Health Promotion is Newsworthy

Health Communication with Immigrants, Refugees, and Migrant Workers: Proceedings of a Workshop—in Brief
The Roundtable on Health Literacy of the National Academies of Sciences, Engineering and Medicine convened a workshop focused on facilitating health communication with people from immigrant, refugee and migrant worker populations. Bernard Rosof, chief executive officer of Quality in HealthCare Advisory Group, noted in his opening remarks that the increasingly diverse ethnic composition of the U.S. population requires that public health and health care organizations deliver services differently. He went on to explain that to achieve the aim of providing care that is equitable and does not vary in quality because of personal characteristics such as gender, ethnicity, language or socioeconomic status, it is important that health literacy approaches be used to align system demands with individual skills and abilities. The workshop was organized to explore the application of health literacy insights to the issues and challenges associated with addressing the health of immigrants, refugees and migrant workers. Presentations and panel discussions explored issues of access and services for these populations as well as outreach and action.

Despite Compressed Sign-Up Period, ACA Enrollment Nearly Matches Last Year’s  (Julie Rovner, 12/21)
HHS announces that 8.8 million people signed up for coverage through the federal insurance marketplace.

Plan Clinic Awareness Activities for Upcoming Health Observations

Healthy Weight Week
1-15 to 1-19
www.fitwoman.com
Drug and Alcohol Facts Week
1-22 to 1-28
https://teens.drugabuse.gov
/national-drug-alcohol-facts-week
Blood Donor Month
www.americasblood.org

Wear Red Day
www.goredforwomen.org
February 2, 2018
Heart Month
www.heart.org
Cardiac Rehabilitation Week
Cardiovascular Professionals Week
2-11 to 2-17
www.aacvpr.org

What’s new about

Happy New Year! Two of the more popular New Year’s resolutions are eating healthy and exercising more/improving personal fitness. It can be difficult to keep a set goal for an entire year, so we recommended that you be specific and include measures when goal-setting. Ask yourself questions about what you currently do, what you would like to do and what is recommended by trusted sources. If you would like to take steps toward improving your health, it may be beneficial to look at an already established program, such as Better Choices, Better Health (Chronic Disease Self-Management Program (CDSMP). Participants of the Better Choices, Better Health program learn the process for setting achievable goals or action plans. Some questions to ask are: What specifically will I do? How much can I do? When will I do it? How often will I do it? How confident am I that I can achieve my set goal? Learn more at http://idph.iowa.gov/betterchoicesbetterhealth.
Million Hearts® Initiative 2022 Update

We congratulate River Hills Community Health Center on its designation as a 2017 Million Hearts Champion. It is the very first Iowa clinical health system to win this designation. The River Hills CHC clinicians, care teams and IT/QI staff have prioritized hypertension control, helping their patients live free of heart attacks and strokes, and adding to the Million Hearts® aim of at least a million fewer cardiovascular events by 2022. To see more about the award and other designees this year, go to this [link](#) and look forward to more about how they were able to accomplish such an esteemed designation.

We also begin the New Year with a new format to conform with the new Million Hearts 2022.

Priority: Keeping People Healthy

Reduce Sodium Intake

Survey links salt intake to restaurant, store-bought foods

Survey data from 450 US adults, published in the journal Circulation, found about 6% of daily sodium intake came from salt added to foods during home cooking, while an additional 5% was added at the dinner table. The study found 71% of salt intake was linked to restaurant meals and store-bought foods. [HealthDay News](#) (5/8)

Decrease Tobacco Use  [see Page 3, under smoking cessation]

Decrease Physical Inactivity

The Guide to Community Preventive Services issues new guidance on strategies and interventions to improve physical activity levels Recommendations include improving pedestrian or bicycle transportation systems with one or more land use and environmental design interventions (such as street connectivity or parks) to increase physical activity.

Priority: Optimizing Care

Improve the ABCS

- **Aspirin When Appropriate**

Aspirin does little or nothing for hard arteries, researchers find ([University of Florida](#))

- **Blood Pressure Control and Management**

Lower targets for systolic blood pressure suggested by study ([Tulane University](#))

Three clinics partnered with a community organization to reduce hypertension in at-risk groups in south Los Angeles Learn how this collaborative model sped up the implementation of evidence-based interventions in safety net settings.

