

The Center for African American Health



*Presentation for
Hypertension Panel Discussion
June 12, 2015*





Why the Center for African American Health?

- **Free**
- **Trust**
- **Prevention**
- **Health Literacy**
- **Health disparity**
- **Cultural competency**
- **Dissemination of information and available resources**

Center for African American Health Events & Programs

EVENTS

- ANNUAL COLLABORATIVE HEALTH FAIR – FEBRUARY 28, 2015
- ANNUAL DESTINATION HEALTH 5K WALK/RUN/LEARN – JULY 25, 2015
- ANNUAL PROSTATE SCREENING & MEN'S HEALTH DAY – SEPTEMBER 2015

PROGRAMS

- DIABETES SELF-MANAGEMENT (6 WEEKS)
- LIVE WELL 4 LIFE DIABETES PREVENTION PROGRAM (22 WEEKS)
- JUST CHECK IT (HOME BLOOD PRESSURE MONITOR PROGRAM)
- A MATTER OF BALANCE – FALL PREVENTION PROGRAM (8 WEEKS)
- CONNECT FOR HEALTH COLORADO CERTIFIED ASSISTANT SITE
- FAITH & HEALTH MINISTRY

JUST CHECK IT ✓



Funded by CDPHE Cancer, Cardiovascular, and
Chronic Pulmonary Disease Program

Your Just Check It Team:

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Just Check It Beginnings

- To reduce rural health disparities, High Plains Research Network (HPRN) and its Community Advisory Council partnered to translate research on home blood pressure (BP) management to develop a program for rural primary care and a patient toolkit.
- Built on previous home BP program called ACARE (in 26 practices around Colorado and *Just Check It* pilot study in Hugo, CO).



Gordon Clinic in Hugo, CO excited about new JCI patient toolkit.



High Plains Research Network Staff & Community Advisory Council

JUST CHECK IT ✓

- **Orientation**

- What is hypertension
- African Americans and hypertension stats
- Theories
- Epigenetics
- Octavine Nelson
- Lifestyle changes
- Home blood pressure monitoring

Blood Pressure Matters



**THE
SILENT
KILLER**

- No symptoms!
- In general, people can't tell when their blood pressure is high.
- First symptom may be heart attack or stroke.



African Americans and Hypertension

Black Demographics – Census Bureau Data & Charts – By Category

Top 10 Causes of Death for Black Americans 1980 & 2007

<u>1980</u>	<u>All causes</u>	<u>233,135</u>	<u>Deaths</u>	<u>2007</u>	<u>All causes</u>	<u>292,808</u>	<u>Deaths</u>
1.	Heart disease		72,956	1.	Heart disease		74,159
2.	Cancer		45,037	2.	Cancer		63,165
3.	Stroke (Blood clot)		20,135	3.	Stroke (Blood clot)		17,541
4.	Unintentional injuries		13,480	4.	Diabetes		12,970
5.	Homicide		10,172	5.	Unintentional injuries		13,652
6.	Perinatal period conditions		6,961	6.	Homicide		8,669
7.	Pneumonia and influenza		5,648	7.	Chronic lower respiratory diseases		8,229
8.	Diabetes		5,544	8.	Kidney disease		8,075
9.	Chronic liver disease and cirrhosis		4,790	9.	HIV disease		7,022
10.	Kidney disease		3,416	10.	Septicemia (serious blood infection)		6,221

