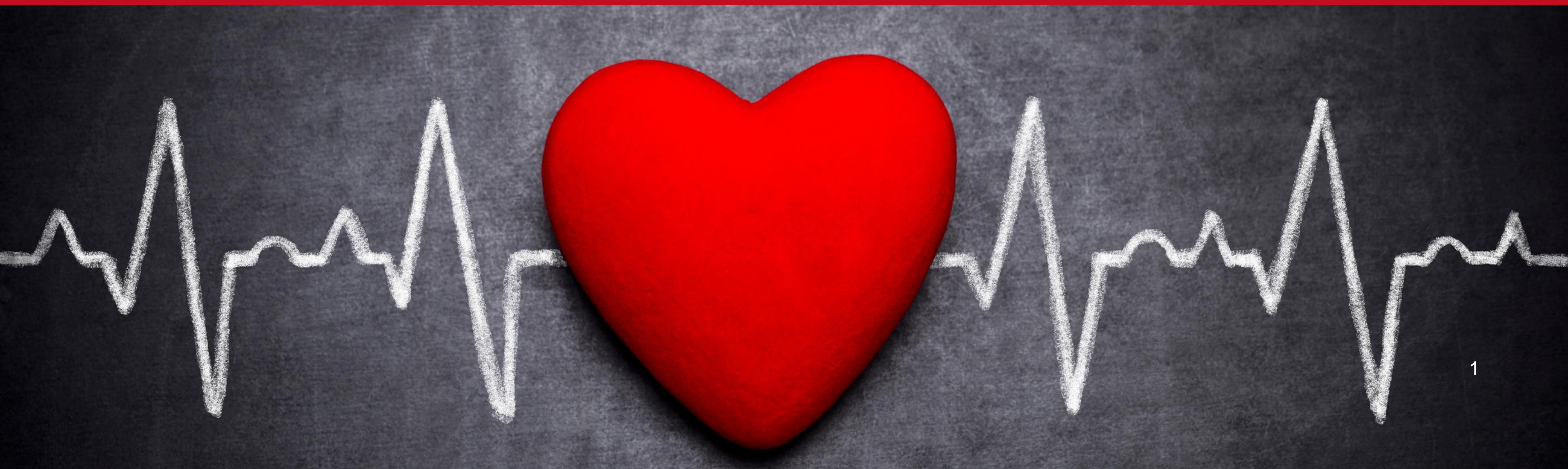


# State Funding for Community-Based Blood Pressure Programs



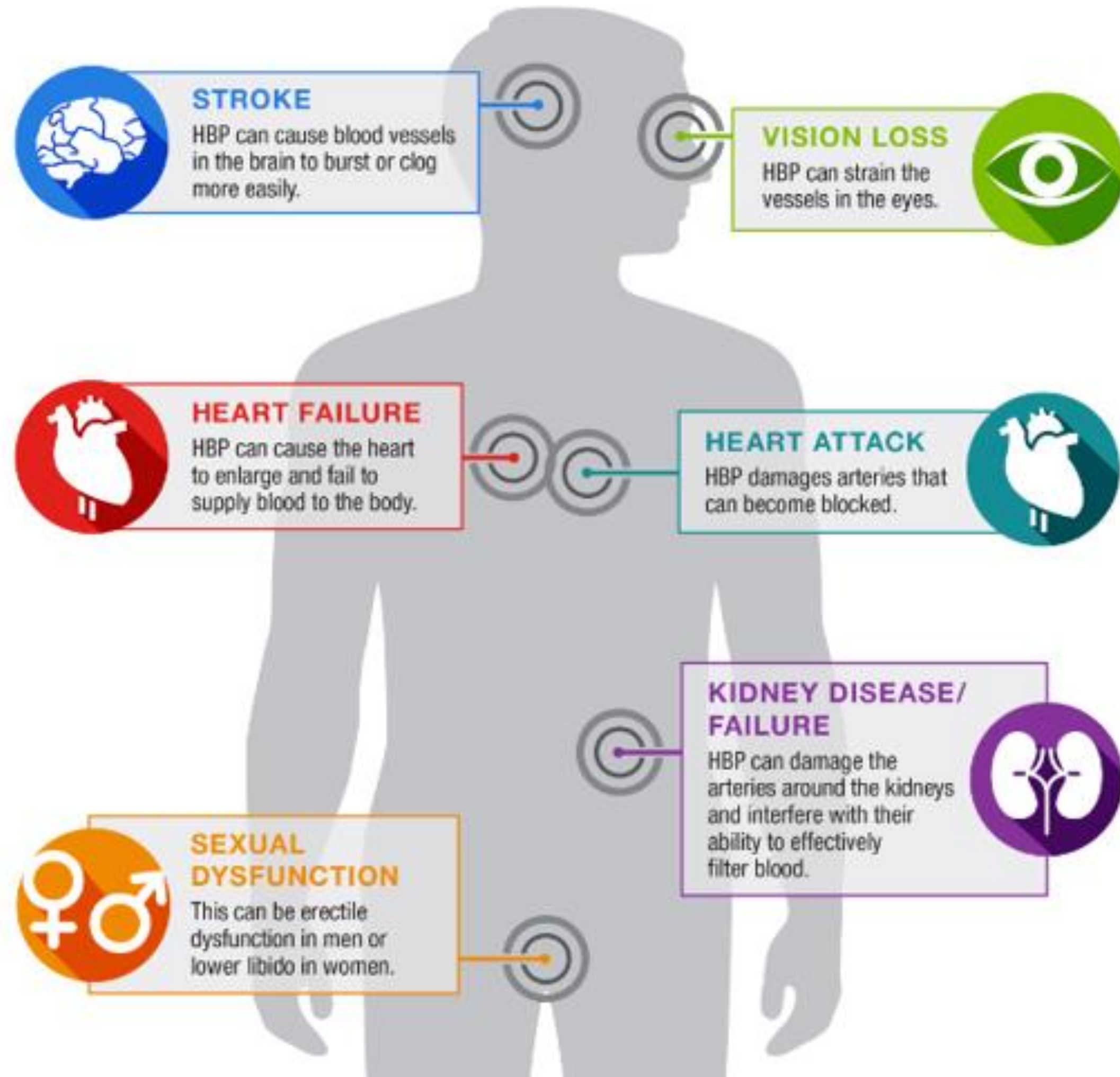
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+

High blood pressure is often the first domino in a chain leading to devastating consequences like ...





# Yet high blood pressure is preventable and treatable

## Adhering to a healthy lifestyle

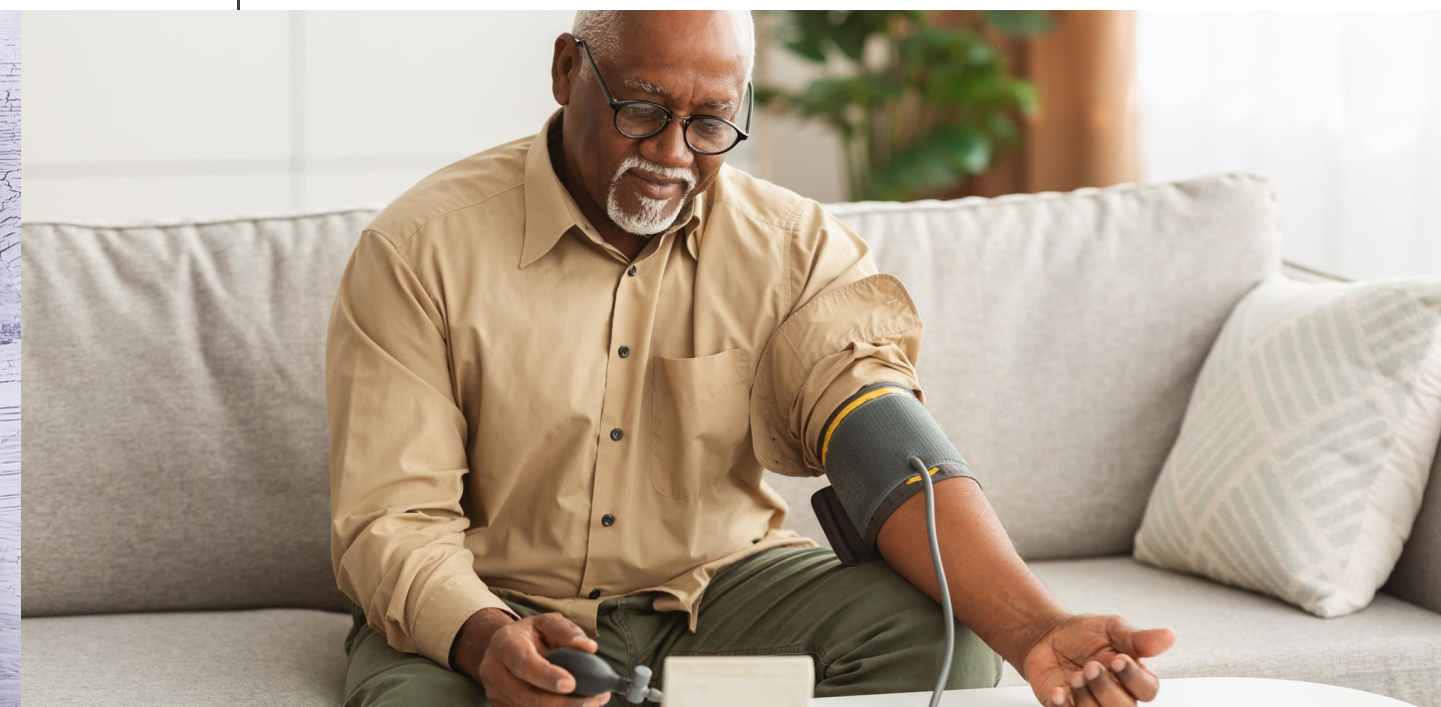
Healthy diet, healthy weight, sufficient physical activity, not smoking, limiting alcohol consumption, getting enough sleep

## Regularly checking

As part of routine healthcare visits and at home

## Taking medication as directed

It is important to take your blood pressure medicine exactly as your provider tells you to.





# Alarming Reality of High Blood Pressure in NC



About 2.8 million adults in North Carolina (35%) have been diagnosed with high blood pressure by a health care professional



The North Carolina Medicaid program spent \$205 million on 68,083 beneficiaries with high blood pressure in 2018.

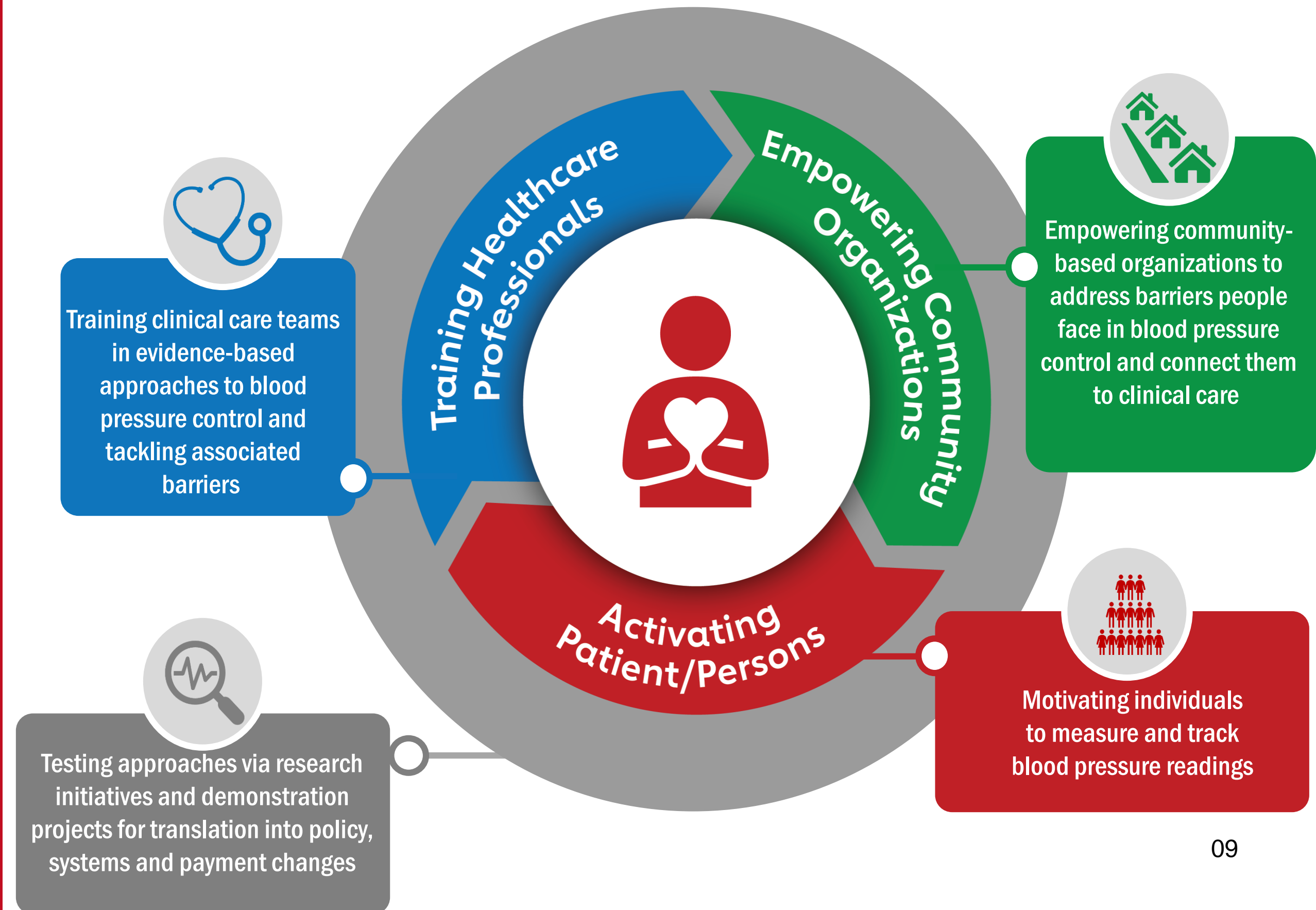


High blood pressure causes or contributes to at least 27% of all deaths in North Carolina each year.

# 4

## Key Integrated Strategies

### Strategy for Addressing Blood Pressure





# Importance of Investing in Community-based Blood Pressure Programs

- Addresses high health care costs
- Invests in rural communities
- Meets people where they are





# Medication Therapy Management

## Evidence-based approach to community blood pressure control

- A service or group of services provided by health care providers, including pharmacists, to ensure the best therapeutic outcomes for patients.
- Especially effective for patients with multiple chronic conditions, complex medication therapies, high prescription costs, and multiple prescribers.
- First developed and assessed in Asheville, North Carolina through The Asheville Project





# MTM in North Carolina

Operated by NC DHHS, currently funded by CDC  
(funding expires June 2023)

- 19 participating pharmacists in small towns, rural areas, or high-need communities in the state.
- February 1, 2019 - October 15, 2021, MTM pharmacists in the NC program worked a total of 11,066 hours at a cost of \$618,000.
- As of September 2022, pharmacists who submitted reports on a quarterly basis have served 3,209 hypertensive adults. 76% of those adults achieved blood pressure control ( <140/90 mm Hg).



