



## Alabama Update 2015

Stroke Belt Consortium

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### Most Recent Data - 2013

- 2,589 stroke deaths
- 53.5/per 100,000
- 4<sup>th</sup> leading cause of death in the state
- Highest stroke mortality in white females:
  - 1,118 deaths
  - 65.2/per 100,000
- Alabama has the 2<sup>nd</sup> highest death rate from CVD in the country (based on 2010 data)

**UAB Awarded Comprehensive Stroke Center Designation  
May 2015**



**UAB – Comprehensive Stroke Center**

- **First hospital in Alabama with this certification**
- **Eight expert stroke physicians**
- **Most board-certified vascular neurologists in state**
- **350 critical care nurses specially trained in stroke care**
- **Neurosciences Intensive Care Unit – one of largest in country**
- **New director of Stroke Center and Division of Cerebrovascular Disease: Dr. Toby Gropen**

# Telemedicine at Alabama Department of Public Health County Health Departments



September 2015

# Telemedicine is Important to Governor Bentley

*... proposals to make Alabama healthier . .  
expansion of telemedicine . . .*

Jan 3, 2015



EXECUTIVE ORDER NUMBER 4

## HEALTH CARE IMPROVEMENT TASK FORCE

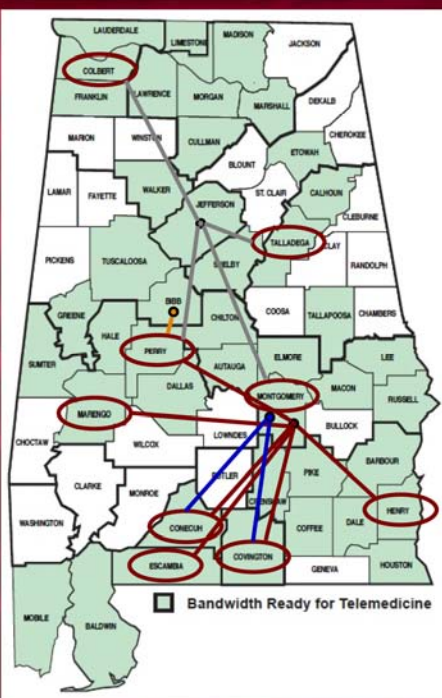
WHEREAS, the State of Alabama faces the challenge of inadequate access to health care, with shortages of primary medical-care professionals affecting portions of 65 of Alabama's 67 counties, with the shortages extending to all areas and for all people in about two dozen counties;

**Sub-committee:**  
**Access to care / Telemedicine**

and whereas, the State of Alabama ranked 40th in primary-care physicians and 48th in dentists, per 100,000 residents;

## ADPH Infrastructure

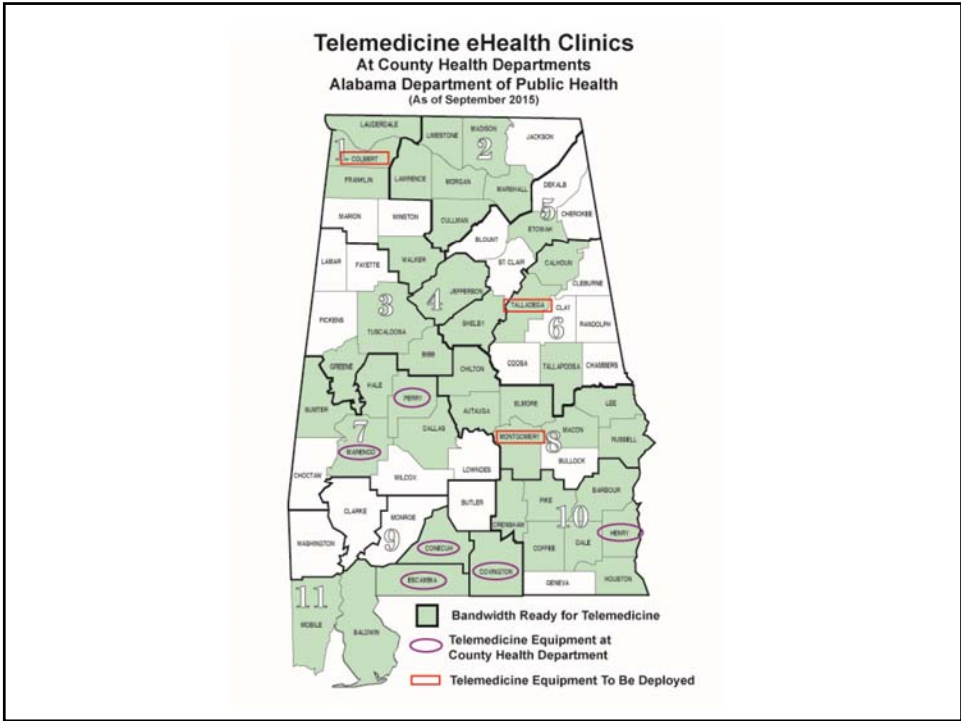
- County Health Departments
- Distance Learning (Satellite conferences, Webcasts, Video conferencing)
- Technical Expertise (IT)
- Bandwidth
- Administrative and Program Support



The map displays the 67 counties of Alabama. A legend at the bottom left indicates that counties shaded in light green are 'Bandwidth Ready for Telemedicine'. Red circles highlight several counties: Colbert, Talladega, Perry, Montgomery, Wilcox, Conecuh, Escambia, Covington, and Henry. A network of red lines connects these highlighted counties, suggesting telemedicine links. A legend at the bottom left of the map shows a light green square with the text 'Bandwidth Ready for Telemedicine'.

