Advancing Million Hearts®: AHA and State Heart Disease and Stroke Partners Working Together in Utah

June 06, 2019 – 8:30 AM to 3:00 PM MDT
Library Utah, South 4100 West
West Jordan, Utah 84088

8:30 am – Networking
9:00 am – Meeting Starts

Welcome and Opening Remarks

JOHN CLYMER
Executive Director
National Forum for Heart Disease and Stroke Prevention
Co-chair, Million Hearts® Collaboration

Overview of the Day

JULIE HARVILL
Operations Manager, Million Hearts® Collaboration
American Heart Association

Spending on healthcare vs. Investing in health

In OECD, for every $1 spent on health care, about 2% is spent on social services in the US, for $1 spent on health care, about 5% is spent on social services

Causes of Premature Death in U.S.

Healthcare
Behavioral Factors
Social Circumstances
Environmental Exposure
Genetic Predisposition

McGinnis JM, Foege WH, Actual Causes of Death in the United States, JAMA 1993; 270:2207-12

U.S. Health Spending


Purpose and Outcomes

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 and identify strategies for Million Hearts® priorities.

Meeting Outcomes:
Attendees will have expanded their knowledge of evidence-based programs, collaboration strategies, tools, resources and connections to align programs and new initiatives that support Million Hearts®.

Agenda

- Welcome
- Overview of the Day
- Utah Million Hearts® Coalition Overview
- Introductions
- Million Hearts® 2022 Overview and Update
- Utah DOH Health Priorities that Align with MH
- Comagine Health Priorities that Align with MH
- AHA Programs and Resources that Align with MH
- Finding Connections and Alignments
- Lunch
- Afternoon Breakouts / Facilitated Discussions (x3)
- Group Report Outs and Next Steps
- Evaluation and Feedback Process
- Wrap up / Adjourn

Utah Million Hearts® Coalition Overview

JOHN STULIGROSS
Cardiovascular and Health Systems Coordinator
Utah Department of Health

EDWIN ESPINEL
Healthy Living Through Environment, Policy & Improved Clinical Care
Utah Department of Health

The mission of the coalition is to prevent heart attacks and strokes in Utah through improved clinical care and accurate blood pressure measurement and control in health care settings and at home.
Million Hearts Coalition

Work groups:

1. The Million Hearts Award Workgroup
2. Education/Resources Workgroup

Utah Million Hearts Excellence in Blood Pressure Measurement and Control Award

Goal: recognize outstanding Champion Clinics in Blood Pressure Management and Hypertension Control

Launched in 2016
All applicants receive $500 stipend

The number of applicants has increased every year.

<table>
<thead>
<tr>
<th>Year</th>
<th>Number of Applicants</th>
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<tbody>
<tr>
<td>2016</td>
<td>13</td>
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<tr>
<td>2017</td>
<td>22</td>
</tr>
<tr>
<td>2018</td>
<td>23</td>
</tr>
<tr>
<td>2019</td>
<td>13</td>
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</tbody>
</table>

• Proportion of awards that were Silver/Gold/Platinum increased substantially in 2019
• The average clinic blood pressure control rate has increased each year.
• A large percentage of clinics that reapplied improved their control rate.
**Million Hearts Coalition – Education & Resources**

http://www.healthinsight.org/bloodpressure

**UDOH Role with Million Hearts**

Convene work groups

1. The Million Hearts Award Workgroup
2. Education/Resources Workgroup

Fund Million Hearts award stipend
Coordinate with partners statewide

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**THANK YOU!**

**Introductions**

**Edwin Espinel**

espinel@utah.gov

801-536-6605

**John Bartkus**

Principal Program Manager
Pensivia

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**Introductions**

Name & Organization

“What excites me about my role in heart disease and stroke prevention is …”

*(One Sentence)*

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**Million Hearts® 2022 Overview and Update**

**Tom Keane**

Division of Heart Disease and Stroke Prevention
National Center for Chronic Disease Prevention and Health Promotion
Centers for Disease Control and Prevention (CDC)
Preventing 1 Million Heart Attacks and Strokes by 2022

Tom Keane, JD, MPA
Acting Policy & Partnerships Lead
Division for Heart Disease and Stroke Prevention
Centers for Disease Control and Prevention

Million Hearts® 2022

• **Aim:** Prevent 1 million—or more—heart attacks and strokes by 2022
• National initiative co-led by:
  • Centers for Disease Control and Prevention (CDC)
  • Centers for Medicare & Medicaid Services (CMS)
  • Partners across federal and state agencies and private organizations

Heart Disease and Stroke in the U.S.

