

Florida Department of Health

Heart Health Plus

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Southern Obesity Summit

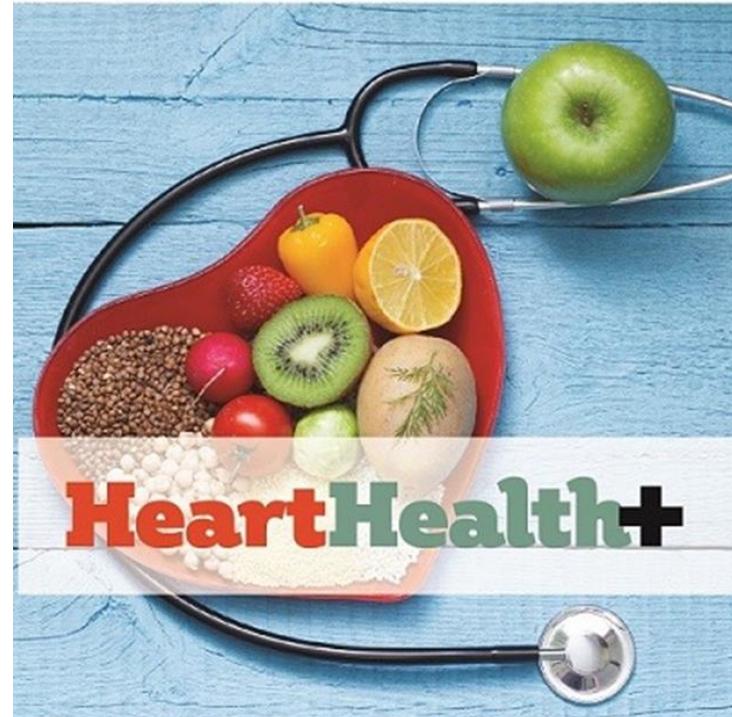
Charleston, West Virginia

October 2018



What is Heart Health Plus?

- The goal of this initiative is to improve the cardiovascular health of Floridians and contribute to the Million Hearts Initiative of preventing one million heart attacks and strokes nationwide
- Funded by the CDC 1305 Grant, Preventative Health and Health Services Block Grant and the Bureau of Tobacco Free Florida
- This program began in October of 2016 and involves 17 different counties within Florida



Why Heart Health Plus?

- Heart Disease is the leading cause of death in Florida and the United States.
- Approximately half of all Americans have at least one of these three key modifiable risk factors for heart disease:
 - High blood pressure
 - High cholesterol
 - Smoking



County Selection Process

- Analyzed 2013 Florida Behavioral Risk Factor Surveillance System to determine associations between risk factors and CVD in Florida
- Variables that were statistically significant, as well as mortality rates for CVD and diabetes, were included in the ranking process
- Prevalence and mortality rates by county were sorted and counties were ranked (1-67)
- Total sum of rankings for each county were calculated and sorted to identify the priority counties

Heart Health Plus Categories

- Each County Health Department is required to implement one of the following initiatives:
 - Blood Pressure Self-Monitoring & Tobacco Cessation
 - Hypertension Control Champions
 - 100 Congregations for Million Hearts®
- A community meeting involving key stakeholders should be held to decide which strategy best represents the needs of the community



100 Congregations for Million Hearts®

- The goal of 100 Congregations is to engage faith-based organizations to raising awareness about risks for heart disease and stroke and educating their membership about prevention strategies, including a focus on high blood pressure control. Congregations designate one member to serve as a Million Hearts® advocate and resource for heart health information.



Appoint a Million Hearts® Advocate or Team

- County Health Departments (CHDs) were instructed to appoint a Millions Hearts® Advocate or team within the congregation
- This person or team was responsible for working with the CHD to disseminate health information to the congregation members and served as the liaison between the CHD and the congregation
 - Information included, but not limited to, promotional health items and promoting/advocating for attendance at events and meetings



Partnerships with Faith-Based Organizations

- Each CHD partnered with a minimum of 2 faith-based organizations
- How was the faith based organization selected?
 - Health equity approach
 - County data was used to determine which communities have the most need for a heart disease prevention program

Developing Community Partnerships

- CHDs worked with the congregations to host a minimum of 2 community events per year
- One heart disease event of the faith-based organization's choosing, incorporating various (minimum of 3) community partners

Pulpit & Leadership Messaging

- A minimum of 10 pulpit messages per faith based organization must be disseminated to the congregation per year
- Tips on effective messaging
 - Pastor's Personalization of Health
 - Pastor's Assessment of the Congregation Health
 - Pastor's Usage of Authority
 - Linkage of Spirituality, Religion and Health
 - Participation in Health Ministries
 - The Church as an Agent for Healthcare Equity and Access

