

# Prevention First: Advancing Synergy for Health: Cardiovascular Disease

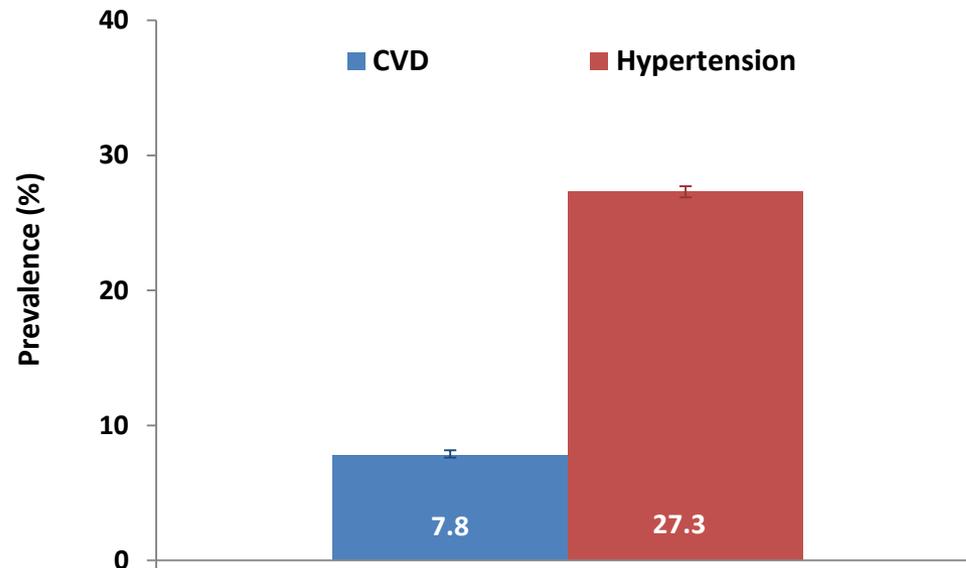
Shirley Shelton, Health Program Manager  
California Heart Disease and Diabetes Prevention Program,  
Chronic Disease Control Branch  
September 20, 2014



# Presentation Objectives

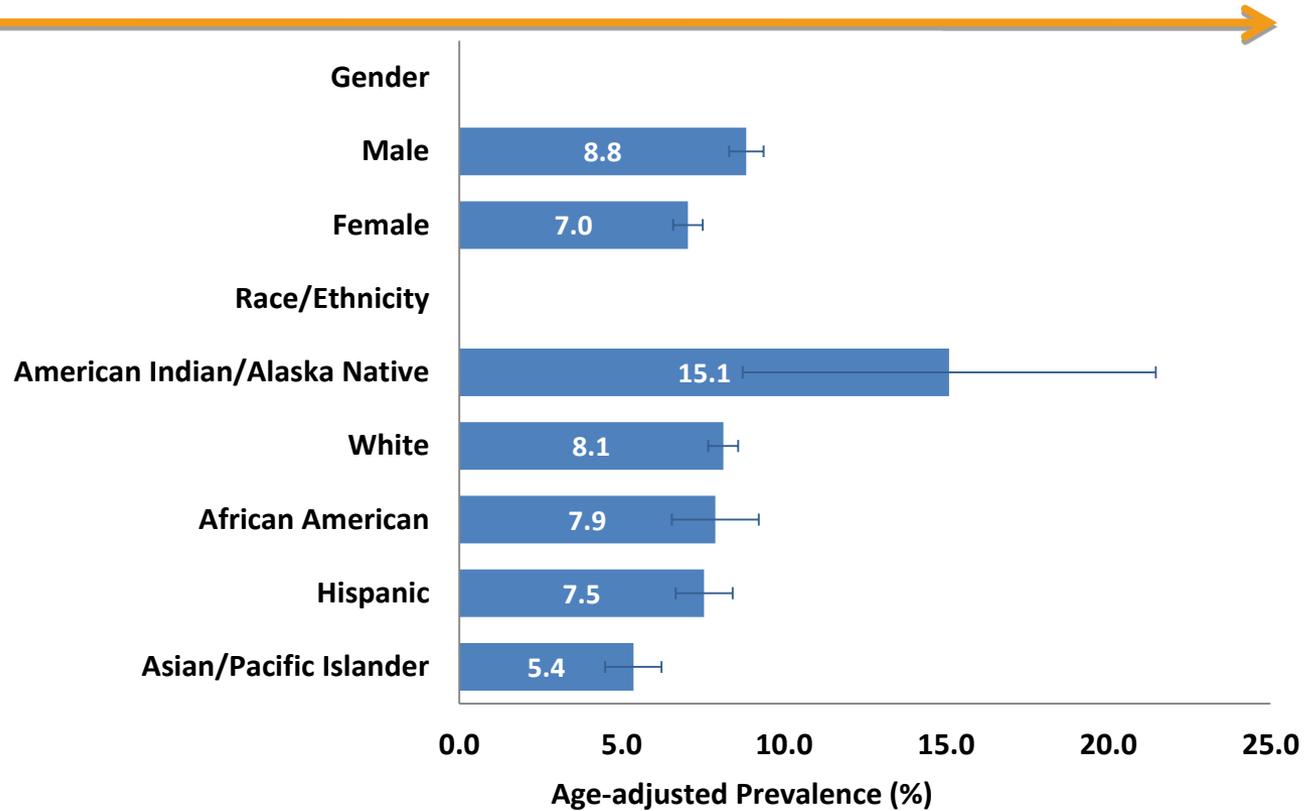
- Overview of Cardiovascular Disease
- Describe Cardiovascular Burden in California
- Describe Cardiovascular Strategies and Performance Measures
- Identify opportunities for physicians to align with public health activities to reduce heart disease burden and disparities

