

Chronic Disease Overview: ***Working toward Wellness in Alabama***

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Chronic Disease Programs

1. Cardiovascular Health Division
2. Diabetes Division

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Chronic Disease Prevention Programs

Key Domains:



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*Centers for Disease Control and Prevention. *Best Practices for Cardiovascular Disease Prevention Programs: A Guide to Effective Health Care System Interventions and Community Programs Linked to Clinical Services*. Atlanta, GA: Centers for Disease Control and Prevention, US Dept of Health and Human Services: 2017.



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• Epidemiology and Surveillance

- Uses systems to track & monitor chronic diseases
- Collects data to determine efficacy of program
- Examines variables, i.e. risk factors, demographics
- Searches for current and emerging trends, and related risk factors

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• Environmental Approaches

- Uses policy & structural changes to create environment to promote healthy choices
- Social &/or physical environments can make healthy behaviors easier and more convenient

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• Health Care System Interventions

- Strategies to improve delivery and quality of care in clinical settings
- Quality Improvement changes, such as EHRs & required reporting on performance measures
- Encourages providers to better monitor and address key risk factors

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• Community Programs Linked to Clinical Services

- Strategies that connect community programs with local clinics to improve care
- Ensures that people at high risk for chronic diseases have access to community resources & support
- May include referrals to community self-management resources or services

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Current Chronic Disease Programs

- **Cardiovascular Health**
 - Healthcare Systems Approach
- **Diabetes Prevention**
 - Community-Clinical Linkages

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Chronic Disease Prevention and Health Promotion

Key Domains: *Med Adherence*

1. Epidemiology and Surveillance – all programs
2. Environmental Approaches
3. Health Care System Interventions
4. Community Programs Linked to Clinical Services

DDP

DSME

Diabetes Today Sites

Self-Monitoring BP Sites

Team-Based Care

BP Initiatives

Med Adherence

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*Centers for Disease Control and Prevention. *Best Practices for Cardiovascular Disease Prevention Programs: A Guide to Effective Health Care System Interventions and Community Programs Linked to Clinical Services*. Atlanta, GA: Centers for Disease Control and Prevention, US Dept of Health and Human Services: 2017.

Conceptual Framework for Planning Evidence-Based Practices



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*Spencer LM, Schooley MW, Anderson LA, Kochtitzky CS, DeGroff AS, Devlin HM, et al. Seeking Best Practices: A Conceptual Framework for Planning and Improving Evidence-Based Practices. *Prev Chronic Dis* 2013;10:130186. DOI:<http://dx.doi.org/10.5888/pcd10.130186>



Strategies Used in ADPH Chronic Disease Programs

- **Cardiovascular Health**

Healthcare Systems

- Team-Based Care
- Quality Improvement Initiatives
- Medication Adherence

Community-Clinical Linkages

- Self-Monitoring Blood Pressure

Emerging Practices

- Familial Support Learning Collaborative

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Cardiovascular Health

Team-Based Care:

- University of Alabama University Health Center – 2 sites
- Franklin Primary Care – 23 sites
- Chad's Payless Pharmacy – pharmacy + healthcare center
- Mobile County Health Department – 9 sites + mobile van

Quality Improvement Initiatives:

- University of Alabama University Health Center – 2 sites
- Franklin Primary Care – 23 sites
- Chad's Payless Pharmacy – pharmacy + healthcare center
- Brooklere Pharmacy – 3 sites

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Cardiovascular Health

Medication Adherence:

- Chad's Payless Pharmacy - pharmacy + healthcare center
- Brooklere Pharmacy – 3 pharmacies

Community-Clinical Linkage:

- Community Self-Monitoring Sites – 26 sites
- Mobile County Health Department – 9 sites + van
 - NOT Evidence-Based; Emerging Program

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Emerging Program

Evidence-Based Programs must provide:

- Evidence of Effectiveness
- Evidence of Impact
 - Health Impact
 - Health Disparity Impact
 - Economic Impact

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Strategies Used in ADPH Chronic Disease Programs

