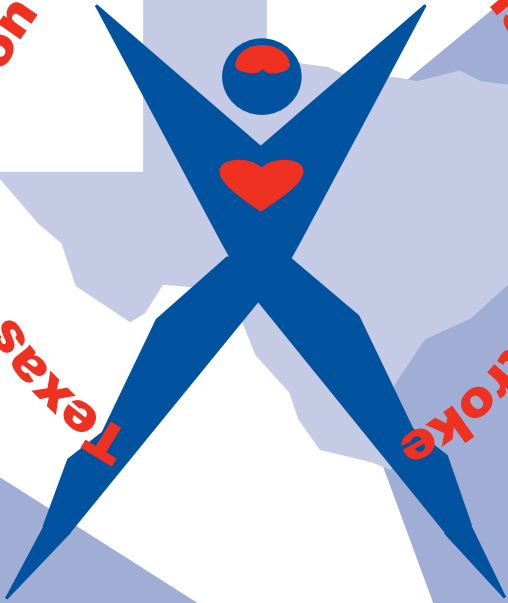


Texas Council on Cardiovascular Disease and Stroke



# 2003 Legislative Report

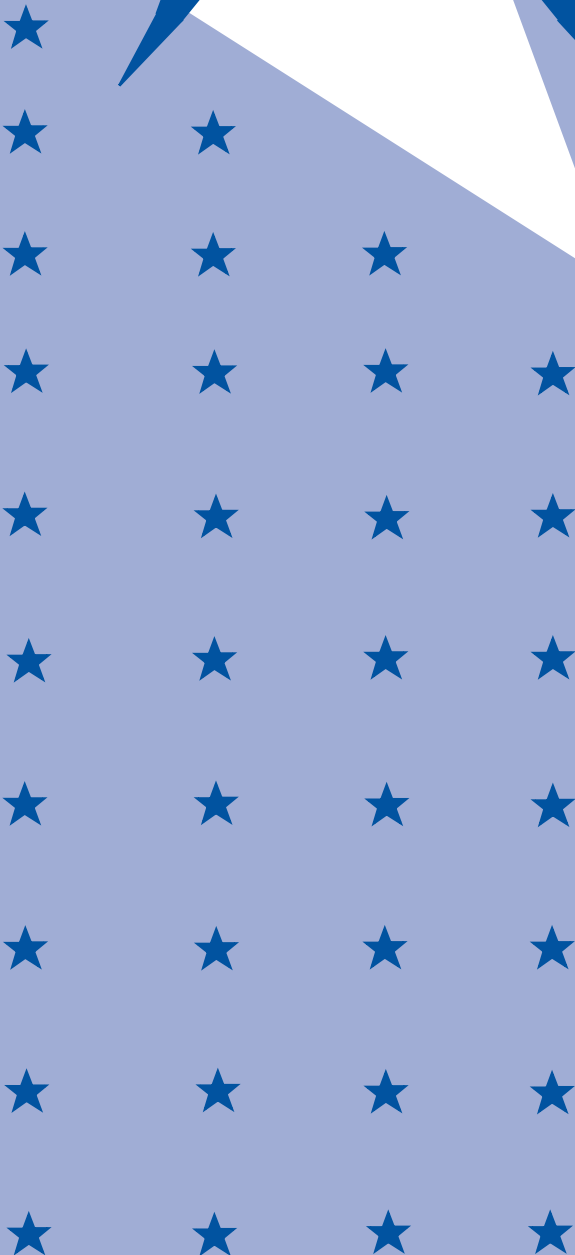
Texas Department of Health



Eduardo J. Sanchez, MD, MPH  
Texas Commissioner of Health

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Mario R. Anzaldúa, MD  
Chairman, Texas Board of Health





# Message from the Chair

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## Message from the Chair of the Texas Council on Cardiovascular Disease and Stroke

The Texas Council on Cardiovascular Disease and Stroke was established by the 76<sup>th</sup> Texas Legislature in an attempt to control the terrible toll of the number one cause of death among Texans — cardiovascular disease and stroke. In the short three years since, the council has already achieved numerous goals which are outlined in the ensuing report. In May 2002, the first *Texas Plan to Reduce Cardiovascular Disease and Stroke* was released and is now widely accepted as a benchmark effort.

These goals have been achieved by an outstanding group of Council members who represent many different backgrounds and have brought their talents and skills to bear on this critical area of deadly and costly diseases. The Council members provide these skills and expertise at their own expense in order to improve the overall health of all Texans. The Council has received outstanding support from Texas Department of Health staff including Dr. Philip Huang, Jennifer Smith, Tom Rapp, Dr. Celan Alo, Richard Kropp, Cynthia Taylor and Jeannie Woollard.

I would like to thank the Texas Board of Health and Dr. Eduardo Sanchez, Commissioner of Health, for their past and continuing support for achieving the council's mission – “to educate, inform, and facilitate action among Texans to reduce the human and financial toll of cardiovascular disease and stroke.” It has been a privilege and an honor to serve as chair of the Texas Council on Cardiovascular Disease and Stroke for the past two years. The members of the Council join me in the continued commitment to reduce the morbidity and mortality caused by Texas' single greatest health burden, cardiovascular disease and stroke.

Melbert C. (Bob) Hillert, Jr., M.D., F.A.C.C., F.A.C.P., F.A.H.A.  
Chair, Texas Council on Cardiovascular Disease and Stroke

# Introduction

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The Texas Council on Cardiovascular Disease and Stroke, authorized by H.B. 2085 during the 76<sup>th</sup> Legislature, was charged with three main duties:

- 1 Development of an effective and resource efficient plan to reduce the morbidity, mortality, and economic burden of cardiovascular disease (CVD) and stroke in Texas,
- 2 Review available clinical resources and develop a database of recommendations for appropriate care and treatment of patients with cardiovascular disease or who have suffered from or are at risk for stroke, and
- 3 Collect and analyze information related to cardiovascular disease and stroke at the state and regional level and, to the extent feasible, at the local level, and maintain a database of this information.

The Council has worked continuously since February 2000 to address these duties. This report highlights the accomplishments the Council has made in the past two years.





# Council Membership and

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## TDH Support

The Council consists of twelve members appointed by the Texas Board of Health. The Council includes representation from cardiology, neurology, dietetics, hospital administration, managed care administration, schools of public health, local health departments, quality improvement and consumers. Members represent small, medium and large communities, different parts of the state, men, women and ethnicities representative of the burden of CVD and stroke in Texas.

Council members are not reimbursed for their costs to participate as a member of the Council. The Council averages four meetings a year, with an additional one to two specially called meetings. The average yearly cost for attending meetings as a Council member is approximately \$1,000 dollars for travel, per diem, and incidental expenses. Indirect expenses not included are employee time from work, loss of income, and after-hours work on Council related projects. Council members spend about 80 hours a year on Council business.

The Texas Department of Health provides administrative support to the Council. TDH staff manage Council meetings and provide surveillance and epidemiological support for Council activities.

Council Members and Terms			Meeting Dates 2002			
First Name	Last Name	Term Expiration*	01/31/02	06/21/02	09/12/02	11/21/02
Bill	Cummings	2007	P	A	P	P
Kirk A.	Calhoun, M.D.	2005	P	A	P	A
Kate	Darnell, M.S.	2005	P	P	A	P
Victor A.	Diaz, M.D., M.P.H	2007	A	A	A	A
Melbert C. (Bob)	Hillert, Jr., M.D., F.A.C.C., F.A.C.P., F.A.H.A., Chair	2003	P	P	P	P
Deanna	Hoelscher, Ph.D., R.D., LD., C.N.S.	2005	P	P	P	P
Randy	Pennington, M.S.	2003	P	A	P	A
Martha	Simien, M.Ed.	2007	A	P	A	P
Sharon	Smalling, M.P.H., R.D., L.D.	2003	P	A	P	P
Diane	Hurst Solomon, M.D. Vice-Chair	2003	P	P	P	A
Glenda J.	Thompson, R.N., M.S.N.	2005	A	P	A	P
Michael J.	Vintges, M.S., F.A.A.M.A., F.A.C.C.A	2007	P	A	P	P

\*Terms expire on February 1 of the specified year. P=Present A=Absent

**Texas Department of Health Staff**

Philip Huang, M.D., M.P.H.  
Chief, Bureau of Chronic Disease and Tobacco Prevention

Jennifer Smith, M.S.H.P.  
Director, Cardiovascular Health and Wellness Program

Richard Kropp, Program Specialist  
Bureau of Chronic Disease and Tobacco Prevention





# 1 Develop a State Plan

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## **Texas Plan to Reduce Cardiovascular Disease and Stroke**

The Council reviewed current research, assessed available resources, and identified four key strategies for the prevention of CVD and stroke. In November 2001, the Council convened a group of key stakeholders in Texas with interest in the reduction of CVD and stroke.

Representatives from hospitals, clinics, medical specialties and associations, state and local public health, pharmaceutical companies, community based organizations, state health agencies, managed care, schools of public health, and others brainstormed action steps that should be considered in a state plan. For three months, those recommended action steps were developed and finalized through review and comment by additional stakeholders.

**Duty 1:**  
Development of an effective and resource efficient plan to reduce the morbidity, mortality, and economic burden of cardiovascular disease and stroke in Texas.



### **Texas Council on Cardiovascular Disease and Stroke A Vision and Mission:**

**Vision:** **Texans optimizing heart and brain health through education and action.**

**Mission:** **To educate, inform and facilitate action among Texans to reduce the human and financial toll of cardiovascular disease and stroke.**

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In May 2002, the first **Texas Plan to Reduce Cardiovascular Disease and Stroke** was released. The plan stated the current burden of disease, outlined the four key strategies and identified 41 short and long-term action steps.

### **Key Strategies:**

#### **Surveillance, Data and Outcome Management:**

Six action steps were identified that relate to the collection and review of a variety of data that will identify those most burdened by CVD and stroke and the current practices for the management of risk factors at the health provider and community level.

#### **Health Education and Outreach:**

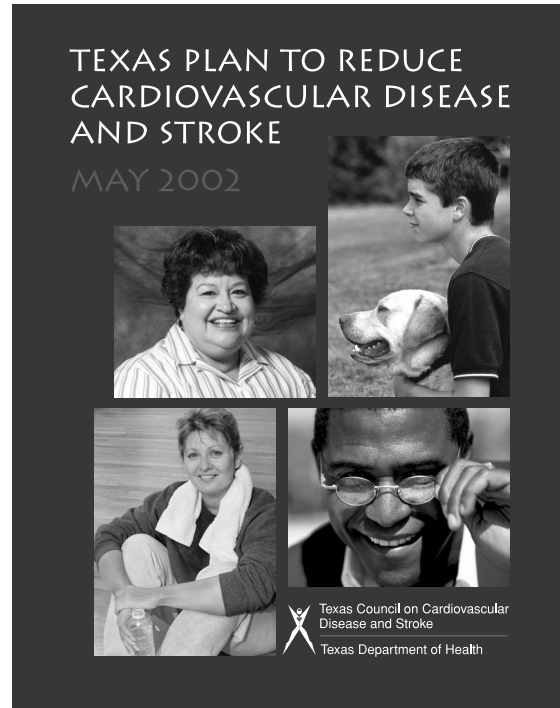
Ten action steps were identified to increase the awareness of risk factors associated with CVD and stroke and methods to reduce those risks and promote cardiovascular health.

#### **Community Policy and Environmental Change:**

Ten action steps were identified related to creating local champions that can bring groups together to develop local, comprehensive plans to promote cardiovascular health and stroke prevention.

#### **Clinical Prevention and Treatment Services:**

Fifteen action steps were identified that will educate the public and health care providers on the risk factors for CVD and stroke and work to ensure that screening, diagnosis, and appropriate treatment are provided.



**View the state plan in its entirety at:**

[www.tdh.state.tx.us/wellness](http://www.tdh.state.tx.us/wellness)



## **Additional Activities Related to Duty 1: State Plan**

The Council was also charged with additional activities related to the development of the state plan and has made significant accomplishments.

1. Conduct health education, public awareness and community outreach activities that relate to cardiovascular disease and stroke.
2. Promote, enhance and coordinate health education, public awareness and community outreach activities that relate to cardiovascular disease and stroke and that are provided by private and other public organizations.



The Council has worked through the Texas Department of Health, Bureau of Chronic Disease and Tobacco Prevention to access programs and staff already engaged in health education, public awareness and community outreach activities related to CVD and stroke. By collaborating with the Cardiovascular Health and Wellness Program, the Texas Diabetes Program, the Office of Tobacco Prevention and Control and the Adult Health Program (all part of the Bureau), the Council has been able to promote and coordinate health messages through programs designed to increase physical activity, improve nutrition choices, promote tobacco prevention and cessation and increase appropriate screening, diagnosis and referral. Through close program collaborations with internal TDH programs such as the Public Health Promotion Program, the Public Health Nutrition Program, and the Office of Minority Health, additional expertise and resources have been utilized to promote the Council's messages.

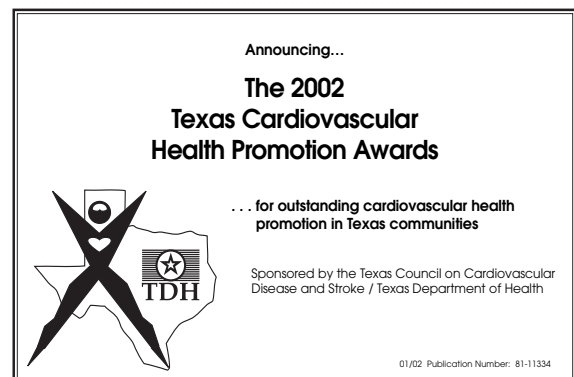
Specific programs that have been promoted are **Walk Texas!**, **Walk Your Little Texan to School Day**, **All Communities Exercise Simultaneously Day**, **Five A Day–Five A Week**, **Employees Health And Fitness Day**, **the Great American Smokeout**, and more.



3. Coordinate activities with other entities that are concerned with medical conditions that are similar to cardiovascular disease and stroke or that have similar risk factors.
4. Identify to health care providers, employers, schools, community health centers, and other groups the benefits of encouraging treatment, prevention, and public awareness of cardiovascular disease and stroke and recognize the innovative and effective programs that achieve the objectives of improved treatment, prevention and public awareness.

The Council has collaborated with external organizations such as the American Heart Association–Texas Affiliate, the Texas Dietetic Association, the Texas Medical Association (TMA), the Texas Medical Foundation, the UT–Houston School of Public Health, the UT–Southwestern Medical Center, the Texas Business Group on Health, the Texas Health Care Information Council, the Texas Institute for Health Policy and Research, the Texas Health Foundation, the Texas Diabetes Council, and other organizations to promote health improvement programs such as the **American Heart Association’s “Get With the Guidelines,” “Operation HeartBeat” and “Operation Stroke,”** the **TMA Heart Care Partnership,** the **TMA Stroke Program,** the **TMA WATCH Program,** and the **Put Prevention Into Practice Program (TDH).** These programs are designed to increase adoption of systems within clinical settings (i.e., hospitals, clinics and managed care organizations) to implement nationally recognized secondary prevention guidelines for CVD and stroke.

One particular program developed and implemented in 2002 through the Council was the **Texas Cardiovascular Health Promotion Awards.** This awards program seeks to identify and recognize entities in the categories of Health Care, School, Worksite, Community–Based, and Comprehensive Community. Applicants must have implemented innovative and effective programs that improve treatment, prevention and public awareness. Four entities were awarded Outstanding Recognition in the Health Care, School and Community–Based categories and four additional Health Care entities were awarded Honorable Mention. These entities were recognized at the *Texas CVD Summit 2002: A Case for Building Public/Private Partnerships* in June. Plans are underway for the 2003 awards program.





## **Additional Activities Related to Duty 1: State Plan** *(continued)*

The Council convened a group of key organizations in August 2002 to identify **specific community indicators** that, if in place within the community, would signify a Heart Healthy/Stroke-Free environment. Ten community-level indicators were identified that promote primary and secondary prevention efforts for CVD and stroke. An additional 21 indicators were identified for worksites, schools and health care sites to integrate into their settings to develop Heart Smart Sites. Communities, schools, worksites and health care sites will be recognized for their ability to meet the required indicators. The program is scheduled to be initiated in Summer 2003.

