

# Chronic Disease Connections

An e-bulletin created for healthcare systems working with patients to control their diabetes and high blood pressure.

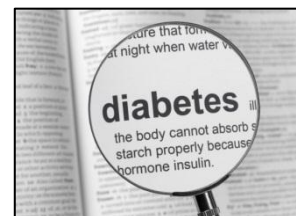
## Health Promotion is Newsworthy . . .

**The U.S. Preventive Services Task Force has released the 2014 *Guide to Clinical Preventive Services***, an authoritative source that can help primary care clinicians and patients decide together what preventive services are right for a patient's needs. The Guide can also be used as a teaching tool for new clinicians as they learn about clinical preventive care. The 2014 Guide includes all active Task Force evidence-based recommendations since 2004, including 28 new and updated recommendations since the 2012 version of the Guide. It also includes information about topics in development, background on the Task Force, at-a-glance clinical summary tables for ease of use, and additional resources. [Click here](#) to view and download the Guide. If you would like to order a printed copy of the Guide, please visit the [AHRQ Publications Online Store](#). To place a bulk order, please contact AHRQ by email ([ahrqpubs@ahrq.hhs.gov](mailto:ahrqpubs@ahrq.hhs.gov)) or phone (toll-free, 800-358-9295). Later this summer, the Task Force will also be releasing an e-book version of the Guide.

## Pre-diabetes and Diabetes News . . .

### **Health News: Benefits of diabetes prevention program long-lasting: Study**

Participants in a diabetes prevention program 15 years ago continue to have lower rates of type 2 diabetes development than those assigned to a placebo, according to the latest findings of the Diabetes Prevention Program Outcomes Study presented at the American Diabetes Association's 74th Scientific Sessions in June. [Read more](#) at *AMA Wire*.



### **Innovation to prevent type 1 diabetes expected by 2025**

*TIME* (7/1) reported scientists have prepared a list of 10 innovations that they predict will take place by 2025, based on examination of trends in investing and researching. Among the predictions were medicinal advances for "earlier detection and possible treatment" of dementia; prevention of type 1 diabetes; "less toxic cancer treatments;" and DNA mapping of every child at birth.

### **JAMA Study on Diabetes Treatments: Insulin Use as a Secondary Treatment for Type 2 Diabetes Linked to Heart Disease, Death**

Patients with type 2 diabetes who take a combination of metformin plus insulin may be at higher risk for cardiovascular disease and death compared with those who take a combination of metformin plus sulfonylurea, according to a new study funded by the Agency for Healthcare Research and Quality (AHRQ) that appears in the [June 11 issue of JAMA](#). The study, a review of medical records from national databases, found a greater association between insulin as a second-line treatment and risk of death and cardiovascular disease than sulfonylureas as second-line treatment.

### **Bionic Pancreas Outperforms Insulin Pump in Adults, Youth**

People with type 1 diabetes who used a bionic pancreas instead of manually monitoring glucose using fingerstick tests and delivering insulin using a pump were more likely to have blood glucose levels consistently within the normal range, with fewer dangerous lows or highs. The full report of the findings, funded by the National Institutes of Health, can be found online June 15 in the [New England Journal of Medicine](#).

## What's new about Chronic Disease Self-Management ?

Chronic illnesses come with symptoms which may include fatigue, stress, shortness of breath, pain, itching, anger, depression, and sleep problems. The ways in which we can manage various symptoms are often similar. The Chronic Disease Self-management Program (CDSMP) identifies and encourages the use of symptom-management tools such as good nutrition, getting enough rest, exercise, relaxation techniques, medications, socializing, positive thinking, and others. The benefit of a group of participants brainstorming and problem solving together may open the door for individuals to find new approaches to managing their symptoms. Refer your patients! Learn more at <http://idph.state.ia.us/betterchoicesbetterhealth/default.aspx>.



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## Million Hearts® Initiative Update

### HHS launches challenge to improve hypertension through health IT

In an effort to help clinical practices use health information technology (health IT) like electronic health records (EHRs) to reduce high blood pressure, the Department of Health and Human Services (HHS) has launched a new challenge asking health care professionals and other caregivers to submit the tools they use to improve patient care. The EHR Innovations for Improving Hypertension Challenge, launched by the Office of the National Coordinator for Health IT (ONC), is part of Million Hearts®, a national initiative to prevent 1 million heart attacks and strokes by 2017. The direct link to the challenge is <http://1.usa.gov/1otbVAJ>. The Federal Register Notice can be found at: [http://www.ofr.gov/OFRUpload/OFRData/2014-16016\\_PI.pdf](http://www.ofr.gov/OFRUpload/OFRData/2014-16016_PI.pdf). **Iowa clinics—this is your chance to show everyone what your clinic is doing to improve the quality of care to patients... please consider entering the challenge! Monetary prizes as well as national recognition!**

When was the last time you checked out the Million Hearts website?

