

**Chronic Disease Prevention and Health Promotion Section Report
Advisory Council on the State Program for Wellness and the Prevention of Chronic Disease**

Thursday October 22, 2015

New Staff

Welcome to the team new staff:

- Kristi Robusto - Colorectal Data Coordinator
- Masako Horino Berger - Chronic Disease Evaluator

Section News

- The section held a two day **Affordable Care Act (ACA) Town Hall** September 29-30, 2015 at the Whitney Peak Hotel in Reno, Nevada. This town hall meeting was a forum to understand the impact of health reform in Nevada as it pertains to chronic disease prevention and health promotion. Specifically it concentrated on two main themes: Clinical and community linkages and health care system interventions. The first day consisted of national speakers such as Dr. Ashby Wolfe, the Chief Medical Officer for Region IX for the Centers for Medicare and Medicaid Services and Kristine Toppe, Director of State Affairs, from the National Committee for Quality Assurance. In addition, there were panel discussions from the local level who were successfully implementing clinical and community linkages and health care system interventions within their organization. The second day consisted of intensive small group work with the local health authorities to begin the discussion around the above two topics and bridging the gap between public health and the clinical sector. A follow-up meeting with the local health authorities will reconvene in January 2016.
- The section is inheriting the **Office of Food Security** and will be hiring a new Food Security Coordinator. This position will implement the strategies outlined in the *Food Security in Nevada Action Plan* in addition to overseeing the School Health and Obesity programs.
- The section is in the process of hiring four new positions: A Colorectal Cancer Business Process Analyst, a Women's Health Connection Data Analyst, a Tobacco Prevention and Control Coordinator and a School Health Coordinator.

Programming

Women's Health Connection Program

The Women's Health Connection Program (WHC) is 100% federally funded by the Centers for Disease Control, National Breast and Cervical Cancer Early Detection Program (NBCCEDP). This program provides low-income, uninsured and underinsured women access to timely breast and cervical screening and diagnostic services with a long-term goal of reducing morbidity, mortality and health disparities in breast and cervical cancer. The target populations of the program are women 40-64 years of age who are rarely or never screened, underinsured or uninsured with an income equal to or below 250 % of the Federal Poverty Level. The program projects to screen 4,238 women in FY16. WHC current activities are:

- Implementation of a Co-Payment Assistance Program for underinsured women. WHC will ensure that newly insured Women in Nevada have un-burdened opportunities to breast and cervical early detection screening and diagnostics. The program will mostly serve women who have already been screened and are in need of further diagnostic testing. If a women is covered under an insurance plan that does not fully cover screening, WHC will reimburse the provider for her screening expenses.
- Enhance programs infrastructure by one sub-contract with Federal Qualified Health Centers (FQHCs) in Northern Nevada to support 1.5 Community Health Workers (CHWs) within a clinical

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setting to implement evidence-based strategies to increase breast and cervical cancer screenings.

- Developer of CaST data system enhanced modules allowing WHC to capture underinsured clients and linked State Cancer Registry data with screening data for MDEs.
- The WHC is preparing for the ACA open enrollment period which starts November 1, 2015-January 31, 2016. Educational postcards will be mailed out to clients and the Program's welcome package will include enrollment assistance information.

WHC program will resume site visit protocols to monitor, assess, and improve the quality of clinical services provided to WHC clients. Provider site visits will resume the end of October, 2015. WHC is also working on a needs assessment report identifying high incidences, mortality and late stage breast and cervical cancer diagnoses in Nevada counties.

Nevada Colorectal Cancer Control Program

On October 1, 2015, the CDC released an announcement regarding the new DP15-1502 Colorectal Cancer Control Program Award. Nevada Colorectal Cancer Control Program (CRCCP) was originally funded in FY11 with 26 other states to provide direct screening services to low income, uninsured men and women aged 50 – 64. Because of the ACA and increased insurance coverage, the new 5-year grant cycle will expand the impact of CDC's Colorectal Cancer Control Program by building organized cancer screening within health systems, applying approaches shown to be effective, and focusing on improving clinic-level outcomes (screening rates) where interventions are implemented. Thirty-one grantees were awarded funds to partner with health systems to implement evidence-based interventions and supportive strategies to increase colorectal cancer screening as recommended by the Task Force on Community Preventive Services. Nevada CRCCP will implement these strategies considering the unique needs and situations of our health systems partners. CRCCP's goals are to reduce incidence and mortality of colon cancer by increasing the screening rates for all Nevadans aged 50 – 75 as recommended by USPSTF.

Additionally, Nevada was one of six grantees awarded funds to provide direct colorectal cancer screening and follow-up services to program-eligible population: people aged 50-64 years; asymptomatic; average risk for colorectal cancer; and income below 250% of the Federal Poverty Level (FPL).

Comprehensive Cancer Control Program

The Comprehensive Cancer Control Program works towards bringing communities and partner organizations together in order to reduce the burden of cancer in Nevada. The program partially funds and works closely with the Nevada Cancer Coalition who plays a key collaborative role within the community.

In September, The Comprehensive Cancer Control Program and the Nevada Cancer Coalition released the 2016-2020 Nevada Comprehensive Cancer Control Plan. The Plan was created in close collaboration

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with partners statewide and will guide Cancer Control activities throughout the state in the next five years.

Other current activities include:

- Implementation and the Sun Smart Nevada Schools program in collaboration with the Nevada Cancer Coalition
- Expansion of Public Law 106-354 Treatment Act for Breast and Cervical Cancer Treatment
- Exploring opportunities for skin cancer control
- Identifying opportunities and partners to create consistency on screening versus diagnosis colonoscopies
- Exploring opportunities for Radon Control in Nevada's rural counties
- Identifying current strategies around Cancer Survivorship with Nevada partners

Community Health Worker Program

The *Community Health Worker Program* conducted a Train the Trainer Training on July 28th and 29th at the University of Nevada, Reno with great success. Various partners and stakeholders from both northern and southern Nevada participated in the training. Organizations/agencies who sent staff to the training included: Northern Nevada HOPES, First Med Health and Wellness Center, PACE coalition, Healthy Communities Coalition, Churchill Community Coalition, Community Health Alliance, and Nevada Primary Care Association. The individuals who successfully completed the training are now considered on-call volunteer trainers who will be able to teach and facilitate the Hybrid Community Health Worker Online Training Course to train individuals who want to become Community Health Workers on the core skills, knowledge and abilities of a Community Health Worker. The Hybrid Community Health Worker Online Training Course will be available to residents who live in the rural and frontier regions of Nevada who wish to be trained as CHWs, but cannot access the community college-based training.

The *Community Health Worker Program* is working with the Nevada System of Higher Education (NSHE) to make sure that both the community-based curriculum and the hybrid online-based curriculum outline the core competencies of CHWs. Benefits to having a standardized CHW training curriculum in Nevada include: better communication among CHWs and other health care providers, increased visibility of CHW interventions, improved patient care, enhanced data collection to evaluate CHW care outcomes, greater adherence to standards of care, and facilitated assessment of CHW competency.

The *Community Health Worker Program* is currently working with the Bureau of Health Care Quality and Compliance (HCQC) to develop regulations around the process to license agencies who want to hire Community Health Workers.

Diabetes Prevention and Control Program

The Diabetes Education Stakeholder (DES) group held a conference call on September 14th. They reviewed the three key strategies identified during the April Strategic Planning meeting: "The HUB", Data, and Policy/Legislation/Reimbursement. This meeting focused on data tracking/reporting and improved outcomes through physician engagement. The Diabetes Education Stakeholders are continuing to implement these strategies.

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During the Center for Disease Control and Prevention (CDC) 1305 Grant site visit, the Diabetes Program Project commended Nevada of the development of the Diabetes Self-Management Education (DSME) Toolkit for healthcare providers. It provides information on how to engage their patients to participate in DSME and how to make appropriate referrals based on the June 2015 Joint Position Statement of the American Diabetes Association, the American Association of Diabetes Educators, and the Academy of Nutrition and Dietetics. CDC is looking into creating a toolkit also, and is going to recommend that it be fashioned after the Nevada toolkit.

Expansion of the CDC-led National Diabetes Prevention Program has begun. Both Desert Springs Medical and Carson Tahoe Medical Center sent staff to the first Nevada sponsored two-day coach training in Las Vegas in early October. Also, the American Medical Association released the new Category III CPT Code 0403T, effective January 1, 2016, to be used to report the services provided in a standardized diabetes prevention program (DPP) recognized by the CDC.

November is National Diabetes Awareness Month with the theme being: ***Diabetes Education and Support: Everyone Has a Role. What's Yours?*** The theme highlights the need for ongoing diabetes education and support among people with diabetes and those who care for them.

Cardiovascular Disease Prevention and Control Program

The Heart and Stroke Prevention Program is focusing on preventing heart disease and stroke deaths and disparities by reducing patients' blood pressure. The blood pressure self-monitoring program will be kicking off at Nevada Health Center's Sierra Clinic in November.

The Heart and Stroke Taskforce met on October 12, 2015 for a quarterly meeting. The Heart and Stroke toolkit will be completed by the end of October and publication is set to begin in November. Recently, the heart and stroke program was also able to leverage funds to develop a heart disease and stroke page under the Community section of the Nevada Wellness website. The toolkit and strategic plan will be published to this page and the Division website. Marketing of the strategic plan is still being developed. The Taskforce is in the process of identifying and engaging clinical champions to support and promote adoption and utilization of the plan and toolkit.

The Quality Improvement Processes in Health Systems Pilot team met in Las Vegas in early October to troubleshoot and plan expansion of the referrals into additional programs including blood pressure self-management programs, chronic disease self-management (CDSMP), and the Tobacco Quitline. The team was happy to report the referral loop should be able to move into the health information exchange by the end of January 2016.

Lastly, the program has developed a partnership with Rural Nevada Hospital Partners to complete an assessment of the capacity and capabilities of the rural facilities completing reporting measures. They will also develop a heart and stroke reporting template to help unify reporting efforts and facilitate additional reporting into the Stroke Registry. The program is hosting a stakeholder Stroke Registry update meeting in November.

Obesity Prevention Program

The Obesity Prevention Program's mission is to reduce obesity and promote healthy behaviors relating to nutrition and physical activity among Nevadans. This program is funded through CDC's State Public

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Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors and Promote School Health's five-year grant and currently has several projects occurring.

The project that is highlighted this quarter is Walkability/ Active Transportation. The main objectives of this project is to develop and adopt policies pertaining to walkability/ active transportation in Nevada's communities. The Nevada Division of Public and Behavioral Health (NDPBH) has partnered with the Nevada Department of Transportation (NDOT) and the Nevada Bicycle and Pedestrian Advisory Board, to improve the health and wellness of Nevada citizens through active transportation. Over the next several months, NDPBH will work with NDOT and other state agencies to develop a joint work plan for active transportation in Nevada. Currently Ms. Lamb, Obesity Prevention Program Coordinator, is the NDPBH appointed representative on the Nevada Bicycle and Pedestrian Advisory Board. With this membership, Ms. Lamb will help to expand current active transportation efforts statewide and ensure state agencies are working together to address this topic. Ms. Lamb will be attending the National Walking Summit on behalf of the Nevada Bicycle and Pedestrian Advisory Board at the end of October 2016 and will report back to the CWCD Advisory Board and Nevada Bicycle and Pedestrian Advisory Board on potential programming and partnerships ideas gained from this summit.

School Health Program

In May, the Nevada School Health program was approached by the National Association of Chronic Disease Directors (NACDD) and asked to participate in a case study on Nevada's school wellness policy successes on school nutrition standards and marketing. The case study was published in September 2015.

The School Health Program, in partnership with the Department of Agriculture, provided 17 schools/school districts with physical activity packs for completing the year one School Wellness Policy Assessment. To date, eight school districts have updated their wellness policies to meet the new State School Wellness Policy guidelines. Additionally, body mass index equipment was provided to eight counties that wish to collecting student BMI, which is now option due to legislation that sunset.

The School Health Program executed a radio campaign in August that promoted the updated School Wellness Policy. Additionally, a school wellness policy YouTube video was produced and launched on the Nevada Wellness website to increase awareness of the nutrition and physical activity recommendations. Starting in November 2015, school wellness will be embedded into the Nevada Wellness media campaign efforts including promotion of the Nevada School Wellness Policy to parents and school aged children.

The School Health Program continues to build partnerships and research low-cost options to increase physical activity in Nevada schools, such as Safe Routes to Schools and joint-use agreements. In the 2015-2016 school year, the School Health Program will partner with SHAPE Nevada to provide physical activity, physical education and nutrition professional development sessions to school staff and educational presentations to key state stakeholders. Additionally, the School Health program will be partnering with the Nevada Asthma Coalition to review asthma data related to student health and school attendance. In November, the School Health Program and Nevada Wellness will partner with the Reno Bighorns to promote student physical activity at the Reno basketball games, in school assemblies, and by an instant recess challenge that will run through April 2016.

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Tobacco Prevention and Control Program

The tobacco program subgrantees have established successful partnerships with the Reno Housing Authority, the University of Nevada, Reno, and Elko County School District in order to enact tobacco free policies. The Reno Housing Authority established a 100 percent smoke free policy for all of their properties. The policy impacts 750 public housing units, 315 houses/condos/duplexes, and nearly one-thousand employees and residents. The University of Nevada, Reno has implemented a tobacco-free policy for the campus effective August 1, 2015. The policy impacts over 18,000 students, 800 faculty members, and thousands of staff and visitors. Finally, Elko County school district established a tobacco-free policy, effective April 14, 2015, banning the use of e-cigarettes, smokeless tobacco, and nicotine products from the campus grounds. Tobacco-free policy efforts will continue in the 2015-16 fiscal year.

The tobacco program staff has also begun work in forming a partnership with the Nevada Division of Welfare and Supportive Services to implement a referral mechanism to the Nevada Tobacco Quitline. The partnership with Welfare has led to a pilot program, which will consist of Welfare staff referring all clients who identify as tobacco users to the Nevada Tobacco Quitline. The referral will be completed via the Quitline webpage and will take place while the client is at the Welfare office. This pilot project is estimated to reach 48,000 Nevadans.

Additionally, the tobacco program staff has begun research around Medicaid match for the nicotine replacement therapy provided to clients who call the Nevada Tobacco Quitline and participate in the phone cessation counseling.