

The Iowa 2022 Million Hearts® Action Plan – 2018 to 2022

Progress Report Legend:

Spotlight Progress Mechanism: Evaluates progress on the Action Plan: **Green** = Continued good progress; **Yellow** = Intermittent or partial progress; **Red** = Committed, but little or no progress; **X** = Activity Removed

Partner Abbreviations: **ACS**-American Cancer Society; **AHA**-American Heart Association; **ALA**-American Lung Association; **CDC**-Centers for Disease Control and Prevention; **CHP**-Community Health Partners; **IACPR**- Iowa Association of Cardiac and Pulmonary Rehabilitation; **ICCC**-Iowa Chronic Care Consortium; **IBC**-Iowa Bicycle Coalition; **IDPH-HDSP**-Iowa Department of Public Health-Heart Disease and Stroke Prevention Program; **IDPH-TUPAC**- Iowa Department of Public Health-Division of Tobacco Use Prevention and Control; **IDPH-WW**-Iowa Department of Public Health-WISEWOMAN Program; **IDOT**-Iowa Department of Transportation; **IFHF**-Iowa Natural Heritage Foundation; **IHC**-Iowa Healthcare Collaborative; **IPA**-Iowa Pharmacy Association; **IPCA**- Iowa Pharmacy Association; **IPTA**- Iowa Physical Therapy Association; **U of I-COP**-University of Iowa, College of Pharmacy; **TELLIGEN**; **VA DSM**-Veterans Administration Central Iowa Health Care System;
Wellmark

Priority #1: Increase Public Awareness of the Million Hearts® Initiative and its Priorities

Activities	Responsible Partner(s)	Comments/Progress	2018	2019	2020	2021	2022
1.1: Work with Des Moines Register and other Iowa newspapers to have annual articles covering the Million Hearts® Initiative and/or high blood pressure/cholesterol control, through 2022.	IDPH-HDSP, AHA <Others?>	Plan Comments 8/2018: IDPH will work with the IDPH Communications Coordinator to assure that coverage is publicized annually, especially during Heart Month (February). 2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
1.2: Participate in health fairs, conference displays or other public events that would enable promotion of Million Hearts® Initiative. Distribute educational materials, through 2022.	IDPH-HDSP, IDPH-WW, AHA, CHP, IPA, TELLIGEN <Others?>	Plan Comments 8/2018: IDPH will promote Million Hearts, and IDPH's WW, HDSP and TUPAC Programs during Heart Month, at the Governor's Conference on Public Health and at other various health-related conferences. 2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					

<p>1.3: In coordination with American Heart Month activities each year; provide consistent information about Million Hearts®, through 2022.</p>	<p>IDPH-HDSP, IDPH-WW, AHA, CHP, IPA, IHC, TELLIGEN <Others?></p>	<p>2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:</p>					
<p>1.4: Utilize existing relationships with the Iowa Public Health Association to inform their members about Million Hearts®, through 2022.</p>	<p>IDPH-HDSP, IDPH-WW <Others?></p>	<p>Plan Comments 8/2018: IDPH-HDSP and IDPH-WW will collaborate to promote heart disease and stroke prevention at the Governor’s Conference on Public Health. 2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:</p>					
<p>1.5: Utilize existing relationships with local public health agencies throughout Iowa to inform their staff about Million Hearts®, encourage them to tell their patients and other residents about it, through 2022.</p>	<p>IDPH-HDSP, IDPH-WW, IHC, TELLIGEN <Others?></p>	<p>Plan Comments 8/2018: IDPH-WW will contract with select local boards of health and local public health agencies to deliver WISEWOMAN services in Iowa. IDPH-WW will promote Million Heart initiatives through electronic communications with Iowa contractors. 2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:</p>					
<p>1.6: Publish monthly e-Bulletin, Chronic Disease Connections through 2022, which includes Million Hearts® articles and links, to the Collaborative Healthcare Provider network (CHPN). Continue expanding CHPN network.</p>	<p>IDPH-HDSP; IDPH-WW</p>	<p>Plan Comments 8/2018: IDPH-WW will distribute the e-Bulletin to its contracted health care providers (HCPs). 2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:</p>					

1.7: Send e-BLASTS to CHPN network and other partners regarding Million Hearts® webinars and resources, other webinars about cholesterol management and blood pressure control, healthcare transformation and other important issues, through 2022.	IDPH-HDSP, IDPH-WW	Plan Comments 8/2018: IDPH-WW will send contracted local WW coordinators information on the listed information. 2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
1.8: Include Million Hearts articles, news, resources, events, links, Iowa 2022 Million Hearts Plan, etc. in published communication mechanisms, website, and direct assistance with providers and HHAs.	TELLIGEN, IHC <Others?>	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
1.9: Provide patient educational leaflets/flyers/brochures on cardiovascular conditions, nutrition, physical activity and/or medication adherence to medical providers/pharmacists to utilize/distribute during patient counseling sessions.	IDPH-HDSP, IDPH-WW, IPA, IHC <Others?>	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
1.10: Work to increase the number of referrals to Healthy Choices, Better Health (Iowa CDSMP) by providers and other partners who have patient contact.	IDPH-HDSP, IDPH-WW						
Priority #2: Keeping People Healthy							
Objective #1: Reduce Sodium Intake							
Activities	Responsible Partner(s)	Comments/Progress	2018	2019	2020	2021	2022

2.1.1: Provide patient educational leaflets/flyers to clinics/pharmacies/local public health and other partners to utilize during patient counseling sessions on sodium reduction.	IDPH-HDSP <Others?>	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
2.1.2: Include sodium reduction discussion in DSME classes	TELLIGEN <Others?>	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
2.1.3: Provide information through social media posts, low-sodium recipes, information sharing at events and conferences on tips and health benefits for sodium reduction.	AHA <Others?>	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
2.1.5: Provide program participants with health coaching interventions that will focus on, among other things, reduction of sodium intake to reduce risk of heart disease.	IDPH-WW, <Others?>	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
Objective #2: Decrease Tobacco Use							
Activities	Responsible Partner(s)	Comments/Progress	2018	2019	2020	2021	2022
2.2.1: Group medical appointments for tobacco cessation including behavioral health counseling with social worker, medication therapy management with pharmacist with prescriptive scope, and acupuncture.	VA DSM <Others?>	Plan Comments 8/2018: VA has pharmacists with prescriptive scope who have been managing medication therapy and some behavioral counseling for veterans since 2013. VA Des Moines location has also designated tobacco cessation as a service that does not require a referral-the patient can walk in and be scheduled with the most appropriate cessation resource. 2018 Progress Outcomes:					

		2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
2.2.2: Educate pharmacists about participation in the state-wide protocols for pharmacists to dispense nicotine replacement therapy and enroll in Quitline Iowa or similar programs.	IPA <Others?>	Plan Comments 8/2018: IPA led advocacy efforts to pass legislation in 2018 to provide pharmacists the opportunity to furnish NRT without a prescription order. Rules will become effective in early 2019. 2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
2.2.3: Discuss impact of tobacco in DSME classes and encourage cessation when possible.	TELLIGEN <Others?>	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
2.2.4: Advocate for the 3-legged stool strategies to decrease tobacco use in Iowa that includes legislation for \$1.50 tobacco tax increase, adequate funding for TUPAC program and closing loopholes in the Iowa Smoke Free Air Act to include casinos and e-cigarettes.	AHA, ACS, and Iowa Tobacco Control Partners	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
2.2.5: Support and collaborate with the TUPAC Division within the IDPH and other tobacco control partners to sustain tobacco control work in the state to decrease tobacco use by youth and adults.	IDPH-TUPAC, IDPH-HDSP, IDPH-WW, AHA, ACS, and ALA <Others?>	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					

2.2.6: Refer IDPH-WW participants to Quitline Iowa as needed as a program intervention.	IDPH-TUPAC, IDPH-WW <Others?>	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
2.2.7: Provide educational resources to healthcare providers on tobacco cessation resources available in Iowa	IDPH-TUPAC, IDPH-WW, IDPH-HDSP, IHC, TELLIGEN <Others?>	Plan Comments 8/2018: IDPH-HDSP and IDPH-HDSP will work with IDPH-TUPAC to provide their contracted HCPs, local WW program coordinators and CHPN members with educational resources, including webinars, Quitline Iowa referral packages, etc. 2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
Objective #3: Increase Physical Activity							
Activities	Responsible Partner(s)	Comments/Progress	2018	2019	2020	2021	2022
2.3.1: Provide adults who are overweight or obese and have additional cardiovascular disease risk factors with behavioral counseling interventions that promote physical activity for cardiovascular disease prevention.	CHP, IDPH-WW <Others?>	Plan Comments 8/2018: CHP will grow the Walk with Ease Program statewide through an existing grant and relationship with NACDD, Iowa Arthritis Foundation and the Iowa Physical Therapy Association connecting the program with Million Hearts® 2022 efforts. CHP will expand the number of instructors and health coaches delivering the program statewide to increase the number of people participating in regular walking activities. 8/2018: IDPH-WW will provide program participants with health coaching interventions that will focus on, among other things, increasing physical activity to reduce risk for heart disease. 2018 Progress Outcomes: 2019 Progress Outcomes:					

		2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
2.3.2: Use evidence-based strategies to promote physical activity that can be put into action where people live, learn, work and play, including designing safe community spaces that encourage activity and walkability.	CHP; Wellmark <Others?>	Plan Comments 8/2018: CHP will integrate evidence-based strategies into the Clive Healthy Hometown Health and Wellness Initiative that promote safe community spaces for physical activity and improve walkability in Clive, IA. 2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
2.3.3: Increase the number of Physical Therapists that help patients with lifestyle modification and increase patient physical activity levels.	CHP, IPTA <Others?>	Plan Comments 8/2018: CHP will work with the Iowa Physical Therapy Association (IPTA) to involve more physical therapists in Iowa in Million Hearts® 2022 efforts. 2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
2.3.4: Implementation and continuation of programs that assist veterans to become more physically active.	VA DSM <Others?>	Plan Comments 8/2018: VA is starting a pilot pre-diabetes program to identify patients at risk for developing diabetes. One of the main interventions is promoting and assisting the patient with achieving a 7% body weight loss through multiple modalities. VA also has the MOVE program to assist veterans with making healthier food and lifestyle choices (group fitness support) VA Des Moines has also started walking groups and yoga for staff. 2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					

2.3.5: Promote increased activity/exercise levels as part of DSME classes.	TELLIGEN <Others?>	2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
2.3.6: Participate and provide feedback on the physical education standards for Iowa schools and advocate for state and local Physical Education Assessments to help improve education and resources for school physical education programs across Iowa.	AHA, IAPHERD <Others?>	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
2.3.7: Support passing of strong and equitable Complete Streets Policies and funding for implementation of Safe Routes to School programs and adding new bike and walking paths in Iowa.	AHA, Iowa Bicycle Coalition, Iowa DOT, Iowa Natural Heritage Foundation <Others?>	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
2.3.8: Advocate for continued funding of the Iowa Childhood Obesity Program (5-2-1-0).	AHA, Well Kids of Central Iowa <Others?>	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
2.3.9: Promote and/or share resources and tools to support healthcare providers and practices in prescribing or encouraging physical activity and healthy behaviors among patients.	IHC <Others?>	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
Priority #3: Optimizing Care							
Objective #1: Improve ABCS (Appropriate Aspirin Use, Blood Pressure Control, Cholesterol Management and Smoking Cessation)							