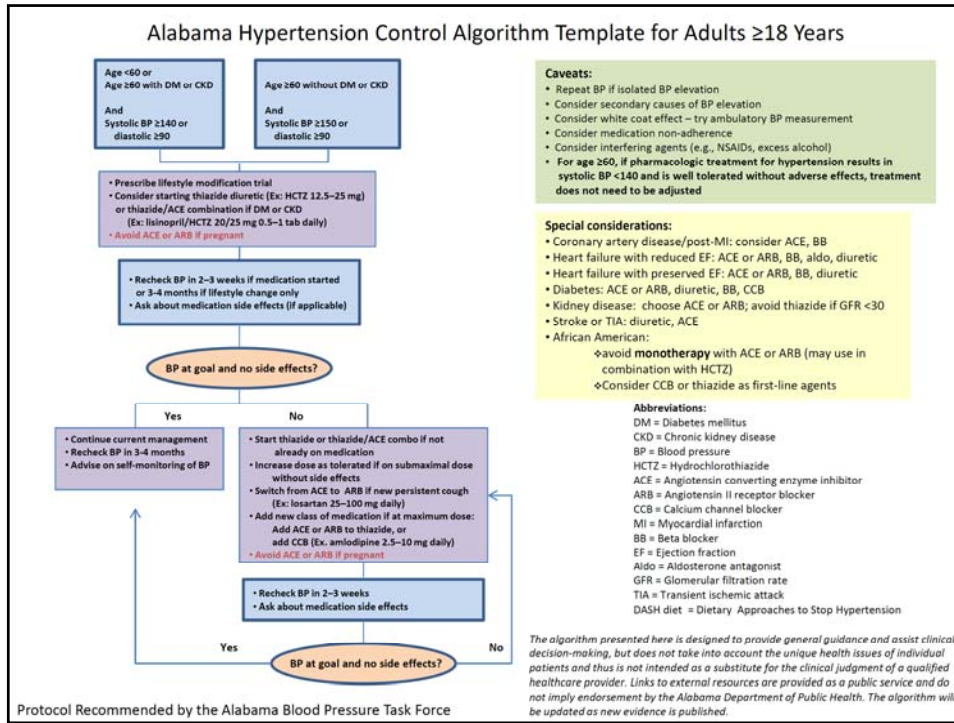
## Telemedicine at ADPH County Health Departments

- Health Departments in all 67 counties
- 44 of 67 counties have bandwidth capacity for telemedicine



**Partnering with Million Hearts Initiative to prevent 1 million heart attacks and strokes by 2017**

- **Decided to focused on blood pressure control**
- **Standardized state-wide:**
  - blood pressure protocol
  - proper technique for blood pressure measurement
  - blood pressure Toolkit
  - referral system for biomonitring program
  - data sharing of 18 year olds and older with diagnosis of hypertension that is not under control versus patients who have hypertension that is under control



**Identifiable Causes of Elevated Blood Pressure to Consider Before Diagnosis of Essential Hypertension**

- Drug induced (see list)
- Renovascular disease
- Hyperaldosteronism
- Thyroid and parathyroid disorders
- Cushing's syndrome or chronic steroid therapy
- Pheochromocytoma
- Coarctation of aorta
- Sleep apnea

**LIFESTYLE MODIFICATION**

- Healthy weight
- DASH/low sodium diet
- Physical activity
- Limit alcohol
- Quit smoking

**Lifestyle Modifications to Prevent and Manage Hypertension\***

BEHAVIOR CHANGE	PLAN	APPROXIMATE SBP REDUCTION
Lose Weight	Maintain healthy weight (body mass index <25 kg/m <sup>2</sup> )	5-20 mm Hg per 22 lb weight loss
Adopt DASH Eating Plan	Diet rich in fruits, vegetables, low fat dairy, whole grains, fish, lean poultry, nuts with low saturated, trans, and total fat	8-14 mm Hg
Dietary Sodium Reduction	Reduce sodium intake to <2.4 g sodium (less than 1 teaspoon of sodium a day)	2-8 mm Hg
Physical Activity	Regular aerobic physical activity, brisk walking, at least 30 minutes per day, most days of the week	4-10 mm Hg
Moderation of Alcohol Consumption	No more than 2 drinks/day for men, 1 drink/day for women (1 drink = 12 oz. beer, 5 oz. wine, or 1.5 oz. spirits)	2-4 mm Hg

DASH, Dietary Approaches to Stop Hypertension; SBP, systolic blood pressure  
\*For overall cardiovascular risk reduction, stop smoking.

**References:** James PA, Oparil S, Carter BL, et al. 2014 evidence-based guideline for the management of high blood pressure in adults: report from the panel members appointed to the Eighth Joint National Committee (JNC 8). *JAMA*. 2014 Feb 5;311(5):507-20. Erratum in: *JAMA*. 2014 May 7;311(17):1809.

Chobanian AV, Bakris GL, Black HR, et al. The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure: the JNC 7 report. *JAMA*. 2003 May 21;289(19):2560-72. Erratum in: *JAMA*. 2003 Jul 9;290(2):197.

Supported in part by Association of State and Territorial Health Officials and Grand/Cooperative Agreement Number 6 NUSRD004751-02-04 from the U.S. Centers for Disease Control and Prevention (CDC).

ALABAMA  
PUBLIC  
HEALTH

CARDIOVASCULAR  
HEALTH PROGRAM  
Alabama Department of Public Health

## Acknowledgement and Special Thanks

Melanie Rightmyer, DNP, RN  
Previously with the Alabama Department of Public Health  
Now with Alabama Board of Nursing

Debra Hodges, PhD  
Evaluation Unit Director  
Epidemiology Division  
Bureau of Health Promotion and Chronic Disease  
Alabama Department of Public Health

Website:  
[www.adph.org/cvh](http://www.adph.org/cvh)

<https://www.uab.edu/medicine/neurology/clinical-programs/cerebrovascular>