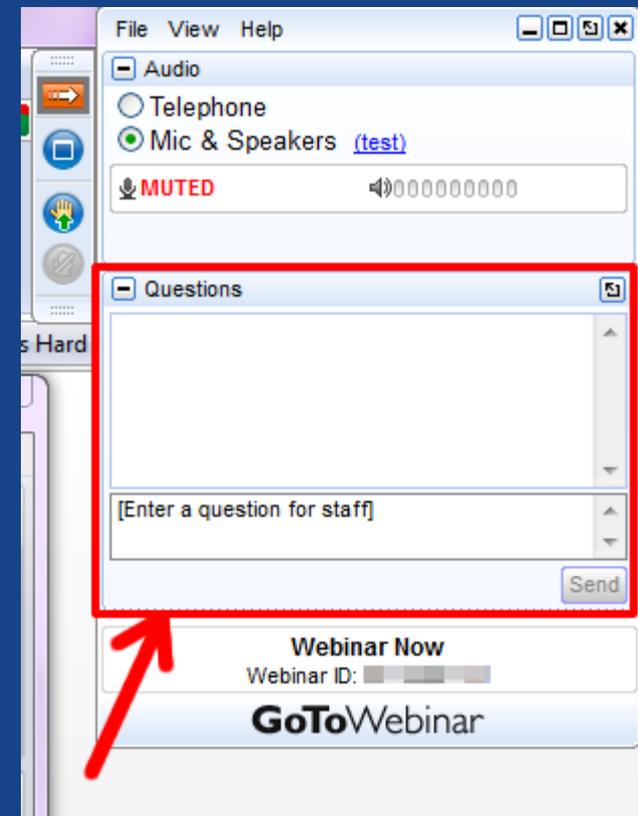


Chronic Disease Prevention & Health Promotion Webinar Series

www.hss.state.ak.us/dph/chronic

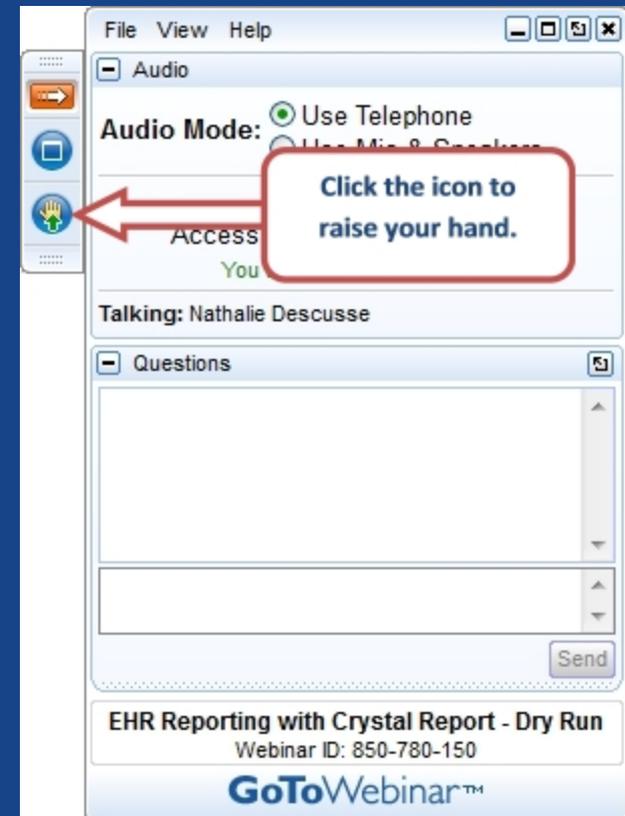
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PARTNERING WITH PROVIDERS TO INCREASE SCREENING RATES

Sept 15, 2015

Julia Thorsness, Janice Gray, Nelly Ayala, Gail Stolz
and Ann Potempa

Overview

- ❑ Define 10 targeted preventive screenings
- ❑ Describe the evidence basis for the recommendations
- ❑ Show examples of the products created by the workgroup
- ❑ Review findings of the focus groups
- ❑ Review data collected from the material created
- ❑ Outline next steps

History – How we started?

- The Preventive Screenings project started in 2013
- Developing a network – The Chronic Disease Prevention Collaborative was convened to strengthen linkages between public health, health care systems, and advocacy agencies.
- The Collaborative appointed a workgroup to strengthen preventive services which set the direction for this project.
- The ***Preventive Screenings Workgroup*** reviewed data and opportunities, and selected 10 preventive screenings tests.

Selected Recommended Screenings

ABCS:

- ❑ Aspirin use to prevent heart attack and stroke
- ❑ A1c/Blood sugar
- ❑ Blood pressure
- ❑ Cholesterol
- ❑ Smoking/Tobacco use

Screenable Cancers:

- ❑ Breast cancer
- ❑ Cervical cancer
- ❑ Colorectal cancer
- ❑ Weight status (BMI)
- ❑ Fall prevention

What did we do during our first year?

YEAR 1

- Focus groups of consumers
- Get Screened Materials
- PSAs



Preventive Screening Materials

Get Screened:

Take charge of your health. Take charge of your life.

There are tests that we should all get on a regular basis. Are you up to date with yours? The following is a list of tests that help determine your risk for heart disease, stroke, diabetes, cancer and injuries. Talk with your health care provider to learn how you can reduce your chances of getting these diseases or getting hurt. Learn more about 2014 screening recommendations at www.SafeAndHealthyMe.alaska.gov.

Tobacco Use: Every time you get health care, talk to your health care provider if you use tobacco products.

Weight: Get your height and weight measured at least yearly. Talk about changes with your health care provider.

Blood Pressure: Get your blood pressure checked at least every 2 years. Get checked yearly if it is 120/80 or higher, if you use tobacco, are overweight, or have heart disease in your family.

Slips and Falls: If you are 65 or older, talk with your provider every year about your risk of falling. *Timed Up and Go* tests how long it takes for you to stand up from a chair, walk at your usual speed to and from a marker 10 feet away, and sit back down.

Blood Sugar: Start getting blood sugar tests at age 45 and get tested every 3 years, especially if you are overweight and/or exercise fewer than 3 days a week. Start younger and get tested more often if your blood pressure is over 130/80, if you are Hispanic/Latino or are not white, if you delivered a baby weighing more than 9 pounds at birth, or if you have a family member with diabetes.

Cholesterol: Start getting your cholesterol tested at age 35 if you are a man and at age 45 if you are a woman. Get a test at least every 5 years and more often if you use tobacco, are overweight, or if someone in your family has heart disease.

Aspirin Use: Men ages 45-79 and women ages 55-79, talk with your provider at least every five years about your risks and reasons for taking aspirin to prevent heart disease or stroke.

Mammogram: Women ages 50-74 should get a mammogram every other year. Start younger or get one more often if someone in your family has had breast cancer.

Pap Smear: Women ages 21-65 should get a Pap smear every three years, and more often if you had a positive result on an earlier test.

Colon Cancer: Start your colon cancer screening at age 50, or earlier if someone in your family has had colon cancer. If you are an Alaska Native, your colon cancer screening should start at age 40. Tests include colonoscopy, sigmoidoscopy and fecal occult blood test; each has different recommendations. Talk with your health care provider to find out which test is best for you.



Get Screened: Take charge of your health. Take charge of your life.

Provider Resources

The Alaska Division of Public Health, Section of Chronic Disease Prevention and Health Promotion (CDPH) is encouraging adults, particularly those 45 or over, to obtain screenings related to chronic disease prevention and control. Given overlapping periodicity schedules and directives for these tests, we promote an annual visit as a practical approach to keeping up-to-date with recommended tests.

We have produced a number of public-oriented publications which list and describe the tests we recommend and provide basic information about health insurance coverage for them. These materials are listed on the last page and available here: <http://hss.alaska.gov/ohp/Chronic/PreventiveScreeningMaterials>

Table of Contents

- Provider Resource Chart
- Chronic Diseases by Shared Risk Factors
- Preventive Screening Campaign materials
- Preventive Screening apps

Provider Resource Chart

Health care provider recommendations are an essential link between health care providers and patients. This chart suggests that providers rarely have time to provide all of the requested services. This chart is intended to simplify provision of screenings, referrals and treatment. It is posted on the website above, if you want to be able to click through to the website page.

Screening Tests - Provider Resource Chart	USPSTF Guidelines	Links to additional resources
To Identify / Prevent	Recommended Frequency	Missed opportunities
Tobacco use	Ask at every health care visit	Counseling to prevent tobacco use in adults and pregnant women

Regular screening might be recommended at a younger age if risk factors are present.

Get Screened: Take charge of your health. Take charge of your life.



Get Screened: Take charge of your health. Take charge of your life.

Take charge of your health. Take charge of your life.

For more information about recommending screenings, visit www.SafeAndHealthyMe.alaska.gov.

This table shares 2014 information about how often to get the following tests based on your sex and age group. Please turn this over to learn more about recommended screenings for everyone.

Recommended health screenings	How often by age group
Cholesterol (fast in your blood)	Ages 20-39: 40-49: Every 5 years, men start at age 35. 50-59: Every 5 years, women start at age 45. 60-64: Talk with your provider every 5 years, men at ages 45-79. 65 or older: Talk with your provider every 5 years, women at ages 55-79.
Heart Disease (Should you take aspirin?)	Men: Every 3 years, ages 45-79. Women: Every 3 years, ages 55-79.
Breast Cancer (Mammogram)	Ages 40-50: talk with your provider. Every 2 years, ages 50-74.
Cervical Cancer (Pap smear)	Every 3 years, ages 21-35. Every 3 years, ages 36-65. If you have a negative Human Papilloma Virus (HPV) test, it could be every 5 years. Over 65, talk with your provider.

KEY: Men (blue), Women (pink)

Blood Pressure: Every 3 years, or more often if you are overweight, are on medication for "high blood pressure", or have other risk factors. If you are not high risk, start at age 50. There are three possible tests, and each has different recommendations. Talk with your provider about which is best for you. Start at age 55.

Blood Sugar / Glucose (diabetes/pre-diabetes): Every 3 years, or more often if you are overweight, are on medication for "high blood sugar", or have other risk factors. If you are not high risk, start at age 45. There are three possible tests, and each has different recommendations. Talk with your provider about which is best for you. Start at age 55.

Screening Coverage by AK Insurance Carriers

- Alaska Care
- Alaska Care Retiree
- Alaska State Employees Association (ASEA)
- Medicare Part B
- The Affordable Care Act (ACA)

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Get Screened: Take charge of your health. Take charge of your life. MEDICARE PART B

Get Screened: Take charge of your health. Take charge of your life. ALASKA CARE RETIREE

Get Screened: Take charge of your health. Take charge of your life. ALASKA CARE

Get Screened: Take charge of your health. Take charge of your life. ALASKA STATE EMPLOYEES ASSOCIATION HEALTH TRUST (ASEA)

These tests relate to heart disease, stroke, diabetes, cancer and injuries. Act on information from these tests to keep healthy now and later. If you have questions about these tests, talk with your health care provider.

To identify risk	Get this service and talk about its results with your provider	How often*	Covered by ASEA Health Trust**
Tobacco use	Provider recommendations for quitting	Every health care visit	Included in preventive care benefits. Alaska's Tobacco Quit Line is always no charge — 1-800-QUIT-NOW.
Unhealthy weight	Height and weight measurement	At least yearly	Included in preventive care benefits. Clinicians should offer or refer patients with a body mass index (BMI) of 30 kg/m ² or higher to intensive, multi-component behavioral interventions.
High blood pressure	Measurement	Every 2 years, or yearly if blood pressure is 120/80 or higher	Included in preventive care benefits.
Slips and falls	Risk review	Yearly start at age 65	Included in preventive care benefits. Exercise, physical therapy and/or Vitamin D supplementation are also included for adults ages 65+ who are at increased risk for falls.
Diabetes	Fasting blood test (blood sugar) or A1c	Every 3 years, start at age 45	Included in preventive care benefits.
High cholesterol (fats in your blood)	Fasting blood test (lipid panel)	Every 5 years, men start at age 35, women start at age 45	Included in preventive care benefits.
Heart attack or stroke	Risk assessment — Should you take aspirin?	Every 5 years, men ages 45-75, women ages 55-79	Included in preventive care benefits.
Breast cancer	Mammogram	Women every 2 years, ages 50-74	One baseline between ages 35-39. One every two years ages 40-49, annual for ages 50 or over.
Cervical cancer	Pap smear	Women every 3 years, starting at age 21	One per benefit year.
Colorectal cancer	FIT/NET Colonoscopy OR Fecal Occult Blood Test (FOBT) and Fecal Immunochemical Test (FIT)	Every 10 years, ages 50-75 FOBT yearly, ages 50-75 FIT every 3 years, ages 50-75	No pre-authorization required.

*Get tested more often if you have risk factors (see below and turn page over for more information).
**Information on this document does not guarantee ASEA Health Trust benefits or eligibility (Diabetes-specific risk factors):

- **Diabetes:** Being Alaska Native/American Indian, African American/Black, Asian, Pacific Islander, or Hispanic/Latino; or if a woman, having gestational diabetes during pregnancy or having a baby who weighed more than 9 pounds at birth.
- **Cardiovascular diseases** (heart attack, angina or stroke): Drinking more than a moderate amount of alcohol (for example, more than 2 drinks daily for men or more than 1 drink daily for women); or having diabetes.
- **Falls:** Risk factors that can be changed include: lower body weakness; poor vision; problems with gait, balance, shoes and/or feet; home hazards; use of psychoactive medications; and postural dizziness (head rush). As the number of risk factors goes up, so does the chance of a fall.
- **Cancer:** Having or had Hepatitis C.

Safe Healthy Me!

How did our second year go?

YEAR 2

- Distribute materials
- Focus groups of primary care providers in private practice



Alaska Preventive Screenings Project Progress

Screening	Baseline BRFSS	Current Status	Progress	Target = 5% Increase
A1C/Blood Sugar Screening	64.1% (2010)	64.5% (2013)	↑	67%
Cholesterol Screening	81.3% (2009)	84.2% (2013)	↑	85%
Smoking/Tobacco Use Screening	80.7% (2010)	84.9% (2013)	●	85%

Alaska Preventive Screenings Project Progress

Screening	Baseline BRFSS	Current Status	Progress	Target = 5% Increase
Breast Cancer Screening	71.2% (2010)	74.5% (2012)	↑	75%
Cervical Cancer Screening	83.2% (2010)	87% (2012)	●	87%
Colorectal Cancer Screening	58.9% (2010)	59.5% (2012)	↑	62%

Alaska Screening Data Sources Still Needed

Added BRFSS questions on high blood pressure in 2014 and 2015

- Included hypertension medication and sodium questions

Still need Alaska statewide data sources for:

- Aspirin Use
- BMI Screening
- Falls Screening

What are we doing now?

YEAR 3
AND
BEYOND

Connect with
Federally
Qualified Health
Centers and
Public Health
Centers

Create a
centralized website
with access to all
CDPHP educational
materials



Continue to
engage
stakeholders

2016
Review/revise
materials

Resources

- *Safe and Healthy Me* website
www.SafeAndHealthyMe.alaska.gov
- *Safe and Healthy Me - Screening* website
<http://dhss.alaska.gov/dph/Chronic/Pages/SafeAndHealthyMe/screening/default.aspx>
- *Safe and Healthy Me - Screening* printable materials
<http://dhss.alaska.gov/dph/Chronic/Pages/SafeAndHealthyMe/screening/materials.aspx>

Thank You!

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Questions?