

Don Wright, M.D., M.P.H. Deputy Assistant Secretary for Health Promotion and Disease Prevention





“Who’s Leading the Leading Health Indicators?”

- Seventh installment of the monthly series, “Who’s Leading the Leading Health Indicators?”
- Highlight organizations using evidence-based approaches to address one of the Healthy People 2020 Leading Health Indicator (LHI) topics.



Webinar Participants

- **Don Wright, M.D., M.P.H.**

HHS Deputy Assistant Secretary for Disease Prevention and Health Promotion

- **Howard K. Koh, M.D., M.P.H.**

HHS Assistant Secretary for Health

- **Ritabelle Fernandes, M.D., M.P.H.**

Internist and Geriatrician, Kokua Kalihi Valley Comprehensive Family Services

- **David Meyers, M.D.**

Director, Center for Primary Care, Prevention, and Clinical Partnerships

- **Jovonni R. Spinner, M.P.H., C.H.E.S.**

Public Health Analyst, National Heart, Lung, and Blood Institute



What are the Leading Health Indicators (LHIs)?

Leading Health Indicators are:

- Critical health issues that, if addressed appropriately, will dramatically reduce the leading causes of preventable deaths and illnesses.
- Linked to specific Healthy People objectives.
- Intended to motivate action to improve the health of the entire population.

Howard K. Koh, M.D., M.P.H. Assistant Secretary for Health





Impact & Context: Clinical Preventive Services

- Clinical preventive services
 - Prevention
 - Detection

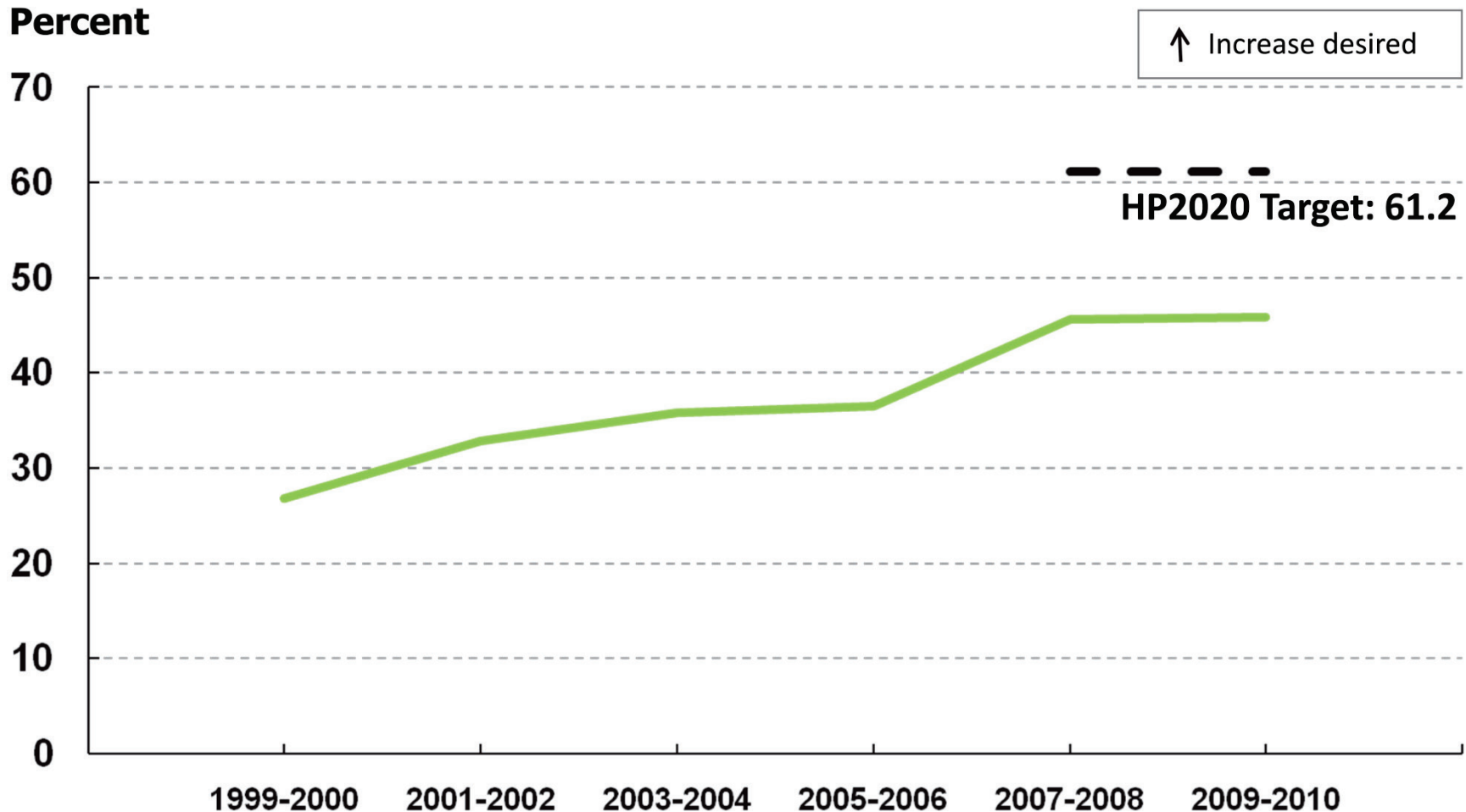
- Chronic Conditions
 - Screening
 - Prevention and Management



