



Heart Disease and Diabetes Prevention and Management

**Health Services Advisory Group (HSAG) &
Chronic Disease Control Branch (CDCB)**

Thursday, June 9, 2016

12-1PM

**Alexandria Simpson
Chronic Disease Control Branch
Cardiovascular Disease Health Systems Interventions Lead**

**Mary Rousseve
Chronic Disease Control Branch
Communications Lead**



Objectives

- CDPH Heart Disease and Diabetes Prevention and Management
- Healthy Hearts California
- National Prediabetes Awareness Campaign



Background

Burden of Diabetes in California, 2014

California Department of Public Health (CDPH)
Chronic Disease Control Branch

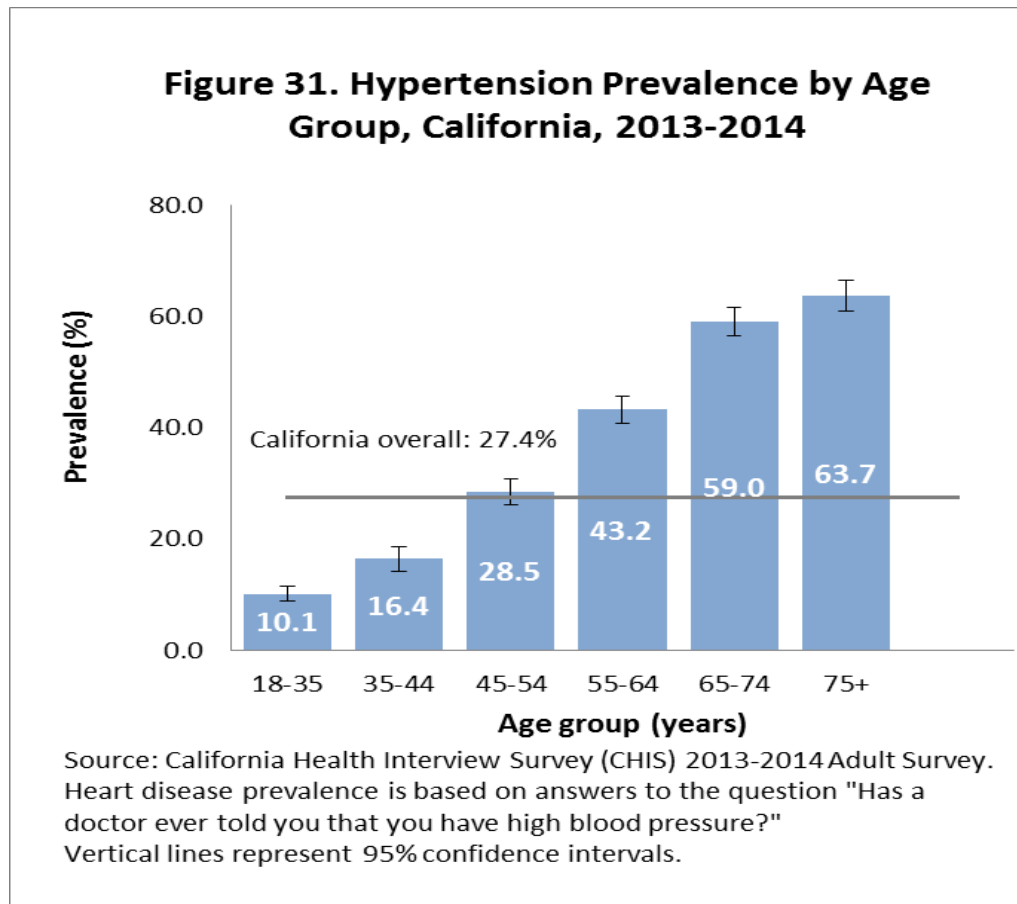
Burden of Cardiovascular Disease in California, 2016

