

Stroke Initiatives Mississippi State Department of Health

Cassandra Dove, Chronic Disease Bureau
19th Annual Stroke Belt Consortium
March 1, 2014

Mississippi Stroke Systems of Care

- Heart Disease and Stroke Task Force
 - 22 Get With The Guidelines Hospitals
 - 5 Primary Stroke Centers
 - 1 Comprehensive Stroke Center
 - Advanced Stroke Life Support
 - TeleStroke Programs
 - Stroke Systems of Care Plan
 - STEMI Systems of Care
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Healthcare Systems Interventions

- Delta Health Collaborative
 - Clinical Community Health Worker Initiative
 - Medication Therapy Management
 - Heart Disease and Stroke Prevention Program
 - Hypertension Specialist Initiative
 - Team-Based Care (Patient Centered Medical Home Model)
 - Use of Health Information Technology for Disease Management
 - Diabetes Prevention and Control Program
 - Certified Diabetes Education Recognition
 - Certified Diabetes Educator Preparatory Course
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Community-Clinical Linkages

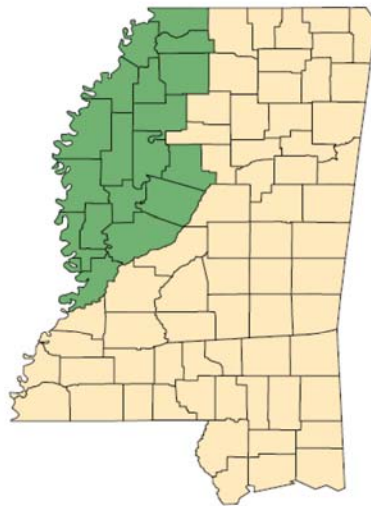
- Delta Health Collaborative
 - Faith Based Screening and Referral Program
 - *Congregational Health Nurses and/or Advocates*
 - Barbershop Hypertension Specialist Initiative
 - Diabetes Prevention and Control Program
 - Diabetes Primary Prevention Program
 - *Lifestyle Coaches*
 - Diabetes Self Management Education
 - Chronic Disease Self Management Education
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**Mississippi Delta
Cardiovascular Health Examination Survey
Dr. Vanessa Short, Principal Investigator
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Delta CHES Overview

- Population-based cross-sectional study of adults residing in the 18 county Mississippi Delta region
 - Survey data, anthropometric measures and blood samples collected at an in-home visit
 - Information will help guide the development, implementation, and evaluation of CV health promotion and risk factor control strategies
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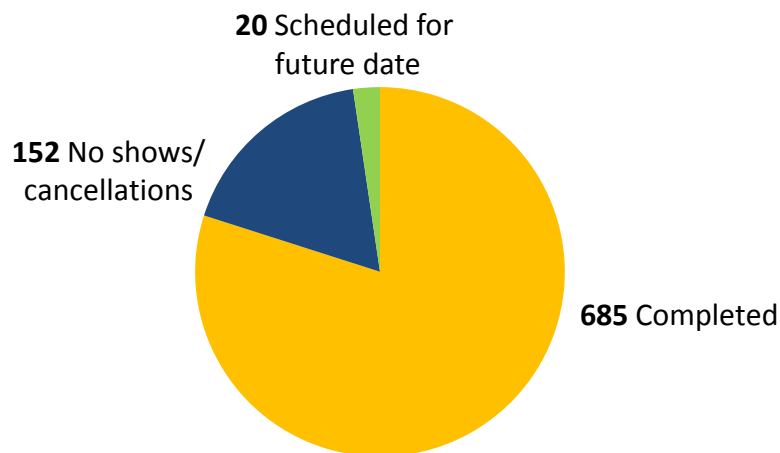
Recruitment

2 Phases:

1. Randomly selected households
 - randomly selected individuals
 2. Self-selected individuals
 - call-in volunteers
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Data Collection - As of February 19, 2014

- **857** Delta CHES exam visits scheduled



Main Delta CHES Questionnaire

- 1st batch of questionnaires (n=561) shipped to Westat
- All have undergone initial scan editing
- The total batch of 561 questionnaires will be sent for conversion to a SAS database in early February.

