

# Cardi-OH Update



The Ohio Cardiovascular Health Collaborative (Cardi-OH) is a statewide initiative of health care professionals who share knowledge to improve Medicaid patient outcomes and eliminate health disparities across Ohio.

## CAPSULE NEW!

Capsules provide busy clinicians brief summaries of best practices that are ready to be implemented in clinical care.

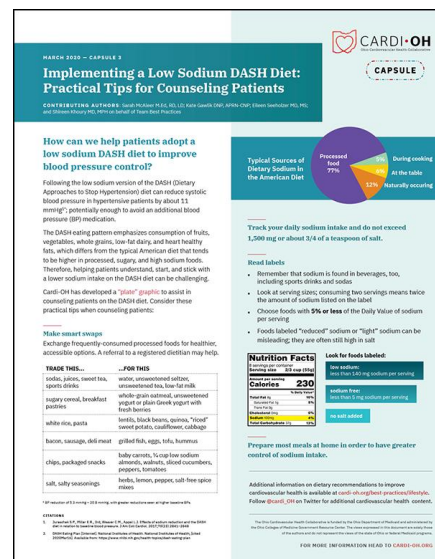
### Did you know?

Did you know that combining the DASH diet with a daily sodium intake of  $\leq 1,500$  mg or about 3/4 of a teaspoon of salt per day can have a substantial impact on lowering blood pressure?

### Check out the latest!

*Implementing a Low Sodium DASH Diet: Practical Tips for Counseling Patients*

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**Implementing a Low Sodium DASH Diet: Practical Tips for Counseling Patients**

**How can we help patients adopt a low sodium DASH diet to improve blood pressure control?**

Following the low sodium version of the DASH (Dietary Approaches to Stop Hypertension) diet can reduce systolic blood pressure in hypertensive patients by about 11 mmHg\*, potentially enough to avoid an additional blood pressure (BP) medication.

The DASH eating pattern emphasizes consumption of fruits, vegetables, whole grains, low fat dairy, and heart healthy fats, which differs from the typical American diet that tends to be higher in processed, sugary, and high sodium foods. Therefore, helping patients understand, start, and stick with a lower sodium intake on the DASH diet can be challenging.

Cardi-OH has developed a "3-step" graphic to assist in counseling patients on the DASH diet. Consider these practical tips when counseling patients:

- **Make smart swaps:** Exchange frequently consumed processed foods for healthier, accessible options. A referral to a registered dietitian may help.

TRADE THIS...	...FOR THIS
crackers, potato, sweetened cereals, sports drinks	whole, unsweetened apples, unsweetened tea, low fat milk
crispy cereal, breakfast pastries	whole-grain oatmeal, unsweetened yogurt or plain Greek yogurt with fruit, berries
white rice, pasta	lentils, black beans, quinoa, "roast" sweet potatoes, cauliflower, cabbage
bacon, sausage, deli meat	grilled fish, eggs, tofu, hummus
chips, packaged snacks	baby carrots, 1/2 cup low sodium almonds, walnuts, sliced cucumbers, prunes, kiwifruit
salt, salty seasonings	herbs, lemon, pepper, salt free spice mixes

**Typical Sources of Dietary Sodium in the American Diet**

- Processed food: 77%
- At the table: 16%
- During cooking: 7%
- Naturally occurring: 0%

**Track your daily sodium intake and do not exceed 1,500 mg or about 3/4 of a teaspoon of salt.**

**Round labels**

- Remember that sodium is found in beverages, too, including sports drinks and sodas.
- Look at serving sizes; consuming two servings means twice the amount of sodium listed on the label.
- Choose foods with 5% or less of the Daily Value of sodium per serving.
- Foods labeled "reduced" sodium or "light" sodium can be misleading; they are often still high in salt.

**Nutrition Facts**

**Look for foods labeled:**

- Low sodium: less than 50 mg sodium per serving
- Sodium free: less than 5 mg sodium per serving
- No salt added

**Prepare most meals at home in order to have greater control of sodium intake.**

**Additional information on dietary recommendations to improve cardiovascular health is available at [cardi-oh.org/best-practices/healthy-fat](#). Follow Cardi-OH on Twitter for additional cardiovascular health updates.**

**FOR MORE INFORMATION HEAD TO [CARDI-OH.ORG](#)**

## Tune in to Cardio-OH Radio

Podcasts highlight national, state and local leaders discussing timely topics for primary care clinicians.

Listen to the first in a series of quality improvement education podcasts designed for primary care practice teams.



Check out the latest featuring

Peter Pronovost, MD, PhD.

*Addressing the Quadruple Aim in Health Care*

CLICK TO LISTEN →

## Spring 2020 TeleECHO Clinic

Cardi-OH has partnered with Project ECHO<sup>®</sup> to support primary care providers to safely and effectively treat cardiovascular disease.

Using simple video conferencing technology and case-based learning, Cardi-OH ECHO creates a unique partnership between community healthcare providers and a team of multidisciplinary specialists from Ohio's leading medical centers.

**View highlights from last week's Reducing the Burden of Hypertension TeleECHO Clinic featuring Goutham Rao, MD.**

*Hypertension Management and Shared Decision Making/Team-based Approaches*



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## Learn More!

Visit [cardi-oh.org](http://cardi-oh.org) to learn more about the collaborative and read up on the latest best practices.



*Sharing best practices to improve cardiovascular health.*

In partnership with:

