



**Quality Improvement
Organizations**
Sharing Knowledge. Improving Health Care.
CENTERS FOR MEDICARE & MEDICAID SERVICES

Great Plains

Quality Innovation Network

Life's Essential 8: 8 Most Important Factors For Cardiovascular Health

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Our Presenter



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Life's Essential 8 Tools in Action

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Life's Essential 8

A science-based recipe for a longer, healthier life

Tim Nikolai,
Sr. Rural Health Director, Midwest



American
Heart
Association.

Our MISSION STATEMENT

**"To be a relentless force
for a world of longer,
healthier lives."**



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Life's Essential 8

Identifies the 8 most important factors for cardiovascular health — 4 health behaviors and 4 health factors

Simplifies cardiovascular health so people can better understand and manage it





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2024 IMPACT GOAL

Every person deserves the opportunity for a full, healthy life. As **champions for health equity***, by 2024, the American Heart Association will advance cardiovascular health for all, including identifying and removing barriers to health care access and quality.

Addressing the drivers of health disparities, including the social determinants of health, structural racism, and rural health inequities, is the only way to truly achieve equitable health and well-being for all.

Why Rural?



Overall mortality and cardiovascular mortality are rising in rural counties.

Urgent Need to Address Health in Rural America

People in rural areas **live 3 fewer years** than people in urban areas, with **rural areas having higher death rates for heart disease and stroke.**



Rural women face **higher maternal mortality rates**

Rural residents face **higher rates of tobacco use, physical inactivity, obesity, diabetes and high blood pressure**



Rural populations face greater challenges with **mental and behavioral health** and have **limited access to mental health care.**

Rural hospitals are **closing or facing the possibility of closing**

+

Increasing shortages of clinicians



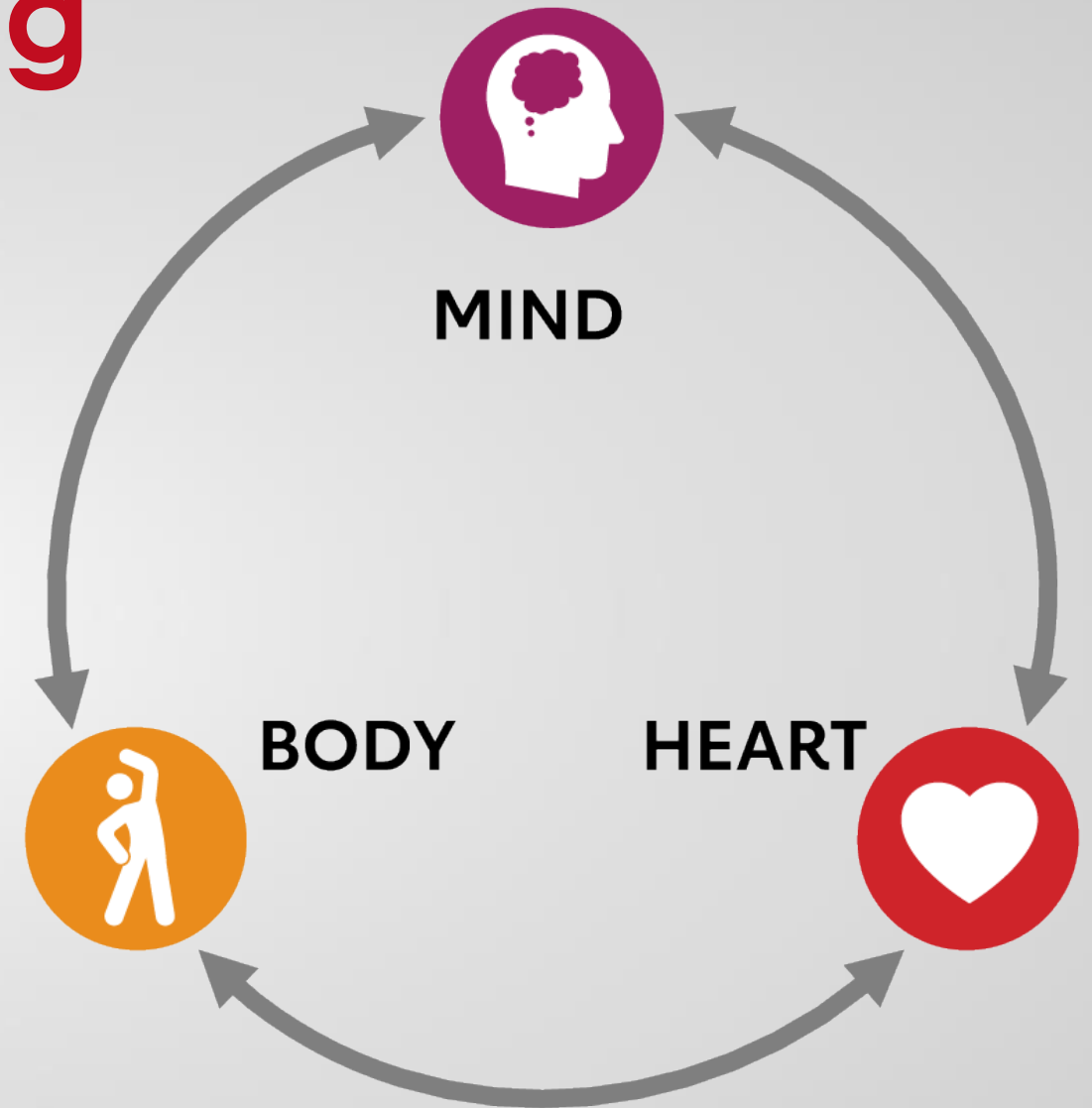
Long distances and lack of transportation make it difficult to access emergency, specialty and preventive care.



