



Engaging Partners for Million Hearts Success

Million Hearts® Stakeholders Workshops



**NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS**

Promoting Health. Preventing Disease.



Million Hearts® Stakeholders Workshops - Engaging Partners for Million Hearts Success



Million Hearts® is a national initiative to prevent 1 million heart attacks and strokes in the U.S. by 2017. The Centers for Disease Control and Prevention (CDC) and Centers for Medicare & Medicaid Services (CMS), co-leaders of Million Hearts within DHHS, are working alongside other federal agencies and private-sector organizations to make a long-lasting impact against cardiovascular disease.

The National Association of Chronic Disease Directors (NACDD) is a Million Hearts partner organization.

A key component of promoting Million Hearts in a state is by engaging partners to address the ABCS (aspirin, blood pressure, cholesterol, tobacco cessation), either as part of a statewide coalition or through independent initiatives. One way to enhance partner engagement is by sponsoring a

one-day Million Hearts Stakeholders Workshop. This workshop brings partners together to focus on one or two aspects of Million Hearts related issues, to scan the landscape of current activities in the state, to learn about successful approaches others have used, to identify assets and opportunities, and to develop a set of strategies and priorities and the beginning of an action plan.

State Health Departments can use a Million Hearts Stakeholders Workshop to enhance their activities in Health System Interventions (Domain 3) and Community-Clinical Linkages (Domain 4) as outlined in the CDC Funding Opportunity Announcement (FOA) State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors and Promote School Health (known as FOA 13-1305). Selecting a focus area for the Workshop that aligns with Million Hearts and with FOA 13-1305, such as improving hypertension control in the primary care setting, or reducing

sodium in the retail food environment, allows the state to engage specific partners in these endeavors, and work with those partners on new strategies.

With support from CDC, the American Heart Association, and the states, NACDD has worked with 16 state public health agencies to plan and facilitate Million Hearts Stakeholders Workshops and to provide follow up technical assistance since 2012. Technical assistance includes help in framing the workshop, identifying appropriate partners, and agenda development; plus day of facilitation. Follow up technical assistance includes workshop evaluation, input for a summary report, providing additional resources and helping to connect with other states. Given the lessons learned from these states, this document provides examples of how state health departments are bringing their partners together to improve heart health and summarizes how to plan a Million Hearts Stakeholders Workshop. For more information about these state programs, visit NACDD’s What’s Working Database (WWD) at the links noted below.

State Examples

State	Date of Workshop
Colorado	December 2012
Wisconsin	March 2013
Vermont	May 2013
Pennsylvania	August 2013
Illinois	September 2013
Iowa	April 2014
Michigan	May 2014
Texas	May 2014
New Mexico	June 2014
California	June 2014
Missouri	August 2014
Nevada	May 2015
Arizona	June 2015
Connecticut	June 2015
Utah	June 2015
Mississippi	August 2015

Colorado

The Colorado Department of Public Health and Environment (CDPHE) hosted a Million Hearts Stakeholders Workshop in December 2012. Participants included CDPHE staff as well as about 50 individuals representing 31 organizations. The partners attending the stakeholder meeting identified goals and strategies of a Million Hearts Colorado initiative and have followed up with work groups to refine and implement the strategies. The Million Hearts leadership team developed an action plan to reduce heart attacks and strokes in Colorado with six strategies focused on the goals of increasing awareness of hypertension and improving care and management of cardiovascular disease. The team includes partners such as the American Heart Association, Kaiser Permanente Colorado, Colorado Prevention Center, Walgreens, local public health agencies, Colorado Regional Health Information Organization (CORHIO), Telligen, University of Colorado Skaggs School of Pharmacy, Regis University School of Pharmacy, the American College of Cardiologists and other stakeholders. The priorities that were identified through their workshop aligned with strategies outlined in FOA

“The Million Hearts Partner workshop we held with NACDD in 2012 was the kickoff to much of the work we have done with partners in cardiovascular disease over the past three years. As a result of our workshop, Colorado developed a Leadership Team of clinicians, public health professionals, program administrators and others who have continued to come together to focus on increasing quality of care through QI initiatives, to promote team-based care through integration of pharmacists and community health workers and to further collaboration through grants and system partnerships”.