Activities	Responsible Partner(s)	Comments/Progress	2018	2019	2020	2021	2022
3.1.1: Develop RFPs with CDC 1815 and WW funding that will encourage multiple Iowa Health systems and at least one IDPH-WW HCP to initiate policy/ system changes related to Undiagnosed HTN.	IDPH-HDSP, IDPH-WW	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
3.1.2: Support team-based care in Iowa health systems through conferences, workshops, other training events and tuition support for care coordination/health coach certification.	IDPH-HDSP, IDPH-WW, ICCC,IHC	Plan Comments 8/2018: IDPH-HDSP and IDPH-WW will provide tuition support for multiple non-physician providers to receive care coordination/health coach certification. 2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
3.1.3: Support Pharmacist-Provider team care partnerships that will increase blood pressure control, cholesterol and diabetes management and MTM in clinical settings.	IDPH-HDSP, IDPH-WW, U of I-COP, IPA, IHC	Plan Comments 8/2018: ICCC will continue to support team-based care not only through Clinical Health Coach (CHC) training and certification, but webinars offered through the ICCC Learning Community. 2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
3.1.4: Support quality improvement initiatives in FQHC/IowaHealth+ environment that will increase blood pressure control and diabetes and cholesterol management.	IDPH-HDSP, IDPH-WW, CHP, IPCA, TELLIGEN, IowaHealth+	Plan Comments 8/2018: CHP and TELLIGEN will help deliver Diabetes Empowerment Education Program (DEEP) classes in environments as needed. IDPH-HDSP and IDPH-WW will support the implementation of evidence-based QI and					

		clinical innovations through RFPs/clinical contracts with FQHCs. 2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
3.1.5: Increase the number of pharmacies that perform MTM to manage diabetes, high blood pressure, high blood cholesterol and lifestyle modification.	IDPH-HDSP, IPA, U of I College of Pharmacy	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
3.1.6: Continue support of veterans with DM, HTN or HLP with needed services to control HTN and manage DM and HLP.	VA DSM	Plan Comments 8/2018: VA Des Moines has had pharmacists with prescriptive scope who act as midlevel providers embedded with all care teams to assist with DM, HTN HLP, tobacco and other disease states since 2013. Group diabetes management appointments are offered which can also address any DM, HTN or HLP management needs. 2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
3.1.7: Screen for HTN at Iowa events.	IPA	2018 Progress Outcomes: Drake University student pharmacists conducted 71 blood pressure screenings during the 2018 Iowa State Fair.					
3.1.8: Share resources in support and encouragement of team-based care.	TELLIGEN, IHC	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes:					

		2021 Progress Outcomes: 2022 Progress Outcomes:					
3.1.9: Collect ABCS quality measure data and share comparison report with practices, identifying opportunities for increased performance and QI. Encourage the use of protocols.	TELLIGEN	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
3.1.10: Continue outreach to patients and providers within all Iowa health systems on the Target BP and Check Change Control programs to improve heart healthy behaviors.	AHA	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
3.1.11: Work with Iowa businesses to implement Workplace Health Solutions that provides free online tools for employees to improve their heart healthy behaviors.	AHA	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
3.1.12: Advocate for state funding for the IDPH Heart Disease and Stroke program.	AHA	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
3.1.13: Continue to support Get With The Guidelines participation in Iowa hospitals.	AHA	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					

3.1.14: Convene stakeholders group to explore and support a statewide project in hypertension control, utilizing health coaches to follow patients with uncontrolled hypertension.	ICCC	<p>2018 Progress Outcomes: Stakeholder group has been convened, a project plan is in process, and evaluation measures are in draft form. Seeking funding source(s) to provide a 2-Day Health Coaching Refresher Course and evaluation plan.</p> <p>2019 Progress Outcomes:</p> <p>2020 Progress Outcomes:</p> <p>2021 Progress Outcomes:</p> <p>2022 Progress Outcomes:</p>						
3.1.15: Promote Best Practice Guidelines in management of CV disease, high blood pressure, cholesterol and smoking cessation through Clinical Health Coach (CHC) training or other partner similar endeavors.	ICCC, IHC, IDPH-HDSP	<p>Plan Comments 8/2018: Updated guidelines provided through onsite training and through Learning Community Newsletters.</p> <p>2018 Progress Outcomes:</p> <p>2019 Progress Outcomes:</p> <p>2020 Progress Outcomes:</p> <p>2021 Progress Outcomes:</p> <p>2022 Progress Outcomes:</p>						
Objective #2: Increase Use of Cardiac Rehab								
Activities	Responsible Partner(s)	Comments/Progress	2018	2019	2020	2021	2022	
3.2.1: Improve awareness of the value of cardiac rehab as a critical step in improving the referral, enrollment, and participation rates in cardiac rehab programs in Iowa. Share data and Million Hearts resources, i.e. Cardiac Rehab Change Package, etc.	IDPH-HDSP, CHP, TELLIGEN, IHC, ICC	<p>Plan Comments 8/2018: CHP will work with Million Hearts® 2022 tools, resources and partners to help deliver webinars, presentations, provider lunch & learns/education promoting the value of cardiac rehab.</p> <p>2018 Progress Outcomes:</p> <p>2019 Progress Outcomes:</p> <p>2020 Progress Outcomes:</p> <p>2021 Progress Outcomes:</p> <p>2022 Progress Outcomes:</p>						

3.2.2: Increase the referral of eligible patients into the continuum of cardiac rehab programming from early outpatient CR into long-term secondary prevention within the community.	CHP	<p>Plan Comments 8/2018: CHP work with local providers of early outpatient CR with transition into long-term secondary prevention within the community.</p> <p>2018 Progress Outcomes:</p> <p>2019 Progress Outcomes:</p> <p>2020 Progress Outcomes:</p> <p>2021 Progress Outcomes:</p> <p>2022 Progress Outcomes:</p>					
3.2.3: Continue to refer all veteran patients for cardiac rehab in the community.	VA DSM	<p>2018 Progress Outcomes:</p> <p>2019 Progress Outcomes:</p> <p>2020 Progress Outcomes:</p> <p>2021 Progress Outcomes:</p> <p>2022 Progress Outcomes:</p>					
3.2.4: Encourage development of pharmacist-led teams to improve adherence to cardiac rehab assignment; aligning with 1815 grant work.	IPA	<p>Plan Comments 8/2018: IPA to provide one pharmacist-led team an incentive grant in 2-18-2019 to increase adherence to cardiac rehab.</p> <p>2018 Progress Outcomes:</p> <p>2019 Progress Outcomes:</p> <p>2020 Progress Outcomes:</p> <p>2021 Progress Outcomes:</p> <p>2022 Progress Outcomes:</p>					
3.2.4: Encourage increased utilization of the heart failure and coronary artery disease program within Get With the Guidelines to assist in identifying appropriate referrals for cardiac rehab and to increase adherence to the goal.	AHA	<p>2018 Progress Outcomes:</p> <p>2019 Progress Outcomes:</p> <p>2020 Progress Outcomes:</p> <p>2021 Progress Outcomes:</p> <p>2022 Progress Outcomes:</p>					
3.2.5: Develop standing orders for use at hospital discharge in Iowa for eligible patients that include referral to cardiac rehab.	IACPR	<p>Plan Comments 8/2018: Cardiac Rehab programs across the state are working on standing orders at discharge to include cardiac rehab on eligible patients.</p> <p>2018 Progress Outcomes:</p>					

		2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
3.2.6: Provide Million Hearts educational information and representation at annual IACPR Conference.	IACPR	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
3.2.7: Promote healthy behaviors at health fairs, community-based activities and cardiac rehab sessions.	IACPR	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
Objective #3: Engage Patients in Heart-healthy Behaviors							
Activities	Responsible Partner(s)	Comments/Progress	2018	2019	2020	2021	2022
3.3.1: Develop RFPs with CDC 1815/WW funding that will encourage Iowa Health systems to initiate policy/system changes related to Self-Measured Blood Pressure Monitoring.	IDPH-HDSP, IDPH-WW	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
3.3.2: Engage the pharmacy profession in the 5-2-1-0 childhood health campaign.	IPA	Plan Comments 8/2018: Previously, IPA has not been a partner in the promotion of this campaign. 2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes:					

		2022 Progress Outcomes:					
3.3.3: Encourage engagement and self-care in heart-healthy lifestyle modifications.	TELLIGEN, IHC	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
3.3.4: Continue outreach to Iowa patients and clinic providers on Target BP and Check Change Control programs to improve heart-healthy behaviors.	AHA	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
3.3.5: Work with Iowa businesses to implement Workplace Health Solutions that provide free online tools for their employees to improve their heart-healthy behaviors.	AHA	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
3.3.6: Train clinical staff in patient engagement strategies through Clinical Health Coach Training programs or other similar partner endeavors.	ICCC, IHC	Plan Comments 8/2018: CHC online is available at any time to Iowa-based clinicians, CHC fusion training will be offered a minimum of twice per year in Central Iowa. 2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
3.3.7: Provide IDPH-WW participants who have controlled or uncontrolled high blood pressure with the opportunity to participate in SMBP or	IDPH-WW	Plan Comments 8/2018: WW participants are provided with a blood pressure measurement instrument and log book to record daily or weekly measurements; they are also trained on using the measurement equipment and keeping their provider informed on results. These two					

to participate in the YMCA BPSM program.		programs serve to increase awareness of and reduce risk for heart disease among WW participants. 2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:						
Priority #4: Improving Outcomes for Priority Populations								
Objective #1: Blacks/African Americans								
Activities	Responsible Partner(s)	Comments/Progress	2018	2019	2020	2021	2022	
4.1.1: Increase the participation of priority populations in Diabetes Empowerment Education Program (DEEP).	CHP, TELLIGEN	Plan Comments 8/2018: CHP will work with providers/healthcare systems across the state and collaboratively plan DEEP programs within the community to meet the needs of priority populations. 2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:						
4.1.2: Develop RFPs with CDC 1815 funding that will encourage Iowa Health systems to initiate policy/system changes related to EMR use and Dashboards to monitor healthcare disparities.	IDPH-HDSP	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:						
4.1.3: Pass and implement Healthy Equity in all advocacy policies on the AHA agenda.	AHA	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:						

4.1.4: Continue education, advocacy and health equity coalition work around heart and stroke health with African American former board members, sororities, fraternities, churches, NAACP, and other multicultural organizations in Iowa.	AHA	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
4.1.5: Build a Community Health Worker workforce in Iowa, which will serve high priority populations.	ICCC	Plan Comments 8/2018: Scope of work in developing the CHW workforce is dependent upon grant funding and the partner organizations that will employ the CHWs. Anticipate outreach to African Americans through the local public health agencies, free clinics and FQHCs. 2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
4.1.6: Increase participation in Diabetes Self-Management Education (DSME) program through referral and support.	IDPH-WW	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
4.1.7: Increase participation in Diabetes Prevention Programs (DPP).	IDPH-WW	Plan Comments 8/2018: This program is offered to WW participants that have pre-diabetes. 2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
4.1.8: Provide education, resources, tools and support to healthcare providers on identifying and working with priority populations through	IDPH-HDSP, IHC	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes:					

workshops, conferences sessions and technical assistance in targeted risk/high-risk regions/communities.		2022 Progress Outcomes:					
Objective #2: 35- to 64-Year-Olds							
Activities	Responsible Partner(s)	Comments/Progress	2018	2019	2020	2021	2022
4.2.1: Provide interventions that reduce the risk of cardiovascular disease among women aged 40-64.	IDPH-WW	<p>Plan Comments 8/2018: The IDPH-WW program is offered to low income, uninsured or under insured women, who are participants in the Breast and Cervical Cancer Early Detection Program (BCCEDP). The program offers participants cardiovascular screening services, including blood pressure, cholesterol, height and weight and glucose measurement and risk reduction counseling (RRC). It also provides follow-up such as health coaching, medication therapy management, self-monitoring of blood pressure, and access to community-based programs, such as Weight Watchers, Diabetes Self-Management Education (DSME), Diabetes Prevention Program (DPP, and referrals to Quitline Iowa.</p> <p>2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:</p>					
4.2.2: Increase the number of employees participating in health screenings, health education and YMCA membership for lifelong physical activity engagement.	CHP	<p>Plan Comments 8/20108: CHP will work with health screening vendors and other community partners to bring them into the YMCA or the worksite environments to promoted early detection of risk and encourage long-term benefits of a healthy lifestyle.</p> <p>2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes:</p>					