Rural populations are more likely to be **uninsured and have fewer affordable health insurance options** than in suburban and urban areas.

Improving Life's Essential 8 can improve overall well-being

- The mind, heart and body are connected
- Factors that affect one can affect the other two — the impact can be positive OR negative
- Improving Life's Essential 8 isn't just good for your heart, it's also good for your overall health and well-being



Four key health factors

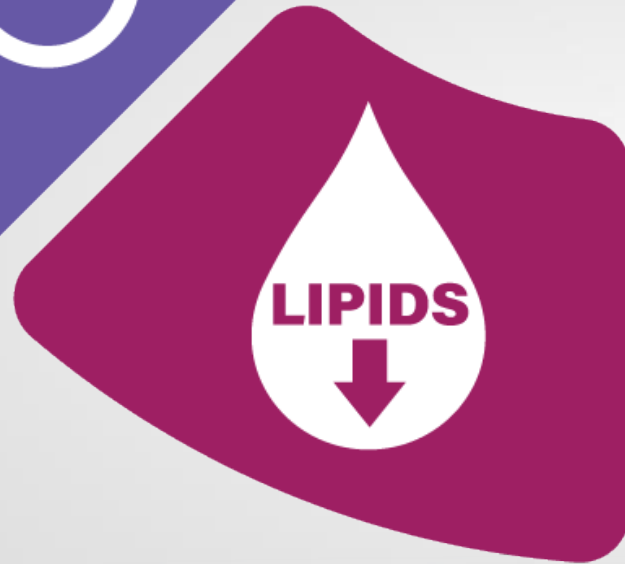
Blood Pressure

Less than 120/80 mm Hg



Blood Lipids

Less than 130 mg/dL of non-HDL cholesterol



Healthy Weight

A body mass index of less than 25 kg/m²



Blood Sugar

No history of diabetes and fasting blood glucose of less than 100 mg/dL (or hemoglobin HbA1c < 5.7%)



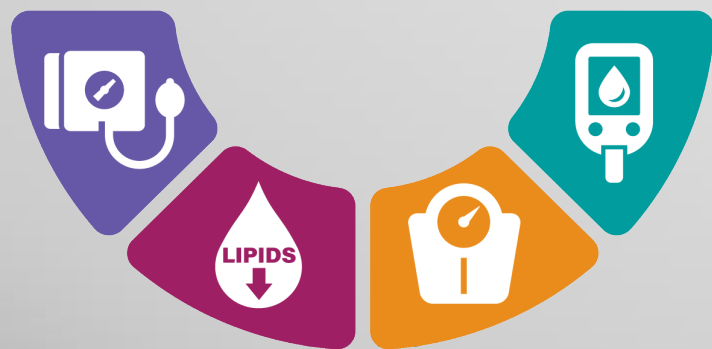
High Blood Pressure

Consider

- Some 120 million US Adults have HBP; <50% control rates
- Only 1 in 10 clinical BP measurements is done w/ proper technique
- Only 12% of pts w/ uncontrolled HBP receive a new class of medication.

Thus, we are working, to:

- Support Health Care Organizations in following the MAP Framework with a particular emphasis on accurate BP Measurement.
- Providing opportunities for measuring BP outside of healthcare including Self Measured Blood Pressure (SMBP) programs..

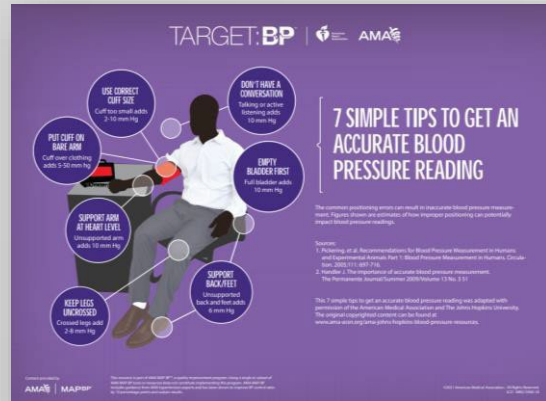


Tools to Address High Blood Pressure

TARGET:BP™



Focus on clinical management of HBP
Offers support & recognition for best practices



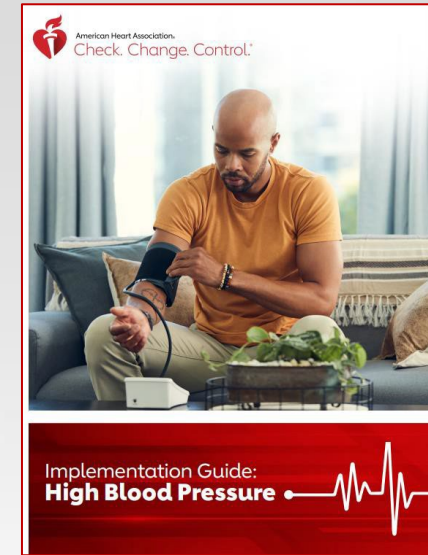
TARGET:BP™ | American Heart Association | AMA

Self-measured blood pressure Quick start guide

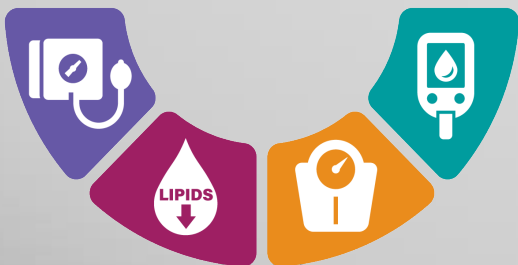
Self-measured blood pressure (SMBP) monitoring refers to the regular measurement of blood pressure (BP) by a patient in their home or elsewhere outside the clinical setting. SMBP enables health care providers to better diagnose and manage hypertension and helps patients take an active role in the process. Here are some steps you can take to incorporate evidence-based SMBP resources into your workflows.

- 1 Assess how your health care organization currently uses SMBP.**
It is important to understand how you and your health care organization currently use SMBP in order to identify ways to improve.

Use the SMBP Pre-assessment tool to help establish a baseline.



Check, Change, Control is a 4- month program for non-clinical orgs to spark conversations around BP



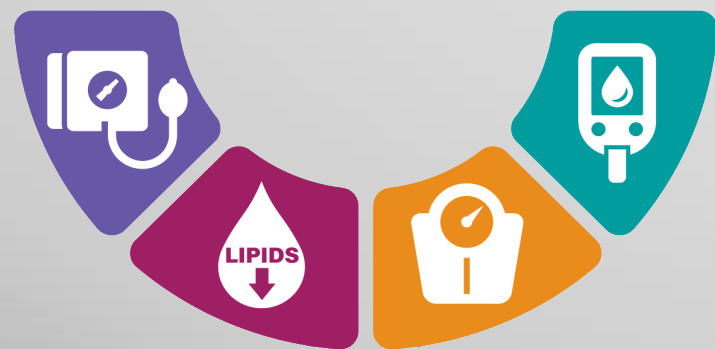
Type 2 Diabetes/Hyperlipidemia

Consider

- Only 1/3 of people with Type 2 Diabetes, aged 45+ report talking to their provider about their increased risk of heart attacks and stroke.
- The use of statins is dramatically below the guideline levels even for stroke patients.

Thus, we are working, to:

- Highlight the intersection between Diabetes and Cardiovascular Disease
- Encourage use of the ASCVD Risk Calculator to guide patient-provider conversations



Tools to Address T2D & Hyperlipidemia



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Target: Type 2 DiabetesSM



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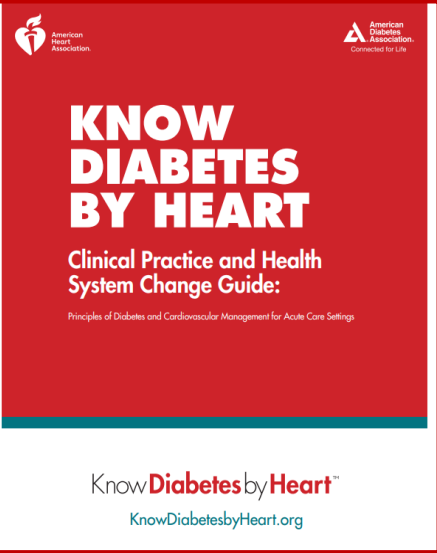
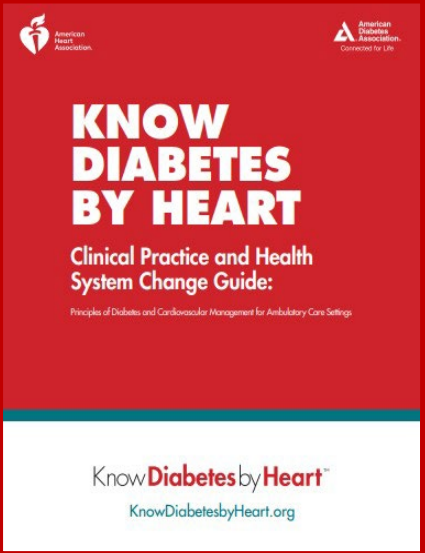
American Diabetes Association.
Connected for Life

