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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.
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 ≥140 mmHg or diastolic blood pressure ≥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.
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!

Roundtable Discussion

Please take a moment to fill out our brief survey.
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