LIVING HEALTHY
for ourselves | for our families | for our communities

CHRISSEY MEYER
AMERICAN HEART ASSOCIATION – SOUTH DAKOTA

RACHEL SEHR
SOUTH DAKOTA DEPARTMENT OF HEALTH
WHAT IS A CULTURE OF HEALTH?

Ensuring the opportunity of health FOR EVERYONE no matter where we live, work, learn, play, pray and heal.
WHY DOES IT MATTER?

For the first time in decades, we are seeing deaths from heart disease and stroke on the rise.
MORE PEOPLE ARE DYING FROM HEART DISEASE AND STROKE

HEART DISEASE

STROKE


BUT THERE’S GOOD NEWS!

Heart disease and stroke can be prevented **80 percent of the time** by making healthy choices.
LIVING HEALTHY

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BUILDING YOUR OWN CULTURE OF HEALTH THROUGH LIFE’S SIMPLE 7

- Stop Smoking
- Eat Better
- Get Active
- Lose Weight
- Manage Blood Pressure
- Control Cholesterol
- Reduce Blood Sugar
EATING A HEALTHY DIET

HEART HACK: Roasting veggies in high heat will caramelize and reduce bitterness. Grilling fruits will unlock a deeper sweetness.
EAT MORE

• Fruits and vegetables
• Whole gains
• Low-fat dairy products
• Skinless poultry and fish
• Nuts and legumes
• Non-tropical vegetable oils
• Lean meats
  (including red meat)

EAT LESS

• Saturated fat
• Trans fat
• Sodium
• Fatty red meat
• Sweets
• Sugary drinks
EATING A HEALTHY DIET

COOK MORE AT HOME
Recipes.Heart.org

PLAN AHEAD AT RESTAURANTS
HealthyDiningFinder.com

GROCERY SHOP WISELY

American Heart Association
CERTIFIED
Meets Criteria For
Heart-Healthy Food
BE AWARE OF SERVING SIZES

A 12 oz. piece of meat is actually 4 servings.
EXERCISE & MAINTAIN A HEALTHY WEIGHT!

HEART HACK: Breaking your exercise into multiple 10-15 minute routines in a day is just as effective as one long workout.
DON'T SMOKE

HEART FACT: Quitting smoking has immediate health benefits. In only 20 minutes after quitting, your blood pressure and heart rate recover from the cigarette-induced spike.
HEART HACK: The oils you cook with play a key role in raising or lowering your cholesterol.
DO YOU HAVE HIGH BLOOD PRESSURE?

<table>
<thead>
<tr>
<th>BLOOD PRESSURE CATEGORY</th>
<th>SYSTOLIC mm Hg (upper number)</th>
<th>DIASTOLIC mm Hg (lower number)</th>
</tr>
</thead>
<tbody>
<tr>
<td>NORMAL</td>
<td>LESS THAN 120</td>
<td>LESS THAN 80</td>
</tr>
<tr>
<td>ELEVATED</td>
<td>120 – 129</td>
<td>LESS THAN 80</td>
</tr>
<tr>
<td>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1</td>
<td>130 – 139</td>
<td>80 – 89</td>
</tr>
<tr>
<td>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2</td>
<td>140 OR HIGHER</td>
<td>90 OR HIGHER</td>
</tr>
<tr>
<td>HYPERTENSIVE CRISIS (consult your doctor immediately)</td>
<td>HIGHER THAN 180</td>
<td>HIGHER THAN 120</td>
</tr>
</tbody>
</table>
BUT WHAT ABOUT STRESS?

HEART FACT: The World Health Organization names stress as the Health Epidemic of the 21st century.
WHAT IS RESILIENCE?

RESILIENCE:
The ability to WITHSTAND, RECOVER and GROW in the face of stressors and changing demands

WITHSTAND:
deal with a challenge

RECOVER:
bounce back (including to levels better than pre-stressor levels)

GROW:
Thrive in the face of adversity
MEDITATION HELPS WITH RESILIENCE
IT HELPS TO TREAT ANXIETY, DEPRESSION
AND LOWERS STRESS.

STUDIES ALSO SHOW IT MAY DECREASE
THE RISK OF HEART DISEASE.
HACKS TO HELP YOU BE WELL.

