

# Preventive Health and Health Services Block Grant

## SUCCESS STORY 2018

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### Cardiovascular Disease Prevention

#### Leveraging Partnerships to Improve Clinical Performance and Health Outcomes

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**Public Health Issue:** Cardiovascular Disease is the second leading cause of death in California (CA) and nearly one in three adults—over eight million Californians—are living with at least one of the most common forms of Cardiovascular Disease (CVD)—heart disease, heart failure, stroke, or hypertension (high blood pressure). Annual health care costs for CVD in California have been estimated at \$37 billion—far greater than any other chronic condition (1).

According to Centers for Disease Control and Prevention, cardiovascular health is significantly influenced by the physical, social, and political environment, including access to affordable, quality health care. There is a critical need for multi-sector partnerships to track quality indicators across the continuum of care, from risk factor prevention through treatment of acute events to post-hospitalization and rehabilitation, in order to improve health and cardiovascular care in the future.

**Intervention:** The California Department of Public Health’s (CDPH) Cardiovascular Disease Prevention Program (CDPP) and Right Care Initiative (RCI), a public-private partnership working to improve clinical outcomes, collaboratively sponsored the 10th Annual Leadership Summit and convened a statewide forum for discussion relating to undiagnosed hypertension, hypertension, prediabetes, diabetes self-management, obesity, nutrition, and physical activity. RCI holds monthly meetings in three different regions of California, bringing together medical providers, researchers, health plans and systems, and others to share performance data and devise improvement strategies to reduce cardiovascular disease morbidity and mortality in California. RCI’s goal is to reduce the gap between scientific advances and their practical implementation in order to reduce and/or prevent disability and death.

This year’s summit was held on April 5, 2018 and focused on clinical performance improvements to achieve 75 percent in good control, or “A Grade” (90th Percentile) HEDIS levels for cardiovascular disease and diabetes. The summit included information regarding breakthroughs in stroke care, discussed Million Hearts Champions and its progress and challenges, explored strategies to reach the goal of zero preventable cardiovascular disabilities and deaths, shared resources for patient and family engagement, and offered insights into public health’s role in assisting health systems to improve health care performance. Most importantly, the summit brought together partners from public and private sectors, opening the door for new discussions and potential collaborations. These new multi-sector collaborations are needed to effectively address heart health issues in the state and reach the goal of improved clinical care, and thus better outcomes and quality of life for all Californians.

**Impact:** The summit provided an opportunity to convene a group of researchers, medical professionals, health plans, and public health experts that would not otherwise have a chance to meet and share ideas. Participants identified needs and opportunities for cross collaboration, discussed the role of team-based care quality improvement strategies, highlighted clinical performance improvement strategies, and delved into the complexities of public health's role in health systems interventions. The prevention and better management of heart disease, strokes and diabetic complications and improving clinical performance is the key to success in achieving better health outcomes for Californians. CDPP and its statewide CVD coalition, Healthy Hearts California, gained new knowledge and strategies to improve coordination of statewide heart disease control and prevention efforts to reduce the risk and prevalence of heart disease and stroke among all Californians.

**Footnotes:**

1. California Department of Public Health, Burden of Cardiovascular Disease in California, 2016