Know **Diabetes** by **Heart**TM

KDBH Implement. Guide

Clinical Practice Guide - Outpatient

Clinical Practice Guide - Inpatient



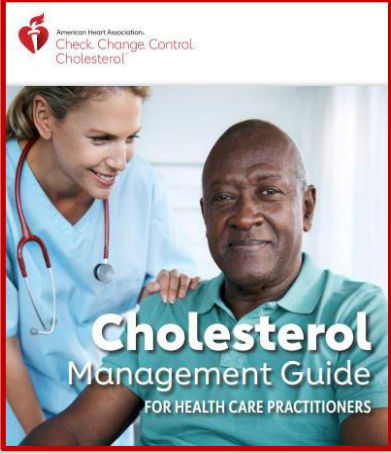
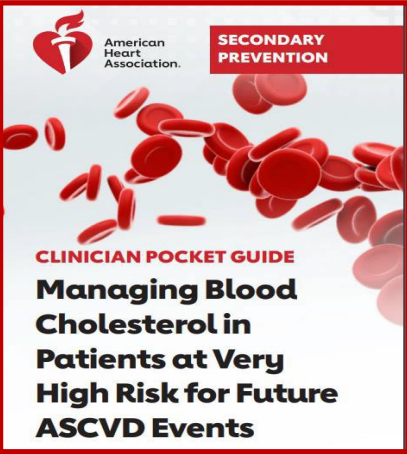
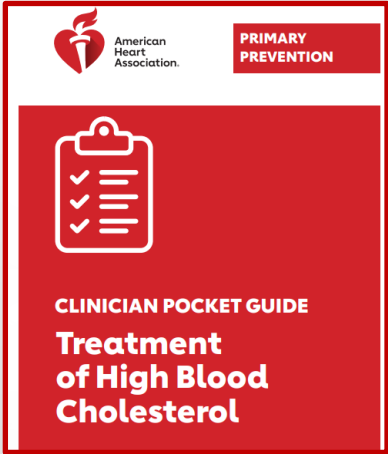
American Heart Association.

Check. Change. Control. CholesterolTM

Clinical pocket guide for primary prevention

Clinical pocket guide for secondary prevention

Cholesterol Mgmt. Guide



Four key health behaviors

Adequate Sleep

Getting 7-9 hours of
sleep per night



Healthy Diet

Adhering to a DASH or
Mediterranean diet



Not Smoking or Vaping



Physical Activity

150 minutes or more of
moderate-intensity aerobic
activity OR 75 minutes of
vigorous-aerobic activity
per week



Improving Sleep



TRUE OR FALSE?

Sleeping in on weekends helps you catch up.



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FALSE!

Changing your sleep routine (even on weekends) can lead to serious sleep problems.



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Getting enough sleep can:

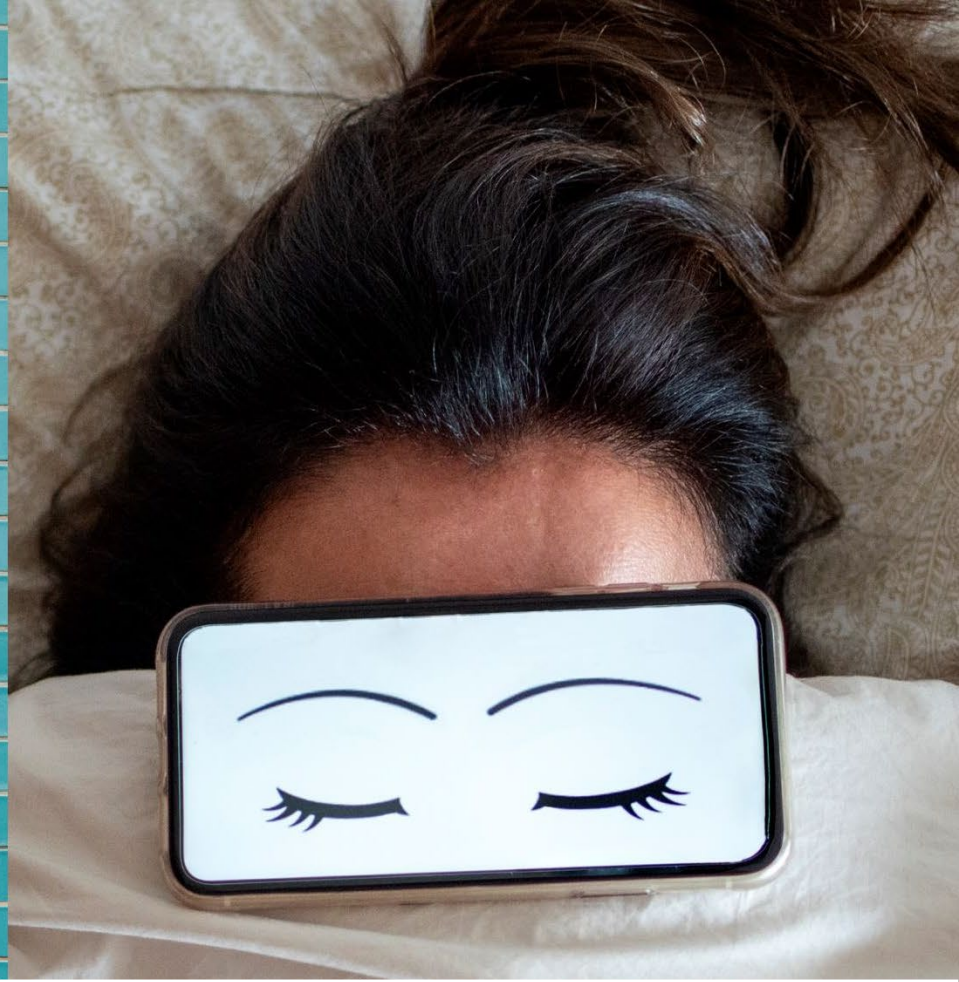
- Lower your risk of chronic diseases and Type 2 diabetes
- Strengthen your immune system
- Improve your mood and increase energy
- Make you more creative



