



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

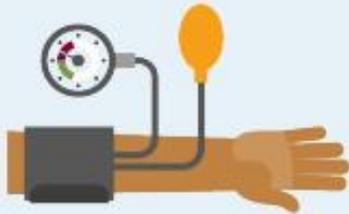
YMCA of the USA

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

HHAs 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®
Check. Change. Control.®

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



American Heart Association.
Check. Change. Control.®

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



American Heart Association®
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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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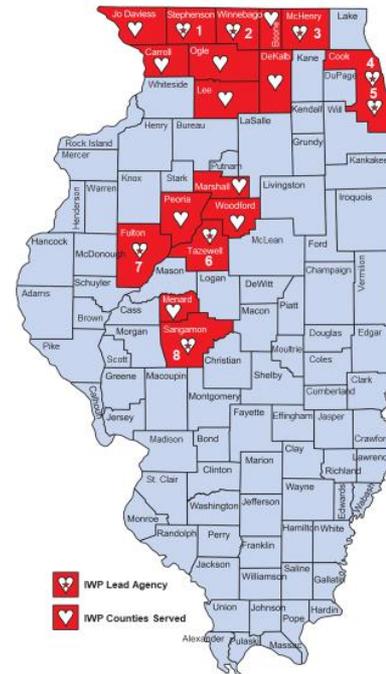
Benefits - Participants

- 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

- 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

Illinois WISEWOMAN Program (IWP) Map
(Updated 2020)