Tara Trujillo, MNM
*Community Clinical Linkages
Coordinator*

13-1305, including: health systems, clinical quality improvement, team-based care with a pharmacist focus, community-clinical linkages, team-based care with a patient navigator/CHW focus and health care delivery reform.

["WWD: Million Hearts Workshop & Initiative"](#)

Wisconsin

The Leadership Team of Million Hearts Wisconsin was reconvened in January 2015. Efforts are underway for a Million Hearts Wisconsin Blood Pressure Improvement CHALLENGE. The proposed campaign has been well-received by the WI Division of Public Health, the Wisconsin Heart Disease and Stroke Alliance and partners. The Million Hearts Wisconsin CHALLENGE will aim to capture successful efforts that have led to improved blood pressure control and management outcomes. Wisconsin's Heart Disease and Stroke Alliance (HDSA) received an endorsement to co-brand its CHALLENGE effort from the national Million Hearts initiative.

The Million Hearts Wisconsin CHALLENGE is a recognition opportunity for individual and team participants from health systems, clinics, programs or community agencies to share how their clinical and community-based efforts have resulted in improved blood pressure outcomes, lifestyle changes in patients and improvements with patients/clients using clinical support within communities including a focus on work with diverse racial and ethnic populations. Participants will submit narrative "stories" or other forms of documentation to highlight their successes. Judging in several categories will identify innovative approaches or best practices capable of statewide dissemination. The Million Hearts Wisconsin CHALLENGE will serve to highlight hypertension management and control efforts throughout the state. The CHALLENGE timeline is expected to run October 2015 through September 2016 with promotional launch in late September 2014.

Additionally the Wisconsin Heart Disease and Stroke Alliance has continued its work statewide with the Wisconsin Department of Health Services and their partners to address hypertension control/ screenings, team-based care, support medication therapy management (MTM) services, support motivational interviewing and team-based patient-centered trainings and promote healthy living programs. Through partner work one of the FQHC clinics was able to receive consultation and technical assistance on team-based care to better manage patients with high blood pressure from one of the first Million Hearts Hypertension Control Clinical Champions, Dr. Chris Tashjian. The Department of Health Services formed a Health Systems Action Team and a workgroup focused on team-based, patient-centered home care to develop strategies in alignment with FOA 13-1305. They presented them in June 2015.

[WWD: "Pharmacy Team-Based Care for High Blood Pressure Control"](#)

Illinois

The Department of Public Health hosted their workshop in September 2013. Included were the Illinois Primary Health Care Association, Illinois Academy of Family Practice, Midwest Group on Business, American Heart Association, Illinois Hospital Association, two divisions of Illinois Department of Public Health (Division of Patient Safety and Quality, and Division of Chronic Disease), Illinois HITREC, Blue Cross/Blue Shield, Telligen (the state QIO), and several large health care systems. Following the workshop, they established one workgroup focusing on hypertension management, facilitated by the Illinois Department of Public Health. During this time, hypertension became the focus of incentive programs for FQHCs, and more media attention was given to hypertension and obesity. Their epidemiologist tested an algorithm using state discharge data as a primary care sensitive indicator

of hypertension management. This proved to be the information needed to gain attention and priority in several counties. Following the workshop, Illinois was funded for the ASTHO Million Hearts Learning Collaborative, where they were able to focus on community-clinical linkages needed to address hypertension. Population data proved to be the key to engagement and driving change in the counties they were working with. They learned that they needed to share the data early and regularly in the process in order to energize, motivate, and engage their health system partners. ASTHO Success Story at <http://www.astho.org/Prevention/Chronic-Disease/Million-Hearts/Illinois-Uses-Hospital-Discharge-Data-to-Support-Local-Hypertension-Control-Efforts/>

Iowa

On April 15, 2014, the Iowa Department of Public Health, along with the other key partners hosted a Million Hearts Stakeholders Workshop. Participants included staff from the key partner organizations such as the American College of Cardiologists (ACC)-Iowa Chapter, American Heart Association (AHA)-Midwest Affiliate, Iowa Healthcare Collaborative (IHC), and Telligen, the YMCA, individual Iowa health systems, local public health and healthcare organizations, educational institutions, pharmacists, the Iowa Pharmacy Association, and the Iowa Medical Society. This meeting was the first in various activities to improve understanding of the Million Hearts Initiative in the public sector and the healthcare provider/health system sector. Since that time, the key partners along with a work group of interested workshop attendees have met to develop the Iowa Million Hearts Action Plan. The key partner group has steadily grown to incorporate the Iowa Medicaid Enterprise (IME), The University of Iowa (U of I), The VA Central Iowa Health System (VA-CI), the Iowa Pharmacy Association (IPA), the Iowa Primary Care Association (IPCA) and the YMCAs in Greater Des Moines Association. The leadership team meets

regularly to monitor progress on each of its nine objectives, which includes a focus on team care/care coordination, provider-pharmacist teams, hypertension protocols, patient self-measured blood pressure with clinical monitoring, referral to community resources, use of EHRs and registries, and addressing disparities.

[WWD: Iowa Stakeholders Develop and Launch a Million Hearts Action Plan](#)

Texas

The Texas Department of State Health Services (DSHS), Cardiovascular Disease (CVD) and Stroke Program convened a Million Hearts Stakeholders Workshop on May 1, 2014. This Workshop served as the kick-off event for the Million Hearts initiative in Texas. Forty-four individuals, representing twenty-two organizations from local health departments, universities, clinics, the state QIO, insurance, non-profits and the DSHS, attended the Workshop. The CVD and Stroke Program identified two focus areas to guide the Workshop: the role of community health workers (CHWs)/promotoras and other health care extenders in hypertension control and quality improvement in hypertension control in healthcare settings and formed two workgroups focused on these areas. They also developed a set of strategies related to these focus areas: increase patient engagement, cultural competence, and compliance with medications and physician recommendations; identify and pursue data sources and data sharing agreements; and address the reimbursement of CHWs and expand their use and integration into clinical teams. To promote the idea of statewide reimbursement for CHWs, the CHW workgroup has developed a white paper (still in draft as of July 2015) on increasing utilization of CHWs in the health system to address hypertension. To promote the use of quality improvement initiatives and tools, the QI workgroup developed a white paper (still in draft as of July 2015) on increasing adaptation of Bridges to Excellence program in clinical settings. The CHW

and QI workgroups will merge and align their goals with the Texas Cardiovascular Disease and Stroke Partnership, to build capacity and advance the goals of the Texas Plan to Reduce Cardiovascular Disease and Stroke.

[WWD: “Building Support for the Million Hearts Initiative in Texas”](#)

Missouri

The Missouri Department of Health and Senior Services (DHSS) in conjunction with the Steering Committee of Missouri Million Hearts convened a Stakeholders Workshop on August 19, 2014. The Steering Committee of Missouri Million Hearts established three objectives of the Workshop: 1) develop an understanding of team-based care and its potential for enhancing the quality of the Aspirin, Blood Pressure Control, Cholesterol Control, Smoking Cessation (ABCS) in primary care settings; 2) develop a deeper understanding of the positive outcomes from using the ABCS from practitioners in clinical settings; and 3) synthesize information pertaining to team-based care and the ABCS to highlight issues, barriers and possible solutions to ascertain next steps. The Workshop was attended by forty-nine individuals representing independent non-profit primary care organizations inclusive of Kansas City CARE Clinic, Federally Qualified Health Centers, St. Luke’s Hospital, American Heart Association, University of Missouri Center for Health Policy, Missouri Nurses Association, Pfizer Pharmaceuticals, Health and Human Services Region VII, Health Literacy Missouri, St. Louis Heart and Vascular Cardiology, Cole County Health Department, Taney County Health Department, Missouri Association of Local Public Health Agencies, Missouri Department of Social Services/MO HealthNet, Missouri Primary Care Association, Missouri Kidney Program, Ozark Technical Community College/Wellness Clinic, the

state Quality Improvement Organization (Primaris) and MO DHSS.

“The Stakeholders Workshop was the inaugural public event of the Missouri Million Hearts Partnership and provided a unique opportunity for Missouri providers to showcase their clinical excellence with respect to team-based care and the ABCS of heart disease and stroke prevention. It also enabled us to meet some of our provider champions for the first time, as well as others who later became Mo Million Hearts Partners. Finally, it provided a platform for garnering input from the participants which enabled the Partnership to establish new Strategic Focus Areas for 2015/2016”.