California Department of Public Health (CDPH)
Chronic Disease Control Branch



Hypertension Burden in California

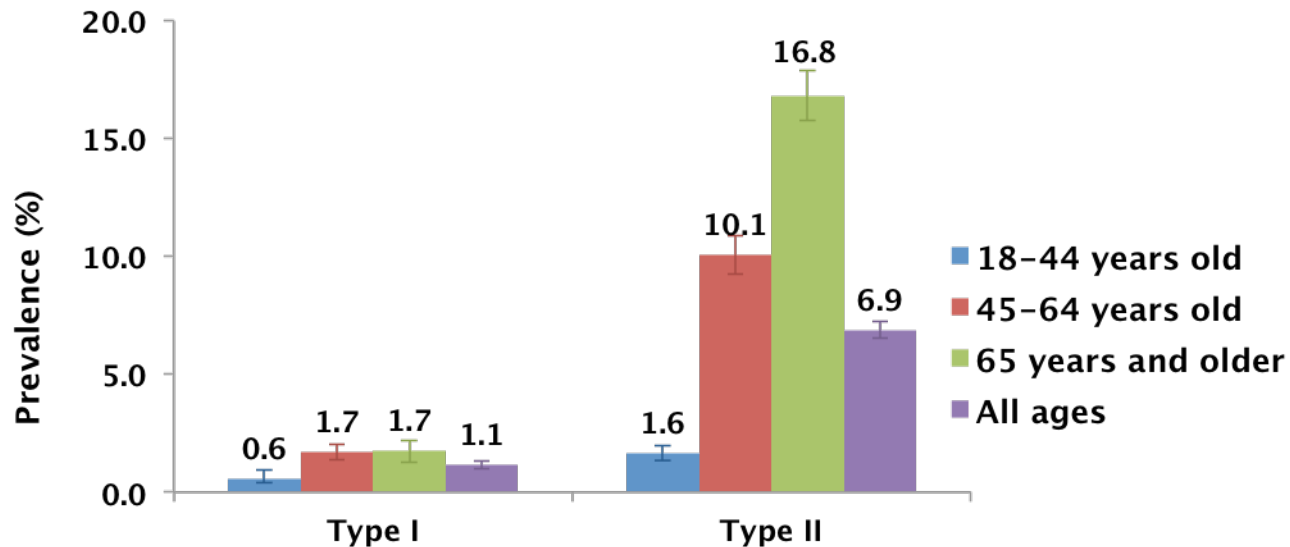
Hypertension Prevalence by Age



Diabetes Burden in California

Diagnosed Diabetes by Age

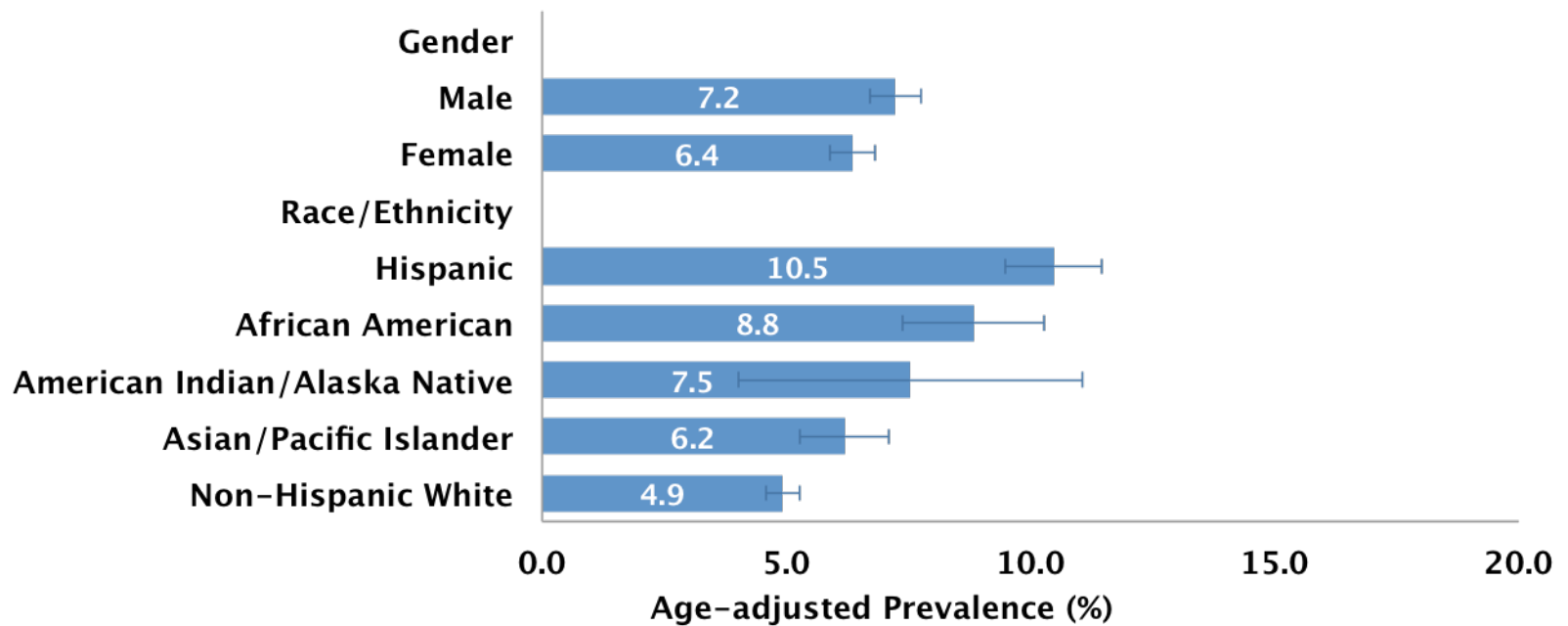
Figure 1. Type 1 and Type 2 Diagnosed Diabetes by Age, 2011-2012