You might be missing something... <http://millionhearts.hhs.gov/index>.

## The latest on the ABCS...

### A1c

#### New Study: More Than Ten Percent of Heart Attack Patients May Have Undiagnosed Diabetes

At least 10 percent of people who have a heart attack may have undiagnosed diabetes, according to new research presented at the American Heart Association's Quality of Care and Outcomes Research Scientific Sessions 2014. For additional information along with tools and resources, please [click here](#). A1c at time of hospitalization can lead to diagnosis.

### Aspirin Use

#### MN collaborative is currently promoting Aspirin when appropriate through two strategies

The University of Minnesota's "Minnesota Heart Health Program", *Partners in Prevention*, is a new initiative that promotes the primary prevention of cardiovascular disease to improve the health of the citizens of the state of Minnesota. Follow the link to learn more!

## Blood Pressure Control and Management

#### New Resource: Prevalence of Hypertension, Awareness, Treatment and Control in the Hispanic Community Health Study/Study of Latinos

The prevention and control of hypertension is an essential component for reducing the burden of cardiovascular diseases. This journal article describes the prevalence of hypertension in diverse Hispanic/Latino background groups, and describes the proportion of the population who are aware of their diagnosis, receiving treatment, and have their hypertension under control.

#### Hospitalizations and death rates among those with pulmonary hypertension have increased during the past 10 years

In a study published online in the journal *CHEST*, researchers analyzed death rates from the National Vital Statistics System and data from the National Hospital Discharge Survey between 2001 and 2010 to analyze trends in hospitalizations and death rates related to pulmonary hypertension. The study's findings illustrate the importance of recognizing and diagnosing pulmonary hypertension so that patients can receive proper treatment.

#### National Institute of Neurological Disorders and Stroke deputy director stresses the importance of blood pressure control to prevent stroke

In a perspective for the journal *Nature*, Walter J. Koroshetz discusses how Americans are in a unique position of being able to prevent cardiovascular events such as stroke. Data show that the likelihood of stroke decreases as blood pressure decreases. By controlling blood pressure, we can prevent not just the death and physical disability that so often result from stroke, but also age-related cognitive impairment and dementia.

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## Cholesterol Control and Management



**Use this fotonovela to discuss cholesterol and diet with Hispanic populations** Hispanics often have high cholesterol, a major risk factor for heart disease and stroke. Promotores, health coaches or other community health workers can use this fotonovela, in English or Spanish, to share cholesterol management information with the Spanish-speaking populations they serve. The accompanying guide offers tips, additional activities, reviews, and reminders in both languages.

### **Changes in a generic medication's color, shape may lead to some patients failing to continue taking the medication**

The Washington Post reports that research published in the Annals of Internal Medicine suggests that changes in a generic medication's color and shape may "be causing confusion among patients, leading some to stop taking much-needed medications." The researchers "said the FDA perhaps should require the appearance of new generic drugs to match that of the original brand-name products. The effects, they wrote, are not just aesthetic but also 'clinically relevant.'"

The Boston Globe (7/15, Salah) reports that over "a two-refill period, the pill shape or color changed for 29 percent of patients." The appearance "of statins changed most often among users while beta-blockers had the fewest changes."

The Los Angeles Times (7/15) "Booster Shots" blog reports that "compared with those who continued to take their heart medications, those who lapsed were 30% more likely to have experienced a change in their medication's shape or color." The study indicated that "more than color changes, a reconfiguration of a pill's shape raised the likelihood of a patient failing to adhere to his or her medication regimen." MedPage Today (7/15, Yurkiewicz) and HealthDay (7/15, Norton) also cover the story.



## Smoking Cessation

### **Varenicline combined with nicotine patch improves smoking cessation rates (JAMA)**

Combining the smoking cessation medication varenicline with nicotine replacement therapy was more effective than varenicline alone at achieving tobacco abstinence at 6 months, according to a study. The combination of behavioral approaches and pharmacotherapy are of proven benefit in assisting smokers to quit.



