Welcome

Thank you for your interest in Healthy Hearts California. Healthy Hearts California is an alliance of stakeholders committed and dedicated to reducing the risk and prevalence of heart disease and stroke among all Californians.

In 2014 alone, almost 58,000 Californians died of heart disease, and more than 13,500 died of stroke. Together, through collaborative and collective action, Healthy Hearts California can be a driving force behind reducing the risk and prevalence of heart disease and stroke in our state.

Healthy Hearts California was created specifically to coordinate statewide heart disease control and prevention efforts, decrease silos to increase efficiency and effectiveness, and address factors that contribute to heart disease and stroke and eliminate health disparities.

Healthy Hearts California provides a platform for discussions of California's heart disease and stroke burden, a forum for state and local organizations, specialists, and leaders in the field to identify opportunities to combine resources for a common goal. We welcome your participation in Healthy Hearts California and your commitment to heart disease and stroke reduction in California. We look forward to opportunities to collaborate with you as we share in our vision to achieve healthy hearts for all Californians.

Please review the enclosed information and let me know if you have any questions. To join Healthy Hearts California, please complete our Healthy Hearts California New Member Registration and contact Alexandria Simpson at Alexandria.simpson@cdph.ca.gov for meeting and materials information.

We look forward to opportunities to partner with you.

Sincerely,

Alexandria Simpson
Cardiovascular Disease
Health Systems Interventions Lead
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Who We Are

Healthy Hearts California is a dynamic alliance of individuals and organizations working together to reduce the burden of heart disease and stroke in the state of California. Healthy Hearts California was created specifically to achieve goals outlined by Let's Get Healthy California: https://letsgethealthy.ca.gov/, The California Wellness Plan: bit.ly/1gLpVoI, the Million Hearts Initiative: http://millionhearts.hhs.gov/, and the American Heart Association's Target: Blood Pressure (BP) Initiative http://connectingcommunities.heart.org/targetbp/. These plans are designed to reduce the burden of heart disease and stroke in California, and provide guidance to individuals and organizations spanning a wide range of health and social disciplines that play a role in reducing the risk and prevalence of heart disease and stroke among all Californians. Through a coordinated and integrated approach, Healthy Hearts California implements planned activities to address the goals and targets of Let's Get Healthy California, The California Wellness Plan, the Million Hearts Initiative, and the American Heart Association's Target: BP Initiative.

Healthy Hearts California is comprised of representatives from a variety of individuals, organizations, and constituencies working in heart disease and stroke prevention and control. This diverse group includes state and local governments; private and nonprofit organizations; health, medical, and business communities, academic institutions; researchers; survivors; caregivers and advocates. Healthy Hearts California is administered by California's Cardiovascular Disease Prevention Program, a program of the California Department of Public Health, and funded by the Centers for Disease Control and Prevention (CDC).

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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.* * Acknowledging some regions/groups have reached this goal – the alliance will also strive for higher goals such as indicated in the California Wellness Plan indicator 2.6.2L pg. 48: By 2022, increase the percentage of adult diagnosed with hypertension that have controlled high blood pressure from: 79 to 87 percent for Medicare patients, 50 to 70 percent for PPO patients, and 78 to 86 percent for HMO patients.	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)

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CDPH California Department of PublicHealth

Guiding Principles

→ Health Equity
→ Integrated Efforts
→ Measurable Outcomes
→ Youth
→ Physical Activity/Nutrition
→ Well-being/Lifestyle
→ Innovative, Cutting-Edge Strategies
→ Data-Driven Strategies

Benefits of Collaboration

→ Share information and increase knowledge base with heart disease and stroke leaders throughout California
→ Increase the ability to leverage resources and the visibility for heart disease and stroke prevention and control
→ Reduce duplication of efforts
→ Collaborate across programs and organizations to maximize public health impact
→ Receive Healthy Hearts California listserv which to keep current on statewide events, research, and funding opportunities

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Member Guidelines

Healthy Hearts California Membership

Healthy Hearts California members represent a variety of organizations and interest areas including: state and local governments; private and nonprofit organizations; health, medical and business communities; academic institutions; researchers; heart disease and stroke survivors; caregivers and advocates.

Geographic Representation of Healthy Hearts California Alliance Membership

Healthy Hearts California stakeholders are located throughout the state of California. Healthy Hearts California strives to have a geographic reach representing all regions within California.

Healthy Hearts California Alliance Member Expectations

- Communicate their individual or their organization's viewpoints to Healthy Hearts California and inform their respective organization about Healthy Hearts California activities.
- Support implementation of the Let's Get Healthy California Plan, California Wellness Plan, goals of the Million Hearts Initiative and the American Heart Association's Target: Blood Pressure (BP) Initiative by taking specific action within their organization or by collaborating with other Healthy Hearts California members to help achieve the goals.
- Support and participate in efforts to evaluate implementation activities and to evaluate effectiveness in achieving Healthy Hearts California goals and objectives.

Time and Resource Commitment for Healthy Hearts California Alliance Members

- Actively participate in at least four (4) of the twelve (12) Healthy Hearts California general meetings/teleconference calls each year.
- Contribute expertise to the efforts of the Healthy Hearts California Teams that you are involved in.
- Participate in Healthy Hearts California as an individual, and represent the perspective of your agency, organization or constituency.
- Routinely inform your agency, organization, or constituency on major issues or focal areas considered by Healthy Hearts California, with a special emphasis on those outlined in the Let's Get Healthy California Plan, the California Wellness Plan, the Million Hearts Initiative and the American Heart Association's Target: Blood Pressure (BP) Initiative.
- Identify collaborative opportunities by joining others at the Healthy Hearts California table who share similar concerns and desired outcomes.
- Participate in one yearly survey to measure Healthy Hearts California Effectiveness.

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Healthy Hearts California Teams

Sodium Awareness Leadership Team

- Develop policy goals for the Sodium Awareness Leadership through "Salt on the Street" project
- Create an issue brief on hypertension and health equity
- Promote sodium reduction through WISEWOMAN, Prevention First, Lifetime of Wellness programs; California Chronic Care Coalition, and California Department of Education.
- Present on diabetes and cardiovascular disease control and Prevention to California's quality improvement organization, Health Services Advisory Group's Learning Action Network
- Analyze the California Behavioral Risk Factor Surveillance System state module findings to measure awareness of reducing sodium intake to help prevent and control hypertension
- Provide information and education at CDPH's annual Public Health Showcase and other state and community events

Team-based Care Team

- Promote and support Community Health Worker (CHW) activity in California. Specifically: CDPH CHW Quarterly Meeting Activities related to tracking and evaluating CHW activity within California
- Promote the American Heart Association's Target: Blood Pressure Initiative
- Support the implementation of Comprehensive Medication Management
- Promote the Right Care Initiative, University of Best Practices
- Support/create a hypertension learning platform for the Medi-Cal Managed Care Plans
- Create and distribute a Healthy Hearts California Provider Toolkit with identified materials to support quality improvement through strategic use of electronic health records, reporting and tracking clinical quality measures, and utilization of evidence-based team-based care models

Prediabetes Team

- Align with Prevent Diabetes STAT™: California 2016 (PDSTAT) group priorities, and PDSTAT Action Plan and Implementation
- Support the Right Care Initiative's University of Best Practices speaker series by providing speakers with expertise on diabetes related topics
- Support movement/physical activity through Lifetime of Wellness program activities

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