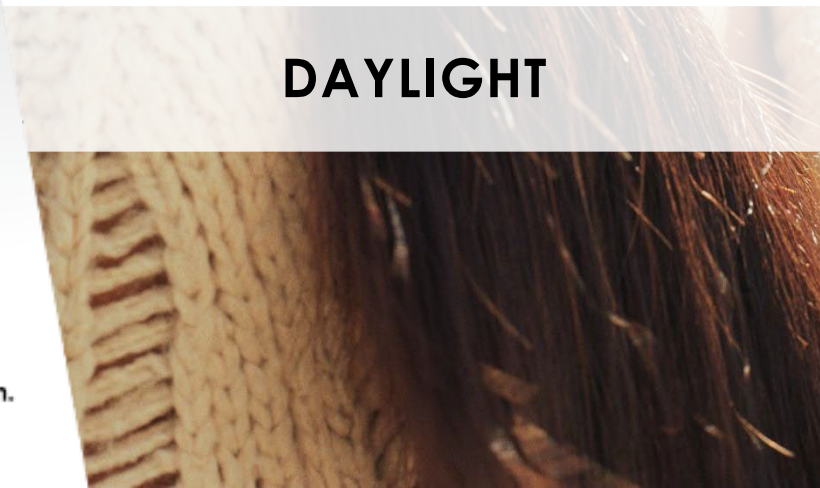
So what can you do to get enough sleep?



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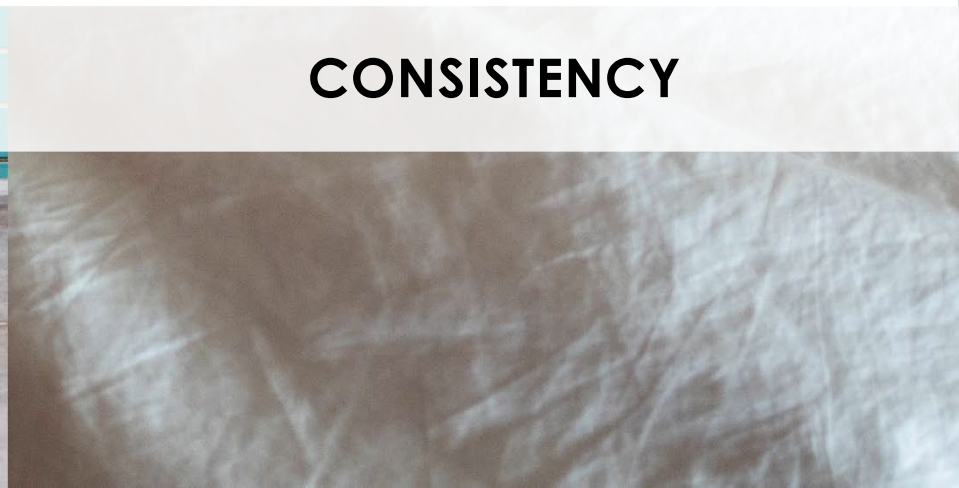
ADD MORE



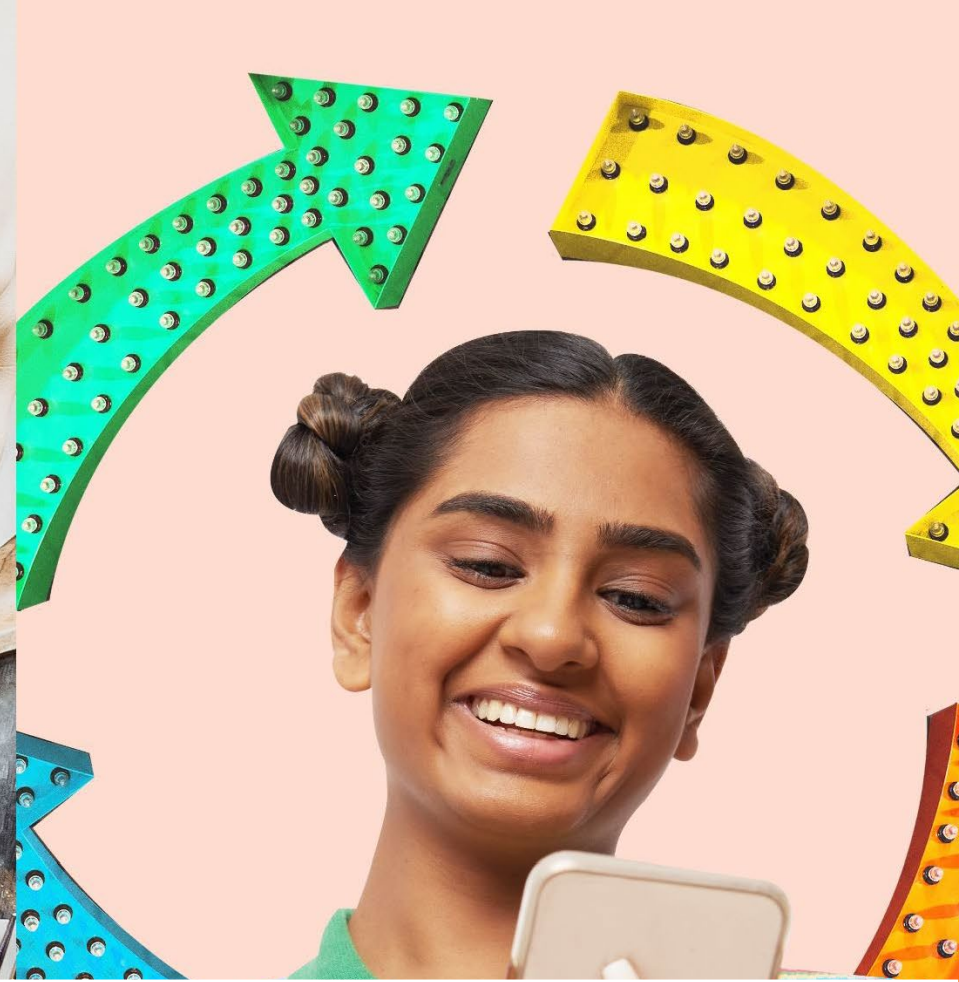
DAYLIGHT



MOVEMENT



CONSISTENCY



X GET LESS

**NIGHTTIME
ACTIVITY**

**HEAVY MEALS, ALCOHOL,
NICOTINE & CAFFEINE**

**EVENING
SCREEN TIME**

Improving Diet



TRUE OR FALSE?

When it comes to getting your fruits and veggies, fresh is always best.



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FALSE!

A healthy diet can include fresh, frozen, canned or dried produce.



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Benefits of improving your diet

- A heart-healthy diet can lower your risk of heart disease and stroke
- Fruits, veggies, grains, omega-3 fatty acids and lean meats can keep depression at bay
- Fruits and veggies are linked to higher levels of happiness



So what can you do to improve your diet?



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✓ **ADD MORE**

FRUIT

PLANT-BASED PROTEIN

VEGETABLES



X GET LESS

ADDED SUGARS

RED & PROCESSED MEATS

HIGHLY PROCESSED FOODS

Improving Activity



TRUE OR FALSE?

To get enough activity in your day, you need to work out.



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FALSE!

ALL movement counts and can boost your health. You can even break it up over the day.



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Benefits of moving more

- Floods your brain with feel-good chemicals and improves mood
- Weekly exercise boosts your immune system
- Can lower blood pressure, reduce risk of heart attack and stroke, and control blood sugar
- Can improve sleep



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So what can you do to move more?



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ADD MORE

MINI BREAKS

FRESH AIR

PLAY



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X SIT LESS

AT YOUR DESK

DURING SCREEN TIME

WITH OTHERS

Quitting Nicotine



TRUE OR FALSE?

Nicotine helps you relax.



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FALSE!

Nicotine can increase stress levels and trap you in a cycle of addiction.



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Benefits of quitting

- After one year after quitting, your risk of heart disease goes down by HALF
- You'll increase your chances of living longer
- Your senses of smell and taste will improve
- Your smoker's cough will go away



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So what can you do to quit nicotine?



