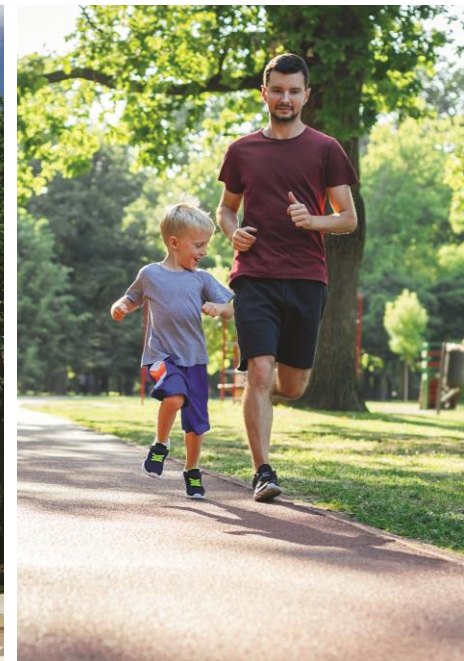


# Start With Your Heart<sup>®</sup>

*Justus-Warren Heart Disease  
& Stroke Prevention Task Force*



## **Stroke Advisory Council Meeting**

**November 14, 2019**



**Congratulations,  
Peg!**  
**Volunteer  
Advocate of the  
Year**



# Think Stroke...at Any Age

**Mary Kay Ballasiotes**  
International Alliance for  
Pediatric Stroke  
[iapediatricstroke.org](http://iapediatricstroke.org)



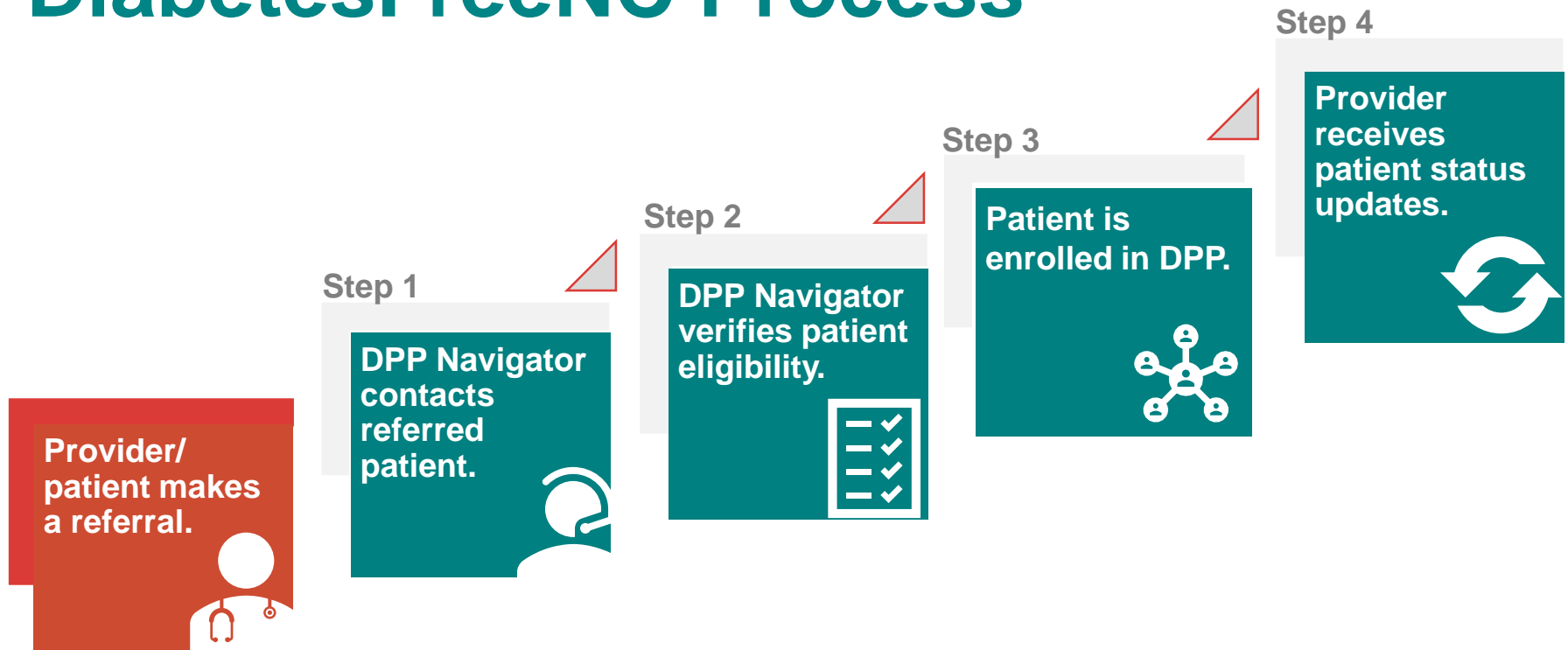
*Justus-Warren Heart Disease  
& Stroke Prevention Task Force*