Referrals

- Diabetes Prevention & Self-Management
 - Members should take the prediabetes risk test at
<https://doihaveprediabetes.org> (can be taken on-line or printed out)
 - Appropriate referrals should be given to a Diabetes Prevention Program (DPP) or Diabetes Self-Management Education (DSME)
 - Diabetes Prevention Programs are found at
https://nccd.cdc.gov/DDT_DPRP/Programs.aspx
 - DSME programs are found at
http://professional.diabetes.org/erp_list_zip
(programs recognized by the American Diabetes Association)
 - <https://nf01.diabeteseducator.org/eweb/DynamicPage.aspx?Site=aade&WebCode=DEAPFindApprovedProgram#Florida>
(programs accredited by the American Association of Diabetes Educators)

Referrals

- Tobacco Cessation
 - Utilize E-referrals or fax-referrals to Tobacco Free Florida's (TFF) Quit Your Way program

Monthly Reports

- Measures:

- The number of blood pressure wallet cards distributed
- The number of interactions with the faith based organization
- The number of members within the congregations
- The number of people that the pulpit messages reached
- The number of community partnerships developed
- The number of pulpit messages delivered
- The number of pre-diabetes risk tests taken
- The number of DPP Referrals
- The number of DSME Referrals
- The number of TFF Referrals

100 Congregations Review Summary (2016-2017)

- 100 Congregations
 - An estimated total of 1,895 blood pressure wallet cards were distributed
 - 40 new community partnerships developed
 - 1,712 Pre-diabetes risk tests taken
 - 273 pulpit messages delivered

100 Congregation Highlights

- Taylor County
 - “Establishing relationships with the congregations provided additional opportunities for other programs within the county health department. Our Sexual Risk Avoidance grant will have a health educator talking to the youth later on the importance of goal setting and self-esteem. There was also a request for our nursing staff to present on Hepatitis.”
- Gadsden County
 - “The Reverend with St. James African Methodist Episcopal Church shared his personal health message with the congregation, he talked about eating healthy, exercising and some changes that he has made regarding his diet, he also talked about his medical report regarding diabetes. Health screenings were also offered following worship services.”

100 Congregation Highlights

- Citrus County (2016-1017)
 - Church Without Walls participated in a community event
 - 49 members received HgbA1c testing
 - 51 members received blood pressure screening
 - 24 normal readings
 - 14 pre-hypertensive readings
 - 10 stage 1 hypertension readings

Heart Heath Plus 2017-2018

- Second year focused on interventions related to preventing cardiovascular disease
 - CHDs selected one of the below interventions to implement in a minimum of two faith based organizations
 - [The Heart Truth Program](#)
 - Diabetes Prevention Program
 - [Let's Move toolkit for faith-based and neighborhood organizations](#)
 - [Body & Soul toolkit](#)
 - Distributed blood pressure wallet cards
 - Hosted a [Power Sunday](#)

Interventions

- The Heart Truth®
 - This faith-based activities toolkit contains ideas and resources you can use to conduct activities to promote The Heart Truth® for women in your faith community
- Let's Move Faith and Communities
 - Designed to help-faith-based and neighborhood organizations transform neighborhoods, engage communities, and promote healthy choices

Interventions

- Body & Soul Toolkit
 - A Celebration of Healthy Eating and Living is a proven health program developed for African American churches. The program empowers church members to eat a healthy diet rich in fruits and vegetables every day for better health.
- Power Sunday
 - The American Heart Association developed this toolkit to help churches discuss stroke awareness with their congregations. It's a great way to promote a healthy church with a healthy congregation.

Implementation: Calhoun/Liberty County

Calhoun/Liberty County Activities

Calhoun County

- Altha First Baptist Church
- Blountstown United Methodist Church
- Prayer Chainers Mission of God
- Fresh Start

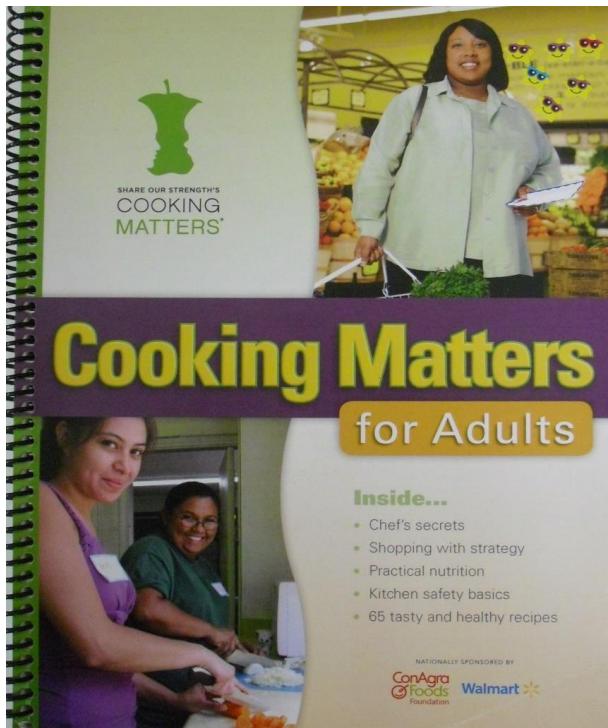
Liberty County

- Telogia Baptist Church
- Fusion Church
- St. Luke Church of God
- Crusaders Restoration
- Ministry Church

Partners



Cooking Matters for Adults



Introduction Class



Cooking Matters for Adults



Lesson 1: Let's Get Cooking!