Food Frequency Questionnaire

**Response rate =
82.3%**

Follow-up reminder calls to participants have increased the response rate.

Pedometer Steps Diary

Mississippi Delta Cardiovascular Health Examination Survey
[Delta CHES] Pedometer Diary

Wear the pedometer for 5 consecutive days and record the date and the number of steps taken each day.

Day	Date (Month/Day/Year)	Number of Steps Taken
Example: DAY 1	Example: 01/01/2011	Example: 1,234
DAY 1	____/____/____ Month Day Year	_____
DAY 2	____/____/____ Month Day Year	_____
DAY 3	____/____/____ Month Day Year	_____
DAY 4	____/____/____ Month Day Year	_____
DAY 5	____/____/____ Month Day Year	_____

Please return the completed Pedometer Diary to the Mississippi State Department of Health in the envelope that was provided. When we receive the diary, we will send you a \$10 Wal-Mart gift card.

If you have questions about this Pedometer Diary, please call the Mississippi State Department of Health Toll-Free at 1-800-378-4436. Interviewer Code: _____

Response rate =
78.8%

Follow-up reminder calls to participants have increased the response rate.

Delta CHES manuscripts

- **Manuscripts - Published**

1. The Mississippi Delta Cardiovascular Health Examination Survey: Study Design and Methods
 - Short, V, Wall T, Smith L, Loustalot F
 - Published, *Epidemiology Research International*
 - <http://www.hindawi.com/journals/eri/2014/861461/>

Preliminary Data

Demographic characteristics of participants

	TOTAL	MALE	FEMALE
	%	%	%
Age (years)			
Mean (range)	57 (18-90)	55 (18-89)	53 (18-90)
Sex			
Female	66	---	---
Male	34	---	---
Race			
Black	57	47	62
White	40	51	34
Other	3	2	4

Demographic characteristics of participants

	CHES
	Total
	%
Household Income	
< \$10,000	16.3
\$10,000 to < \$15,000	6.9
\$15,000 to < \$20,000	6.6
\$20,000 to < \$25,000	13.9
\$25,000 to < \$35,000	8.3
\$35,000 to < \$50,000	10.2
\$50,000 to < \$75,000	10.2
>= \$75,000	10.2
Don't Know	10.5
Refused	7.0

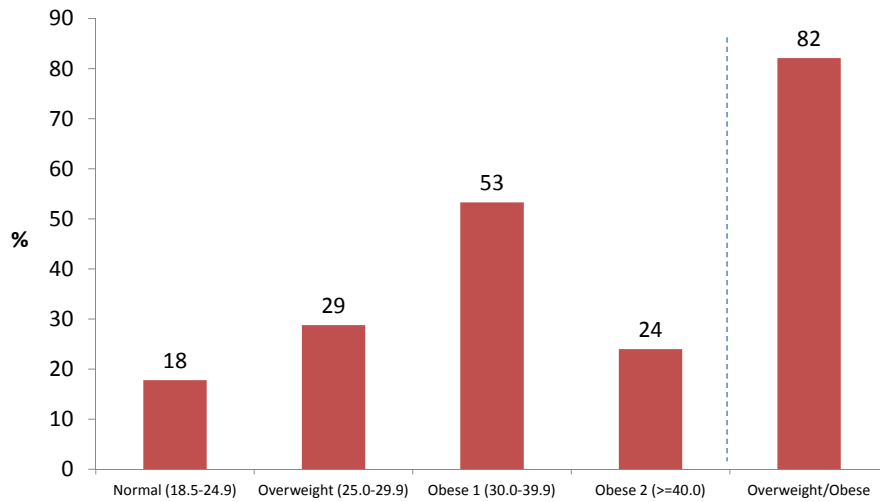
“Next I would like you to tell me about your annual household income. Please remember that by annual household income, I mean your income plus the income of others in your house during the past year.

