

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 . . .

Iowa Prevention Happenings

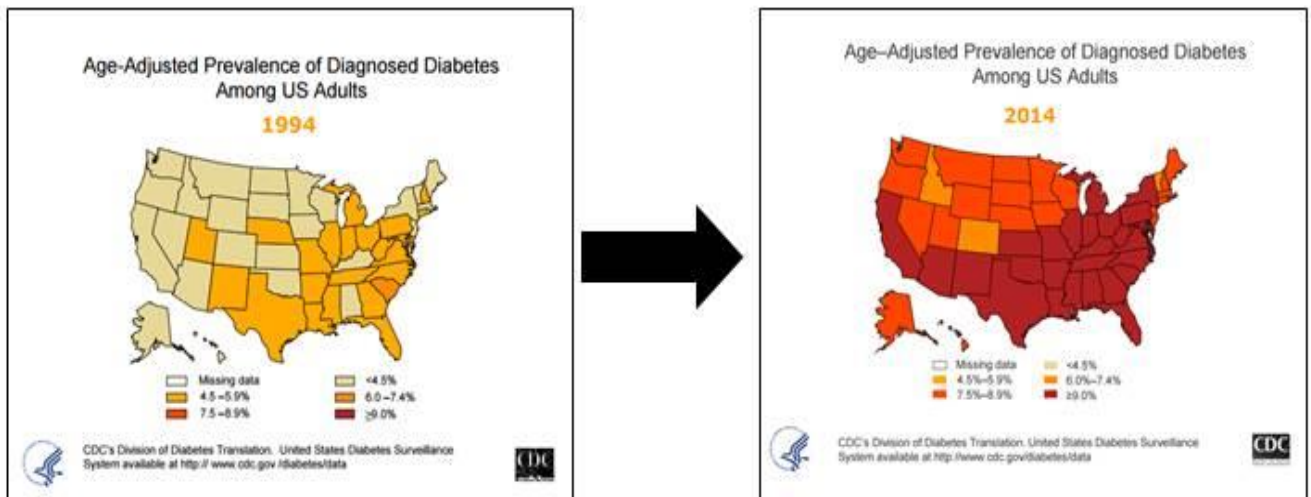
- Five new organizations in Iowa received pending recognition from the CDC National Diabetes Prevention Program (NDPP) for providing NDPP classes. The list includes Mary Greeley Medical Center (Ames), Burlington Public Library (Burlington), Hy-Vee on Johnson Avenue (Cedar Rapids), Grundy County Memorial Hospital (Grundy Center), and Central Iowa Healthcare (Marshalltown).
- The Butler County Community Partnership helped pass a Tobacco-Free/Nicotine-Free Daycare/Preschool Policy in its community.

Pre-diabetes and Diabetes News . . .

Diabetes is currently the 7th leading cause of death in the U.S. (CDC, 2016).

The prevalence of diabetes continues to expand nationally as evidenced by Figure 1 with the changes over a 20 year period. The dark red indicates > 9.0% prevalence in the state. The **CDC** (2014) reports 1 in 3 adults (86 million) have prediabetes, and unfortunately 90% of those 86 million are unaware of it. The data also shows that without intervention, 15-30% will develop type 2 diabetes within 5 years.

Figure 1: Age-Adjusted Prevalence of Diagnosed Diabetes Among U.S. Adults 1994 to 2014



Source: [Click here](#) for the full trending report (CDC, 2015)

Many with Diabetes Missing Out on Statins

09/12/2016 2 in 5 middle-aged patients don't get the cholesterol-cutting drugs, despite recommendations to do so, study finds.

Study finds no link between sitagliptin, fracture risk in diabetes

Sitagliptin wasn't associated with an increased risk in fracture, hip fractures or major osteoporotic fractures, compared with placebo, according to a study in *Diabetes, Obesity and Metabolism*. Canadian researchers looked at 14,671 diabetes patients from the Trial Evaluating Cardiovascular Outcomes with sitagliptin study and found an increased fracture risk with insulin use and a reduced risk with metformin therapy. [PhysiciansBriefing.com/HealthDay News](#) (9/14)

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Million Hearts® Initiative Update

The next Million Hearts® Hypertension Control Challenge is coming soon! Be on the lookout for the launch of the next Hypertension Control Challenge in early 2017! In the meantime, discover [best practices](#) for achieving a blood pressure control rate of 70% or greater.