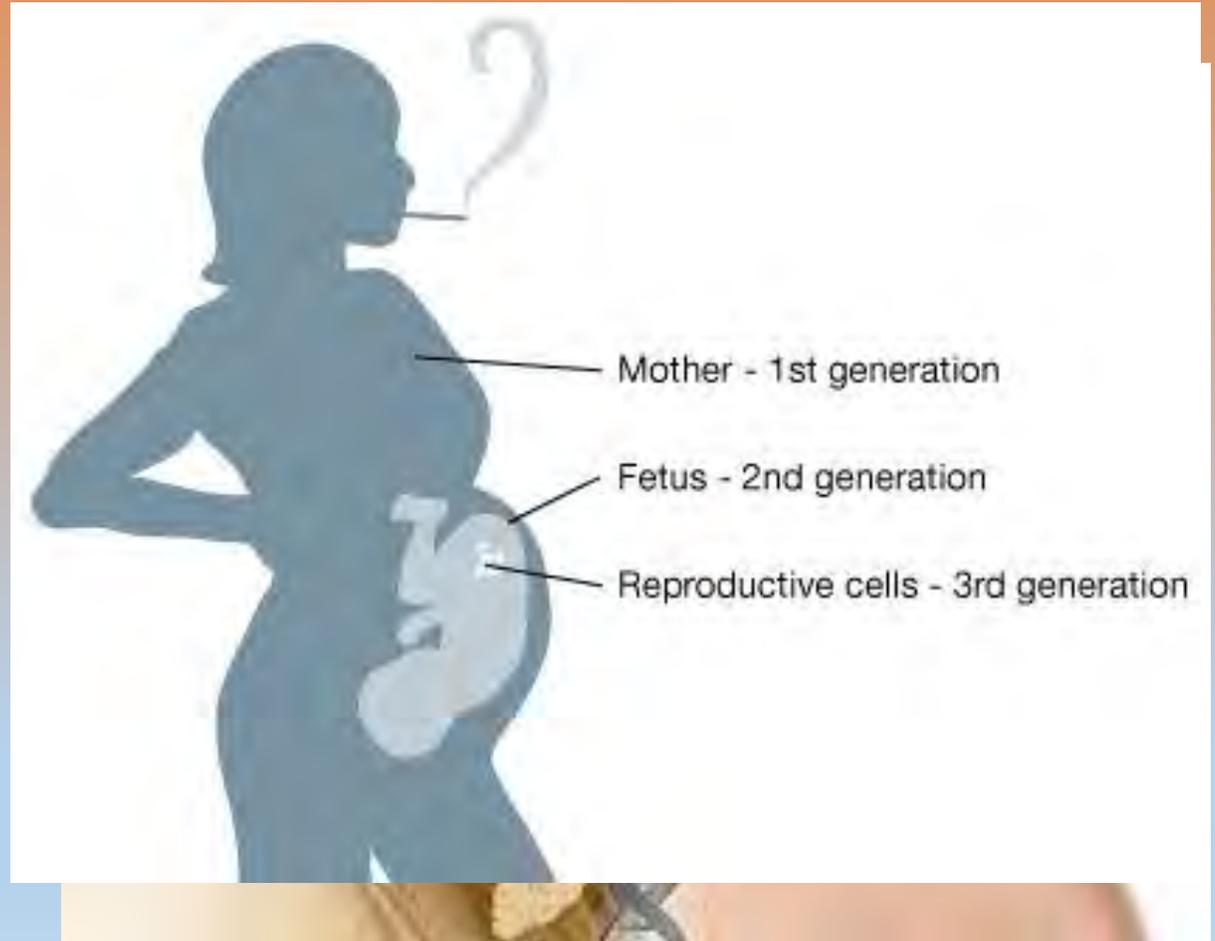
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THEORIES ABOUT AFRICAN AMERICANS AND HYPERTENSION

EPIGENETICS

- **Cherry Blossoms and Rats**
- **Drought**
- **Pregnant mom smoking**



EPIGENETICS

GREATEST DISCOVERY OF OUR TIME



*The **new science of epigenetics** reveals how the choices you make can change your genes ...*

by John Cloud

BARRIERS TO HYPERTENSION



In African Americans, Some Barriers to Hypertension Control Are Patient-Related

- Lack of awareness of disease and consequences
- Lack of access to patient education
- Delayed diagnosis
- Living in disadvantaged community
- Inadequate resources to support healthful lifestyle
- Poor diet
- Overweight, obesity
- Distrust of medical professionals
- Adverse view of medications

Douglas et al. Postgrad Med online, 2002

YOU CAN CONTROL IT

- Find a doctor you trust
- See your doctor regularly



You can control it

- Salt is salt is salt
- No more than 1500 mg a day



You can control it

- This diet is full of salt, butter, and fat
- This is not what a person with hypertension should eat regularly.
- Save for special occasions



SOUL FOOD NUTRITIONAL FACTS

	Fried Chicken (1 piece)	Black-eyed Peas	Mac & Cheese	Polish Sausage	Collard Greens	Salt Pork	Hot water corn bread	TOTALS
Fat	14.8	0	18	3.5	0	22	6.5	64.8
Calories	246	240	420	55	70	212	128	1,371
Sodium (mg)	487	40	0	275	980	403	31	2,216

MCDONALD'S SUPER SIZE MEAL

	Big Mac	Large Fries	Large Drink	TOTALS
Fat	27	24	0	51
Calories	530	510	280	1320
Sodium (mg)	960	290	5	1255

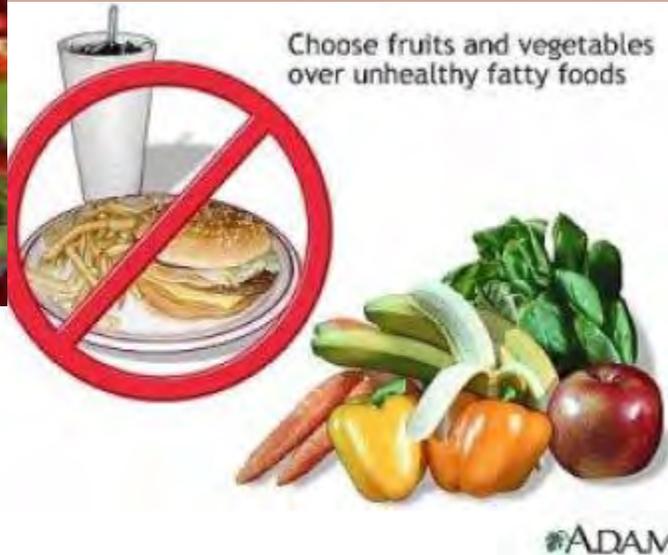
On the Border Mexican Grill & Cantina

Dos XX Fish Tacos w/ Creamy Red Chile Sauce

Fat	144 g
Calories	1400
Sodium (mg)	2610 mg



Eat Healthy



Get your exercise and manage your weight



You can control it

Alcohol is to Hypertension
As
Sugar is Diabetes



Drinking too much alcohol can increase your blood pressure.