Leading Health Indicators: Clinical Preventive Services

- **Indicators for clinical preventive services:**
 - Adults who receive a colorectal cancer screening based on the most recent guidelines
 - Adults with hypertension whose blood pressure is under control
 - Adult diabetic population with an A1c value greater than 9 percent
 - Children aged 19 to 35 months who receive the recommended doses of DTaP, polio, MMR, Hib, hepatitis B, varicella, and PCV vaccines

Blood Pressure Control among Adults with Hypertension, 1999-2000 through 2009-2010



Note: Blood pressure control is defined as systolic blood pressure <140 mmHg and diastolic blood pressure <90 mmHg among adults aged 18 years and over with hypertension. Hypertension is defined among adults, excluding pregnant women, as systolic blood pressure \geq 140 mmHg or diastolic blood pressure \geq 90 mmHg or taking blood pressure lowering medication. Data are age-adjusted to the 2000 standard population.

Source: National Health and Nutrition Examination Surveys (NHANES), CDC, NCHS.

Obj. HDS-12

Healthy Heart, Healthy Family

*A NHLBI/HRSA Collaborative to Reduce
Cardiovascular Disease Risk in Filipino
Community*

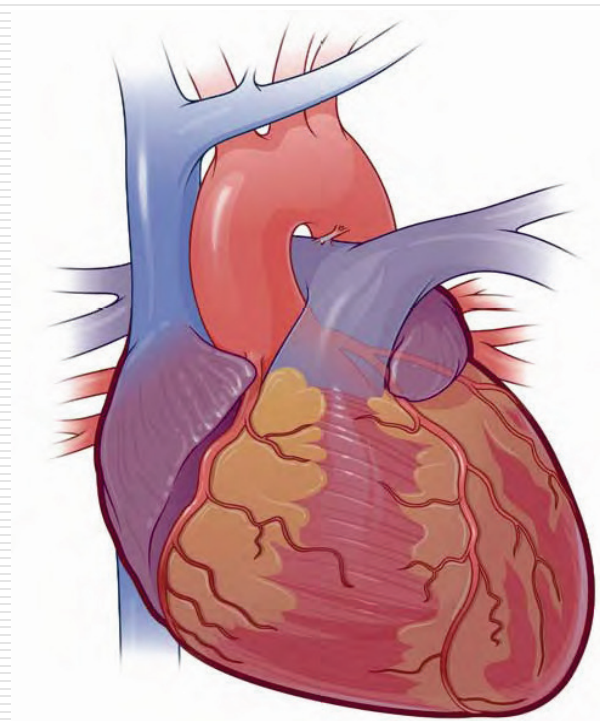
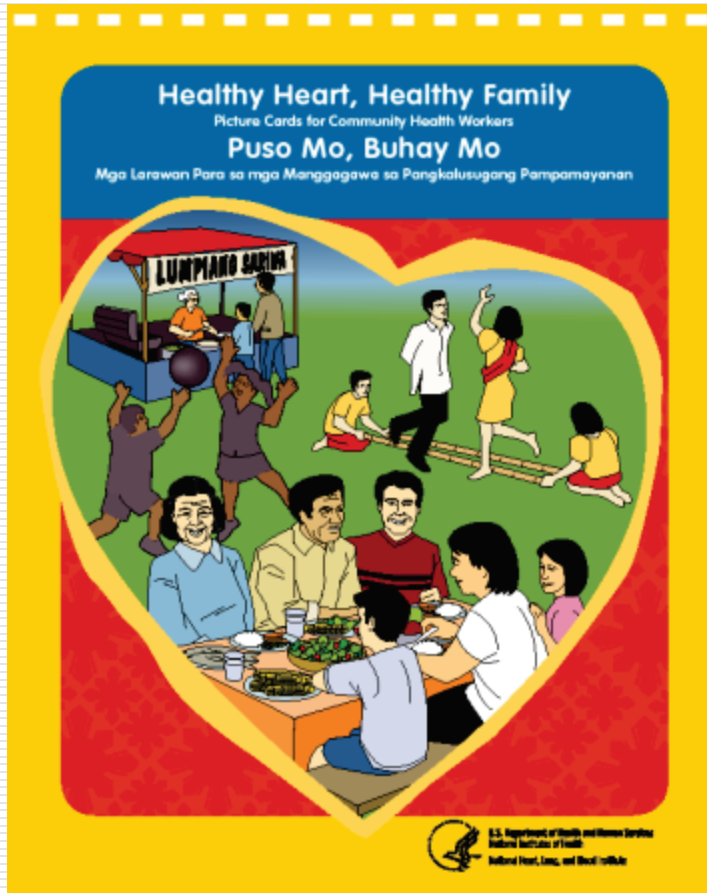
Ritabelle Fernandes, M.D., M.P.H.

Kokua Kalihi Valley Comprehensive Family
Services

Cardiovascular Disease in the Filipino American Community

- ❑ Filipinos have one of the highest rates of cardiovascular disease (CVD) in the country
- ❑ Filipino death rate from CVD is 396.3 per 100,000 people
- ❑ 51% of Filipino men and 61% of Filipino women over 50 have hypertension

Healthy Heart, Healthy Family Curriculum



Kokua Kalihi Valley (KKV)

- ❑ Not-for-profit federally qualified health center
- ❑ Established in 1972
- ❑ For residents of Kalihi Valley only & Southeast Asians island wide



Implementation Strategies – Community Health Workers

- Health education and screening
 - Outreach
 - Interpreter
 - Case management
 - Patient navigation
 - Community referrals
-

Education

- ❑ Small group education
 - Information on CVD and other chronic conditions and lifestyle modifications
 - Met 2 hours each week for 3 months
- ❑ Screenings and clinical services



Lifestyle Management



Results: Clinical Measures

- ❑ Fasting blood sugar decreased 6.8% at 12 months
 - ❑ Mean cholesterol decreased by 8.6% at 12 months
 - ❑ Systolic and diastolic blood pressure decreased by 4.9% and 3.9% respectively at 6 months
-

Results: Lifestyle and Behavior

- 140% increase in the number of participants engaging in aerobic exercise
 - Significant improvements in food consumption behaviors
 - Significant improvement in participant confidence managing their conditions
-

Successes

- ❑ Program consonant with Filipino cultural values
- ❑ CHWs building trust and serving as health care navigators
- ❑ Engaging activities (e.g., heart healthy bingo, dancing, etc.)
- ❑ Community engagement

“I really learned a lot and can now help my family too.”

Salamat Po!

<http://www.kkv.net> <http://www.nhlbi.nih.gov>





Stay Connected

- Get the updated data and read implementation stories, visit <http://www.healthypeople.gov>.
- To receive the latest information about Healthy People 2020 and related events, visit our website to:
 - Submit your LHI story at [healthypeople.gov](http://www.healthypeople.gov)!



Follow us on Twitter [@gohealthypeople](https://twitter.com/gohealthypeople)



Join our [Healthy People 2020 group on LinkedIn](#)