		2021 Progress Outcomes: 2022 Progress Outcomes:						
4.2.3: Work with U of I College of Public Health and AHA Get With the Guidelines to monitor the number of stroke instances and mortality for Iowans ages 35 to 64.	IDPH-HDSP. UI-CPH, AHA- Get With the Guidelines	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:						
4.2.4: Provide education, resources, tools and support to healthcare providers on identifying and working with priority populations through workshops, conference sessions and technical assistance in targeted at risk/high-risk regions/communities.	IHC, IDPH-HDSP	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:						
Objective #3: People who have had a heart attack or stroke								
Activities	Responsible Partner(s)	Comments/Progress	2018	2019	2020	2021	2022	
4.3.1: CHP will work with providers to increase referrals of patients who have had a heart attack or stroke to the CHP nurse navigation support system within central Iowa YMCAs. Medically-referred patients will have access to confidential and personalized support from the nurse navigator throughout their participation at the YMCA.	CHP, YMCA	Plan Comments 8/2018: Nurse navigation includes an orientation into the Heart Healthy Living program, help with understanding challenging health information, addressing mobility concerns, medication management, self-care and self-management, and connecting resources within the community for emotional support, durable medical supplies, and transportation to and from the YMCA. 2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:						
4.3.2: Continued reach to National Stroke support network members	AHA	2018 Progress Outcomes: 2019 Progress Outcomes:						

through newsletter and local integration to events and activities.		2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
4.3.3: Continue work with Iowa Stroke Taskforce and STEMI Taskforce and other groups to identify stroke and heart attack survivors so that they can be given information and resources.	AHA	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
4.3.4: Will train cardiac rehab staff in health coaching skills.	ICCC	Plan Comments 8/2018: ICCC will increase marketing to the cardiac rehab staff due to the recommendation that Cardiac Rehab be used to optimize cardiac care. 2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
4.3.5: Provide education, resources, tools and support to healthcare providers on identifying and working with priority populations through workshops, conference sessions and technical assistance in targeted at risk/high-risk regions/communities.	IHC, IDPH	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
Objective #4: People with Mental Illness or Substance Use Disorders							
Activities	Responsible Partner(s)	Comments/Progress	2018	2019	2020	2021	2022
4.4.1: Provide Mental Health First Aid (MHFA) training to pharmacy professionals and other in the	IPA	Plan Comments 8/2018: IPA will conduct seven MHFA trainings for the pharmacy community in 2018. IPA plans to conduct at least three training per year, as well as work					

community to reduce stigma and open the conversation on gaps in care for patients with mental health conditions.		with the colleges of pharmacy to integrate MHFA into curriculum. 2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
4.4.1: Educate pharmacists on how to regularly integrate PHQ-2/PHQ-9 assessments into daily workflow to improve health outcomes for patients with depression.	IPA	Plan Comments 8/2018: In coordination with a large commercial payer initiative, 70 Iowa pharmacies have started to implement this practice. 2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					
4.4.2 Provide education, resources, tools and support to healthcare providers on identifying and working with priority populations through workshops, conference sessions and technical assistance in targeted at risk/high-risk regions/communities.	IDPH-HDSP, IHC	2018 Progress Outcomes: 2019 Progress Outcomes: 2020 Progress Outcomes: 2021 Progress Outcomes: 2022 Progress Outcomes:					