Million Hearts® director spreads word about finding undiagnosed hypertensive patients. In the August 2016 “The Download” podcast supported by CMS, Million Hearts® Executive Director Janet Wright explains how millions of patients with undiagnosed hypertension are “hiding in plain sight.” Listen now to learn more about the initiative and the your steps to finding these patients.

ASTHO releases searchable library for Million Hearts® tools and resources. The Association of State and Territorial Health Officials (ASTHO) has expanded and improved Tools for Change. This virtual library provides tools and resources from states, national organizations, and federal agencies to drive the work of states and territories toward improving hypertension identification and control. ASTHO has compiled more than 300 resources in Tools for Change and will continue to add more from states and partners.

The latest on the ABCS ...

Aspirin Use

Aspirin Overuse May Exceed Underuse in Diabetes

MUNICH — Aspirin has been overused more often than it has been underused as primary prevention for cardiovascular disease in patients with diabetes, new research suggests.

The electronic health record data from a large primary-care setting also reveal that underuse of aspirin for primary prevention has been more of a problem than overuse in people with reversible cardiovascular risk factors who don't have diabetes and that implementation of an electronic decision support tool may help improve adherence to guidelines in general for aspirin prescribing.

The findings were presented September 13, 2016 here at the [European Association for the Study of Diabetes \(EASD\) 2016 Annual Meeting](#) by A Lauren Crain, PhD, a researcher and statistician at Health Partners Institute, Minneapolis, MN.

Blood Pressure Control and Management

Stroke patients' likelihood of receiving tPA affected by age, sex, and race

The [Los Angeles Times](#) (9/14, Kaplan) reports on a nationwide [analysis](#) of over 60,000 stroke patients published in Neurology finding that “women were less likely than men” to receive the clot-dissolving treatment tissue plasminogen activator (tPA), and “racial minorities were less likely” than whites to receive the treatment. That is a problem, because the treatment must be administered “within 4½ hours of the onset of a stroke” to be effective. Overall, among those who went to the hospital and were eligible for the treatment, one fourth did not receive it. Women were 8 percent more likely than men not to receive the treatment, African Americans 28 percent more likely, and other racial minorities 17 percent more likely not to receive tPA. No explanations for the differences were hazarded. Other patients who were more likely not to receive the treatment were those who were over 70 (13 percent), patients who arrived “during off hours” (12 percent), those who arrived by ambulance (14 percent), patients in rural hospitals (46 percent). [Kaiser Health News](#) (9/14, Rodriguez) reports that patients in the Northeast were twice as likely to receive tPA compared to those in the Midwest or South.

Industry-Funded Study Hid Sugar's Links to CHD

SAN FRANCISCO, CA – The sugar industry paid for and was closely involved in development of an influential literature review, published by the *New England Journal of Medicine* in 1967, that downplayed dietary sugar's links to coronary heart disease while pointing the finger at fat and cholesterol intake, according to a report published September 12, 2016 in *JAMA Internal Medicine*¹.

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Cholesterol Control and Management

Study examines efficacy of evolocumab in reducing LDL-C in diabetes

South African researchers found a more than 50% reduction in LDL cholesterol among patients with or without dysglycemia or metabolic syndrome after 52 weeks of evolocumab treatment. The findings in Diabetes, Obesity and Metabolism, based on 905 patients from 88 study centers, revealed no significant difference in overall incidence of new-onset diabetes and incidence of adverse events between the evolocumab and placebo groups.



Smoking Cessation

FDA panel votes to remove boxed warning from Pfizer's smoking cessation pill Chantix

In the STAT (9/14) "Pharmalot" column, Ed Silverman reports that an FDA panel voted to remove a "black box" warning from Pfizer's smoking cessation pill Chantix, a crucial win for the drugmaker "in its quest to widen the market for" Chantix. The victory for Pfizer caps a two-year effort to remove the warning, the most serious kind of health alert. To make its decision, an FDA advisory panel reviewed the results of a study released earlier in 2016 that found "Chantix does not appear to increase the risk of suicidal behavior." Reuters (9/14, Grover) also reports, noting that "the FDA is not obligated to follow the recommendations of its panel, but typically does so." The Wall Street Journal (9/14, Jamerson, Subscription Publication) reports the move to remove the so-called Black Box warning would follow a similar decision by regulators in Europe made earlier this year.