## Estimated Prevalence of Diagnosed CVD and Hypertension in California, 2011-2012



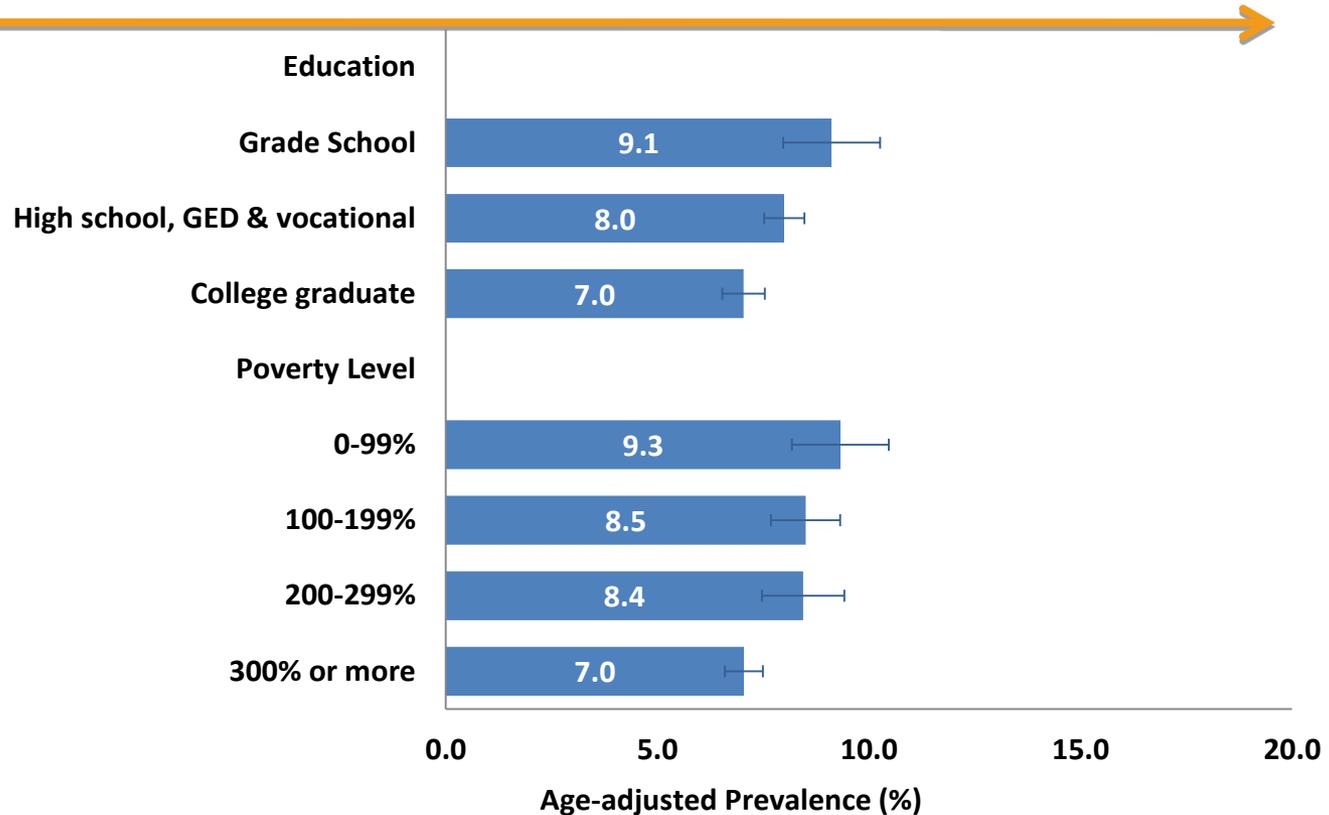
Source: 2011-2012 California Health Information Survey (CHIS),  
Cardiovascular Disease based on multiple questions: Has a doctor ever told you that you had a stroke,  
have any kind of heart disease, or have heart failure or congestive heart failure?  
Hypertension based on "Has a doctor ever told you that you have high blood pressure?"