Source: California Health Information Survey (CHIS) 2011-2012 Adult Survey.
Response to "Other than during pregnancy, has/had a doctor ever told you that you have diabetes or sugar diabetes?" and "Were you told that you had Type 1 or Type 2 diabetes?"
"Other diabetes types" not shown.

Diabetes Burden in California's Ethnic Populations

Figure 2. Type 2 Diagnosed Diabetes by Gender and Race/Ethnicity, 2011-2012



Source: California Health Information Survey (CHIS) 2011-2012 Adult Survey.
Response to "Other than during pregnancy, has/had a doctor ever told you that you have diabetes or sugar diabetes?" and "Were you told that you had Type 1 or Type 2 diabetes?"
American Indian or Alaska Native or other single and multiple race not shown due to unstable estimates.

Diabetes and Cardiovascular Disease Prevention in Action - State Level

- CDPH is committed to support diabetes and cardiovascular disease prevention and control efforts throughout the state.
- CDPH administers three Centers for Disease Control and Prevention-(CDC) funded programs that address diabetes and cardiovascular disease.
 - *Prevention First* program
 - *Lifetime of Wellness* program
 - Preventive Health and Health Services Block Grant



Changing Payment Landscape

- Transition from Fee-for-Service to Value-based Payments



By participating in the quality reporting process outlined in this road map, you can enhance the quality of health care for your patients and for your community.



Your ability to see your data and peer performance enables you to quantify and track the quality of your health care services.



The powerful knowledge you gain from this resource means that you and your patients can make informed health care decisions together.



For your patients, informed decisions lead to improved quality of care, improved health outcomes, and an increase in their overall quality of life.

For payers and employers, healthier patients lead to reduced costs and improved health and productivity.

Prevention First

- The *Prevention First* program addresses cardiovascular disease, diabetes, obesity and school health in a coordinated manner.
- *Prevention First* activities are conducted at the state and local level to reduce the prevalence of diabetes and heart disease.

