

PARTNER SPOTLIGHT: NATIONAL ASSOCIATION OF CHRONIC DISEASE DIRECTORS

Million Hearts® in Action

[Strategies for Achieving Million Hearts® Goals]

Promoting Health. Preventing Disease.

The National Association of Chronic Disease Directors (NACCD) unites 7,000 chronic disease professionals across the United States working in public health departments, nonprofits, academia, and private industry to promote health and reduce the burden of chronic disease.



Since 2012, NACCD has been a part of the Million Hearts® Collaboration, supporting efforts to improve outcomes for people with or at high risk for hypertension and cardiovascular disease.

They have convened stakeholder workshops for state health departments and partners, worked with ASTHO to hold a series of roundtables focused on medication adherence, and partnered with the Centers for Disease Control and Prevention (CDC) to develop and launch the Million Hearts® Hospitals & Health Systems Recognition Program.

NACCD remains committed to cardiovascular health initiatives through the National Hypertension Control Roundtable and other Million Hearts® efforts. It supports public health professionals to keep up to date on the latest science and best practices through its Cardiovascular Health (CVH) Council, Issue Briefs, Fireside chats and "Off the Cuff" newsletter. Additionally, it continues to work with states on efforts to advance pharmacy-related initiatives through learning collaboratives.

Building Partnerships in States

At the start of the Million Hearts® Collaboration (MHC) in 2012, NACCD played a critical role in engaging state health departments. They conducted Million Hearts® Stakeholders Workshops in 16 states and provided extensive technical assistance. State Health Departments used these workshops





to enhance their activities in health system interventions and community-clinical linkages. They used these opportunities to engage partners in new ways, such as improving hypertension control in primary care settings and reducing sodium in retail food environments. For each workshop, NACCD helped to identify partners, provide full-day facilitation and follow up technical assistance on evaluation, summary reports and connecting partners with efforts in other states.

Many states engaged new stakeholders and participants, citing that the action plans and areas of focus developed during these workshops had long lasting impacts in their states. For instance, Illinois shaped an action plan on hypertension screening programs in their Federally Qualified Health Centers. Additionally, Wisconsin created the Million Hearts® Blood Pressure Improvement Challenge which engaged health systems, clinics and community agencies to focus on communities of diverse racial and ethnic populations. Colorado developed six strategies focused on quality improvements and community-clinical linkages.

The detailed action plans and work groups that resulted from these Million Hearts® Stakeholders Workshops continue to impact the work in state health departments across the country. Many states have continued to collect data, deepen relationships and build upon the strategies first identified during these workshops.

NACDD partnered with the Association of State and Territorial Health Officials (ASTHO) to help states in their efforts to support clinical providers in improving the percentage of patients who take hypertension medications as prescribed. ASTHO and NACDD planned and implemented two national webinars, which were each followed by a virtual roundtable that provided an opportunity for participants to discuss the webinar topic. To guide these learning opportunities, the two organizations focused on questions posed by states participating in ASTHO's Million Hearts® Learning Collaborative and NACDD's Million Hearts® Stakeholder Workshops. As a result of the webinar and virtual roundtables state strategies to address medication adherence were identified.

Analysis of Self-Measured Blood Pressure

Strong scientific evidence shows that self-measured blood pressure monitoring (SMBP), also known as home blood pressure monitoring, plus clinical support helps people with hypertension lower their blood pressure. However, uptake of SMBP practices remains low with the lack of third-party reimbursement cited as a key barrier. NACDD, in collaboration with researchers from George Washington University, conducted a national analysis of SMBP coverage and reimbursement policies by select public and private payers/insurers in 2019. The analysis revealed a general lack of coverage for home blood pressure monitors for hypertension diagnosis and management.¹ Often, Medicaid programs require conditions in addition to diagnosed hypertension for eligibility and only two of the twenty private insurers provided home blood pressure monitoring coverage. While the 2020 adoption of new CPT codes is anticipated to expand delivery of SMBP services, Million Hearts® continues to leverage the findings from this analysis to optimize access to automated blood pressure monitors and the clinical support services needed for the provision of SMBP, an intervention vital to the prevention of heart attacks and strokes. https://www.chronicdisease.org/page/smbp

Recognizing Hospitals & Health Systems

The Million Hearts® Hospitals & Health Systems Recognition Program is an on-ramp for hospitals to get involved in Million Hearts® and to be appreciated for the work they are doing. This program also creates new opportunities to promote innovative approaches to tackle the leading causes of heart disease and stroke. NACCD has played a key role in the development and launch of the Million Hearts® Hospitals & Health Systems Recognition Program and worked collaboratively with the Million Hearts team at CDC to develop the program structure, application process, and vetting criteria. NACDD also provided oversight to a website developer that created the program website and online application.

The Million Hearts® Hospitals & Health Systems Recognition Program first launched in February 2020, announcing Eisenhower Health as the first hospital to be recognized. NACDD promoted the program launch through various communication channels and partners organizations, such as the MHC. The first round off applications closed on April 30, 2020. NACDD has contacted applicants to vet the hospitals and health systems, verify the information and data submitted, and present recommendations to CDC for final designation. NACDD will be working with the Million Hearts® Communication team to develop a set of materials to highlight the great work of the second designee, who will be announced in August 2020.

https://millionhearts.hhs.gov/partners-progress/hospitals-health-systems/index.html

This spotlight was developed from information provided by the National Association of Chronic Disease Directors, and other Million Hearts® materials.

¹ A National Analysis of Self-Measured Blood Pressure Monitoring Coverage and Reimbursement February 2020