Long-term exposure to ambient fine particle air pollution contributes to millions of deaths from cardiovascular disease globally. ([Lancet](#))

Lifestyle is key to healthy blood vessels, study says

A healthy diet, exercise and weight control may help reduce age-related blood vessel degeneration, according to a study in the journal Hypertension. Researchers found people who met six of the American Heart Association’s Life’s Simple 7 healthy heart goals were 10 times as likely to have healthy blood vessels as they aged, compared with people who did not meet any goals. [HealthDay News](#) (5/30)

**ABCs are continued on the next page...**
**Cholesterol Control and Management**

Many Under 40 May Not Need Regular Cholesterol Checks  
05/15/2017 But heart experts note that screening sooner can help some patients make lifestyle changes early in the game  
Source: HealthDay  

Patients with myocardial infarction don’t adhere to high-intensity statins in the long term. (*JAMA Cardiology*)

**Smoking Cessation**

What Harms the Young Heart Also Hurts the Brain Later  
05/10/2017 High blood pressure, smoking in teens tied to worse mental functioning at mid-life, study finds  

Smokers with low muscle mass may be likelier to die

**Increase Use of Cardiac Rehab**

Use of Outpatient Cardiac Rehabilitation Among Heart Attack Survivors — 20 States and the District of Columbia, 2013 and Four States, 2015

**Engage Patients in Healthy Behaviors**

Experts: Focus cardiovascular disease prevention on lifestyle changes  
Medical experts say primary care physicians should focus on diet and lifestyle behaviors that can prevent or reverse cardiovascular disease instead of relying on statin medications. Caldwell Esselstyn, M.D., of the Cleveland Clinic said primary care physicians should give patients time to understand the importance of adopting a plant-based diet and make significant lifestyle changes to preserve or restore arteries' endothelium.  
[Healio](https://www.healio.com) (free registration) (5/26)

**Priority: Improving Outcomes for Priority Populations:**

Blacks/African Americans; 35- to 64-year-olds; People who have had a heart attack or stroke and People with mental illness or substance use disorders

Black, Hispanic Americans Less Likely to See a Neurologist  
05/17/2017 They more often wind up in the ER and face higher medical costs than white patients, study shows  

The life expectancy gap between white and black Americans is narrowing, but challenges remain. (*CDC*)

**What’s your role in the fight against stroke?**

HHS’s Office of Disease Prevention and Health Promotion outlines simple ways that health care professionals can help prevent and treat stroke as well as empower patients.

**Quick Fact:** Since 1995, hospitalizations for ischemic stroke have doubled for men between 18 and 44 and risen for men and women younger than 55. The prevalence of stroke risk factors among these groups also increased during this period.

**Cryptogenic Stroke: Diagnostics and Tools to Determine Root Cause** is a complimentary program that is jointly provided by the Heart Rhythm Society and the National Stroke Association and was launched in October 2016. This accredited program aims to provide a bridge between knowledge and practice with respect to diagnostics and tools available for diagnosing the root cause of cryptogenic strokes, and includes the following components:  
Webinar: Cryptogenic Stroke: Diagnostics and Tools to Determine Root Cause; Case Study: Diagnosis of Cryptogenic Stroke; Case Study: Stroke in a Pacemaker Patient; Case Study: Major Bleeding Complications in Cryptogenic Stroke. The total **Cryptogenic Stroke: Diagnostics and Tools to Determine Root Cause** program offers a maximum of 2.5 AMA PRA Category 1 credits™. If you have yet to earn any or all of the complimentary CMEs for this activity, access the Heart Rhythm Society’s Learning Center today and complete all steps, including the post-test/evaluation. If you are a first-time visitor to the online Learning Center, you will need to create a free user account. For further information, we invite you to learn more about Cryptogenic Stroke: Diagnostics and Tools to Determine Root Cause.
Pre-diabetes News

**Topic Brief: Comparative Effectiveness of Drug vs. Nondrug Treatment for Individuals with Pre-Diabetes**

**Study: Only 6% of PCPs can identify 11 prediabetes risk factors**
Only 6% of primary care providers were able to identify 11 risk factors that would prompt them to screen patients for prediabetes under the American Diabetes Association guidelines, according to a study in the *Journal of General Internal Medicine*. Researchers surveyed 140 PCPs associated with Johns Hopkins in Baltimore, and found the ADA guidelines were helpful for 42% of respondents, while 30% were unfamiliar with these guidelines. Medscape (free registration) (7/26)

**Short sleep duration with prediabetes increases risk of progression**
South Korean researchers found that adults with prediabetes who slept six hours per night had a 44% increased risk of progressing to type 2 diabetes, while those who slept for five hours or less had a 68% increased risk, compared with those who reported sleeping seven hours each night. The findings in Diabetic Medicine, based on 17,983 adults with a mean age of 41, revealed that those who slept at least eight hours each night had a 23% increased risk of developing diabetes. Healio (free registration)/Endocrine Today (7/27)

Diabetes News

**Los Angeles Times: ‘Alexa, What’s My Blood Sugar Level And How Much Insulin Should I Take?’**
It's become a punchline in the tech industry that every start-up is out to change the world. When it comes to medical technology, however, some of the biggest names in Silicon Valley are poised to do just that. Apple, Google and Amazon have announced or are reported to be developing cutting-edge technologies for managing diabetes, one of the fastest-growing chronic illnesses, affecting more than 420 million people worldwide. (David Lazarus, 6/9)