• More than 1.5 million people in the U.S. suffer from heart attacks and strokes per year
• More than 800,000 deaths per year in the U.S. from cardiovascular disease (CVD)
• CVD costs the U.S. hundreds of billions of dollars per year
• CVD is the greatest contributor to racial disparities in life expectancy

Heart Disease and Stroke Trends 1950–2015

Million Hearts-preventable event rates among adults aged ≥18 years by state, 2016

Million Hearts® State Profile: Utah

<table>
<thead>
<tr>
<th>2016 Values*</th>
<th>Acute Hospitalizations</th>
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<tbody>
<tr>
<td>Release ED</td>
<td>Rate (2016)</td>
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<tr>
<td>105.6</td>
<td>210.8</td>
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<table>
<thead>
<tr>
<th>Estimated 2017–2021 Values Without Intervention</th>
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<tbody>
<tr>
<td>Total Mutually Exclusive Events (thousands)</td>
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<tr>
<td>11.6</td>
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</tbody>
</table>
What this means for Utah

- We project 79,800 “Million Hearts preventable events” that will occur in UT if we do nothing
- 6% reduction of those events = 4,788 events we hope UT will prevent

County-level death rates

- Heart disease death rates are increasing in 58.5% of counties

Million Hearts® 2022

Aim: Prevent 1 Million Heart Attacks and Strokes in 5 Years

Priorities

- Keep people healthy
- Optimize care

Keeping People Healthy

- Reduce Sodium Intake
- Reduce Tobacco Use
- Increase Physical Activity

Effective Public Health Strategies

- Enhance consumers’ options for lower sodium foods
- Institute healthy food procurement and nutrition policies
- Enact smoke-free space policies that include e-cigarettes
- Use pricing approaches
- Conduct mass media campaigns
- Create or enhance access to places for physical activity
- Design communities and streets that support physical activity
- Develop and promote peer support programs

Optimizing Care

- Improve ABCS
- Increase Use of Cardiac Rehab
- Engage Patients in Heart-Healthy Behaviors

Effective Health Care Strategies

- Teams—making sure pharmacists, nurses, community health workers, and bystanders know what to do in cases of heart attack or stroke
- Technology—decision support, patient portals, e- and default referrals, registries, and algorithms to find gaps in care
- Processes—treatment protocols, daily huddles, ABCS economic incentives, finding patients with undetected high BP, high cholesterol, or tobacco use
- Patient and Family Supports—working in home-based pressure monitoring, problem-solving in medication adherence, counseling on nutrition, physical activity, tobacco use, risks of particulate matter, referral to community-based physical activity programs and cardiac rehab

*Aspirin use when appropriate, Blood pressure control, Cholesterol management, Smoking cessation
### Improving Outcomes for Priority Populations

<table>
<thead>
<tr>
<th>Population</th>
<th>Intervention Needs</th>
<th>Strategies</th>
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<tbody>
<tr>
<td>Blacks/African Americans with hypertension</td>
<td>• Improving hypertension control</td>
<td>• Targeted protocols</td>
</tr>
<tr>
<td>35- to 64-year-olds</td>
<td>• Improving HTN control and statin use</td>
<td>• Targeted protocols</td>
</tr>
<tr>
<td>People who have had a heart attack or stroke</td>
<td>• Increasing cardiac rehab referral and participation</td>
<td>• Automated referrals, hospital CRI, locations</td>
</tr>
<tr>
<td>People with mental or substance use disorders</td>
<td>• Reducing tobacco use</td>
<td>• Integrating tobacco cessation into behavioral health treatment</td>
</tr>
</tbody>
</table>

### Million Hearts® Resources and Tools
- **Action Guides**—Hypertension control, Self-measured blood pressure monitoring (SMBP), Tobacco cessation, Medication adherence
- **Protocols**—Hypertension treatment, Tobacco cessation, Cholesterol management
- **Tools**—Hypertension prevalence estimator, ASCVD risk estimator
- **Messages and Resources**—Undiagnosed Hypertension, Medication Adherence, Health IT, SMBP, Particle Pollution, Physical Activity, Tobacco Use
- **Clinical Quality Measures**
- **Consumer Resources and Tools**

### Stay Connected
- Million Hearts® e-Update Newsletter
- Million Hearts® on Facebook and Twitter
- Million Hearts® Website
- Million Hearts® for Clinicians Microsite

