



THE AMA'S MULTI-YEAR COMMITMENT TO PREVENT CHRONIC DISEASE

The American Medical Association is focused on preventing two conditions: type 2 diabetes and cardiovascular disease. These diseases affect millions of individuals across the country—and cost our economy almost \$545 billion a year. We've begun our efforts by addressing the precursors to those diseases: prediabetes and high blood pressure.

PREVENTING TYPE 2 DIABETES

What is the AMA's goal?

*The AMA's goal is to support all physicians in the United States in screening and testing their patients for prediabetes, and in referring those with prediabetes to evidence-based diabetes prevention programs (DPPs) that are part of the Centers for Disease Control and Prevention (CDC) National Diabetes Prevention Program.**

Prediabetes in the United States

Prediabetes is the precursor to type 2 diabetes. Eighty-six million adults have prediabetes—more than one in three. Nine out of 10 people with prediabetes don't know they have it. Of those with prediabetes, 15–30 percent will develop type 2 diabetes within five years.

Type 2 diabetes has also become a significant financial burden. In 2012 one in five health care dollars in the United States went to care for people diagnosed with diabetes. In 2013 an additional \$10,000 per person was spent on health care for people with diabetes than those without diabetes.

Evidence-based solution: The diabetes prevention program

Prediabetes, however, is reversible—people who have it can enroll in the DPP, which is a lifestyle intervention program proven to prevent or delay the progression of prediabetes to type 2 diabetes. Regrettably, despite significant government investment, these proven programs are underutilized.

Avalere Health LLC found that the Medicare Diabetes Prevention Act, which would include the DPP as a covered benefit, would reduce federal spending by \$1.3 billion in 2015–2024.

What are the AMA's key activities to prevent diabetes?

National collaboration with the CDC: Prevent Diabetes STAT™—The AMA and the Centers for Disease Control and Prevention joined together to launch the multi-year "Prevent Diabetes STAT – Screen, Test, Act - Today™" initiative.

PreventDiabetesStat.org offers

- Short online quiz to determine one's risk for type 2 diabetes
- Tools for health care providers to identify patients with prediabetes through their electronic health records (EHRs) and guidance for talking with patients and referring them to DPPs
- Proposed action steps for key stakeholders, including employers and health plans

Additional AMA collaborations and actions

Using a multi-pronged approach, we are:

- Completing an 18-month demonstration with the Y-USA to increase physician referral of Medicare beneficiaries at risk for diabetes to the YMCA Diabetes Prevention Program
- Partnering in Michigan, South Carolina and California with the CDC, local leaders, state public health departments and the National Association of Chronic Disease Directors to bolster the use of DPPs
- Engaging payers and employers to increase awareness of prediabetes and coverage for DPPs
- Conducting pilots that engage physicians and care teams in online DPPs (important in order to give more people access to the DPP)

* The CDC's National Diabetes Prevention Program (National DPP) includes a lifestyle intervention proven to prevent or delay the progression of prediabetes to type 2 diabetes. Based on National Institutes of Health-funded research, those with prediabetes saw a 58 percent reduction in the number of new cases of diabetes overall, and a **71 percent reduction in new cases for those over age 60**. Americans have access to more than 600 community-based diabetes prevention programs (as well as online options) that are part of the National DPP.

CARDIOVASCULAR DISEASE PREVENTION

What is the AMA's goal?

The AMA's goal is to help physicians, care teams and their patients improve blood pressure control rates and prevent heart disease.

Hypertension in the United States

High blood pressure is the No. 1 risk factor worldwide for death and disability.

One in three U.S. adults has high blood pressure, which increases the risk of heart attack, stroke and death.

High blood pressure costs the nation nearly \$451 billion each year. This total includes the cost of health care services, medication to treat high blood pressure and missed days of work.

Physicians and care teams can benefit from evidence-based tools to improve the way they help patients control their blood pressure.

Focus on improving blood pressure control

Our focus is the 30 million Americans who have high blood pressure and a source of health care and yet do not have their blood pressure under control. Our work is supportive of the Million Hearts® initiative.

What are the AMA's key activities to control blood pressure?

Real-world approach: In partnership with Johns Hopkins Medicine, the AMA has worked with 10 diverse clinical practice sites for more than one year to develop real-world tools and approaches for improving blood pressure control.

The M.A.P. framework—a model for action

The result is the "M.A.P. framework," which stands for:

- M**easure blood pressure accurately
- A**ct rapidly to address high blood pressure
- P**artner with patients, families and communities to empower blood pressure self-management

Collaborating for national impact

To spread the M.A.P. tools and empower health care professionals and patients across the country, we are:

- Partnering with Medicare Quality Innovation Network-Quality Improvement Organizations, which can reach hundreds of physician practices eager for tools and support
- Participating in an Agency for Healthcare Research and Quality grant awarded to Northwestern University to establish a multidisciplinary consortium in the Midwest, focused on quality improvement and the prevention of strokes and heart attacks in 250 independent clinics and health care centers
- Actively seeking additional partners to spread the M.A.P. framework and facilitate EHR-based population reports
- Advocating for insurance coverage for self-measured blood pressure (research from the CDC shows that self-measured blood pressure can improve adherence and health outcomes for patients)

7 SIMPLE TIPS TO GET AN ACCURATE BLOOD PRESSURE READING

- PUT CUFF ON BARE ARM**
Cuff over clothing adds 10–40 mm Hg
- DON'T HAVE A CONVERSATION**
Talking adds 10–15 mm Hg
- EMPTY BLADDER FIRST**
Full bladder adds 10–15 mm Hg
- SUPPORT ARM AT HEART LEVEL**
Unsupported arm adds 10 mm Hg
- SUPPORT BACK**
Unsupported back adds 5–10 mm Hg
- KEEP LEGS UNCROSSED**
Crossed legs add 2–8 mm Hg
- SUPPORT FEET**
Unsupported feet add 5–10 mm Hg

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Sources: Pickering, et al. *Circulation*, 2005 and O'Brien, et al. *J Hypertens*, 2003

The M.A.P. framework includes enabling patients to take their own blood pressure measurements at home and share those reading with their physicians. Self-Measured Blood Pressure can improve adherence and health outcomes for patients.

ama-assn.org/go/improveoutcomes