# Current MTM program

## Pharmacy Locations providing MTM services

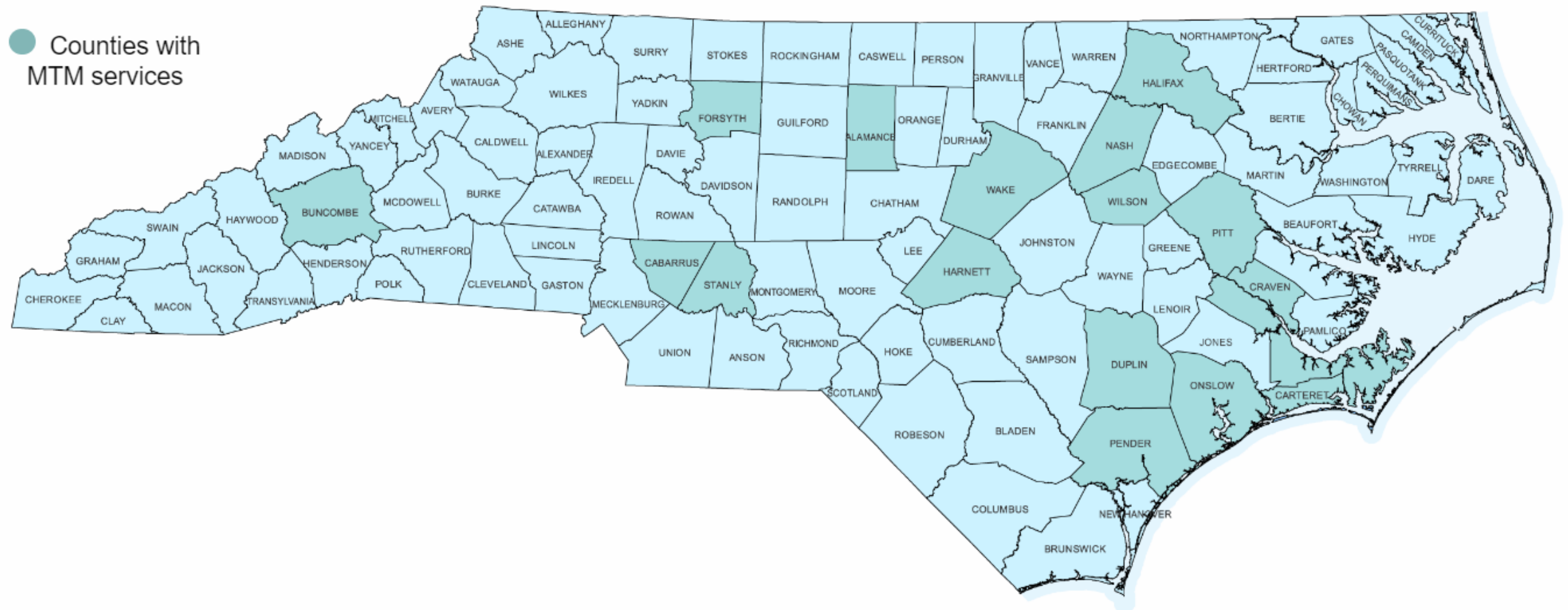
Click on a county for pharmacy details

● Counties with MTM services

The map displays all 100 counties of North Carolina. The following 15 counties are highlighted in green, indicating they provide MTM services: Buncombe, Forsyth, Alamance, Wake, Harnett, Cabarrus, Stanly, Halifax, Nash, Wilson, Pitt, DuPont, Craven, Pender, and Brunswick.

## Pharmacy Locations providing MTM services

Click on a county for pharmacy details

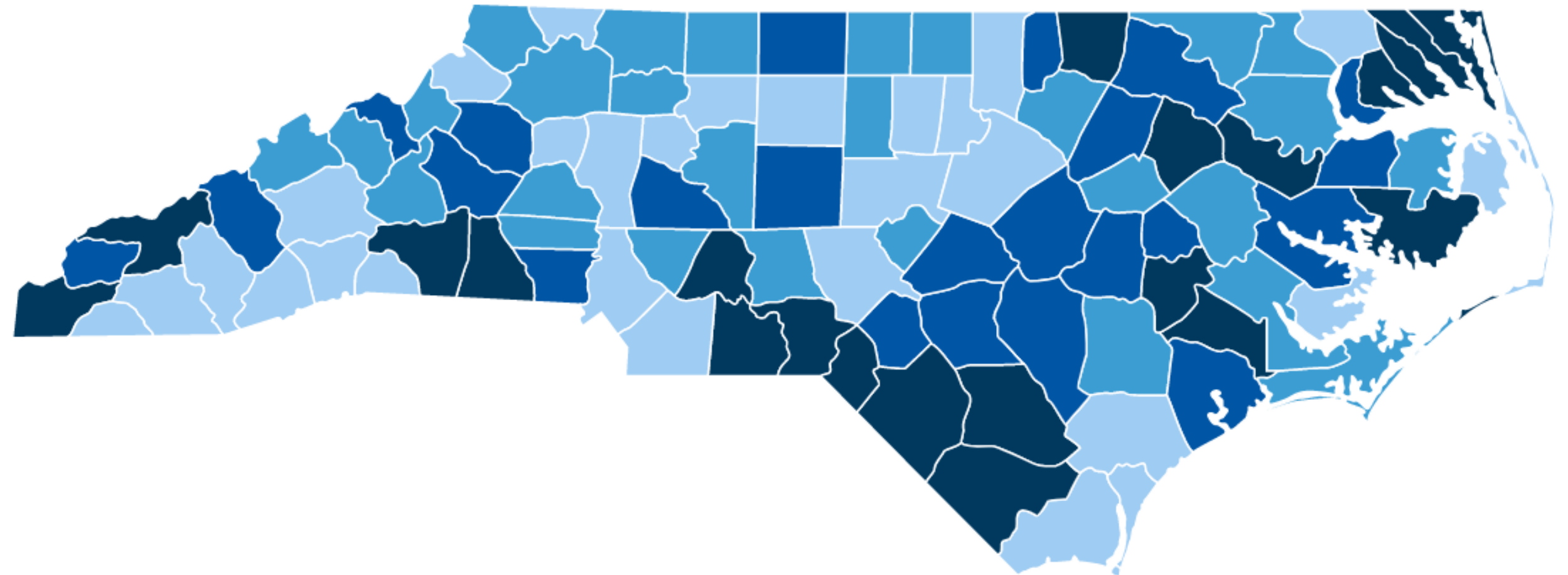
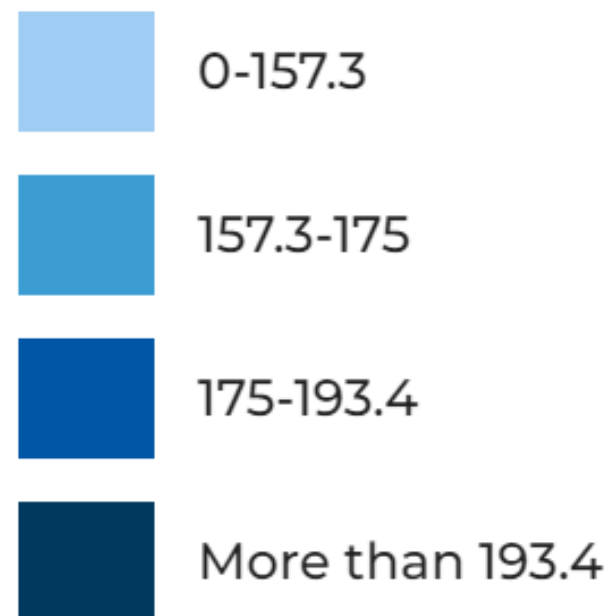




# Additional Need in North Carolina

## Filter By *Heart Disease*

Age-adjusted rate of heart disease deaths per 100,000 population



Source: North Carolina Institute of Medicine. Interactive County Health Data. <https://nciom.org/nc-health-data/map/>. Accessed on 11/30/2022.



- **Annual investment of \$600,000 in FY2023-2024**
- **Additional \$600,000 in the second year of the biennium**

# **Proposed State Funding**





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**Questions?**

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