Is your annual household income from all sources:”

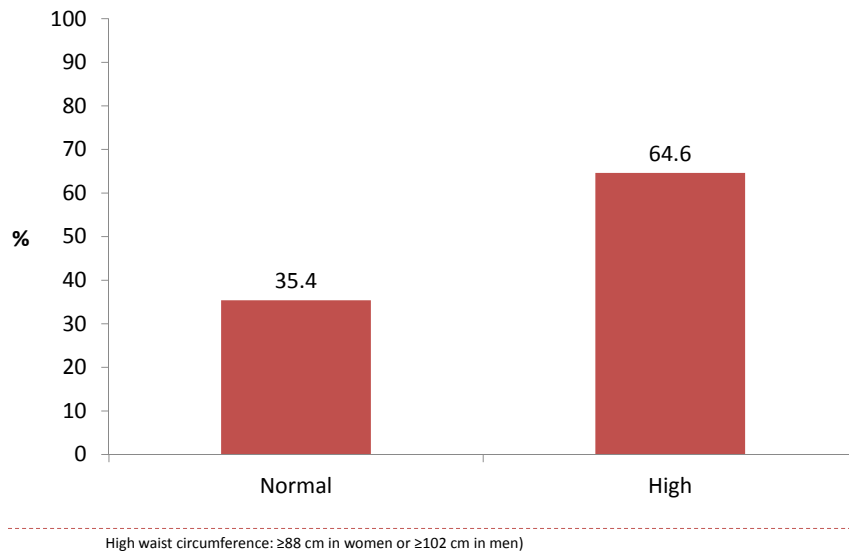
Preliminary results from survey, exam & laboratory

- BMI
 - Waist circumference
 - Blood pressure
 - Blood cholesterol
 - HA1c/Plasma glucose
 - Self-reported data
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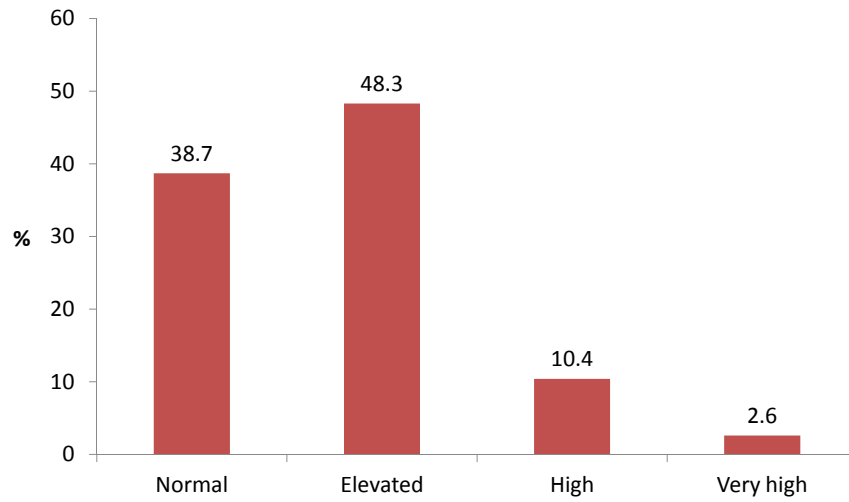
Body Mass Index – Percent considered normal, overweight and obese