Lesson 2: Choosing Fruits, Vegetables and Whole Grains

Making a plan!



Lesson 3: Healthy Starts at Home



Ages 12 to 83 learning from each other.



Lesson 4: The Power of Planning



Lesson 5: Shopping Smart



Taste
testing the
difference
between
fresh,
frozen and
canned.



Lesson 6: Chopped Challenge



Times
Up
Hands
Up

Chopped Challenge Judging Sheet

Pick a team captain.

Teams should keep workspace clean.

Name for the dish: _____

Talk about how it was prepared.

Talk about how they used the secret ingredient.

Be able to answer questions about the recipe.

Judges score on point system 1-5, 5 being the best

Creativity: _____

Presentation: _____

Taste: _____

Use of secret ingredient: _____

Total: _____



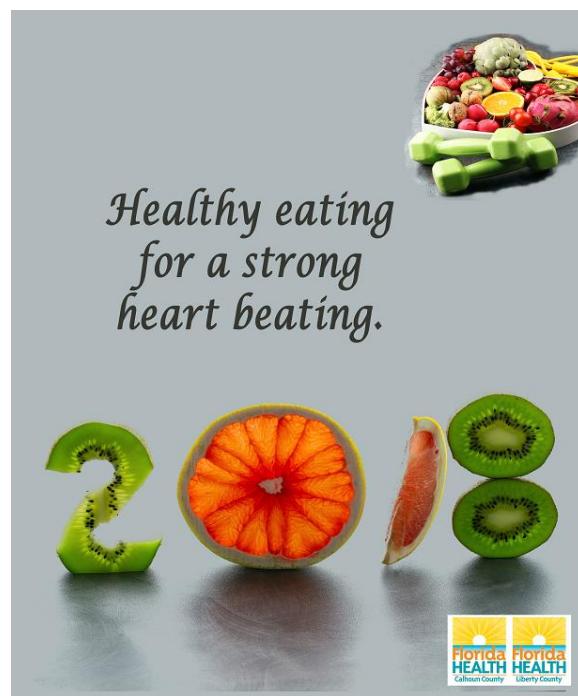
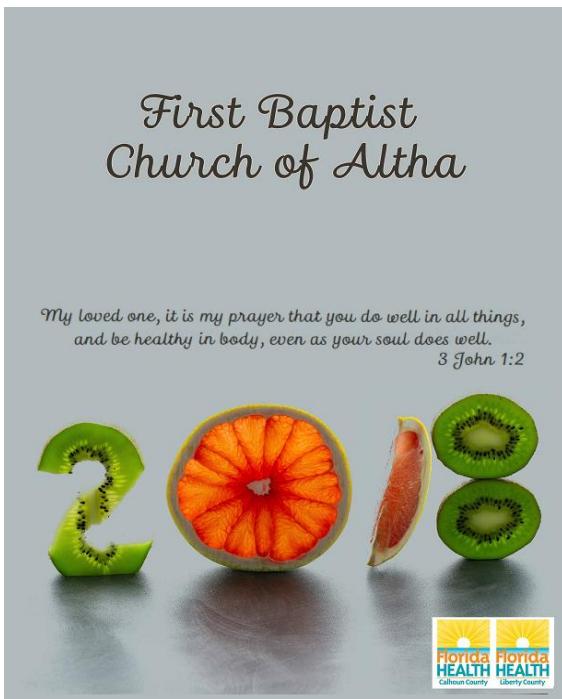
Chopped Challenge



Lots of
color on
this
plate.



Personalized Planners



American Heart Month

HEART

health

SPOT A STROKE

F	A	S	T
Face Drooping	Arm Weakness	Speech Difficulty	Time to call 9-1-1
Does one side of the face droop or is it numb? Ask person to smile.	Is one arm weak or numb?	Is speech slurred, unable to speak, or hard to understand?	If person shows any of these symptoms call 9-1-1, even if the symptoms go away.

OTHER STROKE SYMPTOMS

- Sudden numbness or weakness of the leg.
- Sudden confusion or trouble understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden severe headache with no known cause.
- Sudden trouble walking, dizziness, loss of balance, or coordination.

HEART

health

WARNING SIGNS FOR HEART ATTACK

CHEST DISCOMFORT
Most involve discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back. It can feel like squeezing, uncomfortable pressure or pain.

SHORTNESS OF BREATH
With or without chest discomfort.

DISCOMFORT IN UPPER BODY
Symptoms can include discomfort or pain in one or both arms, the back, neck, jaw or stomach.

OTHER SIGNS
May include cold sweat, nausea or lightheadedness.

BLOOD PRESSURE CATEGORIES			
BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	DIASTOLIC mm Hg (lower number)	
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

Questions

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