



Regular physical activity, nutritious eating, not smoking, and maintaining a healthy weight can reduce risk of heart attack, stroke, or diabetes by up to 80%.¹ Proactive patients—confident in their ability to manage their health—are fundamental to positive clinical outcomes.

Encourage Proactive, Healthy Living with:

- Motivational interviewing
- Evidence-based patient education programs (e.g., Project Dulce, Chronic Disease Self Management Program)
- Tools that promote
 - Medication adherence
 - Regular physical activity (at least 150 min/week)
 - Nutritious eating (e.g., DASH)
 - Smoking cessation
 - Blood pressure control

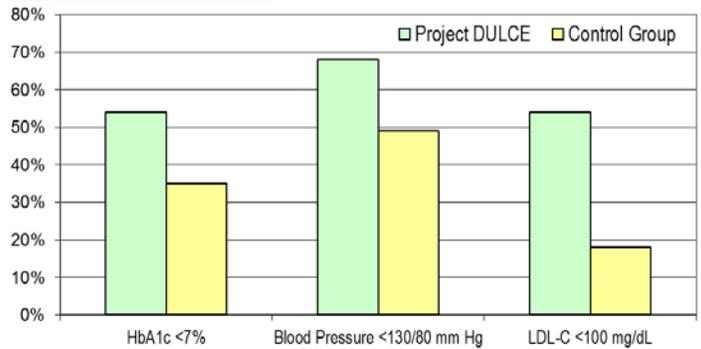
Evidence-Based Patient Education Programs Support Self Care and Better Health Outcomes

Ex. 1: Project Dulce

(Scripps Whittier Diabetes Institute; Athena Philis-Tsimikas, MD)

A coordinated care team of a nurse, dietician, and peer educator supports the primary care physician to provide culturally appropriate, community-based diabetes management with enhanced education and support.

Improved outcomes: ⁴



Cost savings and higher quality care: ⁵

- Projected savings of \$1,260/patient over 3 years
- Saved 60% in ER/hospital costs in 1 year
- Met American Diabetes Association standards of care 81% to 100% of the time (vs. only 33% in usual care)
- Overcame many cultural misunderstandings about care

Ex. 2: Chronic Disease Self-Management Program ⁶

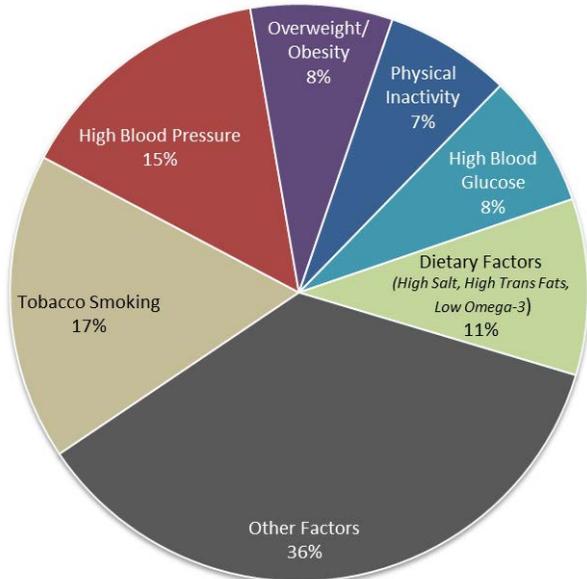
(Jointly developed by Stanford University & Kaiser Permanente; Kate Lorig, RN, DrPH)

Six, weekly 2½ hour classes provide participants with the knowledge, skills, and support to self manage their condition. Topics include communication, medications and treatments, and emotional and physical health.

CDC meta-analysis finds this low-cost program yields significant, small to moderate effects at 9-12 months:

- ✓ Increased self-efficacy (generally and specific to managing disease and other symptoms)
- ✓ Increased aerobic exercise
- ✓ Reduced social/everyday limitations

Cardiovascular Deaths Attributable to Lifestyle Factors ²



Clinician Motivational Interviewing Helps Patients Reach Goals

- A clinician's encouragement through mutually identifying goals and barriers as well as actionable steps can promote greater success toward healthier living.
- A systematic review of eight studies on motivational interviewing in diabetes, asthma, hypertension, hyperlipidemia, and heart disease suggests positive results.³



Proactive Patient Tools Promote Healthy Lifestyles

Medication Adherence

- Only 54% of patients with coronary artery disease were adherent to all initial medications one year after discharge from the hospital with a coronary catheterization.⁷
- Clinician coaches on the care team, such as a pharmacist that provides Medication Therapy Management (MTM), increases adherence.⁸
- If every hypertensive patient took the right medication dose and frequency, 86,000 premature deaths from cardiovascular disease in the U.S. could be prevented.⁹

Regular Physical Activity

(At least 150 min/week, moderate intensity—e.g., brisk walking)

- Physical activity yields the following heart health benefits:
 - Reduces coronary heart disease risk by 50%¹⁰
 - Reduces stroke risk by 20% among moderately active and 27% among highly active people¹¹
 - Reduces blood pressure by up to 11/8mm Hg in most hypertensive patients¹⁰
 - Lowers blood sugar and increases insulin sensitivity, reducing risk of developing type 2 diabetes by 50%.¹⁰
- A Fitbit Activity Monitor or basic pedometer can monitor and encourage increased activity.
- Locate nearby parks and exercise/recreation areas at <http://www.letsmove.gov/where-go>.



Image Source: U.S. Department of Health and Human Services.

Nutritious Eating

- A reduced calorie DASH (Dietary Approaches to Stop Hypertension) eating plan lowered blood pressure 11.4 /5.5 mmHg on average among those with hypertension and 5.5/3mmHg on average among all participants.
- The DASH Eating Plan is low in total fat, saturated fat & cholesterol and emphasizes fiber, potassium, magnesium, and calcium.¹²
- The National Heart, Blood, and Lung Institute provides free DASH resources and heart-healthy recipes on its website: http://www.nhlbi.nih.gov/hbp/prevent/h_eating/h_recip.htm.

Smoking Cessation

- Heart attack or stroke risk falls by half within the first year following cessation. Risk is nearly back to that of a non-smoker by three years after cessation.¹³ Although quitting smoking is difficult, a variety of strategies, programs, and medications can help.
- If just 3-4% of U.S. smokers quit, 924 hospitalizations for heart attack and 538 for stroke could be avoided, saving \$44 million in direct medical costs for the first year alone.¹⁴

Home Blood Pressure Monitoring for Hypertension

- Compared to only office monitoring, home monitoring led to less medication use and the same or better blood pressure control, saving about \$1200 per 100 patients per month.¹⁵
- Home monitors are available for over-the-counter purchase at most drugstores and cost about \$50-\$100.
- Find more information: see the Right Care Brief, "The Power of Home Blood Pressure Monitoring," available at <http://www.healthresearchforaction.org/right-care-initiative>

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