



Cardiovascular Disease & Strategies to Address

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IDPH OVERVIEW

- **VISION**

- **Communities of Illinois will achieve and maintain optimal health and safety.**

- **MISSION**

- **Protect the health and wellness of the people in Illinois through the prevention, health promotion, regulation, and the control of disease and injury.**

IDPH OVERVIEW

- **ORGANIZED 1877, ONE OF STATE'S OLDEST AGENCIES**
- **HEADQUARTERS IN SPRINGFIELD AND CHICAGO**
 - 7 regional offices
 - 3 laboratories
 - 1,100 employees
- **OVER 200 PROGRAMS, AFFECTING HEALTH & WELLBEING OF EVERY ILLINOIS RESIDENT & VISITOR**
 - Childhood immunization
 - Food, water and drug testing
 - Hospital and nursing home licensure
 - Infectious disease control
 - Chronic disease prevention and management
 - Vital records
 - Health statistics collection and evaluation
 - Newborn screenings
 - Women's health promotion
 - Emergency Preparedness
 - Workforce development

Cardiovascular Disease Rates

2019 death data of CVD* in Illinois

- **1 out of 3 deaths** had a lead cause of CVD
- **1 out of 2 deaths** had at least one CVD (lead or contributing cause)

Overall Rates of CVD

- Heart Disease is the **number 1 cause of death** in the US and in Illinois.
- 655,000 Americans die from heart disease each year (**approx. 1 in 4 deaths**)
- One person in the USA **dies every 36 seconds** from heart disease
- Stroke is the **number 3** cause of death in USA and in Illinois
- 140,000 Americans die each year from stroke
- **Stroke is the leading cause** of serious, long-term disability in the United States

*CVD is broken into 4 subtypes:

Heart Disease

Cerebrovascular Disease
(Stroke)

Hypertension &
Hypertensive Renal
Disease

All Others (aneurysm,
building up of plaque)

DP18-1815: *Improving the Health of Illinoisans Through Chronic Disease Prevention*

- Prevention and management of diabetes, heart disease, and stroke
- 5-year cooperative agreement (began October 2018)
- All 50 states and DC have similar renditions
- CDC provides support

1815 Grant: Category A & B

Category A: **diabetes** management

Category B: **cardiovascular disease** prevention & management

6 Strategies

- Increase reporting and tracking of clinical data
- Encourage providers to follow evidence-based guidelines and policies
- Increase community-clinical links that support systematic referrals, self-management, and lifestyle change
- Help patients continue taking their medicine
- Help patients manage their conditions
- Encourage more patients with high blood pressure and high blood cholesterol to join proven lifestyle change programs

CHWs
conduct
many of
these
strategies

YMCA of the USA

Blood Pressure Self-Monitoring Program



Healthy Heart Ambassador Program

The 4-month program works with participants to build skills and capacities that help them:



Manage high blood pressure



Identify and control triggers that raise blood pressure



Adopt healthier eating habits

Click [here](#) for more info

Healthy Heart Ambassador Program

Goal

- Measure and record their blood pressure at home **at least two times per month**
- Learn how **to properly measure their blood pressure**
- Attend at least **two personalized consultations per month** with a trained Program Facilitator
- Attend **monthly** Nutrition Education Seminars

Example of Education

American Heart Association – *How to Monitor your Blood Pressure at Home*



[Link](#) to video

Healthy Heart Ambassador Program

Qualifications

- Must be at least 18 years old
- Have been diagnosed with high blood pressure
- Not have experienced a recent cardiac event
- Not have atrial fibrillation or other arrhythmias
- Not be at risk for lymphedema

Healthy Heart Ambassador (HHA) Program

HHAAs provide activities to build skills and confidence through:

- Modeling and coaching participants on how to get the most accurate blood pressure readings, based on equipment and environment
- Using participants' preferred methods of communication to deliver weekly support messages
- Hosting monthly Nutrition Education Seminars
- Offering office hour consultations

Healthy Heart Ambassador Program

HHAs provide office hour consultations to:

- Collect health data in accordance with HIPAA privacy and security requirements
- Take and record blood pressure measurements
- Review tracking goals and the blood pressure measurements participants took at home
- Model the proper blood pressure measurement technique
- Coach participants on the proper blood pressure measurement technique
- Remind participants to track their blood pressure measurements at home
- Encourage participants to attend future consultations and Nutrition Education Seminars and to share blood pressure readings with their health care provider