The increase in blood pressure is approximately 1 mmHg for each 10 g alcohol consumed and is largely reversible within 2-4 weeks of abstinence or a substantial reduction in alcohol intake

Also, alcohol can interfere with the effectiveness and increase the side effects of some blood pressure medications.

Just Check It Registry – Information and Communication

Secure Search McAfee

Just Check It ✓

Home About the Registry Health Care Providers Contact Us

[Report My Blood Pressure](#)

[Create an Account](#)

What's Your Risk?

Check your risk for developing a medical problem related to high blood pressure at the [High Blood Pressure Risk Calculator](#).

Just Check It

Take Charge of Your Blood Pressure

The Just Check It Registry is a home-grown resource for people in Colorado with high blood pressure. When it comes to living a healthy life with high blood pressure, people all over Colorado are saying:

- No more excuses!
- I must be responsible for my health.
- I'm doing this for the people who care about me.

Learn More

- [About the Registry](#)
- [For Providers](#)

Home BP Reporting System

Just Check It Registry (www.justcheckit.org)

- A HIPAA-compliant tool for information, communication, and local data
- Report and track average home BPs over time
- Provides feedback to patient *and* providers
- Maintained by Dept. of Family Medicine at the University of Colorado Anschutz Medical Campus



Report Your Blood Pressure

You can report a series of individual blood pressure readings or an average blood pressure reading. Click on the option you prefer for more instructions.

[Enter Average Reading](#)[Enter Single Readings](#)[View History](#)

Enter your averaged blood pressure reading.

Systolic Diastolic

Number of Readings

(Estimate, if necessary)

Begin Date



End Date



The "begin date" and "end date" indicate when you took your blood pressures for this average report:

“Patient” Feedback Report

Date: 5/3/2013

Dear Kelli Test,

Thank you for submitting your blood pressure readings to us. Your blood pressure is a very important part of your health. The goal for blood pressure is less than 140 systolic (the top number) and less than 90 diastolic (the bottom number). Since home blood pressures are usually lower than in clinic, the goal for your home readings is less than 135/85. Your doctor may have a different blood pressure target for you. When you achieve the target blood pressure, it means that your chance of having a stroke or heart attack is much less.

We recommend that you take this letter with you when you see your regular provider. Thank you for your participation in Just Check It.

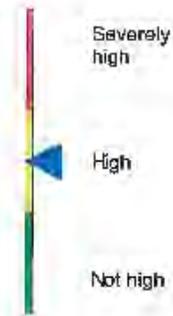
Most recent average blood pressure

Systolic / Diastolic

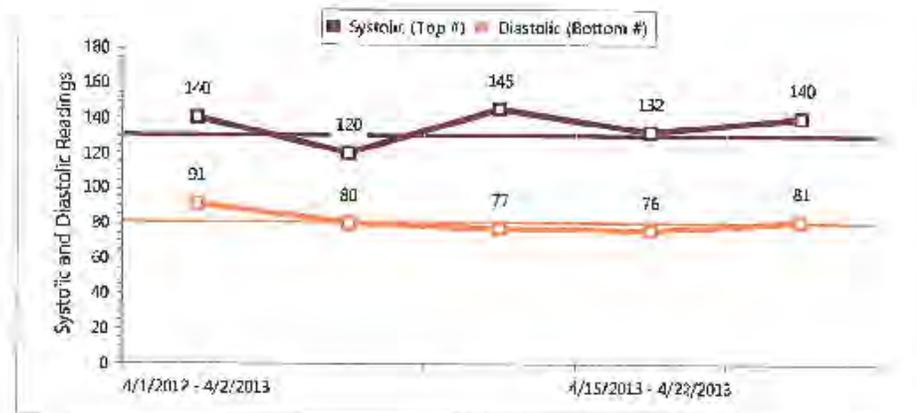
140/81

Goals for home blood pressure
135/85 for people without diabetes.

Your blood pressure is higher than the goal



History



Communicating with CAAH and Doctor

Sharing Your Feedback Report

Reminders

Cuff Type

Diabetes Diagnosis

The **Just Check It** Registry can send your blood pressure report to a health care provider of your choice. Sharing your blood pressure report may help you and your health care provider lower your blood pressure together.

Select from the menu below to share your blood pressure reports with your doctor, pharmacist, or community health worker.

Provider type:

Practice/Clinic

Practice/Clinic:

Type to search...

Primary Care
Provider:

Type to search...

Add

Don't see your provider in this
list? [Click here.](#)