Lifetime of Wellness

- The *Lifetime of Wellness* program addresses cardiovascular disease, diabetes management and obesity at the local level.
- Local Health Departments
 - Fresno, Tulare, Merced, Shasta, San Joaquin and Solano counties



Stakeholder Engagement

- Healthy Hearts California
- *Prevent Diabetes STAT: Screen, Test, Act - Today™ (PDSTAT)*



Healthy Hearts California

- Vision – Healthy Hearts for all Californians
- Mission Reduce the risk and prevalence of heart disease and stroke among all Californians

Goals		
Goal 1A	By 2020, decrease the prevalence of high blood pressure from 26 percent to 23 percent.	California Health Interview Survey (CHIS)
Goal 1B	By 2022, increase the percentage of adults diagnosed with hypertension that have controlled high blood pressure to 70 percent.	Healthcare Effectiveness Data and Information Set (HEDIS)
Goal 2	By 2022, decrease the prevalence of adults who are obese from 24 to 11 percent.	Behavioral Risk Factor Surveillance System (BRFSS)
Goal 3	By 2022, decrease the percentage of adults who are current smokers from 11.7 to 9 percent.	Behavioral Risk Factor Surveillance System (BRFSS)
Goal 4	By 2020, decrease the prevalence of diagnosed diabetes, in adults, from 9 to 8 percent.	Behavioral Risk Factor Surveillance System (BRFSS)



Healthy Hearts California



- Teams:
 - Sodium Awareness Leadership Team (SALT)
 - Team-based Care
 - Pre-diabetes
 - Physical Activity



Prevent Diabetes STAT™: California Meeting Debrief

- *Prevent Diabetes STAT: Screen, Test, Act - Today™*
 - Center for Disease Control and Prevention, American Medical Association, and the National Association of Chronic Disease Directors hosted PDSTAT:CA stakeholder meeting
 - September 2-3, 2015 in Los Angeles
 - Over 130 attendees
 - Format
 - Day 1: General Education Session
 - Day 2: Action Planning Session



Prevent Diabetes STAT™: California Pillar Groups

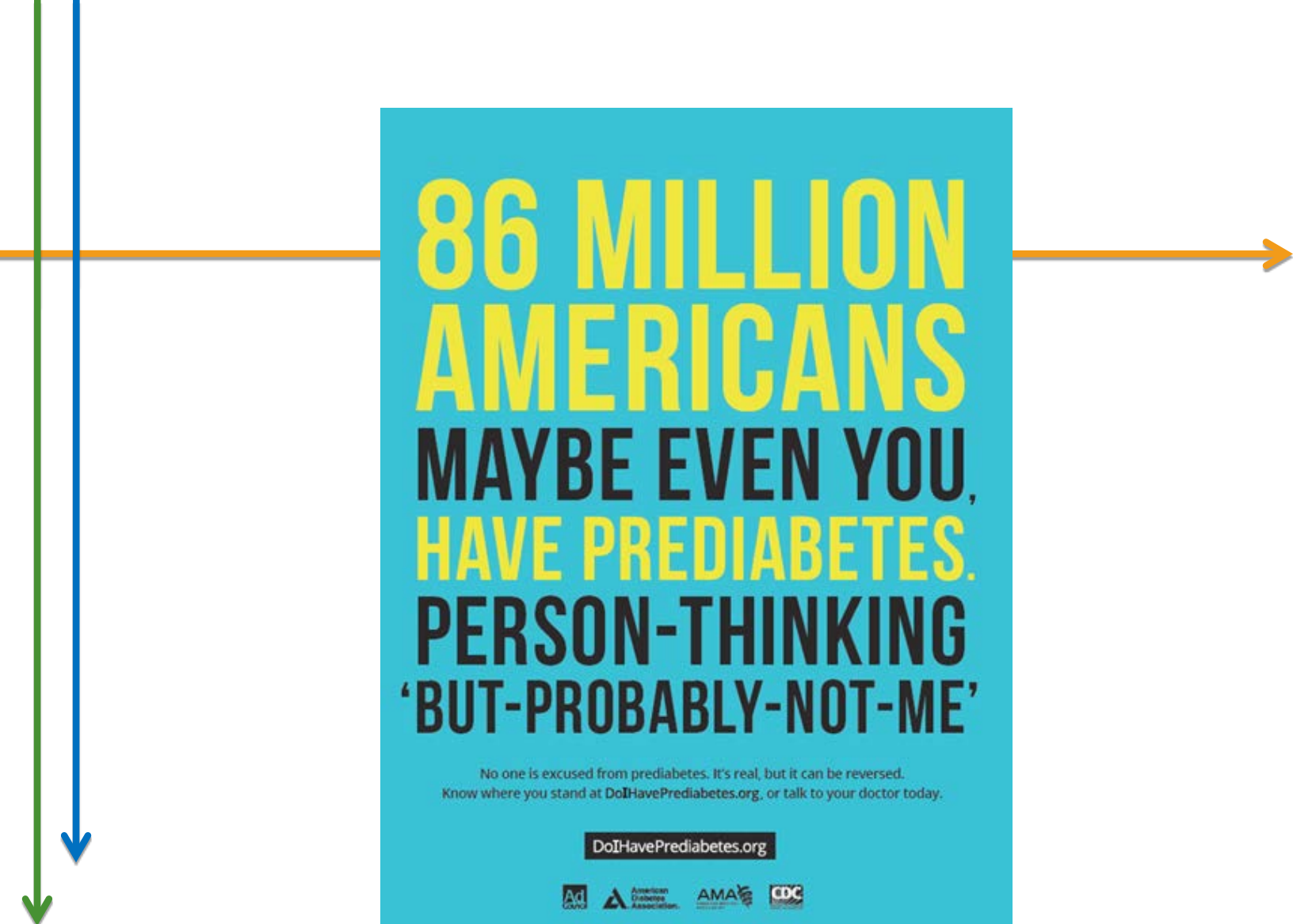
- PDSTAT Pillar groups
 - Awareness
 - Availability
 - Screening, Testing and Referral
 - Coverage