## Estimated Prevalence of Diagnosed CVD by Gender and Race/Ethnicity in California, 2011-2012



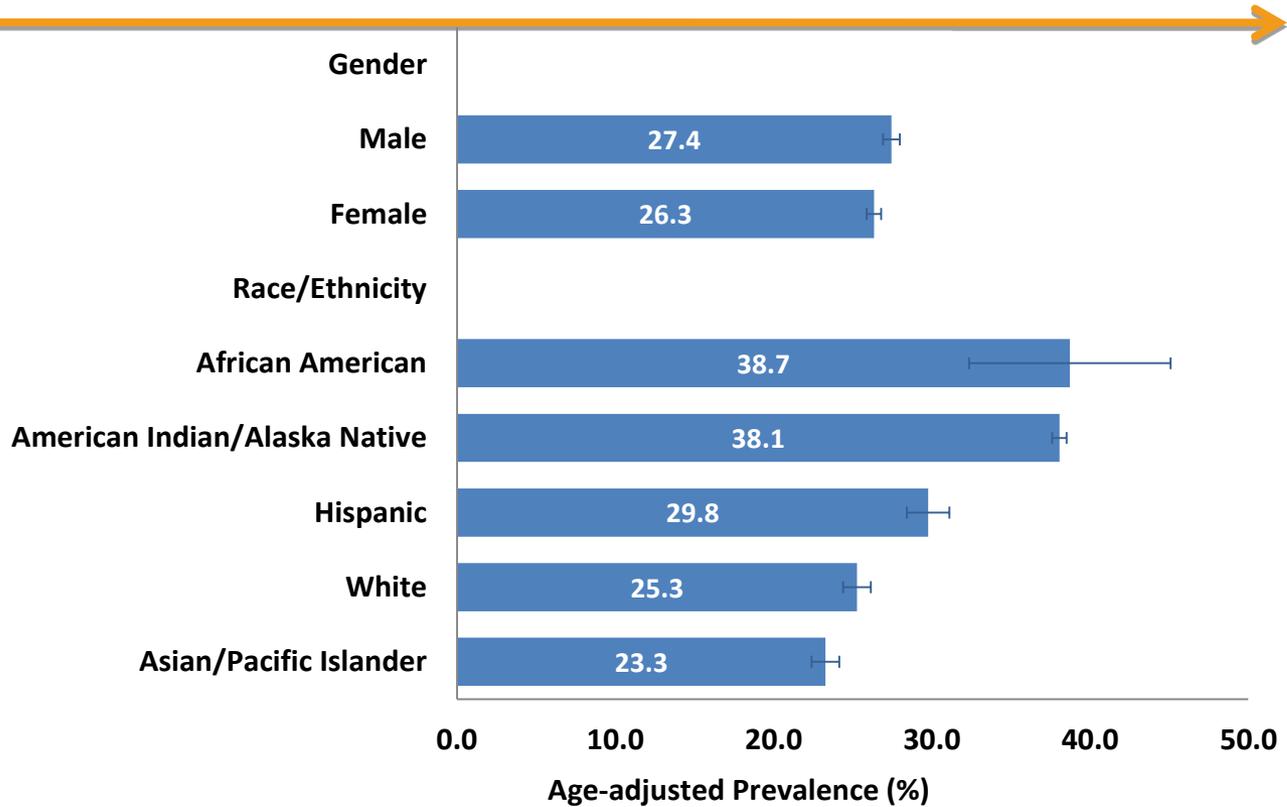
Source: California Health Information Survey (CHIS) 2011-2012 Adult Survey.  
Cardiovascular Disease based on multiple questions: Has a doctor ever told you that you had a stroke, have any kind of heart disease, or have heart failure or congestive heart failure?