### Million Hearts® Hospital/Health System Recognition Program
- **Launching Summer 2019**

### Overview

This program will recognize clinical institutions working systematically to improve the cardiovascular health of the population & communities they serve by:
1. Keeping People Healthy
2. Optimizing Care
3. Improving Outcomes for Priority Populations
4. Innovating for Health

Applicants must address a minimum of one strategy in at least three of the four priority areas.
Application Process

Applicants can be recognized for—committing, implementing, or achieving—for each strategy they intend to address:

- **Committing**—no data required other than your commitment to implement
- **Implementing**—must submit the data per strategy listed as “Required attestation for those implementing”
- **Achieving**—must submit the data per strategy listed as “Recommended outcomes for those achieving results”

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Application Process

- Applications will be reviewed on a quarterly basis
- Launching late summer 2019!
- Achieving a Million Hearts® Hospital / Health System designation signals a commitment to not only clinical quality, but population health overall
- For more information, please email Erica Hamilton at nwq2@cdc.gov

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Utah Department of Health Priorities that Align with Million Hearts®

**JOHN STULIGROSS**
Cardiovascular and Health Systems Coordinator
Utah Department of Health

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MISSION & VISION

The Utah Department of Health’s mission is to protect the public’s health through preventing avoidable illness, injury, disability, and premature death; assuring access to affordable, quality health care; and promoting healthy lifestyles.

Our vision is for Utah to be a place where all people can enjoy the best health possible, where all can live and thrive in healthy and safe communities.
HEALTHIEST PEOPLE | OPTIMIZE MEDICAID | A GREAT ORGANIZATION

Healthiest People – The people of Utah will be among the healthiest in the country.

Optimize Medicaid – Utah Medicaid will be a respected innovator in employing health care delivery and payment reforms that improve the health of Medicaid members and keep expenditure growth at a sustainable level.

A Great Organization – The UDOH will be recognized as a leader in government and public health for its excellent performance. The organization will continue to grow its ability to attract, retain, and value the best professionals and public servants.

Focus Areas

Conditions

- Diabetes, Hypertension, Obesity

Interventions

- “Community-Clinical Linkages”
- Clinical Interventions
- Physical activity, nutrition, schools

Funding

Goal: Increase Public Health and Health System Partnerships to Solve Hypertension & Diabetes

Hypertension (HTN) & Diabetes

- 68.3% of diabetic adults also had HTN
- 20.1% with HTN also had diabetes

About 105,000 Utah adults had both diabetes and hypertension

Clinical Interventions

- EHR capacity
- Self monitoring BP
- Team-Based Care: Rx, RD, CHW
- Telehealth technology
- Hypertension rates / % out of control
How we do it

• Local Health Departments
• RD pilots, survey
• Pharmacy work and research
• Health Plan Partnership
• Million Hearts Coalition

Our Role

Facilitating Million Hearts Coalition

UDOJ Role with Million Hearts
Convene work groups
Fund Million Hearts award stipend
Coordinate partners statewide

THANK YOU!

Comagine Health Priorities that Align with Million Hearts®

KATHERINE LUKE
Project Manager / Utah Outpatient Services Comagine Health

REBECCA WILSON
Senior Project Manager Comagine Health

Break
Resume at 10:40am
Comagine Health
Reimagining health care, together.
Priorities and Alignment with Million Hearts

Rebecca Wilson
Senior Project Manager
Katherine Luke
Project Manager

Who is Comagine Health?
Mission Statement:
Together with our partners, we work to improve health and create a better health care system so that people and communities will flourish.

QIN/QIO for Idaho, Nevada, New Mexico, Oregon, Utah and Washington

Who is Comagine Health?
Formerly Qualis Health and HealthInsight, we are a national, nonprofit, health care consulting firm.
We work with patients, providers, payers and other stakeholders to reimagine, redesign and implement sustainable improvements in the health care system.
Our clients are federal, state and local government agencies, health plans and providers, and foundations and other privately funded groups.
Organizations include the Centers for Medicare & Medicaid Services, the Agency for Healthcare Research and Quality, the Centers for Disease Control and Prevention, the U.S. Bureau of Justice Assistance, the National Institute on Drug Abuse, the Pew Charitable Trusts and Medicaid agencies throughout the U.S.

Past Cardiac Work
2014-2019 Key Results and Impact
• Member of the Utah Million Hearts Coalition since 2014
• 1,060 people participated in monthly cardiac learning and action network activities through QIO contract
• 73 percent of recruited outpatient practices implemented hypertension protocols, 78 percent of home health agencies
• System level cardiac reporting, benchmarking and QI interventions with over 60 clinics.