- **Diabetes Prevention**

- Community-Clinical Linkages**

- Diabetes Self Management Education (DSME)
 - Diabetes Prevention Programs (DPP)
 - Diabetes Today Sites

Diabetes Prevention

Diabetes Self Management Education (DSME)

– 53 Accredited Programs; 74 Sites

Diabetes Prevention Programs (DPP)

– 16 Sites Registered with CDC

Diabetes Today Sites

– 8 Sites

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Key Issues

- **Giving Patients Choices**
 - **Nutritional choices**
 - **Activity choices**
- **Patient Education**
 - **Medication Therapy Management**
 - **Education about specific chronic diseases**
- **Building Resiliency**
 - **Give them tools to make good decisions**
 - **Assist them in taking control**

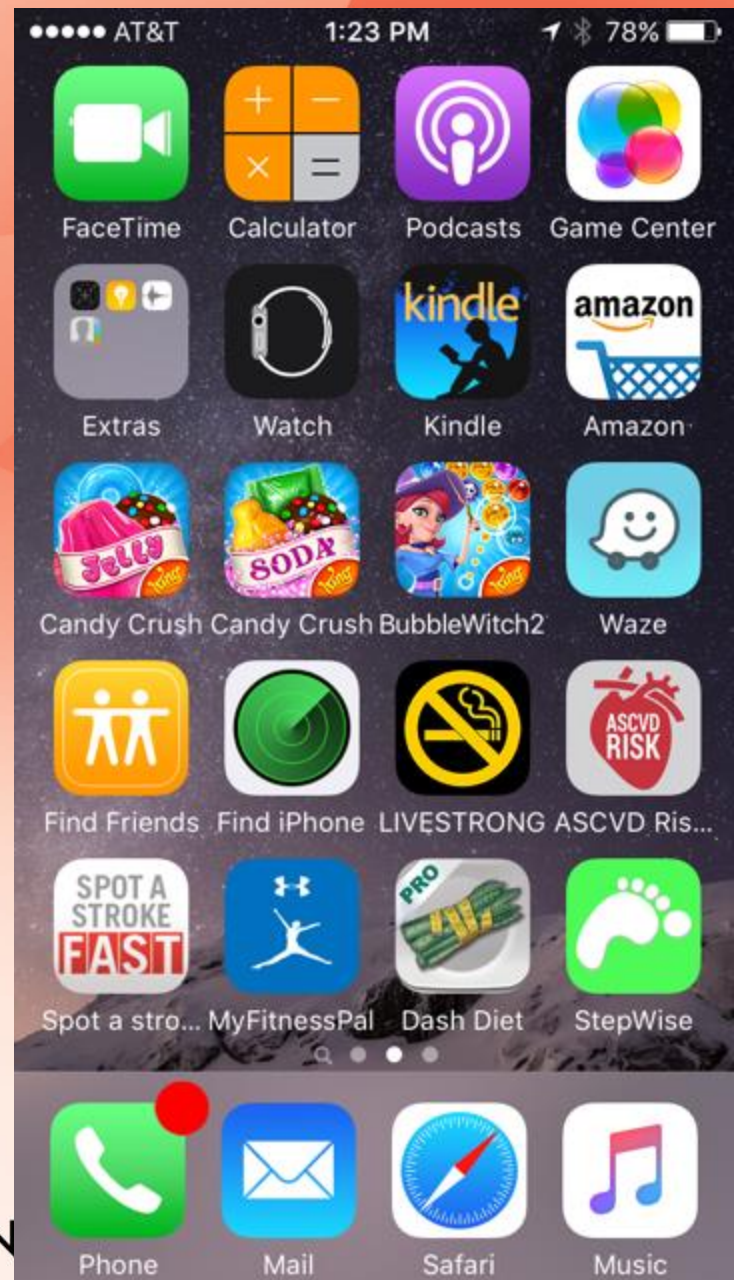
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Healthy Apps

- My Fitness Pal
- DASH Diet
- ASCVD Risk Estimator
- ProTracker
- Smart BP
- Mediterranean Recipes
- Calorie King
- My Net Diary

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<http://www.alabamapublichealth.gov/cardio>

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