## Estimated Prevalence of Diagnosed CVD by Education and Poverty Level in California, 2011-2012



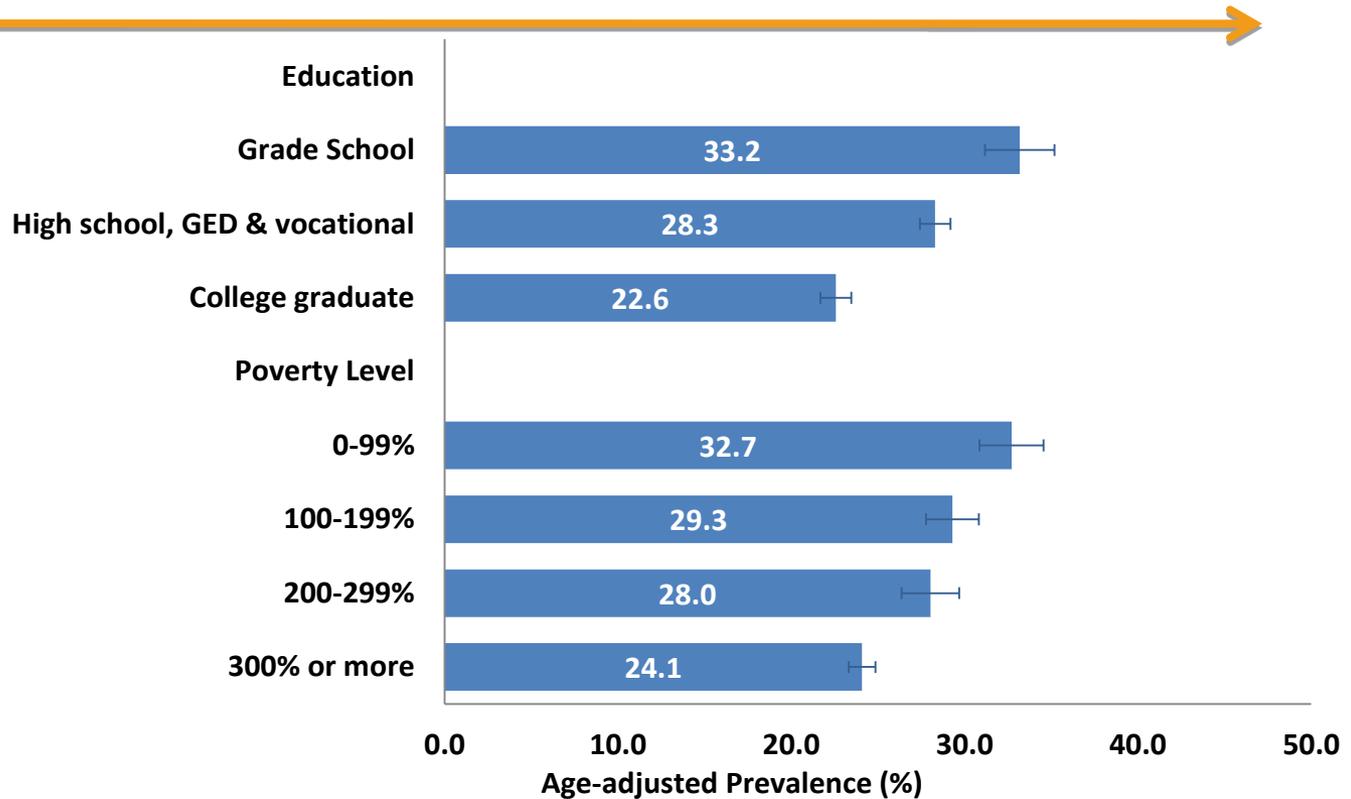
Source: California Health Information Survey (CHIS) 2011-2012 Adult Survey.  
Cardiovascular Disease based on multiple questions: Has a doctor ever told you that you had a stroke, have any kind of heart disease, or have heart failure or congestive heart failure?

## Estimated Prevalence of Diagnosed Hypertension by Gender and Race/Ethnicity in California, 2011-2012



Source: California Health Information Survey (CHIS) 2011-2012 Adult Survey.  
Hypertension based on "Has a doctor ever told you that you have high blood pressure?"

## Estimated Prevalence of Diagnosed Hypertension by Education and Poverty Level in California, 2011-2012



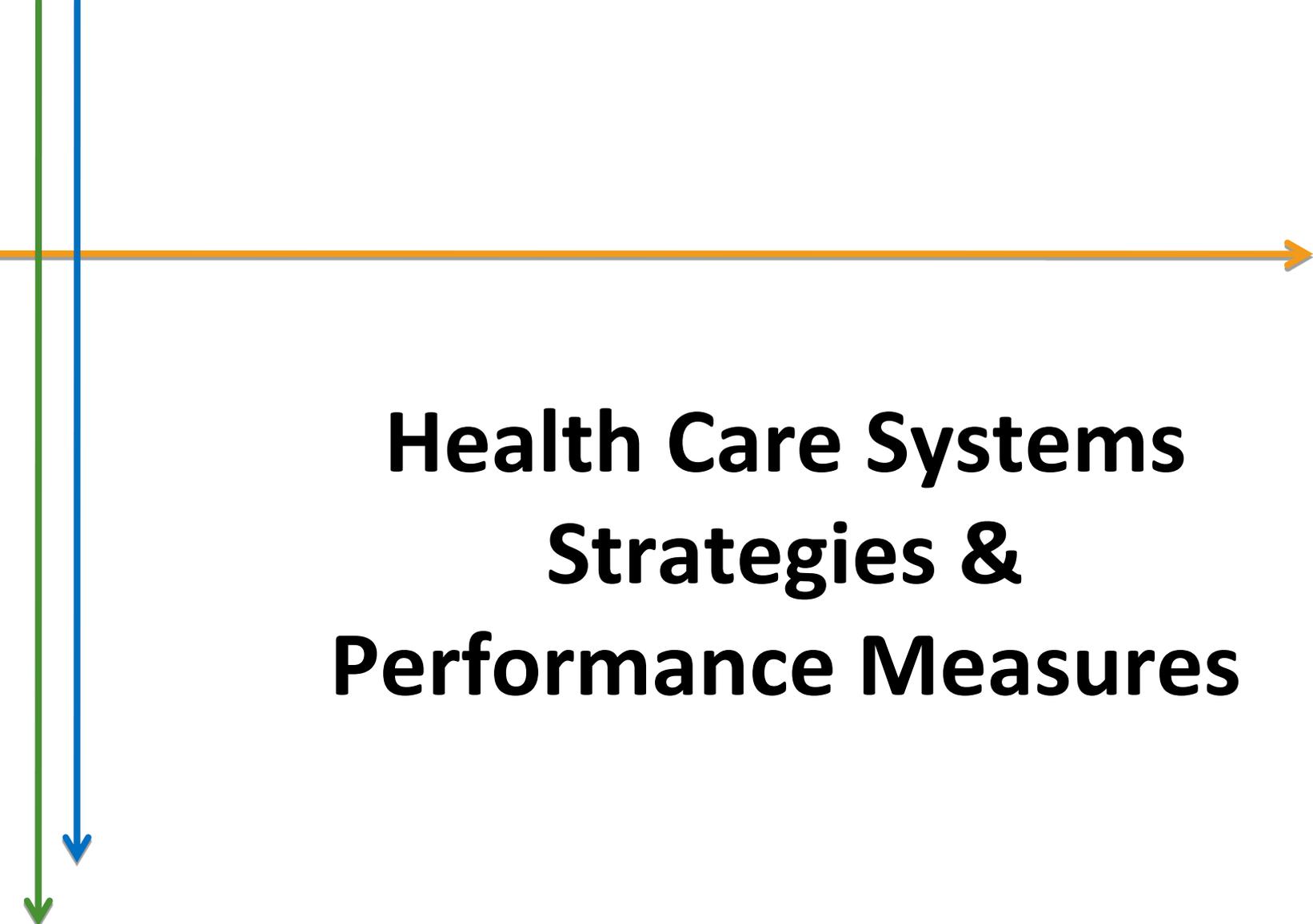
Source: California Health Information Survey (CHIS) 2011-2012 Adult Survey.  
Hypertension based on "Has a doctor ever told you that you have high blood pressure?"

# Proportion of adults with high blood pressure under control

Among Medi-Cal Managed Care patients with high blood pressure, only 58.3% have achieved blood pressure control

Among diabetic patients, 63.2% have a reading of <140/90 mm Hg

Source: 2013 HEDIS Aggregate report, California Department of Health Care Services and Health Services Advisory Group  
([http://www.dhcs.ca.gov/dataandstats/reports/Documents/MMCD\\_Qual\\_Rpts/HEDIS\\_Reports/CA2013\\_HEDIS\\_Aggregate\\_Report.pdf](http://www.dhcs.ca.gov/dataandstats/reports/Documents/MMCD_Qual_Rpts/HEDIS_Reports/CA2013_HEDIS_Aggregate_Report.pdf))



# Health Care Systems Strategies & Performance Measures

# Health System Interventions

Improves the quality, effective delivery and use of clinical and other preventive services.

## Evidence-based strategies:

<b>Strategy</b>	<b>Promote reporting of blood pressure and A1c measures; promote clinical innovations, team-based care, and self-monitoring of blood pressure.</b>
<b>Performance Measure</b>	<b>Short term:</b> Proportion of health care systems reporting on National Quality Forum (NQF) Measure 18.
<b>Strategy</b>	<b>Promote awareness of high blood pressure among patients.</b>
<b>Performance Measure</b>	<b>Short term:</b> Proportion of adults in the state aware they have high blood pressure.

# Health System Interventions Cont.

Increase implementation of quality improvement processes in health systems

<b>Strategy</b>	<b>Increase electronic health records (EHR) adoption and the use of health information technology (HIT) to improve performance</b>
<b>Performance Measure</b>	<p><b>Short term:</b>            Proportion of health care systems with EHRs appropriate for treating patients with HBP.            Proportion of patients that are in health care systems that have EHRs appropriate for treating patients with HBP.            Proportion of health care systems reporting on NQF 18</p> <p><b>Intermediate:</b>            Proportion of patients with high blood pressure in adherence to medication regimens            Proportion of patients with diabetes in adherence to medication regimens</p> <p><b>Long term:</b>            Proportion of adults with known high blood pressure who have achieved blood pressure control.</p>
<b>Strategy</b>	<b>Increase the institutionalization and monitoring of aggregated/ standardized quality measures at the provider and systems level</b>
<b>Performance Measure</b>	<b>Same as above</b>



# Health System Interventions Cont.

Increase use of team-based care in health systems.

Evidence-based strategies:

Strategy	Increase engagement of non-physician team members (i.e., nurses, pharmacists, and patient navigators) in hypertension (HTN) management in health care systems
Performance Measure	<p><b>Short term:</b></p> <p>Proportion of health care systems with policies or systems to encourage a multi-disciplinary team approach to blood pressure control.</p> <p>Proportion of patients that are in health care systems that have policies or systems to encourage a multi-disciplinary approach to blood pressure control.</p>

# Prevention First Goals

- Increase the number of health care systems reporting on NQF measures.
- Increase the number of health care systems with EHRs appropriate for treating patients w/HBP.
- Increase the number of adults with high blood pressure in adherence to medication regimens.
- Increase the number of adults with HBP control.
- Increase the number of health care systems with policies to encourage a multi-disciplinary team approach to HBP control.

# What Can NEPO Do?

- Ensure certified EHR implementation
- Ensure compliance with NQF reporting requirements/Meaningful Use.
- Ensure patient adherence to medication regime for HBP control.
- Assess your systems policies for inclusion of patient navigators (nurses, physician assistants, pharmacist, outreach workers, etc.)

# Questions?

## Thank you

Shirley Shelton

916.552.9942

[Shirley.shelton@cdph.ca.gov](mailto:Shirley.shelton@cdph.ca.gov)