Coalition Contributions
• Host of the Utah Million Hearts Coalition website and resources
• Medicare data, vital patient population
• Quality improvement expertise
• Data
• Relationships with clinics, hospitals and systems

Comagine Priorities
Coordinate with existing community-based efforts and reach community stakeholders to form community coalitions that focus on improvement
• Improve behavioral health
• Increase patient safety
• Increase chronic disease self-management (cardiac and vascular health, diabetes)
• Increase quality of care transitions
• We will be evaluated and paid on the outcomes we achieve
Cardiac Priorities

- Contribute to preventing one million cardiovascular events by 2024
- Achieve a 13.8 percent reduction in smoking prevalence among Medicare beneficiaries
- Provide learning collaboratives and TA, scaled through ECHO and telehealth, with a focus on team-based care, data-driven, continuous quality improvement, and population health management (e.g., augmenting Million Hearts® collaboratives)
- Use data-driven identification and reminders to at-risk patients with chronic diseases and smoking cessation needs. We will pair HIT solutions such as EHR and phone apps (e.g., quitline apps) and plugins with provider workflow toolkits to address chronic diseases, many of which were developed and tested by Comagine Health
- Continue initiation and support of community coalitions and PFACs to better address barriers due to social determinants and facilitate patient activation and lifestyle change

Going Forward

- Continued partnership on aligned priorities
- Collaboration to identify care gaps and develop resources for providers that fill those gaps
- A joint effort to improve the cardiac health of all Utahns
- Ability to share resources with each other
- Joining forces will move us farther, faster!

Comagine Health Contacts

Rebecca Wilson
Senior Project Manager
801-892-6616
Rwilson@Comagine.org

Katherine Luke
Project Manager
801-892-6656
Kluke@Comagine.org

Thank you

We look forward to working on cardiac health, together.
Who we are
The American Heart Association/American Stroke Association is not just a charity. We are crusaders, innovators, scientists and partners.

Our Mission
To be a relentless force for a world of longer, healthier lives.

Trends in health improvements
• Part of the 2020 impact goal is to improve health by 20% and we’re currently at 3.95%.
• In adults, we are seeing improvements in smoking rates, physical activity, blood pressure, cholesterol and blood glucose.
• In kids, we see improvements in smoking rates, blood pressure and blood glucose.
• Our work in these areas is being offset by issues such as unhealthy diets and obesity rates.

The impact of our work
National – Dallas HQ
- Education & awareness
- Research management
- Quality & science
- Advocacy agenda
- Strategic partnerships & alliances

Affiliate – 7 affiliates
- Activate advocacy
- Grassroots advocacy
- Fundraising & education
- Building partnerships
- Recruiting volunteers

Local
- Get With The Guidelines launched
- Drug-coated stents approved for use
- Go Red For Women launched
- AHA launched its work with precision medicine
- New blood pressure guidelines released
Social factors and location influence our health

50 million Americans live without access to healthy foods and purchasing medicine, healthy foods and medical care.

26 million Americans have to choose between paying rent and purchasing medicine, healthy foods and medical care.

7.3 million people who suffer from cardiovascular disease are uninsured.

WHAT MAKES UP A HEALTHY COMMUNITY?

- Opportunities to Live Healthy
- Strong Education and Technology
- A Strong Economy
- A Solid City Infrastructure
- Affordable and Safe Housing

Advocacy

- Building relationships with decision-makers
- Standing up for things you believe in
- Making a difference through action
- Pleading a case and being persuasive
- Educating legislators, elected officials, and decision-makers about issues that promote health equity for all

2019 Legislative Agenda

- Safe Routes to Schools (Harrison)
- Tobacco Prevention and Cessation Funding (Ray)
- Healthy Food Incentive Program Funding (Handy and Davis)
- Tobacco to 21 (Eliason)
Improving Health

Check. Change. Control. & Target: BP
Nearly 68 million Americans have high blood pressure.
500,000+
People have participated in Check. Change. Control. program to lower their blood pressure.

Check. Change. Control. Cholesterol
40% of Americans have high cholesterol.
Our goal is to move 9 million Americans to healthier cholesterol levels by 2020.

Heart-Check Mark
More than 900 products carry the Heart-Check mark.

Nearly 86 million People have participated in Check. Change. Control. program to lower their blood pressure.