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

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

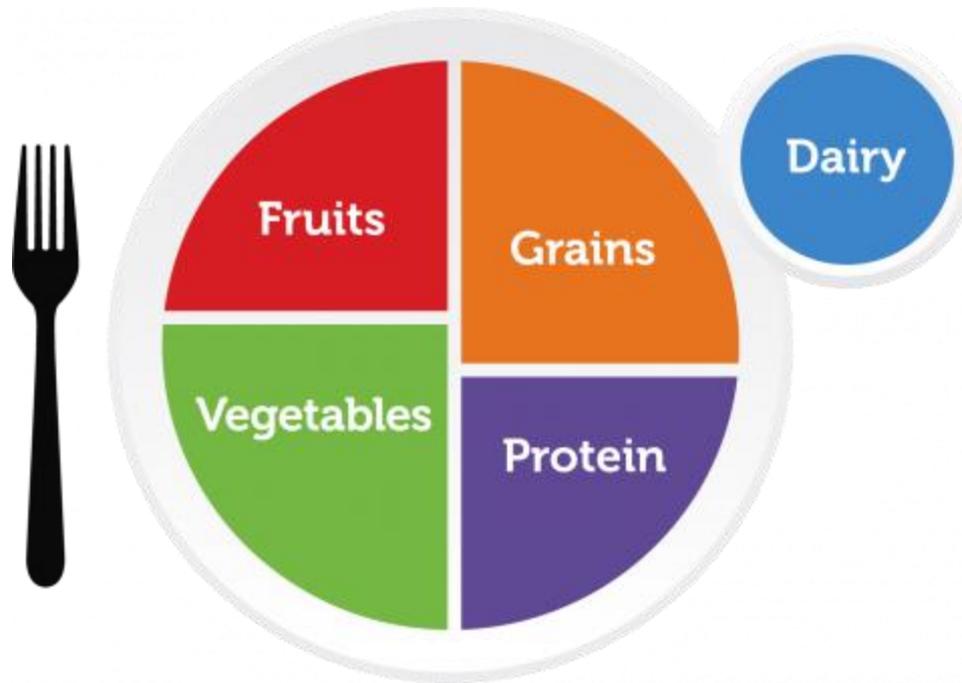
Half of your grains whole grains

Vary your protein

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

Low-fat Dairy

www.ChooseMyPlate.gov



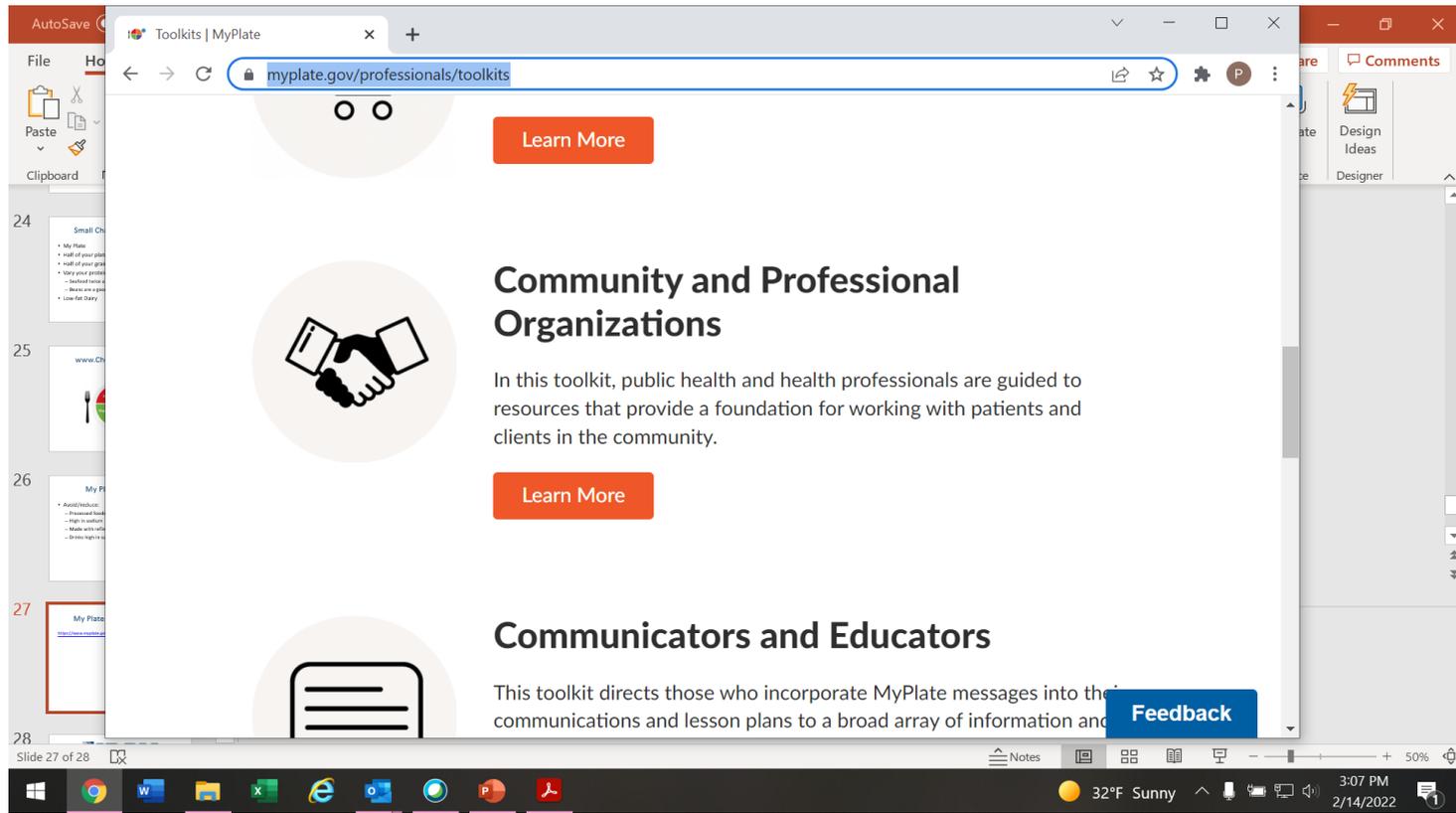
My Plate Continued

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 screenshot shows a web browser window displaying the MyPlate website. The address bar shows the URL [myplate.gov/professionals/toolkits](https://www.myplate.gov/professionals/toolkits). The page content includes:

- A "Learn More" button.
- An icon of two hands shaking.
- Community and Professional Organizations**
In this toolkit, public health and health professionals are guided to resources that provide a foundation for working with patients and clients in the community.
Learn More
- An icon of a speech bubble.
- Communicators and Educators**
This toolkit directs those who incorporate MyPlate messages into their communications and lesson plans to a broad array of information and resources.
Feedback

The browser window is overlaid on a presentation slide, with a taskbar at the bottom showing the time as 3:07 PM on 2/14/2022 and the temperature as 32°F Sunny.

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



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”

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>

https://www.cdc.gov/dhdsp/programs/spha/docs/YMCA_BP_Self_Monitor-508.pdf

<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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[IDPH WEBSITE](#)