***We can train 1) facilitators & 2) trainers**



American Heart Association®

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Purpose: eliminate high blood pressure as a health disparity amongst Americans

- Launched as pilot in August 2012
- Evidence-based hypertension management program
- Prioritizes blood pressure self-monitoring
- Incorporates remote monitoring and online tracking



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Key Features

- Goal setting and tracking of blood pressure by using online tracking
- Educational materials and resources to conduct a four-month high blood pressure self-monitoring program
- Check. Change. Control. Ambassador – on-site team lead to recruit and encourage participants to track and manage blood pressure and provide monthly educational sessions and emails
- Incentives – Incentives play a key role in motivating CCC participants to timely track their readings and reach their goals for high blood pressure management



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Requirements - Organizations

- MUST designate an internal program lead (Ambassador) that will serve as the liaison for the AHA
- MUST allow participants to utilize internet access to register and maintain their online tracker account
- MAY incorporate AHA designed wellness activities into existing schedule



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Requirements - Participants

- MUST commit to entering blood pressure readings into their online tracker at least twice a month for four consecutive months
- MAY agree to have a volunteer mentor or champion throughout the four-month period
- MAY attend wellness activities



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Benefits - Organizations

- Creating a culture of health throughout your organization.
- Providing a FREE wellness program to participants and interactive educational sessions to learn risk reduction strategies for heart disease and stroke.
- Enhancing camaraderie among participants who commit to the program.
- Leading by example to encourage a healthier environment among participants.



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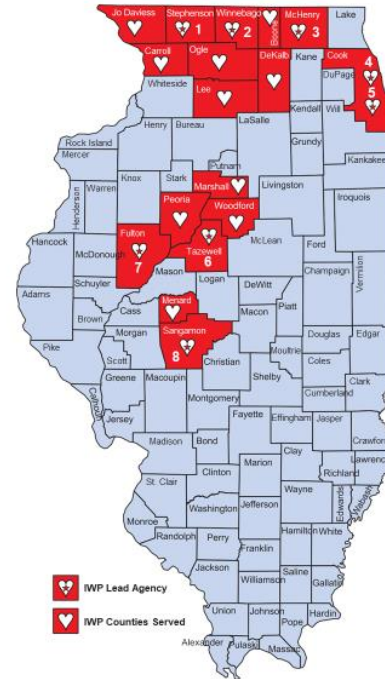
Benefits - Participants

- A four-month program focused on personal goals toward better health
- An opportunity to monitor and track progress using an online tracker
- Receipt of a blood pressure monitor (if applicable)
- Opportunity to be awarded prizes (if applicable) throughout the program

Illinois WISEWOMAN Program (IWP)

Lead Agencies

Illinois WISEWOMAN Program (IWP) Map
(Updated 2020)



- Asian Human Services & Family Health Center
- Fulton County Health Department
- Mercy Care Center
- McHenry County Health Department
- Stephenson County Health Department
- Tazewell County Health Department
- Winnebago County Health Department

The overall goal of the Illinois WISEWOMAN Program (IWP) is to improve access to CVD related preventive health services, including blood pressure and cholesterol **screenings** and lowering the risk for heart disease through **risk reduction counseling**, **health coaching**, and, as appropriate, through referral to a **lifestyle program** (LSP)

SERVICES

Cardiovascular Disease (CVD) Risk Factors

Addressing risk factors such as high blood pressure, elevated cholesterol, obesity, poor diet, physical inactivity, diabetes, and smoking greatly reduces a woman's risk of CVD-related illness and death



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Be Wise Health Coaching

4 Sessions

- Small Changes, Big Results
- I'm a Wisewoman, Not a Wonder Woman
- Know Your World
- Health is a Choice