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ADD MORE

**SUPPORT
1-800-QUITNOW**

ACTIVITY

**SMALL GOALS
WITH REWARDS**



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GOOD
VIBES
ONLY



X GET LESS

EMOTIONAL TRIGGERS



SOCIAL TRIGGERS



SITUATIONAL TRIGGERS



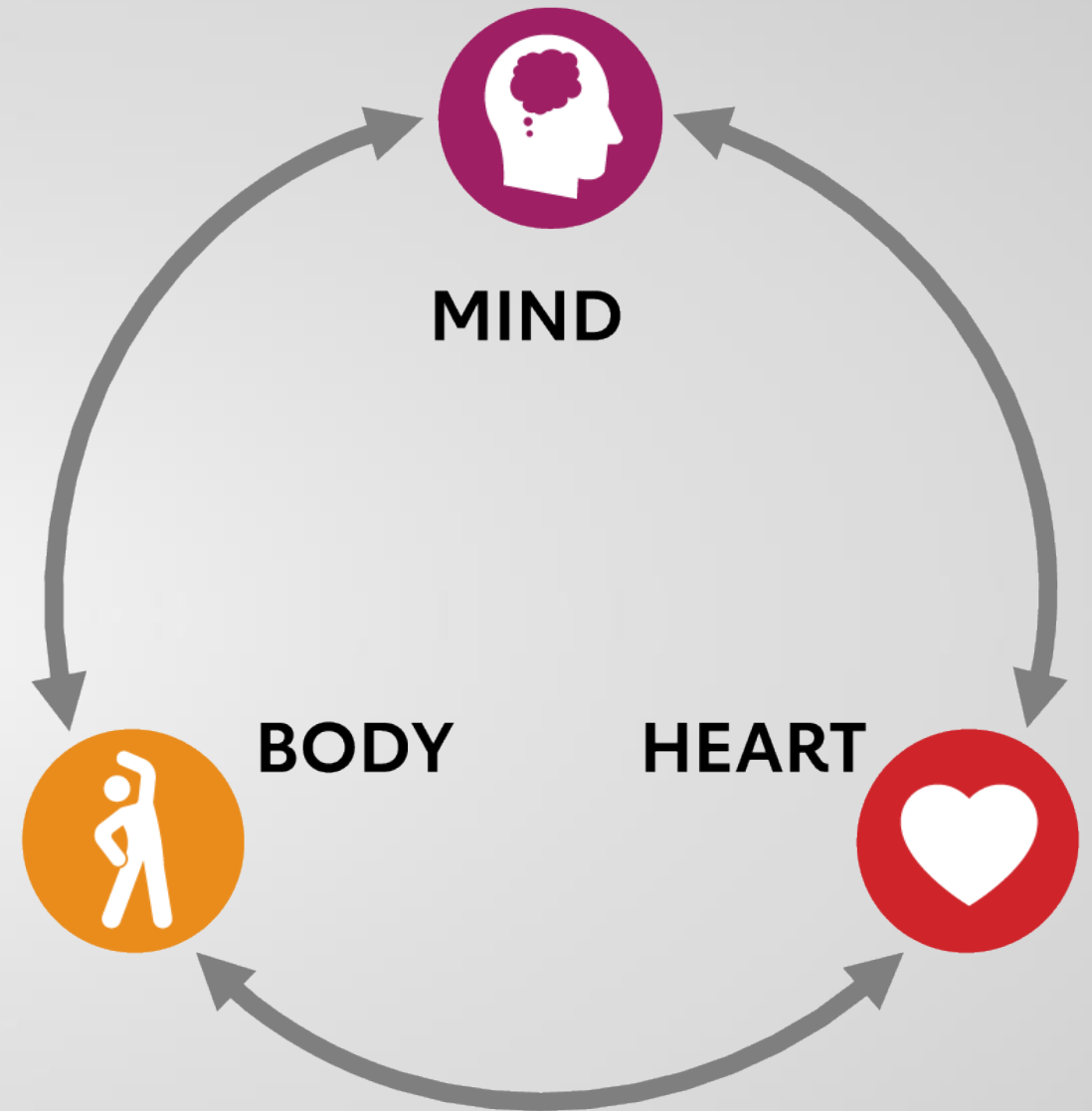


DON'T KNOW WHERE TO START?



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**Remember, it's
all connected**



You can start a positive chain reaction

Better sleep can lead to healthier food choices

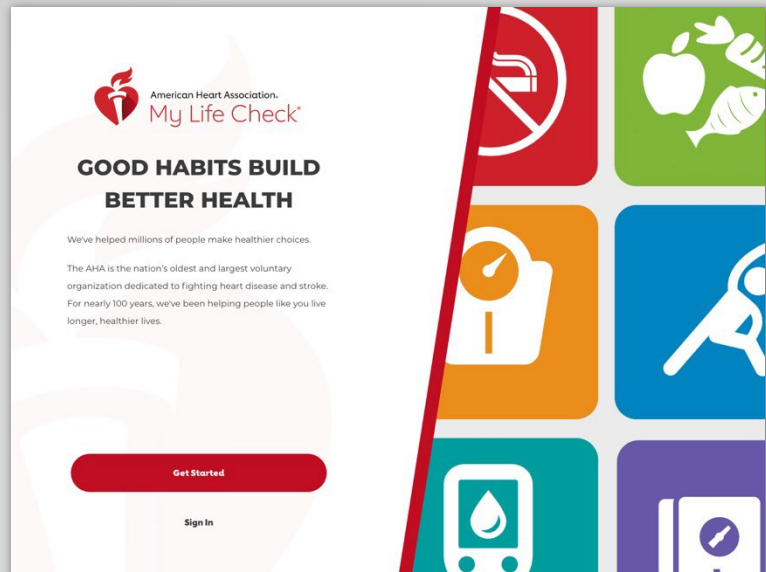
Healthier foods give you energy to move more

Physical activity lowers stress and makes quitting nicotine easier



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For more about Life's Essential 8



Take the quiz
Find your focus areas

mlc.heart.org/



Take action
Get simple, science-backed tips

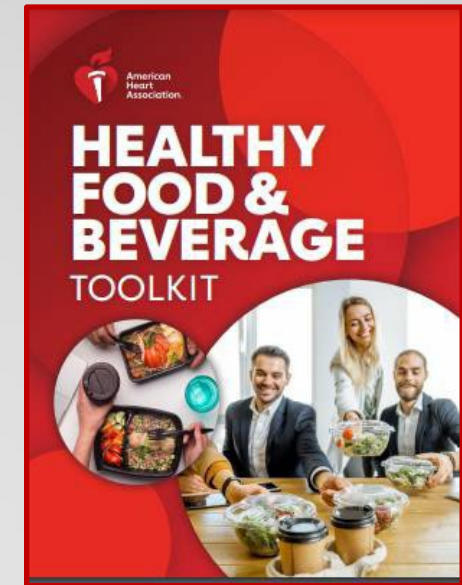
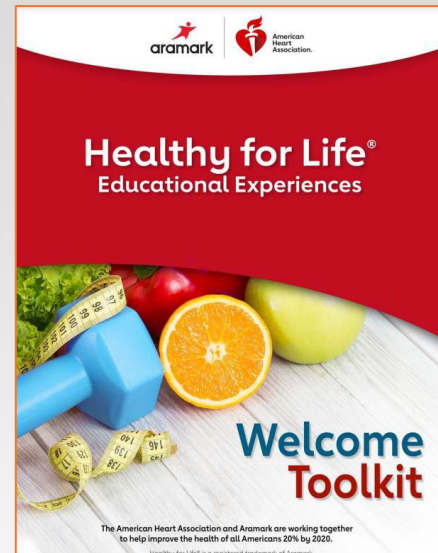
heart.org/en/lifes8



Talk to your provider
Know your numbers
and get support



Additional Tools



Healthy For Good™ Infographics, newsletters and more.

Healthy For Life® Educational modules on nutrition

Healthy Food & Beverage Toolkit Guidelines for creating a healthy food environment



American Heart Association.
EmPOWERED to Serve™

Empowered to Serve Turnkey presentations on health. Resources for Health Equity



American Heart Association.
Well-being Works Better™

Well Being Works Better. Tools to help employers improve their culture of health. Recognition available .



Thank you!

**Please let me know if I
can help!**

Tim Nikolai

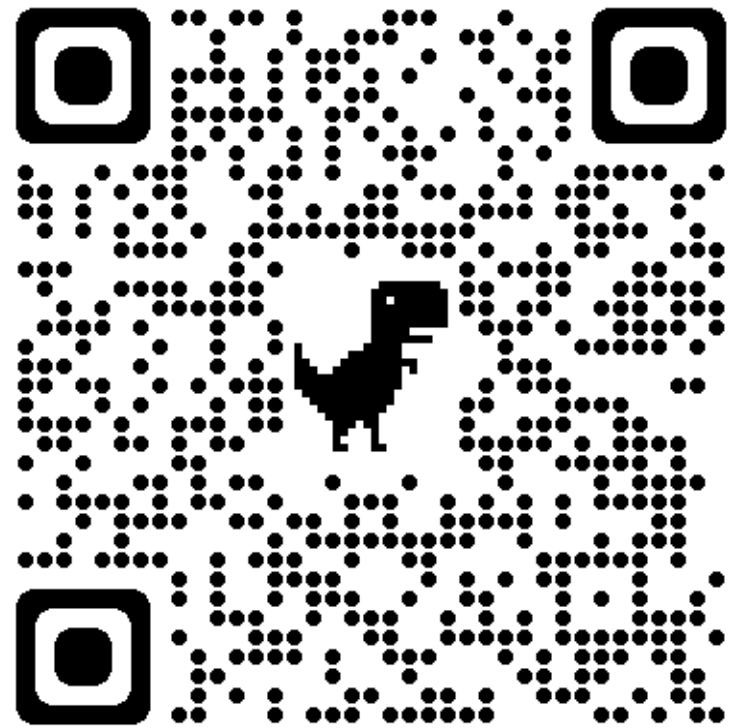
Tim.Nikolai@heart.org





Questions?

Save the Date



**GPQIN Webinar – Diagnosis and Assessment
of Urinary Tract Infections | 3:00 – 4:00 PM CT
July 25, 2023**

**To register, visit greatplainsqin.org/calendar-2/
Or scan the QR code!**

THANK YOU!



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