Kris Kummerfeld, MHA
*Planner/Million Hearts
Coordinator
Missouri Actions to Prevent
Chronic Disease (MAP)*

State Recommendations for Success

1. Form a Planning Group
2. Secure partners and project sponsors
3. Inventory hypertension screening, management and lifestyle support activities in the state
4. Analyze hypertension data (prevalence, claims, and control rates) to deepen understanding of hypertension “hot spots” and high-risk populations

How to Implement a Million Hearts Stakeholders Workshop

Based on the lessons learned from the above states, below are recommendations for state health agencies interested in hosting a Million Hearts Stakeholders Workshop as a starting point and, more importantly, planning for the work that follows.

Each state will have different partners and different needs, but in general, there are several steps that are required when planning a Million Hearts Stakeholders Workshop. For more detail about these steps, refer to the Million Hearts State Engagement Guide: https://chronicdisease.site-ym.com/resource/resmgr/CVH/MH_State_Engagement_Guide_No.pdf

[MH_State_Engagement_Guide_No.pdf](#)

1. Assemble a planning team

Usually this will include individuals from the state chronic disease unit assigned to work on heart disease prevention, but it may also include staff working on diabetes or obesity prevention, community transformation, or health care quality improvement. The team may also include external partners such as the American Heart Association or the state Quality Improvement Organization.

2. Determine a focus for the workshop

You will not be able to cover every aspect of Million Hearts in one day, so you need to decide what you will focus on. You may want to select two areas of focus, but more than that is not recommended.

3. Identify Stakeholders

Since the focus of Million Hearts includes the community, the health care system and linkages between the clinical and community settings, it is important to consider a variety of stakeholders to attend the initial Million Hearts workshop. Stakeholders should be determined by the focus area(s) selected.

4. Identify Workshop Speakers

To make the Million Hearts Stakeholders Workshop meaningful to the participants, be sure to invite leaders from organizations within the state. Engagement from the Secretary or Commissioner of Health, State Health Officer, and possibly a welcome from a political leader demonstrates support for the work. An overview of the Million Hearts Initiative can be provided by the Regional Health Administrator, who represents the federal Health and Human Services Agency.

5. Develop an agenda

The focus areas you select will determine the specifics of the Workshop agenda but you can use the following topics as a template:

- a. Welcome and introductions

- b. Million Hearts® overview
- c. Discussion of the areas of focus
- d. Current activities in the areas of focus
- e. Large group discussion to develop list of potential strategies to address the focus area
- f. Small group action planning
- g. Wrap up and next steps

6. Write a report of the workshop proceedings and actions

A written report detailing the discussions and selected priorities and strategies should be sent to participants as soon as possible after the Workshop. This will help maintain momentum and partner engagement.

7. Continue the Work: Strategy Workgroups

Once you have hosted the Million Hearts Stakeholders Workshop, you should have two to four priority strategies to take action on; each strategy needs a workgroup. You should get commitments from Workshop participants to become part of a workgroup. The invitation to the Workshop should make clear that you are looking for ongoing support, not just a one-day attendance. This will boost the number of commitments you have at the end of the Workshop.

Each workgroup will need support – someone to schedule and facilitate meetings, arrange conference call lines, take notes and disseminate information between calls.

This need should be discussed and determined by the Workshop planning team; don't expect to get this level of commitment during the Workshop. Often, the state health department chronic disease unit can provide this support, but this may not be the case for every state. You may want to consider rotating support among the primary members of the planning team.

Once the workgroup members and support staff are identified, it is time to hold the first meeting. Possible agenda items to include are:

- Determine clear and concrete long-term goals and short-term objectives – this will be what drives the rest of the work. Look at what is feasible in the state, what small part of the long-term goal can be achieved in the next 12 to 18 months. This will likely be the major focus of the first call.
- Determine who else needs to be involved, based on the goals and objectives.
- Decide what information you need to move forward and where to get it.
- Assign tasks to each member, to be reported on the next call, or via email before the next call.
- Develop a timeline of activities that have to occur to meet your objectives, and set up a meeting schedule to get the work done within that time.
- Engage leadership as needed to obtain support for the work and to assist in areas that require larger systems change.

NACDD continues to provide facilitation and technical assistance to states through the Million Hearts Stakeholders Workshop. A new round of states was announced in December 2014 – Connecticut, Nevada, and Vermont – and workshops will be held through Spring 2015. If your state is considering conducting a Workshop and you have any questions, please contact:

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