# DIABETES**FREE** NC

Connects North Carolinians with prediabetes to a  
Diabetes Prevention Program (DPP).

# DiabetesFreeNC Process

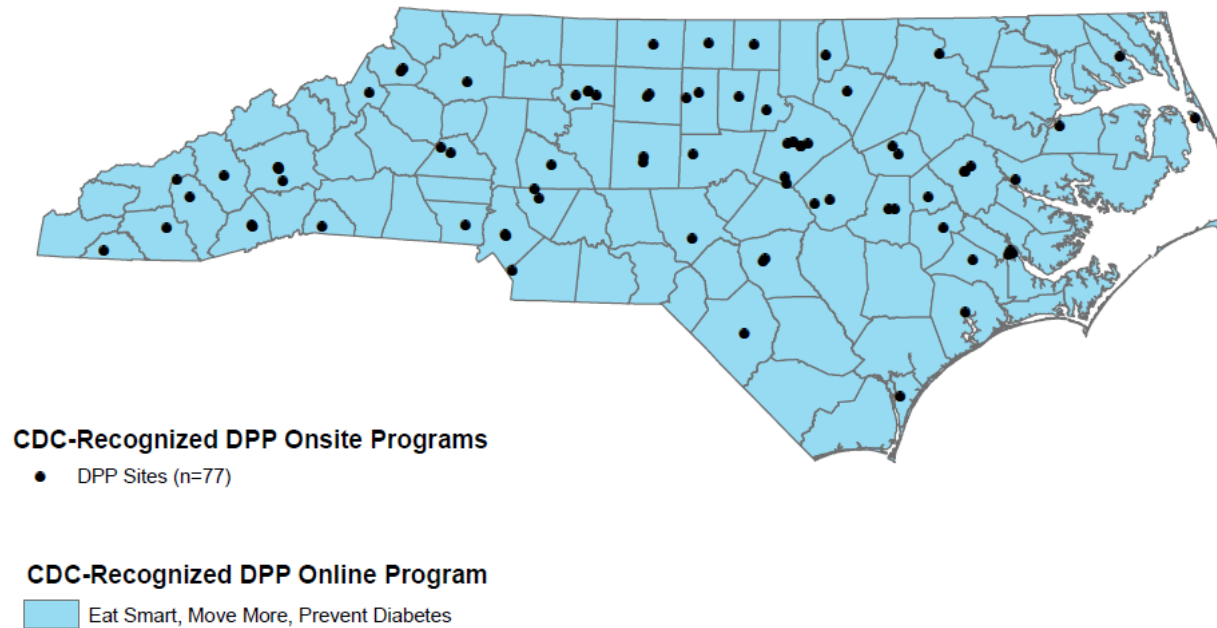




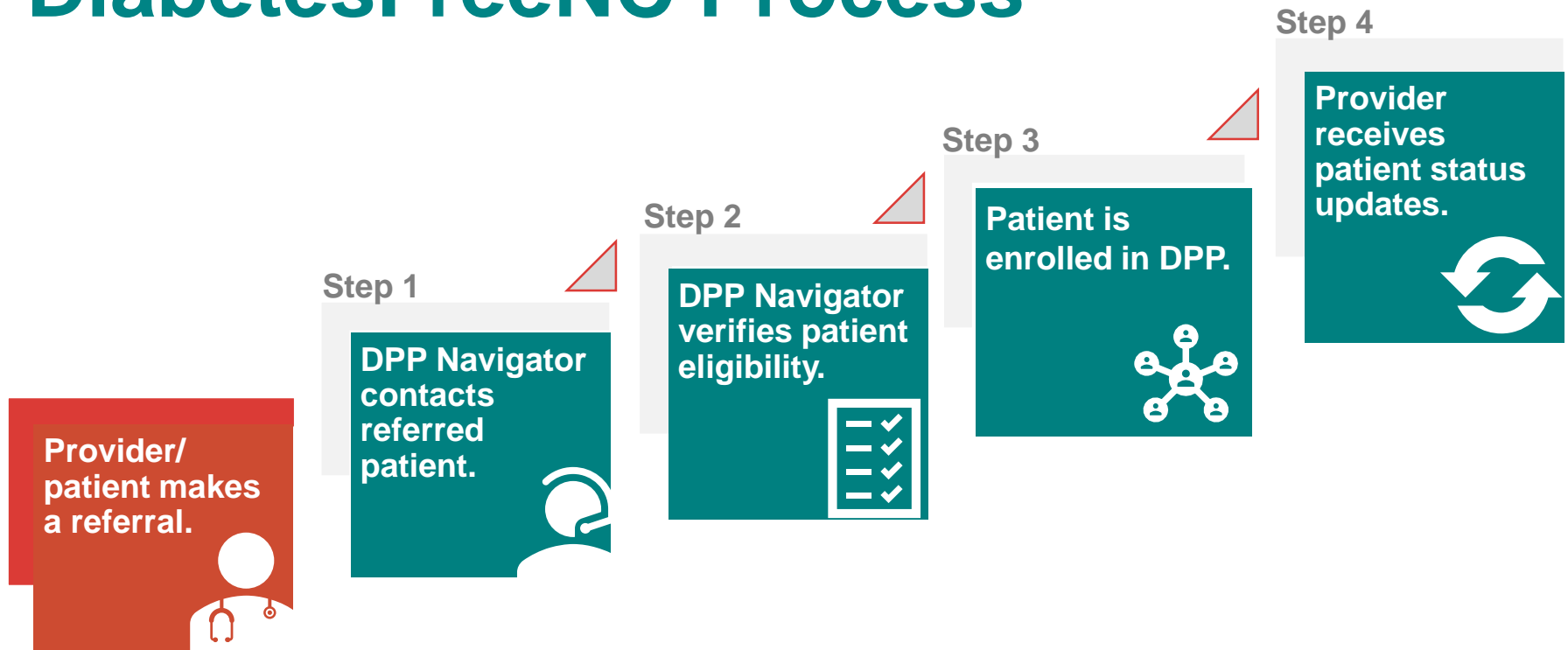
# DIABETES**FREE** NC

Connects North Carolinians with prediabetes to a  
Diabetes Prevention Program (DPP).

# NC DPP Landscape



# DiabetesFreeNC Process








# Provider makes a patient referral.

**DIABETESFREE NC**

**Diabetes Prevention Program Referral Form**

 **Questions**  
Visit [DiabetesFreeNC.com](http://DiabetesFreeNC.com)  
or call 844-338-0021

**1 CLIENT INFORMATION**

Client Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Phone \_\_\_\_\_

Street \_\_\_\_\_ City, State \_\_\_\_\_ Zip \_\_\_\_\_ Email (optional) \_\_\_\_\_

Gender ☐ Male ☐ Female Language Preference ☐ English ☐ Spanish

**2 ELIGIBILITY**

Must meet ALL of the following:

- ☐ 18 or older
- ☐ BMI of 25 or higher (23 or higher if Asian)
- ☐ Not diagnosed with diabetes (Type 1 or 2)
- ☐ Not pregnant

**3 VERIFICATION**

Must meet at least ONE of the following:

- ☐ Prediabetes Risk Test score of 5 or higher (see reverse and note score \_\_\_\_\_)
- ☐ Previous Gestational Diabetes diagnosis
- ☐ Positive Blood Test within the past year
  - ☐ Fasting Blood Glucose (100-125 mg/dL)
  - ☐ Two-hour OGTT (140-199 mg/dL)
  - ☐ HbA1c (5.7-6.4%)

**4 PROVIDER INFORMATION**

Provider Name \_\_\_\_\_ Email \_\_\_\_\_ Phone \_\_\_\_\_

Practice Name \_\_\_\_\_ Address \_\_\_\_\_

**5 YOUR SIGNATURE**

Signature \_\_\_\_\_ Date \_\_\_\_\_

**6 SUBMIT**

Submit your form by using ONE of the following:

Fax 866-336-2329  
Email [DPReferral@dhhs.nc.gov](mailto:DPReferral@dhhs.nc.gov)  
Refer via [NCCARE360.org](http://NCCARE360.org)

Thank you for your commitment to a Diabetes Free NC!  
Every referral you make may prevent a future diabetes diagnosis.



**866-366-2329**



**[dppreferral@dhhs.nc.gov](mailto:dppreferral@dhhs.nc.gov)**

or



**[NCCARE360.org](http://NCCARE360.org)**

**DIABETESFREE NC**



**Step 1:** DPP Navigator contacts referred patient.





## Step 2: DPP Navigator verifies patient eligibility.



18 YEARS  
AND OLDER

AND



OVERWEIGHT

AND



DIAGNOSED  
WITH PREDIABETES

OR



PREVIOUSLY  
DIAGNOSED WITH  
GESTATIONAL  
DIABETES

OR



## Step 2: DPP Navigator verifies patient eligibility.

Must score **five or higher** on the risk test.

DIABETES**FREE** NC

### Prediabetes Risk Test

**NATIONAL DIABETES PREVENTION PROGRAM**

**1. How old are you?** Write your score in the boxes below

Younger than 40 years (0 points)

40-49 years (1 point)

50-59 years (2 points)

60 years or older (3 points)

**2. Are you a man or a woman?**

Man (1 point)  Woman (0 points)

**3. If you are a woman, have you ever been diagnosed with gestational diabetes?**

Yes (1 point)  No (0 points)

**4. Do you have a mother, father, sister, or brother with diabetes?**

Yes (1 point)  No (0 points)

**5. Have you ever been diagnosed with high blood pressure?**

Yes (1 point)  No (0 points)

**6. Are you physically active?**

Yes (0 points)  No (1 point)

**7. What is your weight category?**

(See chart at right)

Total score:

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points

You weigh less than the 1 Point column (0 points)

Adapted from Bengtsson, Ann Intern Med 131:775-780, 2000. Original algorithm was validated without gestational diabetes as part of the model.

**If you scored 5 or higher**

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, Asian Americans, and Pacific Islanders. Higher body weight increases diabetes risk for everyone. Asian Americans are at increased risk for type 2 diabetes at lower weights (about 15 pounds lower than weights in the 1 Point column).

**You can reduce your risk for type 2 diabetes**

Find out how you can reverse prediabetes and prevent type 2 diabetes through a CDC-recognized lifestyle change program at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

© 2009-2014

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.

**American Diabetes Association**

**CDC**



## Step 3: Patient is enrolled in a DPP.



### Participant Guide

#### Introduction to the Program



#### Ways to Get Active

There are so many great ways to get active. You're sure to find at least one that you enjoy. Here are just a few ideas.

1. After you read six pages of a book, get up and move a little.
2. Dance to your favorite music.
3. Pace the sidelines at your children's or grandchildren's sports events.
4. Play actively with your children or pets for 15 to 30 minutes a day.
5. Replace Sunday drives with Sunday walks.
6. Run or walk fast when you do errands.
7. Start a new active hobby, such as biking or hiking.
8. Take a walk after dinner with your family or by yourself.
9. Track your steps with a pedometer. Work up to 10,000 steps or more a day.
10. Walk around whenever you talk on the phone.
11. Walk briskly when you shop.
12. Walk up and down escalators instead of just riding them.
13. Walk your dog each day.
14. When you watch TV, stand up and move during the ads, or do chores.

How do you plan to get active?

Source: American College of Sports Medicine (<https://www.acsm.org/docs/default-source/reducing-sedentary-behaviors-sitting-less-and-moving-more.pdf>) and Heart Foundation (<https://heartfoundation.org.au/images/uploads/publications/PA-Sitting-Less-Adults.pdf>)

Participant Guide: Get Active to Prevent T2

4



### Guía del participante

#### Introducción al programa



#### Actividad física

	Mis Opciones
que no son saludables y con grasas, tales como los helados	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

¿Cuántos minutos al día?

(Ejemplo: 30 minutos).

¿Dónde? ¿En casa o en una computadora?

¿Cómo lo hace?

- Cuaderno.
- Grabadora de voz.
- Hoja de cálculo.
- Herramientas en su teléfono o computadora.

Una forma sencilla es usar la hoja de registro de actividad física del programa.

Guía del participante: Lleve un registro de su actividad física

4

## Step 4: Referring provider receives patient updates.

DPP Navigator reports  
**enrollment** and **completion**  
status to the referring provider.



866-366-2329



dppreferral@dhhs.nc.gov

or



NCCARE360.org



## DPP Navigator Benefits



Real-time, live interaction with a DPP Navigator



Eliminate the barrier of searching for a DPP



Established relationships with DPP lifestyle coaches



Bidirectional feedback for providers

# DIABETESFREE NC Toolkit

**DIABETESFREE NC**

**Your Healthier Future Starts Here**

Join a community of friends and neighbors who are building healthy lives.

**Our Diabetes Prevention Program will help you**

- Nourish** Eat foods you & your body will love.
- Move** Be physically active in fun & easy ways.
- De-stress** Find balance when life gets hectic.
- Reset** Get back on track after setbacks.

**Designed to help you succeed**

- Free** Free and low-cost options are available.
- Convenient** Meet close to home or online.
- Powerful** Small steps make big changes.
- Guided** Each group is led by a lifestyle coach.

**90% of people with prediabetes don't know they have it.**

Call our expert Diabetes Prevention Program navigators to see if you're at risk.

**Call 844-328-0021**

**DiabetesFreeNC.com**

**Diabetes Prevention Program Referral Form**

**1 CLIENT INFORMATION**

Client Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Phone \_\_\_\_\_

Street \_\_\_\_\_ City/State \_\_\_\_\_ Zip \_\_\_\_\_ Email (optional) \_\_\_\_\_

Gender ☐ Male ☐ Female Language Preference ☐ English ☐ Spanish

**2 ELIGIBILITY**

Must meet ALL of the following:

- ☐ 18 or older
- ☐ State of NC or higher (33 or higher if Patient)
- ☐ Not diagnosed with diabetes (Type 1 or 2)
- ☐ Not pregnant

**3 VERIFICATION**

Must meet at least ONE of the following:

- ☐ Prediabetes Risk Test score of 5 or higher (see scores and risk score)
- ☐ Previous Gestational Diabetes diagnosis
- ☐ Positive Blood Test within the past year
- ☐ Having Blood Test (see notes)
- ☐ Insulin (see notes)
- ☐ HbA1c (see notes)

**4 PROVIDER INFORMATION**

Provider Name \_\_\_\_\_ Email \_\_\_\_\_ Phone \_\_\_\_\_

Practice Name \_\_\_\_\_

**5 YOUR SIGNATURE**

Signature \_\_\_\_\_

**Prediabetes Risk Test**

**1. How old are you?**

Younger than 40 years (0 points)  
40-49 years (0 points)  
50-59 years (0 points)  
60 years or older (0 points)

**2. Are you a parent or a parent?**

Yes (0 points) No (0 points)

**3. If you have a mother, father, brother, or sister with diabetes?**

Yes (0 points) No (0 points)

**4. Do you have a mother, father, brother, or sister with high blood pressure?**

Yes (0 points) No (0 points)

**5. Have you ever been diagnosed with high blood pressure?**

Yes (0 points) No (0 points)

**6. Are you physically active?**

Yes (0 points) No (0 points)

**7. What is your weight category?**

(See chart at right)

**Weight (lb.)**

Height	Weight (lb.)	Weight (lb.)	Weight (lb.)
4'10"	110-142	143-180	181+
4'11"	124-147	148-187	188+
5'0"	128-152	153-200	201+
5'1"	130-157	155-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
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5'11"	179-214	215-286	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-304	304+
6'2"	194-232	233-312	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	326+

**1 Point 2 Points 3 Points**

**Total score:** \_\_\_\_\_

**If you scored 5 or higher**

You are at increased risk of having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell you if you have type 2 diabetes. Consider to visit your doctor right away to get tested. If you are not sure, ask your doctor for a referral to a diabetes testing facility.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, Asian Americans, and Pacific Islanders.