## Place these Health Observations on Your Upcoming Calendar . . . Plan for Awareness Activities at your Clinic !



### **National Immunization Awareness Month**

<http://healthfinder.gov/nho/PDFs/AugustNHOtoolkit.pdf>

**August 10-16: Health Center Week**  
[www.healthcenterweek.org](http://www.healthcenterweek.org)

### **National Cholesterol Education Month Healthy Aging Month**

[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)  
**September 21-27: National Farm Safety and Health Week**

[www.necasag.org](http://www.necasag.org)  
**September 24: National Women's Health and Fitness Day**

[www.fitnessdat.com](http://www.fitnessdat.com)  
**September 27: Family Health and Fitness Day**  
[www.fitnessday.com](http://www.fitnessday.com)



### **Good News! US stroke rates declining**

USA Today (7/16, Painter) reports that research published in JAMA suggests that "people are having fewer strokes and dying less often in the wake of strokes." In "the new study, part of a large, ongoing research project on stroke," researchers "followed 15,792 people ages 45 to 64 from 1987 to 2011." These individuals "came from Jackson, Miss.; Washington County, Md.; Forsyth County, N.C.; and Minneapolis."

TIME (7/16, Sifferlin) reports on its website that "the study...reports that the declines can be credited to better control over risk factors like blood pressure, getting people to quit smoking, and the fact that so many Americans are" taking statins.

Also covering the story are the NPR (7/16, Singh) "Shots" blog, HealthDay (7/16, Thompson), The New York Times (7/16, Bakalar); The Los Angeles Times (7/16) and Bloomberg News (7/16, Ostrow).

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## Upcoming Training for Healthcare Providers

**Did you miss “Transforming Care Delivery: Redesigning Case Management and Primary Care Roles in Population Health Management” webinar?**

Check out other webinars you might be interested in at this site, too!

### **Million Hearts Archived Webinar: State Examples of Integration to Improve Blood Pressure Control**

On June 2, ASTHO hosted a webinar for the ASTHO-Supported Primary Care and Public Health Collaborative to highlight four states' (New Hampshire, New York, Oklahoma, and Vermont) Million Hearts Learning Collaborative projects. The webinar focused on their efforts to integrate primary care and public health to improve hypertension. Visit the [ASTHO Million Hearts Learning Collaborative web page](#) for more information.

## New Resources for Healthcare Providers

### **Share Million Hearts® videos on your website or in your office**

CDC StreamingHealth on YouTube has useful health information and features all of the Million Hearts® videos, including patient stories, provider success stories, and Million Hearts® events and activities.

### **Check out new tools for Regional Extension Centers (RECs) from HealthIT.gov**

RECs from the Office of the National Coordinator for Health Information Technology (ONC) are working to help providers and practices improve health outcomes by leveraging health information technology (IT). Participate in ONC's Million Hearts® Call to Action and do your part to reach the program's goal and help 1,000 providers leverage health IT to track and measure successes on the ABCS of heart health, especially blood pressure control and smoking cessation.

### **Practice News: Avoid 2016 Medicare penalty: Use a registry for quality reporting**

Physicians who don't successfully report for Medicare's Physician Quality Reporting System this year will face a 2 percent payment penalty in 2016. One of the ways to report is through clinical registries, for which the Centers for Medicare & Medicaid Services just released the approved lists. [Read more](#) at *AMA Wire™*.

### **Info for Health Professionals from the National Institute for Aging at the National Institutes of Health (NIH)**

Doctors and other health care professionals are the most trusted source of health information for adults 50 and older. We know that older adults have many questions about exercise. Is it safe for me to do? Are there exercises I shouldn't do with my health condition? At my age, shouldn't I just take it easy and conserve energy?

**Go4Life** is a great resource to help you answer your patients' questions and provide **free** follow-up materials. We know clinicians are busy; you have limited time with your patients and many important issues to address during your appointments, so we've provided informational materials for you and your staff to use in a variety of ways:

We have [tip sheets](#) your office staff can print and distribute to patients.

You can [order free posters](#) for exam rooms or [bookmarks](#) for your waiting room.

If you send an e-newsletter to patients, we have [articles about exercise and physical activity](#) that you can use.

If you are looking for a sample workout to distribute to patients, you can order free copies of the [Workout to Go](#) booklet.

You can order free copies of [Exercise and Physical Activity: Your Everyday Guide from the National Institute on Aging](#) (in English and Spanish) for your waiting room.

If you show health videos in your waiting room, order a free copy of the [Go4Life exercise video](#).



## The Iowa Department of Public Health -- Health Promotion and Chronic Disease Control Partnership

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Editors:

**Terry Y. Meek**  
*Health Systems Coordinator*  
terry.meek@idph.iowa.gov

**Laurene Hendricks**  
*Linkage Coordinator*  
laurene.hendricks@idph.iowa.gov

