | Cardiac Rehab Efforts – Pilot program focused<br>on lifestyle change          |
| SWDH  | AHA  | Get with the Guidelines   |
| SWDH and IDHW<br>HDSP   | St. Luke’s                                 | Learning Collaborative  |
| IDHW<br>HDSP  | Pharmacy and Primary<br>Care               | Collaborative Practice Agreements – MTM                                       |
|   | IDHW                                       | Reporting/data sharing/<br>aggregating/Monitoring measures and<br>performance |
| IHDE<br>IHC<br>IPCA   | CDHD (All Health<br>District Coordinators) | Academic detailing<br>Best practices education and resources                  |

**Team-Based Care**

| Organization                                  |  | Activity  |
|---|--|---|
| South Central Public<br>Health                | St. Luke   | Working with district coordinators<br>Working with primary care providers   |
| SWDH  | St. Luke/YMCA  | Wellness Center   |
| SWDH<br>Health District 1<br>HTN/DM Coalition | LHDs, Hospitals  | Medical Health Neighborhoods – Meetings   |
|   | County Commissions<br>and other elected<br>officials             | Invite to help understand need and costs  |
|   | IDHW<br>SHIP<br>PCP<br>DSME<br>IHC (Idaho Healthcare<br>Council) | CHW Program   |
|   | PHD (Academic<br>detailing)                                      | Get more preventative/team-based/lifestyle<br>change healthcare professionals involved [<br>increase referrals]:<br>- RDs |

| Organization   |                 | Activity                       |
|----------------|-----------------|--------------------------------|
|                |                 | - PTs<br>- OTs, etc.<br>- CDEs |
| Idaho Pharmacy | Million Hearts® | Team Up Pressure Down          |

### Smoking Cessation

| Organization |                            | Activity   |
|--------------|----------------------------|--|
| St. ALS      | ID State Board of Pharmacy |  |
|              | Idaho PHDs                 | Classes<br>Referrals   |
|              | Project Filter             | QuitNet<br>QuitNow   |
|              | St. ALS                    | Quit with Nancy  |
|              | St. Luke's                 | Cessation Treatment  |
|              | CHHD                       | SHIP PCMH Support<br>Cessation Resources<br>Treatment-Based Care |

### Other Activities

- Tobacco cessation services (free in health districts)
- Quitline (free) – Idaho State Board of Pharmacists
- CQNs Cardiovascular/Quality Improvement – Qualis
- Quit with Nancy
- Free health screenings (within health system) – St. Alphonsus
- Maternal focus – cessation services – St. Luke's
- 32-week program with patients, work with YMCA – St. Luke's
- YMCA Healthy Living Center – St. Luke's
- Communications between public health and systems
- Meet Me Monday
- Walking Groups
- SHIP – Regional Health -- 1-degree care neighborhoods
- Balance population health with regular care – bottom line
- BP screening at Idaho Food Bank drop sites
- Health District sponsored weight loss support group
- Medical home – PEDs clinics
- Comprehensive cancer screenings – breast, skin, HPV, cervical, colon

### Next Steps/Follow Up

- Increase communication
- Medical Health Neighborhood
  - o Gaps in communities 1-degree care and specialist
  - o Community focus – education, access, and food
  - o Regional collaboratives with leader and medical champion

- Increase engagement/communication with legislators
  - o Invite to Board of Health meetings
  - o Need to see numbers and costs
  - o Stories from the districts
- Local health districts, coalitions/partners coming together
- Sharing of goals across organizations
- Strategic plan workgroup – August new plan
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- Need to communicate to operational leaders about what is going on in districts or at clinical level (using champions)
- Gather health system leaders to learn more with State Health Department
- Other partners:
  - o Physicians from health systems
  - o Healthy Connections
  - o Healthy Hearts Northwest
  - o American Lung Association

