

Cardi-OH Update



The Ohio Cardiovascular & Diabetes 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.

National Minority Health Month

In recognition of April as National Minority Health Month, the U.S. Department of Health & Human Services Office of Minority Health (OMH) is focused on the disproportionate impact COVID-19 is having on racial and ethnic minority and American Indian and Alaska Native communities. This underscores the need for these vulnerable communities to get vaccinated as more vaccines become available.



Vaccination against COVID-19 is an important tool to help stop the spread of the virus and bring the pandemic to an end. To address this need, the OMH created the #VaccineReady campaign to help communities practice COVID-19 safety measures, get the facts about COVID-19 vaccines, share accurate vaccine information, participate in clinical trials, and get vaccinated when the time comes. The campaign also aims to increase vaccine confidence by dispelling myths and misconceptions about the vaccines through a #VaccineReady video series featuring trusted minority healthcare professionals and experts.

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Tune in to Cardi-OH Radio



*Supporting Patients With a Mobility Disability
to Increase Physical Activity*

Check out the latest podcast featuring Shirley Moore, PhD, RN, from Case Western Reserve University.

[CLICK TO LISTEN →](#)

News You Can Use

Social Determinants of Health in Diabetes: An American Diabetes Association Scientific Review

Currents provide brief summaries of the latest advances in medicine or clinical practice related to diabetes or hypertension and include links to additional resources.

[CLICK TO VIEW →](#)



Prediabetes and Obesity: Screen and Intervene to Improve Patient Health

Did you know that more than 1 in 3 adults have prediabetes, but most are unaware of this health risk?

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

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MARCH 2021 - CAPSULE #1
Prediabetes and Obesity: Screen and Intervene to Improve Patient Health
CONTRIBUTOR: Shirley Moore, PhD, RN, Case Western Reserve University, Case Western Reserve University, Case Western Reserve University
DATE: 03/01/2021

Screen and Identify Prediabetes
Age and body mass index (BMI) are the strongest risk factors for prediabetes. Take the following steps to screen appropriately for prediabetes and monitor the patient if it has been identified:¹
1. Screen every three years for all people beginning at age 45, OR screen every three years for all people who are overweight or obese (BMI ≥ 25 kg/m² for 25 kg/m² in Asian Americans) and who have one or more of the following risk factors at any age:
• African American, Hispanic/Latino, Native American, Asian American, or Pacific Islander
• History of hypertension, cardiovascular disease, polycystic ovarian syndrome, or gestational diabetes
• HDL cholesterol < 35 mg/dL and/or a triglyceride level > 250 mg/dL
• Physically inactive
2. Monitor annually if a patient has been determined to have prediabetes:
• A1C is 5.7%-6.4% or fasting glucose is 100-125 mg/dL.

Intervene to Prevent Diabetes
It is important to remember that the long-term goals are to reverse prediabetes and treat obesity. Below are several interventions to assist patients in achieving both.

Lifestyle Interventions
1. Refer patients to a Diabetes Prevention Program to reduce long-term risk.
2. Refer all patients to not gain for the following lifestyle modifications:
• Diet
• Exercise
• Alcohol avoidance
• Smoking cessation
• Sleep quality improvement
3. Encourage small changes and celebrate successes.

Medication Interventions
Consider adding an anti-diabetic agent to therapy (metformin, GLP-1, or SGLT2) if the patient has a history of:
• Gestational Diabetes Mellitus, or the patient is 60 years old.
• Metformin has the strongest evidence and long-term safety and effectiveness.
• History for diabetes prevention. Do not use if the patient is pregnant or planning to become pregnant.
• Monitor for GI, muscle/joint pain, B12 levels periodically during medication therapy.

Surgical Interventions
• Surgical intervention should be considered for severely obese prediabetes with moderate or severe obesity.
• For adults 45 years old with a BMI ≥ 35 or 35 years old with a BMI ≥ 40, strongly consider bariatric surgery assessment. Bariatric surgery prevents diabetes, is the most effective treatment for obesity, improves many medical conditions, and extends lifespan.

Spring 2021 TeleECHO Clinic

Special Populations: Patients With Chronic Mental Illness

View highlights from the Tackling Type 2 Diabetes TeleECHO Clinic on March 25, 2021, featuring Trygve Dolber, MD, from Case Western Reserve University.



Practice Spotlight: Spring 2021 Cardi-OH ECHO Cohort



Recognizing the contributions and collegiality of the clinical practices successfully completing the Spring 2021 TeleECHO Clinic, Tackling Type 2 Diabetes.

Camden Clark Medical Center (Parkersburg, WV)

Chillicothe VA Medical Center (The Plains, OH)

Community Health Services (Fremont, OH)*

The Health Care Connection (Lincoln Heights, OH)

Hoxworth General Internal Medicine (Cincinnati, OH)

MetroHealth Bedford (Bedford, OH)*

OhioHealth Physician Group Heritage College (Athens, OH)

Signature Health - Ashtabula (Ashtabula, OH)

Signature Health - Painesville (Painesville, OH)

Wright State Family Medicine Residency Program (Dayton, OH)

Wright State Geriatrics (Fairborn, OH)*

*denotes a repeat, participating practice

Fall 2021 TeleECHO Clinic SAVE THE DATE

*Your Patient With Diabetes at High Risk For
Heart Disease: A Series of Case Discussions*

September 16 to December 9, 2021

Thursdays - 8 to 9 am

Cardi-OH has partnered with Project ECHO[®] to support primary care providers to safely and effectively treat cardiovascular disease and diabetes.

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.



REGISTRATION OPENING SOON

[Learn More!](#)

To learn more about the collaborative and read up on the latest best practices, visit cardi-oh.org or follow us on [Twitter](#) and like us on [Facebook](#).



Sharing best practices to improve cardiovascular health and diabetes.

In partnership with:

