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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.

February 2026 Statewide Webinar: Reserve Your Spot!

*From Prescription to Practice: Tackling
Adherence Challenges in Clinical Care*

**Wednesday, February 25, 2026
12-1 p.m. ET**

KEYNOTE SPEAKER

M. Robin DiMatteo, PhD
University of California, Riverside

OBJECTIVES

- Identify key components of successful treatment adherence
- Understand barriers to treatment adherence
- Employ practice and communication changes to improve overall treatment adherence in patient panels

1.0 CME credit offered at no cost.



**Cardi-OH
WEBINAR**



M. Robin DiMatteo, PhD

[View flyer](#)

Tune in to Cardi-OH Radio

[Podcast 64 - Is Metformin Still the First-Line Treatment for Type 2 Diabetes?](#)

Listen to Kathleen Dungan, MD, MPH, from The Ohio State University.

Moderated by Craig Nunemaker, PhD, Ohio 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**



Kathleen Dungan, MD, MPH

Pearls for Clinical Practice

[Capsule 63 - Strength Training for Older Adults](#)

Did You Know?

Regular strength training improves most measures of quality of life in older adults.

[Capsules](#) provide busy clinicians brief summaries of best practices that are ready to be implemented in clinical care.

Cardi-OH CAPSULE

Podcast 64 - Evidence of Strength Training for Older Adults

Strength training, also known as resistance exercise, plays a vital role in healthy aging. It helps to build and maintain muscle mass and strength, improve physical function, reduces the risk of falls and fractures, supports chronic disease management, and promotes greater independence for older adults.* In addition, a 2023 systematic review and meta-analysis found that strength training improves most measures of quality of life for this population.

Despite these benefits, older adults may be hesitant to participate in strength training due to limited awareness of its benefits, fear of injury or worsening of other health conditions, and lack of experience with resistance exercises.¹

Strength training programs can be safely tailored for most older adults. Accessibility may be improved by teaching proper techniques, including the correct use of weight machines and ways to use household items for strengthening exercises without special equipment. Health care providers should encourage older adults to engage in strength training two to three times per week. Patients should start with eight to 12 repetitions per exercise, rest for 2-3 minutes, and repeat the set 1-3 times, gradually increasing the number of sets every few weeks as tolerated.²

For more information, access Cardi-OH's expanded resources on [flexible prescriptions](#) and [home exercises for patients with disabilities](#).

Example Strength Training Activities^{3,4}

- Resistance bands, weight machines, or hand-held weights
- Bodyweight exercises, such as arm circles, leg raises, wall push-ups, low stands, planks, squats, or lunges
- Carrying heavy objects, such as groceries or laundry
- Gardening activities that involve digging, lifting, or pulling
- Sit-to-stand exercises from a chair

Additional Resources

- [Virtual - Resources for Professionals Responsible for the Prescription of a Program of Physical Exercise](#)
- [Centers for Disease Control and Prevention - Growing Stronger - Strength Training for Older Adults](#)
- [National Institute on Aging - Exercise and Older Adults Toolkit](#)

News You Can Use

[Current 58 - Tailored Text Messages Enhance Diabetes Prevention Program \(DPP\) Readiness and Enrollment](#)

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

Cardi-OH CURRENT

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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Cardi-OH | 10900 Euclid Ave | Cleveland, OH 44106-4961 US

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