Higher weight might increase your risk for type 2 diabetes. Asian Americans are at increased risk for type 2 diabetes at lower weights than Caucasians.

**You can reduce your risk for type 2 diabetes**

Find out how you can reduce your risk for type 2 diabetes through a CDC-approved lifestyle change program at [www.cdc.gov/diabetes/prevention/program](http://www.cdc.gov/diabetes/prevention/program).

**Let's get this on your calendar. When can you call?**

Date \_\_\_\_\_

**Call 844-328-0021**

**Mon-Fri, 7am to 7pm ET**

**DiabetesFreeNC.com**

**1 in 3 North Carolinians has prediabetes but 90% don't know it**

Learn about Diabetes Prevention Programs, including free or low-cost options.

**Call 844-328-0021**

**DiabetesFreeNC.com**

Available now at [DiabetesFreeNC.com](http://DiabetesFreeNC.com)

**DIABETESFREE NC**

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**Our Diabetes Prevention Program will help you**

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**DiabetesFreeNC.com**

**Every referral may  
prevent a future diabetes  
diagnosis.**



844-328-0021



dppreferral@dhhs.nc.gov



866-366-2329



NCCARE360.org

DIABETES**FREE** NC

DIABETES**FREE** NC

# NC Stroke System of Care



# NC Stroke System of Care

Purpose: strengthen Stroke System of Care and guide Stroke Advisory Council work

Goals:

1. Guide efforts to increase access to care
2. Increase quality, coordinated care
3. Enhance post-stroke care
4. Prevent strokes
5. Advocate for stroke prevention and care

Primary audience: providers of stroke care

Format: web-based with full annual review and on-going review of additions and revisions



# NC Stroke System of Care

## Strategies and Resources in Four Sections

- I. Stroke Prevention
- II. Stroke Care
- III. Post-Stroke Care
- IV. Advocacy

## Action Plan

# Strategies and Resources

#1 Clinical Practice Guidelines = Why we do it

#2 Tools for application = How we do it

Standardization of work flows

Communication between EMS and hospital

Recommendation for prehospital stroke  
assessment

Collaboration with primary care providers

Diagnostic imaging

Stroke data

Stroke Registry

# NC Stroke System of Care

Review and provide feedback by  
January 10, 2020

SAC Meeting February 26, 2020

## NC Stroke System of Care

The **Stroke Advisory Council** works to link communities and health systems to facilitate care coordination and to increase capacity for providing quality stroke care. Therefore, the Stroke Advisory Council developed **NC Stroke System of Care Strategies** to support efforts to prevent strokes; increase access to care; increase quality, coordinated care; enhance recovery from stroke; and advocate for the prevention and management of stroke.



[startwithyourheart.com](http://startwithyourheart.com)

# Work Groups

- 1. Telestroke**
- 2. Prehospital Assessment**
- 3. Data**
- 4. HIE Stroke Registry**

# Work Groups

## Telestroke

- Inventory all telestroke services available in NC
- Update telestroke map
- Partner with NCHA, OEMS, etc. to keep list of telestroke sites current
- Identify gap areas
- Assess need for development of telestroke system



# Work Groups

## Prehospital Assessment

- EMS transport of stroke patients
- Prehospital stroke assessment
- Selection of appropriate transport method
- Selection of appropriate hospital as transport destination
- Assessment of disparities in EMS access
- Prehospital documentation and metrics
- Documentation of baseline deficits and communication of deficits as patients move through continuum of care

# Work Groups

## Data

- Case data abstraction guidelines
- Hospital capacity to abstract data

# Work Groups

## HIE Stroke Registry

- Purpose
- Objectives
- Measures across the care continuum
- Collaboration with NC HealthConnex

Contact Anna Bess Brown  
[anna.brown@dhhs.nc.gov](mailto:anna.brown@dhhs.nc.gov)

Sign up for a  
work group!

[startwithyourheart.com](http://startwithyourheart.com)



Justus-Warren Heart Disease  
& Stroke Prevention Task Force