Plan Clinic Awareness Activities for Upcoming Health Observations:

October

Talk About Your Medicine Month

www.talkaboutrx.org

Halloween Safety Month

www.geteyesmart.org

Health Literacy Month

www.healthliteracymonth.org

Pharmacists Month

www.planetree.org



November

Diabetic Eye Disease Awareness Month

www.geteyesmart.org

American Diabetes Month

www.stopdiabetes.com

Great American Smokeout

www.cancer.org

National Diabetes Education Week

11/6-11/12

www.diabeteseducator.org

National Family Caregivers Month

www.caregiveraction.org



Training for Providers:



FREE CONTINUING EDUCATION FOR NURSES & PHYSICAL THERAPISTS

This activity has been approved for 2.25 hours of nursing continuing education (CE) by the Alabama State Nurses Association, an accredited approver of the American Nurses Credentialing Center's Commission on Accreditation (ANCC). This activity has also been approved for 1.0 physical therapy continuing competence units (CCUs) by the Federation of State Board of Physical Therapy through ProCert. ([View a list of accepting states.](#)) [LEARN MORE](#)

Delivering Culturally Confident Care: A 365 Approach

This webinar (60 minutes) provides information and data related to delivering culturally competent care, understanding the changing demographics of the United States and defining culture, diversity, health disparities within the context of changing demographics, beliefs, biases and assumptions and how they impact our patient care delivery and effective cross-cultural communication strategies. **Free Nursing (ANCC) CEs available.** Guest Speaker: **Emeobong "Eme" Martin, MPH**, Project Manager, Cultural Competence, Adventist Healthcare

Falls WEBINAR Recording:

During *The Gravity of Falls: Evidence-Based Preventative Strategies* webinar, guest experts discuss validated multifactorial fall risk assessments, how to examine data findings, and adjust your internal thresholds to identify high risk patients. You'll also learn to identify appropriate in-home fall prevention interventions. We'll also discuss major classes of medications that either increase risk for falls or increase risk of injury from a fall, and review changes in metabolism of medications commensurate with aging.

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New Resources for Healthcare Providers

AMA enhances geospatial mapping tool

Information Management (9/13, Slabodkin) reports, "The American Medical Association has enhanced its interactive geospatial mapping tool, designed to identify health professional shortage areas and other related workforce trends, to now provide population health data by geographic location." The article adds, "Developed in collaboration with the American Academy of Family Physicians Robert Graham Center and vendor Health Landscape, AMA's interactive Health Workforce Mapper includes a new 'Population Health Explorer' feature providing data on a variety of population health factors, including healthcare access and quality, health behaviors such as smoking and alcohol use, demographics, as well as social environment factors." In a statement, AMA President Andrew W. Gurman, MD, said, "Improving patient access to quality care is a core mission of the AMA, and this mapping tool will show physicians and healthcare professionals precisely where their skills can most benefit populations in need."

Diabetes Clinician Tools

Clinical Evidence-Based Strategies for Diabetes
Clinical Diabetic Medication Reference
Diabetes Self-Management Checklist

Multimedia Modules

Diabetes Self-Management Education Programs & Benefits (13 minutes) provides information overview and differences of various evidence-based Diabetes Self-Management Education programs for Medicare Beneficiaries.

Evidence-Based Foot Care (11 minutes) provides information related to teaching foot care to patients.

Diabetes Patient Tools

Many of HHQI's patient tools are written at appropriate health literacy levels and available in Chinese, Russian Spanish, and Vietnamese.

Multimedia Modules

Diabetes Self-Care (8-minutes) includes information on Hemoglobin A1C, foot care, and more.

Healthy Eating (13 minutes) focuses on better food choices and reading labels.

Prediabetes and Signs & Symptoms of Diabetes (10 minutes) includes risk factors, what can be done to prevent or delay diabetes, signs & symptoms of hyper/hypoglycemia, and more.

Diabetes & Your Heart video (5 minutes) provides patients/caregivers information on how diabetes increases the risk of heart attack or stroke.

New Population Health Management Resource

New resource provides guidance to health care providers and public health agencies on selection and use of Population Health Management (PHM) products and the data they can provide.

What's new about

The Cost of Chronic Conditions

The traditional model of caring for people with chronic conditions focuses on illness-which is expensive and often ineffective. According to the CDC, more than two-thirds of all health care costs are for treating chronic conditions. Chronic Disease Self-Management Program (CDSMP), Iowa's Better Choices, Better Health, is a low-cost program that helps adults learn how to manage and improve their health. CDSMP could have a potential cost savings of \$6.6 billion by reaching only 10% of Americans with one or more chronic conditions. Learn more at <http://idph.iowa.gov/betterchoicesbetterhealth>



Better Choices, Better Health
Put Life Back in Your Life

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

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