CDPH Next Steps

- Strategic Planning
 - 4 Pillar groups lead by CDPH Staff
 - CDC, AMA, NACDD providing technical assistance to CA
 - Hired consultant to facilitate teleconference and in-person meeting processes
 - 2 future convenings
 - June 24, 2016 - Sacramento
 - September 2016 – (date and location TBD)





86 MILLION AMERICANS MAYBE EVEN YOU, HAVE PREDIABETES. PERSON-THINKING 'BUT-PROBABLY-NOT-ME'

No one is excused from prediabetes. It's real, but it can be reversed.
Know where you stand at DoIHavePrediabetes.org, or talk to your doctor today.

DoIHavePrediabetes.org

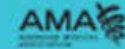


www.type 12.11

KNOW WHERE YOU STAND

DoIHavePrediabetes.org

(It'll only take a minute!)



American Medical Association, American Diabetes Association, Centers for Disease Control and Prevention in collaboration with Ad Council

NATIONAL PREDIABETES AWARENESS PUBLIC SERVICE ANNOUNCEMENT CAMPAIGN



National Prediabetes Awareness Campaign

- AMA, ADA and CDC with AdCouncil prediabetes public service advertising campaign
- **No one is excused from prediabetes.**
- Increase awareness of prediabetes
 - Take online risk test
 - Talk to your doctor
 - Enroll in National DPP program