Waist circumference - Percent with normal and high waist circumference

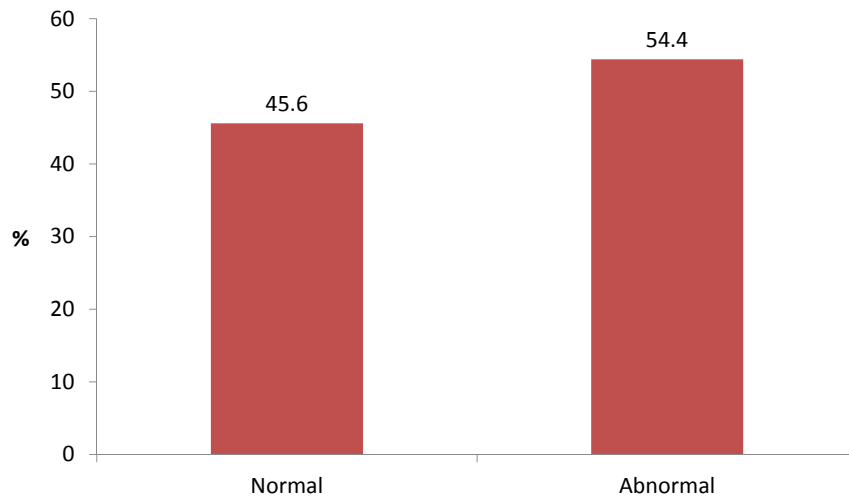


Blood pressure – Percent with normal, elevated, high and very high BP readings



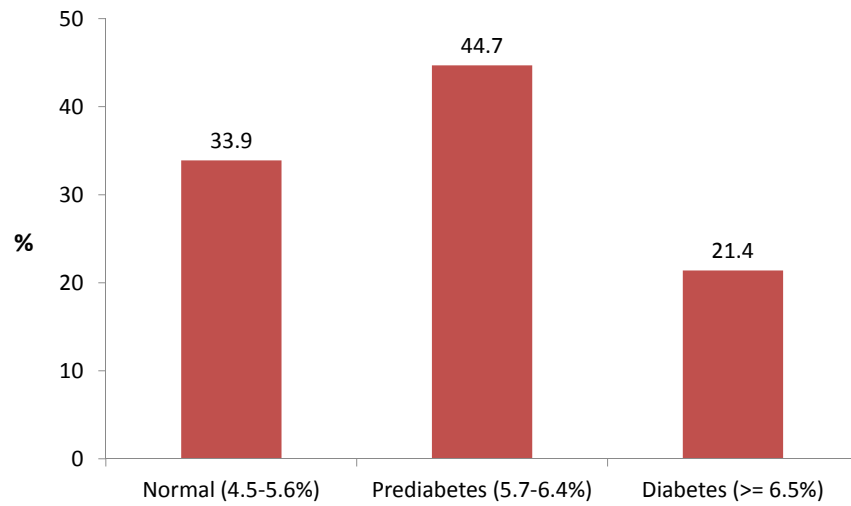
Normal: Ave. Systolic < 120 AND Ave. Diastolic < 80
 High: Ave. Systolic 140-160 OR Ave. Diastolic 90-100
 Elevated: Ave. Systolic 120-139 or Ave. Diastolic 80-89
 Very high: Ave. Systolic > 160 OR Ave. Diastolic > 100

Lipid profile– Percent with normal and abnormal profiles

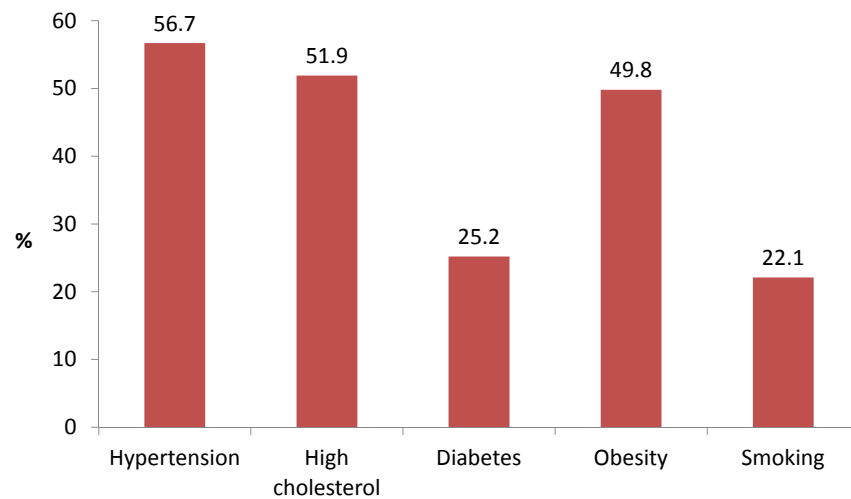


Abnormal: Total cholesterol \geq 240 or LDL cholesterol \geq 160 or HDL cholesterol < 40 (men) and < 50 (women) or Triglycerides \geq 200

H1Ac - Percent with normal, prediabetes, and diabetes HA1c values



Self-reported data – Hypertension, high cholesterol, diabetes, obesity, smoking



Prevalence estimates using Delta CHES self-reported and measured data and BRFSS self-reported data