**Attendees**

|                      |  |  |
|----------------------|--|--|
| Adria Masoner        | South Central Public Health District         | Health Education Specialist                  |
| Alex Adams           | Idaho State Board of Pharmacy                | Executive Director                           |
| Amy Ciarochi         | American Heart Association                   | HBP Strategic Alliances Manager              |
| April Wallace        | American Heart Association                   | Million Hearts®, Program Initiatives Manager |
| Ashley Rundle        | Idaho Department of Health and Welfare       |  |
| Carol Julius         | Southwest District Health                    |  |
| Chanda Sundara       | Qualis Health                                | Quality Improvement Consultant               |
| David Bishop         | St. Luke's Health System                     | Service Line Administrator-Heart             |
| Dennis Carlson       | Portneuf Medical Center                      | Service Lines Director                       |
| Dylan Atkinson       | Idaho State Board of Pharmacy                |  |
| Ellen Merrill        | Public Health - Idaho North Central District | Health Education Specialist                  |
| Erin Bennett         | American Heart Association                   | Government Relations Director                |
| Gina Pannell         | Central District Health Department           |  |
| Heidi Henson         | Public Health - Idaho North Central District | Health Promotion Coordinator                 |
| Ivie Smart           | Idaho Department of Health and Welfare       | Program Manager - IPAN                       |
| Jack Miller          | Idaho Department of Health and Welfare       | Program Manager                              |
| Janet Wright         | CDC/CMS Innovations Center                   | Executive Director                           |
| Jessica Budzianowski | American Heart Association                   | Executive Director                           |
| Jill Ceitlin         | American Heart Association                   | State Advocacy Consultant                    |

|                      |  |                                    |
|----------------------|--|------------------------------------|
| John Clymer          | National Forum for Heart Disease and Stroke Prevention | Executive Director                 |
| Julia Schneider      | National Association of Chronic Disease Directors      | Public Health Consultant, CVH Team |
| Julie Harvill        | American Heart Association                             | Million Hearts® Operations Manager |
| Karyn Goodale-Durham | South Central Public Health District                   |                                    |
| Kimberly Thurston    | Central District Health Department                     | QI Specialist                      |
| Kym Schreiber        | Idaho Department of Health and Welfare - SHIP          | PCMH Project Manager               |
| Melissa Dilley       | Central District Health Department                     |                                    |
| Natalie Colla        | Panhandle Health District                              | Registered Dietitian               |
| Neill Piland         | Idaho State University                                 |                                    |
| Nicole Runner        | Idaho Department of Health and Welfare                 | Health Program Manager             |
| Nicole Stickney      | Idaho Department of Health and Welfare                 | Health Program Specialist          |
| Robin Rinker         | Centers for Disease Control and Prevention             | Health Communications Specialist   |
| Saunja Carlson       | Idaho State University                                 | Speech Language Pathologist        |
| Scott Fleming        | Walgreens  | Healthcare Supervisor              |
| Traci Lambson        | Southeastern Idaho Public Health                       | Health Educator                    |

## **Evaluation Highlights:**

### **The most valuable part of the meeting was:**

- Million Hearts overview by MD
- Learning about objectives of Million Hearts
- Brainstorming about partnerships/networking
- Data and available resources

### **Ways to improve in the future:**

- Information on how to help providers implement initiatives

### **After Action Review - Idaho**

**Idaho – Erin Bennett, Nicole Runner, Nicole Stickney, Julia Schneider, April Wallace, Jill Ceitlin, Julie Harvill**

### **When went well, why?**

- Focus on hypertension, heart disease – sometimes overshadowed
- Dr. Wright's presentation
- Local partners were in attendance
- Good conversations
- State sharing
- AHA's Check Change Control/Target BP
- 1305 Alignment

### **What didn't go so well?**

- Some partners left before the end of the day

### **What should we do differently in the future?**

- Pair up attendees to share their work
- What are immediate next steps we should take?

### **Post meeting progress:**

AHA is working with the Idaho Department of Health and Welfare on a regular basis on tobacco control and health care access. The Health Program Specialist for Diabetes, Heart Disease and Stroke is fairly new to her role. She will be sharing with AHA details on their plans. In the after action review, the health program specialist was pleased with the connections made and view of what is going on within their state outside of the state health department efforts. She felt by having the meeting it opened doors for collaboration.