Small Changes, Big Results

My Plate

Half of your plate fruits and vegetables

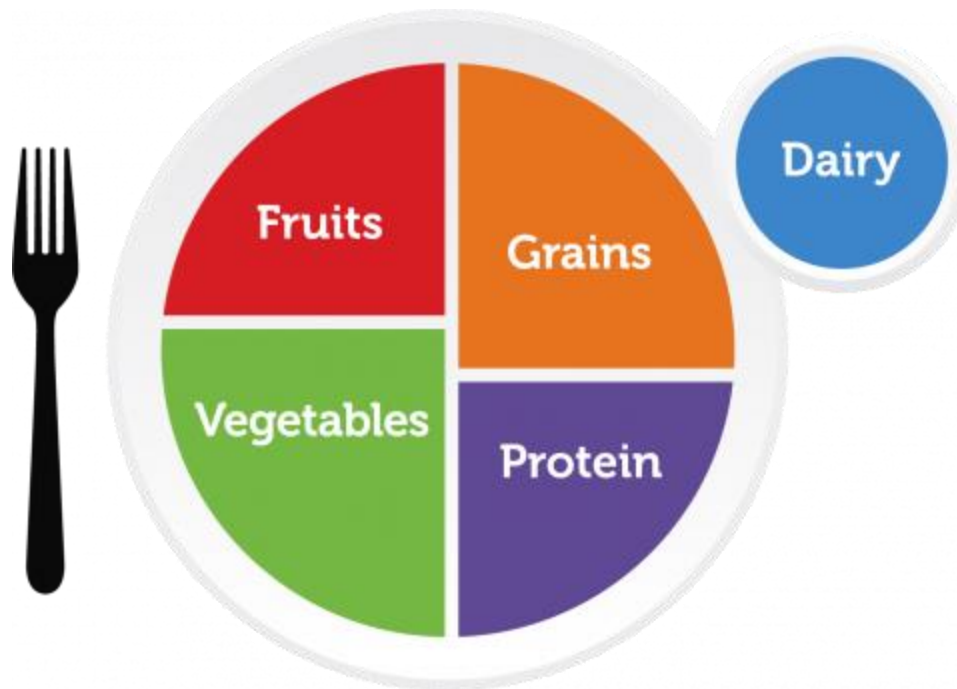
Half of your grains whole grains

Vary your protein

- Seafood twice a week
- Beans are a good plant-based protein source

Low-fat Dairy

www.ChooseMyPlate.gov



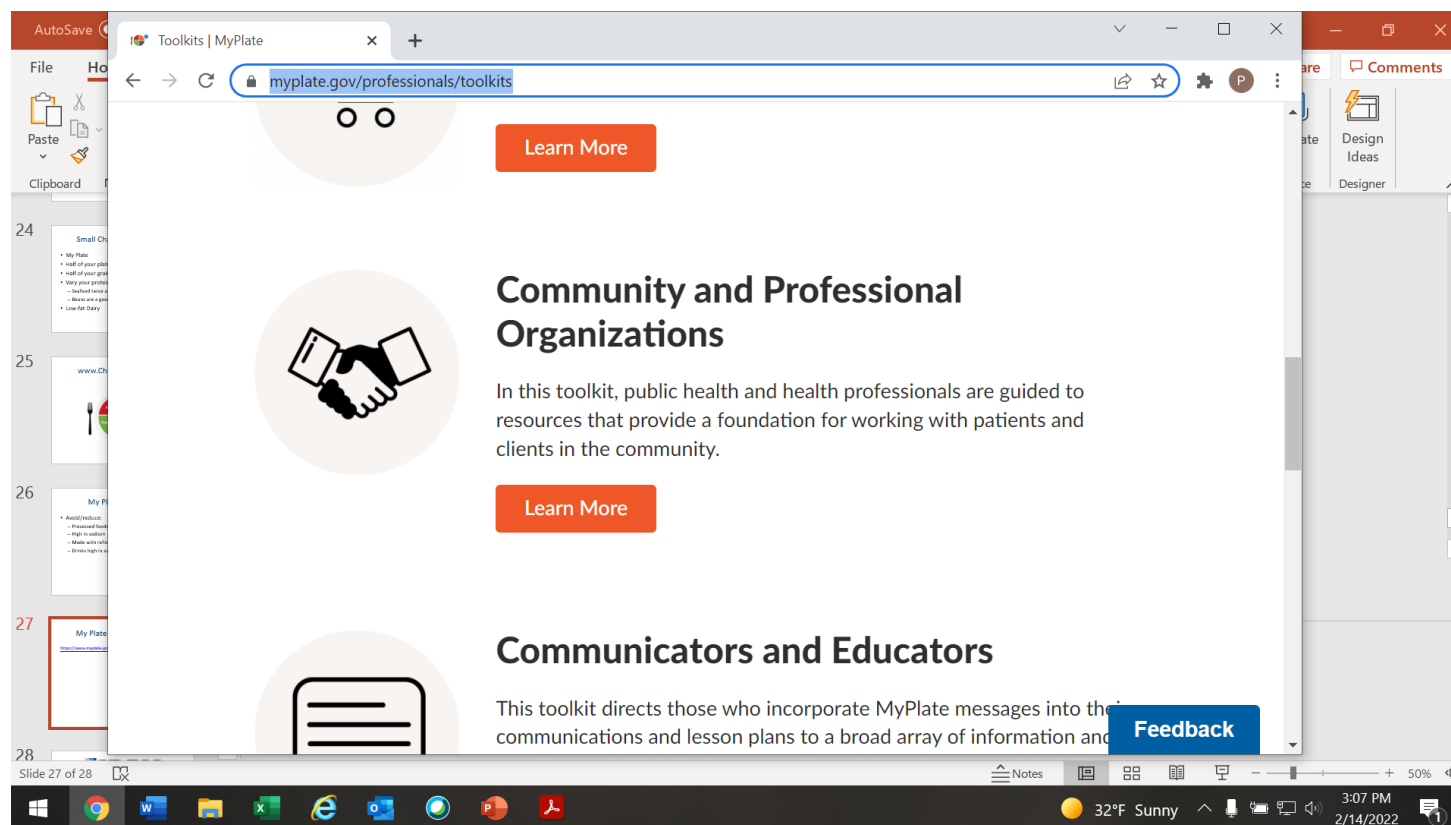
My Plate Continued

Avoid/reduce

- Processed foods
- High in sodium
- Made with refined sugar and/or flour
- Drinks high in sugar

My Plate Online Resources

<https://www.myplate.gov/professionals/toolkits>



THE ACTIVITY PYRAMID



Physical Activity Recommendations

Aim for at least **30 minutes of moderate physical activity** on most days of the week



For **substantial** health benefits

adults should do at least 150 minutes (2 hours and 30 minutes) a week of moderate intensity

or 75 minutes (1 hour and 15 minutes) a week of vigorous intensity aerobic physical activity

or an equivalent combination of moderate- and vigorous intensity aerobic activity

Aerobic activity should be performed in episodes of at least 10 minutes, and should be spread throughout the week

I'm a WISEWOMAN, Not a Wonder Woman

- My Support Team
 - Family
 - Friends
- Behavior Chain: Trigger Leads to Behavior Lead to Result:

TRIGGER

BEHAVIOR

RESULT

The slide features decorative geometric shapes in the corners. The top-left corner has overlapping purple and lavender triangles. The top-right corner has overlapping light blue and medium blue triangles. The bottom-right corner has overlapping light blue and medium blue triangles.

Know Your World

- Tracking steps and physical activity
- Tracking healthy eating progress
- [Understanding food labels and serving sizes](#)

Removing Barriers

Things that make it hard

- My neighborhood is not very safe to walk in at night

How I can avoid them

- I could find a time to walk during the day
- I could walk with a friend
- I could walk at the mall or another well-lit building that is open

Health is a Choice



Goal Setting: SMART

Specific

Measurable

Realistic

Timeframe



Example: “I will walk 15 minutes every weekday this week”

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Rewards for Achieving Goals

Rewards can be simple, and do not have to cost:

- Take a hot shower after a walk
- Check out a healthy cookbook from the library
- Have coffee or tea with a friend
- Give yourself an extra half hour of sleep

QUESTIONS?



Sources

<https://www.cdc.gov/chronicdisease/about/foa/1815/index.htm>

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<https://www.heart.org/-/media/files/affiliates/mwa/check-it-stl/ccc-implementation-toolkit--community.pdf?la=en>

<https://www.youtube.com/watch?v=rAwliNWe1bl>

<https://www.myplate.gov/professionals/toolkits>

<https://www.fda.gov/food/new-nutrition-facts-label/how-understand-and-use-nutrition-facts-label>



THANK YOU

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