**Study links A1C levels to frailty risk in older type 2 diabetes patients**
Japanese researchers found that low levels of A1C may increase the risk for frailty among older adults with type 2 diabetes. The findings in the *Journal of Diabetes Investigation*, based on data from 132 adults at least 65 years of age, revealed that other strong risk factors for frailty include body weight, total cholesterol, serum albumin level, systolic blood pressure, HDL cholesterol and age. Healio (free registration)/Endocrine Today (6/7)

Training for Healthcare Providers:

**New Quality Payment Program Resources Available**
CMS recently revamped the look of the Quality Payment Program website and posted new resources to help clinicians successfully participate in the first year of the Quality Payment Program:
- **MIPS Quick Start Guide**: Outlines the steps Merit-based Incentive Payment System (MIPS) clinicians need to take between now and March 2018 to prepare for and participate in MIPS
- **2017 CAHPS for MIPS Conditionally-Approved Survey Vendor List**: Includes contact information for the list of conditionally-approved survey vendors to administer the Consumer Assessment of Healthcare Providers and Systems (CAHPS) for MIPS Survey in 2017
- **Medicare Shared Savings Program and Quality Payment Program Fact Sheet**: Explains how the Shared Savings Program and the Quality Payment Program align reporting requirements for participating Accountable Care Organizations (ACOs) and MIPS clinicians and how certain tracks in Shared Savings Program ACOs meet Advanced Alternative Payment Model (APM) criteria under the Quality Payment Program
- **MIPS APM Fact Sheet**: Provides an overview of this specific type of APM and the special APM scoring standard

For More Information:
Visit the Quality Payment Program website
Contact Quality Payment Program Service Center at 866-288-8292 (TTY 877-715-6222) or QPP@cms.hhs.gov
New Resources for Healthcare Providers

IDPH 2017 Annual Report
The 2017 Annual Report and Budget Summary is available on the IDPH internet page: https://idph.iowa.gov/annual-reports. Included are 2016-2018 expenditure information and updated profiles of programs and services. For questions, contact Jonn Durbin, (515) 281-8936.

Educate Your Patients about Radon
As a health care provider, you always ask your patients if they smoke, but do you ask them if they test their homes for radon? Iowa has the highest percentage of homes with radon levels higher than the indoor radon action level of 4 pCi/L set by the Environmental Protection Agency, with five out of seven homes having elevated radon levels. An estimated 400 Iowans die each year from radon-induced lung cancer – more than the number of Iowans that die each year in traffic accidents (American Lung Association, n.d.).

As a health care provider, you have a special role in preventing radon-induced lung cancer. Encourage your patients to call the Iowa Radon Hotline at 1-800-383-5992 to learn more about radon, home radon testing and mitigation, as well as to order a radon-testing home kit. Testing kits may also be ordered online by visiting this link. A question about radon testing could be incorporated into your clinic’s electronic medical records system or intake form.


States ranked in terms of health by United Health Foundation
On its website, CNN (12/12, Cohen) reports the United Health Foundation released America’s Health Rankings, which ranks the states in terms of health. According to the report, the five healthiest states are Massachusetts, Hawaii, Vermont, Utah and Connecticut, while the five least healthy states are West Virginia, Alabama, Arkansas, Louisiana and Mississippi. STAT (12/12, Thielking) reports the rankings are based “on 35 factors that impact health, from vaccination levels and infant mortality rates to environmental pollution and poverty levels.” The New York Daily News (12/12, Gibbs) reports New York ranked as the tenth healthiest state, up from 13th last year. The Denver Post (12/12, Ingold) reports Colorado remained “the least-obese state,” according to the rankings. However, the obesity rate increased in the state over the past year. To read the entire health rankings report, visit America’s Health Rankings. The Iowa state summary is on p. 123.

How independent practices can overcome EHR interoperability problems
Small and medium-size medical practices can overcome electronic health record interoperability problems by having a patient referral relationship with a larger health care system or hospital, says consultant David Wasserman. Patients can also ask the hospital to provide access to their records, Wasserman says.

Physicians Practice magazine online (7/26)

Study finds 2-hour postload glucose effective in predicting CV events in CAD
Researchers found that two-hour postload glucose was a better predictor of cardiovascular events among patients with coronary artery disease but without previously known diabetes than A1C or fasting plasma glucose. The findings in Diabetes Care, based on 3,775 patients, revealed that an A1C between 5.7% and 6.5% and 2h-PG between 7.8 and 11.0 mmol/L were independent predictors of incident diabetes. Endocrinology Advisor (7/20)

Internet withdrawal increases heart rate and blood pressure (Swansea University):
Scientists have found that some people who use the internet a lot experience significant physiological changes such as increased heart rate and blood pressure when they finish using the internet.