

# Million Hearts® Wisconsin Framework

BUILDING COMMUNITY CLINICAL LINKAGE SYSTEMS AND HEALTHY HEARTS

Million Hearts® Wisconsin Framework, under the direction of the Wisconsin Chronic Disease Prevention Program and the Wisconsin Heart Disease and Stroke Alliance, works to serve as a beacon for statewide heart health improvement and the building of community-clinical linkage systems in collaboration with state team partners\*



## KEEPING PEOPLE HEALTHY

### Tobacco Control – Healthy Wisconsin State Plan – Reduce adult smoking rate from 17.3% in 2014 to 16.3% in 2020

**Objective: Improve access to and utilization of evidence-based cessation services. Target outreach to Medicaid recipients**

- › Increase enrollment in Wisconsin Tobacco Quit Line (WTQL) services by Medicaid recipients from 36% in 2017 to 38% by 2019

### Nutrition and Physical Activity – Healthy Wisconsin State Plan – Eat Healthier and Move More

**Objective 1: Increase consumption of healthy foods and beverages**

- › Consumption of 1+ fruit per day by adults from 62% in 2013 to 65% in 2020
- › Consumption of 1+ vegetable per day by adults from 74% in 2013 to 78% in 2020
- › Reduce daily consumption of soda by students from 20% in 2013 to 15% in 2020

**Objective 2: Increase breastfeeding**

- › Initiation from 80% in 2015 to 90% in 2020
- › Duration at six months from 53% in 2015 to 60% in 2020

**Objective 3: Increase physical activity**

- › Increase percent of adults physically active at least 150 minutes per week from 53% in 2013 to 58% in 2020
- › Increase percent of students physically active at least 60 minutes per day on five or more days a week from 50% in 2013 to 55% in 2020

### Diabetes – Prevention and Management Goals

- › Increase participation rate of people with diagnosed prediabetes in a National Diabetes Prevention Program (DPP) from 0.68% in 2017 to 1.00% in 2020
- › Increase participation rate of people with diagnosed diabetes with at least one encounter at an ADA-recognized/AADE-accredited diabetes self-management education and support (DSMES) program from 15.6% in 2017 to 20.0% in 2020

### Expansion of Active Partners – 5% Annual Increase

## OPTIMIZING CARE

### Health Systems' and Commercial Health Plans' Goal

Hypertension Control – 80% blood pressure control (blood pressure reading <140 mmHg/<90 mmHg) among their hypertensive population aged 18-85 years (CDC Million Hearts® Challenge Target)

### Cholesterol Control – Goals to be Developed

### Evidence-Based Hypertension Improvement Strategies – Goals to be Developed

- › Patient-centered team-based care
- › Medication therapy management
- › Implementation of evidence-based blood pressure control policies
- › Self-measured blood pressure
- › Community health workers
- › Usage and expansion of electronic medical records for health improvement

## PRIORITY POPULATIONS – ALL PARTNER FOCUS

### 2018 – Identification of and Information Gathering for Wisconsin Hypertension Priority Populations

\*State Team Partners are defined as staff from the Department of Health Services, Wisconsin chronic disease contracted partners, public health, health systems, medical providers, payers, businesses, higher education and other community organizations who work to advance heart health. The Healthy Hearts Wisconsin® Network also strives to collaborate with the Diabetes Advisory Group and healthTIDE to combat heart disease, diabetes and obesity through shared cross-cutting evidence-based practices. A majority of the state's Chronic Disease Prevention Program efforts are supported by the CDC