Diabetes and Cardiovascular Disease

We’re working alongside the American Diabetes Association and others to combat the growing threats from diabetes and cardiovascular diseases.

30 million American adults have diabetes, including 7.2 million who are undiagnosed.

On average, adults age 60 with both cardiovascular disease and diabetes are expected to live 12 fewer years.

Get With the Guidelines

Our suite of healthcare quality improvement programs helps ensure consistent application of the most recent scientific guidelines for heart disease and stroke treatment at more than 2,000 hospitals nationwide as well as in outpatient settings.

Get With The Guidelines. Stroke
Get With The Guidelines. Resuscitation
Get With The Guidelines. Coronary Artery Disease
Get With The Guidelines. Heart Failure
Get With The Guidelines. Atrial Fibrillation
Get With The Guidelines. AFib

Contacts

• Acute/Inpatient Programs: Jessica Rosing, Regional Quality Initiatives Director - Jessica.Rosing@heart.org

• Advocacy: Marc Watterson, State Government Relations Director - Marc.Watterson@heart.org

• Ambulatory/Outpatient Programs and Community Activations: Juliette Martinez, Community Impact Consultant – Juliette.Martinez@heart.org

Thank you

www.heart.org
Finding Connections and Alignments

JOHN BARTKUS
Principal Program Manager
Pensivia

Alignment

• “We’re all Arrows”
• Look around the room. Identify something to focus on.
• Close your eyes.
• Fully extend your arm to point at it. (Watch out for your neighbors)

Outcome?

Alignment

Coordination of Purpose, Focus and Energy

Alignment and Connections

One of the sheets in your packet is “My Alignment Notes”

Opportunities I found to:
* Align with My Organization’s work
* Align with Others’ work

Higher Impact on the target
Alignment Resources

Leverage your Partner Profiles which came from the pre-meeting questionnaire.

Alignment and Connections

Stand up and Engagement Time

Get together in Groups of Four (People from other organizations that you do not know)

Take about 2 mins each to share what you’re doing and where you may be looking for opportunities to connect and align efforts.

Almost Lunch

Logistics – Preparing for Afternoon Workgroups

1. BP MONITORING (ADDBP/SMBP)
   - Katherine Luke
   - Miriam Patanian
   - Linnea Fletcher
   - Sharon Nelson

2. TEAM-BASED CARE
   - John Stuligross
   - Juliette Martinez
   - Tom Keane
   - Katies Scholes

3. TREATMENT PROTOCOLS
   - Edwin Espinel
   - John Clymer
   - Maralie Nordfelt
   - Julie Harvill

ACTION: Before lunch is over, please add your name to the Sign-up sheet for the Workgroup you plan to attend/engage.

Really Really Close to Lunch

TASTY HEART-HEALTHY LUNCH

For the Low, Low Price of a Group Photo!

Lunch

Resume at 12:15 pm

Afternoon Breakouts / Facilitated Discussions

JOHN BARTKUS
Principal Program Manager
Pensivia
**Breakout Workgroups**

Topics based on your (collective) priorities from the pre-meeting questionnaire...

- **BP MONITORING (AOBP/SMBP)**
- **TEAM-BASED CARE**
- **TREATMENT PROTOCOLS**

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**Workgroup Objectives**

- Determine what Organizations can do to contribute to a plan.
- Gather around 2-3 key objectives.
- Identify resources and what people are willing to commit to accomplishing going forward.

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**Suggested Workgroup Approach**

**WHAT**
- CURRENT STATE / CONTEXT
- CULTIVATING COLLABORATION / ALIGNMENT
- OBJECTIVES

**HOW**
- DELIVERABLES
- ACTIONS

**SUSTAINABILITY**

**Capture Your Plan as a Group**

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**Breakout Workgroups**

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<th>2</th>
<th>3</th>
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<tr>
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<td>Katies Scholes</td>
<td>Julie Harvill</td>
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<td>Viridian A (Here)</td>
<td>Viridian B</td>
<td>Viridian C</td>
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2:15 Adjourn Workgroup
2:20 Group Report Outs Begin (Main Room)
Group Report Outs

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<tr>
<th>1</th>
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* Notetakers – Please send your filled-in template to Miriam Patanian or Julie Harvill! *

Things Get Done in Utah!

Evaluation and Feedback Process

SHARON NELSON
Program Initiatives Manager, Million Hearts® Collaboration
American Heart Association

Wrap Up / Adjourn

SHARON NELSON
Program Initiatives Manager, Million Hearts® Collaboration
American Heart Association