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CARDI•OH
Ohio Cardiovascular and Diabetes Health Collaborative

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.

Tune in to Cardi-OH Radio

Podcast 58 - Supporting Patients With Food Insecurity Through Community Connections

Listen to Kristen Mikelbank, MA, and Eric Pecherkiewicz, RDN, LD, and from the Greater Cleveland Food Bank.

Moderated by L. Austin Fredrickson, MD, Northeast Ohio Medical University.

Cardi-OH Radio podcasts highlight national, state, and local leaders discussing timely topics for primary care clinicians.

Want to be the first to know when a podcast is released? [Subscribe to our channel.](#)



**Cardi-OH
RADIO**



Kristen Mikelbank, MA



Eric Pecherkiewicz, RDN, LD

Pearls for Clinical Practice

Capsule 57 - Resources to Address Food Insecurity in Ohio

Did You Know?

Cardi-OH

CAPSULE

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



There are seven key modifiable lifestyle factors that can significantly contribute to cardiometabolic health including physical activity, nutrition, substance use, environmental exposures, weight management, sleep, and stress reduction. Learn about current recommendations and resources to help providers effectively counsel patients on these lifestyle changes.



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



Using the Cardi-OH Web App is Simple!

- Access Cardi-OH's library of cardiovascular and diabetes care resources.
- Bookmark your favorites.
- Share best practices with colleagues.



[Download Web App →](#)

Learn More

Visit Cardi-OH.org to read more about the collaborative and our latest best practices.



Sharing best practices to improve cardiovascular and diabetes health

In partnership with



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