

# Preventive Health and Health Services Block Grant

## SUCCESS STORY 2019

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### Cardiovascular Disease Prevention

## *Alliance Pumps Up Heart Health*

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**Public Health Issue:** Building and sustaining health network partnerships across California to decrease cardiovascular disease (CVD) is a priority chronic disease objective in population health and strategically essential in high burden communities. Californians with lower levels of education and income are more likely to report having at least one form of CVD than other groups. CVD is the second highest ranked killer of Californians.

**Intervention:** The California Department of Public Health's (CDPH) Healthy Hearts California (HHC) is an alliance that brings together a comprehensive network of health care experts to share the strength of their educational and professional experiences in developing and implementing programs to decrease the CVD health impact. HHC has over 125 members, representing health care systems, universities, managed care organizations, hospitals, local and state public health organizations, federally qualified health clinics, and pharmacies. These unique HHC partnerships result in combined efforts to increase public awareness for patient hypertension (HTN) control. Several interventions were implemented:

- CDPH conducted three Self-Measured Blood Pressure (SMBP) monitoring workshops
- CDPH convened an in-person state medical and public health professional meeting
- HHC members partnered to increase the control of high blood pressure within a health system

**Impact:** CDPH, in conjunction with HHC member, the American Heart Association, trained 80 (in English and Spanish) community health workers and clinic staff how to properly measure, record, and report blood pressure. Home blood pressure monitoring is a readily accessible, evidence-based and cost-effective strategy for improving HTN treatment and control. SMBP monitoring promotes better blood pressure control by engaging patients and motivating proactive behaviors, helps providers confirm HTN diagnosis earlier, and tracks treatment effects between doctor visits. Each participant received an Omron blood pressure monitoring device.

CDPH also convened 127 pharmacists, physicians, local and state public health professionals, and health system and health plan representatives to provide information on best practices in the field of CVD and HTN control, including current guidelines, co-morbidities, and innovative patient-centered and team-based approaches to health care.

The role of pharmacists and other non-physician supporters of the patient care team provided keynote presentations and discussed in detail how patient engagement could be improved through community outreach connected to clinical care. The convening brought together experts to provide interactive presentations and panel discussions to discuss new research and innovative recommendations to improve health systems infrastructure by applying technology and electronic health record advancements to real time clinical practice. The conference objectives supported the mission of CDPP and aligned with the “Let's Get Healthy California's” goal for achieving the Triple Aim of better health, better care, and lower costs.

HHC partners, the Right Care Initiative, University of California (UC) Berkeley and the UC Davis Medical Center (UCDMC), partnered to improve HTN control within a health care system. Through systematic improvements, UCDMC was able to establish blood pressure control for adults with HTN to 74%, nearly 13 percentage points higher than the Healthy People 2020 target of 61.2% control of blood pressure. This partnership helped to foster a collaborative environment that helped UCDMC achieve improvements in high blood pressure outcomes.