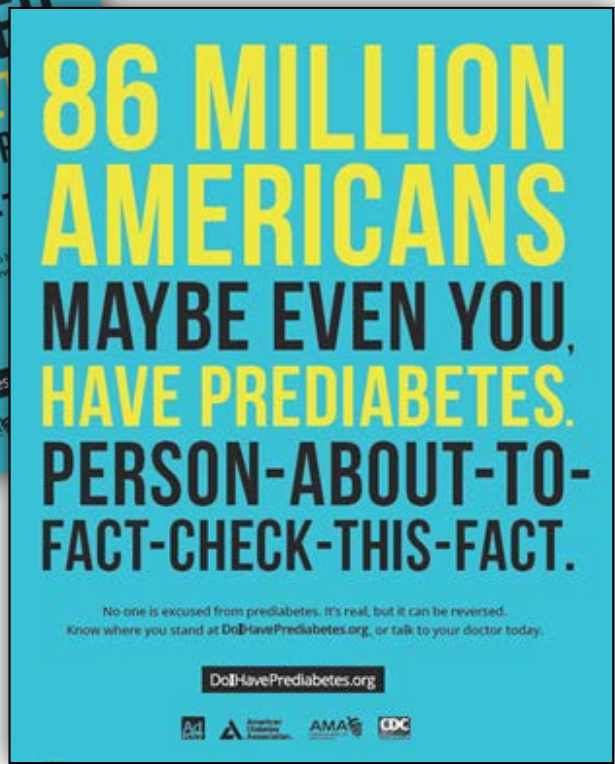


National Prediabetes Awareness Campaign

- The campaign utilizes a multi-faceted approach to reach adults 40-60 via:
 - National media coverage
 - Television and radio commercials
 - Billboard and online advertisements
 - Social media promotion and text messaging
- PSA is in both English and Spanish
- Technical assistance will be provided if necessary



Posters, Transit Ads, Risk Test



DO YOU HAVE PREDIABETES?

Prediabetes Risk Test

- How old are you?
 - Less than 40 years (0 points)
 - 40-49 years (1 point)
 - 50-59 years (2 points)
 - 60 years or older (3 points)
- Are you a man or a woman?
 - Man (1 point) Woman (0 points)
- If you are a woman, have you ever been diagnosed with gestational diabetes?
 - Yes (1 point) No (0 points)
- Do you have a mother, father, sister, or brother with diabetes?
 - Yes (1 point) No (0 points)
- Have you ever been diagnosed with high blood pressure?
 - Yes (1 point) No (0 points)
- Are you physically active?
 - Yes (0 points) No (1 point)
- What is your weight status? (see chart at right)
 - (1 Point) (2 Points) (3 Points)

Write your score in the box.

Add up your score.

Height	Weight (lbs)	
4'10"	119-142	143-190
4'11"	124-147	148-197
5'0"	129-152	153-203
5'1"	132-157	158-210
5'2"	136-163	164-217
5'3"	141-168	170-224
5'4"	145-173	176-231
5'5"	150-179	182-238
5'6"	155-185	188-245
5'7"	159-190	194-252
5'8"	164-196	199-260
5'9"	169-202	205-267
5'10"	174-208	211-274
5'11"	179-214	217-281
6'0"	184-220	223-289
6'1"	189-226	229-297
6'2"	194-232	235-305
6'3"	200-239	241-313
6'4"	205-245	247-321

LOWER YOUR RISK

Here's the good news: It is possible with small steps to lower prediabetes - and these measures can help you live a longer and healthier life.

If you are at high risk, the best thing to do is contact your doctor to see if additional testing is needed.

Visit DoIHavePrediabetes.org for more information on how to make small lifestyle changes to help lower your risk.

For more information, visit us at DoIHavePrediabetes.org

AAHA American Diabetes Association AMA CDC



Online Campaign Resources

- Lifestyle tips and links to [CDC's National Diabetes Prevention Program](#)
- Call to Action: [DoIHavePrediabetes.org](#)
- Share the [Social Media Toolkit](#)
- AMA, CDC Preventing Type 2 Diabetes provider toolkit

TV Ads – “Bacon Lovers”

<https://www.youtube.com/channel/UCFG5XgDdJHkz2aW7UJ2jn7A>



KNOW WHERE YOU STAND

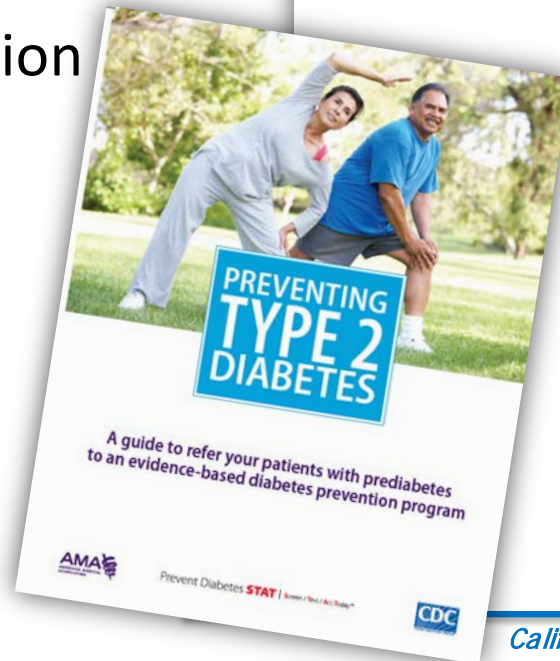
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Tools for Providers

- Engage health care teams
- Identify high-risk patients
- Educate and engage patients
- Refer to local programs
- Clarify diabetes prevention program structure and expectations



CA Prediabetes Awareness Campaign

- Collaboration is Key
- Working with 1305 and 1422 LHDs, and 1422-funded Los Angeles and San Diego Counties, and National DPP providers
- Lead by PDSTAT Awareness Workgroup
- Input from Diabetes Coalition of CA and Healthy Hearts CA alliance



State Marketing Plan

- Social Media
- Earned Media – State and Local Level
- Promotions
 - Newsletters, websites, emails
- Distribution of materials to CHWs, healthcare and National DPP providers; and partners
- Provide training and technical assistance
- Coordinate National Promotions with LHDs and Partners
 - Diabetes Alert Day – March 22
 - National Diabetes Month – November 2016



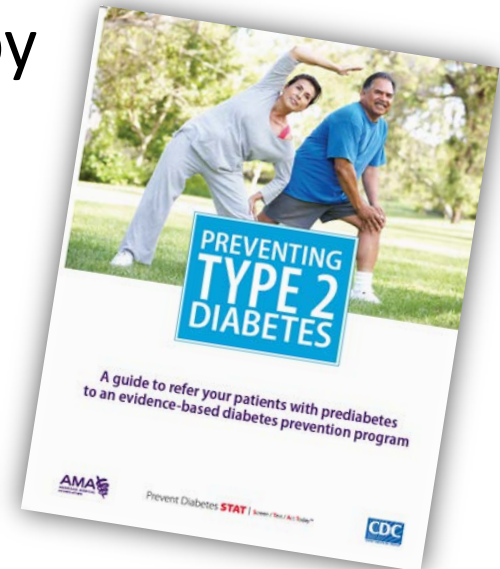
State Marketing Plan

- Worksite Wellness
 - National Public Health Week
 - HealthierU promotions
 - Included in annual health screenings
- Coordinating with CDPH Nutrition Education and Obesity Prevention Branch (NEOPB)
 - Statewide media campaign
 - Educational Materials
 - Champion Doctors' initiative



Promotional Materials Available

- CA National Diabetes Prevention Program
 - Brochures and Flyers
- Preventing Type 2 Diabetes provider toolkit
 - Available online and hard copy



Working Together



Diabetes Prevention: Our Goals

- Increase awareness of prediabetes among people at high risk for type 2 diabetes
- Promote participation in diabetes self-management education (DSME)
- Increase use of team-based care in health systems
- Increase the use of CDC-recognized lifestyle change and chronic disease self-management programs in community settings

Diabetes Prevention: Our Goals

- Engage communities to build support for lifestyle changes
- Increase coverage for lifestyle change programs
- Identify patients with hypertension and prediabetes
- Engage community health workers to link patients with high blood pressure and prediabetes to community resources
- Implement referral systems between health systems and community resources



What You Can Do

- Promote awareness of hypertension and prediabetes among high risk patients and populations
 - doihaveprediabetes.org or American Diabetes Association online or paper copy of risk test
- Join Healthy Hearts California to fight CVD
- Refer patients with prediabetes to National DPP
- Recommend and advocate that all health plans include National DPP as a covered benefit
- Advocate, Adopt and/or Implement clinic protocols/policies to refer persons with prediabetes to National DPP



What You Can Do

- Use electronic health records to:
 - Identify and target patients at risk or prediabetes of management control of hypertension and diabetes
 - Report on NQF 18 & 59
 - Adopt evidence-based treatment protocols
 - Provide decision support for their health care team and reminders for patients
 - Implement clinic protocols/policies to refer persons with prediabetes to National DPP

Questions



Alexandria Simpson, Cardiovascular Disease Health Systems Interventions Lead

alexandria.simpson@cdph.ca.gov

Mary Rousseve, Communications Lead

mary.rousseve@cdph.ca.gov