• Getting enough rest makes you less likely to crave sugary, fatty foods that provide quick energy.

• You don’t need to turn yourself into a pretzel to meditate. Find a position that’s comfortable for you.

• A few minutes of meditation each day can make a positive influence on your well being.

• Don’t overlook your emotional and mental health. Get help, if you need it, to manage stress, anxiety, depression or grief.
LIVING HEALTHY

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A DAY IN THE LIFE

The benefits and barriers to a healthy culture.
HOW CAN YOU BE A HEALTHY INFLUENCE?
To your spouse?
To your children?
To your grandchildren?
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Determinants of Health

- Genes & Biology: 10%
- Physical Environment: 10%
- Clinical Care: 10%
- Health Behaviors: 30%
- Social & Economic Factors: 40%

Health
- Wealth
- Education
WHAT MAKES UP A HEALTHY COMMUNITY?

- Opportunities to Live Healthy
- Strong Education and Technology
- A Healthy Environment
- A Strong Economy
- A Solid City Infrastructure
- Affordable and Safe Housing
HOW THE AMERICAN HEART ASSOCIATION IS MAKING A DIFFERENCE.

• Addressing food deserts in communities.
• Encouraging healthy school meals & physical education in schools.
• Working with the food industry to lower sodium.
• Being active in community policies that promote healthy living.
• Supporting smoke-free, tobacco taxes and tobacco 21 initiatives.
• Developing prevention and control programs in communities.
• Ensuring communities have a strong healthcare system through guideline based treatment.
Thank you!

LIVING HEALTHY
for ourselves | for our families | for our communities

American Heart Association | American Stroke Association

life is why
## Vision
Healthy people, Healthy communities, Healthy South Dakota

## Mission
Improve quality of life of all South Dakotans through prevention and control of heart disease and stroke

## Goals

<table>
<thead>
<tr>
<th>I. IMPROVE DATA COLLECTION</th>
<th>II. PRIORITY POPULATIONS</th>
<th>III. CONTINUUM OF CARE</th>
<th>IV. PREVENTION &amp; MANAGEMENT</th>
</tr>
</thead>
</table>

## Objectives

| 1. Identify and track data to support at least one heart disease and stroke policy change or recommendation by 2021. | 1. Decrease the age-adjusted death rate due to heart disease in the American Indian population from 212.5 per 100,000 to 202.0 per 100,000 by 2021. | 1. Decrease emergency response times by decreasing average ambulance chute times from 5.23 minutes in 2018 to 4.25 minutes by 2021. | 1. Decrease prevalence of heart attack from 4.7% (2015) to 4.45% (5% decrease) by 2021. |
| 2. Increase input into at least 4 data collection tools by organizations and/or individuals by 10% by 2021. | 2. Decrease the age-adjusted death rate due to stroke in the American Indian population from 48.5 per 100,000 to 46 per 100,000 by 2021. | 2. Increase the number of EMTs in South Dakota from 3,281 EMTs in 2016 to 3,850 EMTs by 2021. | 2. Decrease prevalence of stroke from 2.6% (2015) to 2.47% (5% decrease) by 2021. |

*Integrated across other goal areas

## Strategies

**A.** Identify and promote tracking of a common set of minimum cardiovascular health data for use for both prevention and improvement of post-cardiac event outcomes.

**B.** Maximize community-clinical linkages (e.g. CHW, different sectors).

**C.** Support policies that increase access to heart disease and stroke care for priority populations.

**D.** Improve collaboration with tribal communities.

**A.** Promote the different models of team-based, patient-centered care (health cooperative clinic, health homes, PCMH).

**B.** Utilize results of needs assessment to address infrastructure and sustainability of EMS.

**C.** Ensure utilization and sustainability of community-based resources and programs such as Mission: Lifeline, LUCAS, and pit-crew CPR for EMS services.

**D.** Identify and expand mobile integrated health programs.

**A.** Encourage the implementation of quality improvement processes in health systems.

**B.** Promote awareness, detection and management of high blood pressure (clinical innovations, team-based care, and self-monitoring of blood pressure).

**C.** Support the expansion of prevention and lifestyle interventions in communities for all ages across the lifespan.

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Sources: 1) TBD; 2) Data from healthcare facilities; 3) Vital statistics 2015; 4) ORH EMT database; 5) BRFSS 2015

Last Updated: August 2019
TEAM-BASED CARE TOOLKIT & WEBINAR SERIES

What is Team-Based Care?
Health services by at least two health providers collaborating to achieve coordinated, high-quality care.

Toolkit & Webinar Series!

**Toolkit:** an online, how-to resource explaining team-based care, how to get started, and how others in South Dakota have used it.

**Webinar Series:** Online, pre-recorded, step-by-step presentations explaining TBC, what is in the toolkit and how to use it.

Who are these resources for?
- Anyone with an interest in team-based care
- Hospital Administrators
- Quality Improvement or Public Health Professionals

View the toolkit & webinar series here: https://doh.sd.gov/diseases/chronic/heartdisease/TeamBasedCareGuide/
COMMUNITY HEALTH WORKER RESOURCE GUIDE

What are Community Health Workers?
Trusted members of the community who serve as liaisons between health/social services and the community.

What is in the Resource Guide?
- Overview of the Community health worker model
- Benefits of supporting community health workers in facilities and organizations
- Overview of the Community health worker reimbursement plan

What is Quality Improvement (QI)?
A systematic approach to achieve measurable improvements to a healthcare system and health status of patients

Resource Guide & Webinar Series!
- **Resource Guide:** an online document explaining what QI is and how to implement it, with a focus on cardiovascular disease
- **Webinar Series:** online, pre-recorded presentations on the following topics: the value case for initiating QI, the QI story, QI in rural areas, and how to use the QI toolkit

Who are these resources for?
- Any organization with an interest in quality improvement
- Hospital Administrators
- Quality Improvement or Public Health Professionals

View the toolkit & webinar series here: https://doh.sd.gov/diseases/chronic/heartdisease/qitoolkit.aspx
What is the Media Toolkit?
A series of downloadable multi-media graphics, text, and videos organizations can share to increase awareness around prevention and management of heart disease, stroke, and diabetes in South Dakota.

What topics are in the Toolkit?
- Physical activity
- Reducing Stress
- Healthy Eating
- Blood Pressure
- Heart Health
- Fitness Quiz

#SDCardioCollab  #HeartHealthy

View the toolkit and download the graphics here:
What are Cardiac Ready Communities?
Communities with members who are better prepared to help individuals experiencing cardiac events prior to the ambulance arriving to improve chances of survival.

What is the Cardiac Ready Communities Program?
An educational initiative by the SD Department of Health and the Cardiovascular Collaborative that educates, equips, and empowers community members to work collaboratively to assist a person experiencing a cardiac event.

Learn more about the program here: https://doh.sd.gov/cardiaready/
Implementing and Expanding Self-Measured Blood Pressure Monitoring in South Dakota

Grant Objectives: Facility could utilize Target BP, Check, Change, Control, or Million Hearts SMBP programs and guidance to implement a self-measured blood pressure monitoring (SMBP) program within their practice, add additional patients to current SMBP program, or expand to additional providers or sites.*

RFA Release: September 20, 2019

RFA Due Date: Application review and award is ongoing until all funding is awarded

Selection: An estimate of up to 6 facilities will be funded

Project Period: Project period lasts one calendar year, beginning on

Anticipated Award Amount: $5,000 per facility (up to $30,000 total)

Primary Contact: Rachel Sehr, Heart Disease and Stroke Prevention

Primary Contact Email: Rachel.Sehr@state.sd.us

Application Procedures: Applications are due via electronic submission to Rachel.Sehr@state.sd.us.

* All awarded initiatives would be developed and implemented with assistance from the 1815 team. 1815 team consists experts from HealthPOINT, the Great Plains Quality Innovation Network, and SD Department of Health who have extensive knowledge and experience related to: 1. electronic health records, 2. data, workflow, process analysis, 3. strategic plan development and implementation, 4. PDCA cycles, 5. policy and protocol development. Additional partners may be utilized as needed. All teams may be awarded facilities as a resource for accepted grant activities at no charge to the awardee.

View the Full Instructions and Application

https://healthysd.gov/fundingopportunities/
Thank You