5. Provide guidance regarding the roles and responsibilities of government agencies, health care providers, employers, third party payers, patients, and families of patients in the treatment, prevention and public awareness of cardiovascular disease and stroke.
6. Improve access to treatment for and prevention of cardiovascular disease and stroke through public awareness programs, including access for uninsured individuals and individuals living in rural or underserved areas.

The Council has collaborated with internal and external entities that provide services to Texans to determine appropriate roles and responsibilities for each group related to the prevention of CVD and stroke. A unified effort to identify and promote public awareness programs that will appropriately reach the target populations is underway. Again, particular programs being supported are the **TMA HeartCare Partnership** and **TMA WATCH** programs, the **AHA Get With the Guidelines** program, and the **AHA Search Your Heart** program, which specifically targets promotion efforts to African American churches.

7. Assist communities to develop comprehensive local cardiovascular disease and stroke prevention programs.
8. Assist the Texas Education Agency and local school districts to promote a public school curriculum that includes physical, nutritional, and health education relating to cardiovascular disease and stroke prevention.

The Council promoted the development of comprehensive local cardiovascular disease and stroke prevention programs through several means. First, the Council worked through the **TDH Cardiovascular Health and Wellness Program** to provide technical assistance, training and consultation to local entities on the development of school, worksite, healthcare and community programs that seek to develop policies and environmental changes for increased physical activity, healthy eating choices and tobacco cessation. TDH central office and regional staff provided resources to communities to assess and identify community needs and plans to implement appropriate programs, policies and community changes. Examples include development of local walking/biking trails; policies at schools and worksites that allow time to be active during the day or have access to nutritious food in vending machines or cafeterias; allowing community residents to access school tracks and gyms after school hours; increasing physician counseling on physical activity, healthy eating and tobacco cessation; and promoting tobacco free environments.

## **Texas Cardiovascular Health Promotion Outstanding Recognition Award Winners**

The Council implemented the **Texas Cardiovascular Health Promotion Awards** to recognize and reward those entities that have integrated programs, policies and changes into their settings and show a notable change in awareness, knowledge, behavior or environment that promotes cardiovascular health.

**Health Care Setting:** Harris Methodist HEB Hospital Cardiovascular Health Program, Harris Methodist HEB Hospital Fitness Center, Bedford TX

**Community Setting:** Program of Health Excellence, Inc., Port Arthur TX  
Smart Heart Food & Fitness - Texas Cooperative Extension, Wharton TX

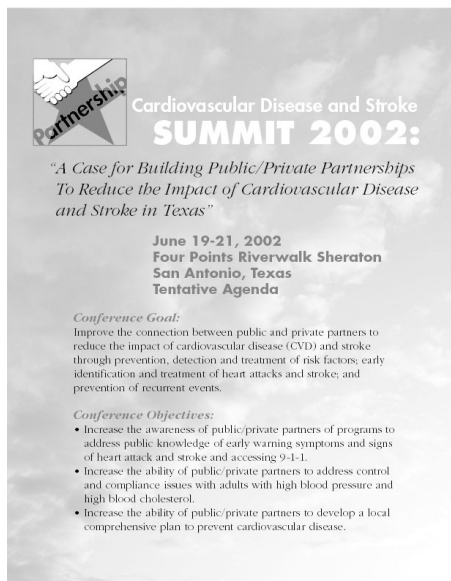
**School Setting:** Coordinated Approach to Child Health (CATCH) - Redland Oaks Elementary, San Antonio TX

### **Honorable Mention**

Promotion of Healthy Lifestyles, Doctors Hospital of Dallas  
Rio Vista Cardiac Rehabilitation Program, Rio Vista Rehabilitation Hospital, El Paso  
Cardiovascular and Stroke Risk Reduction, Secondary Prevention Program, The Methodist DeBakey Heart Center, Houston  
Secondary Prevention of Coronary Artery Disease, Scott and White Health Plan, Temple



## Additional Activities Related to Duty 1: State Plan *(continued)*



The **Texas CVD and Stroke Summit 2002: A Case for Building Public/Private Partnerships** was held in June 2002. The summit was planned and implemented through a partnership with the American Heart Association–Texas Affiliate, the Texas Association of Local Health Officials, the Texas Medical Association, the Texas Public Health Association, the Council and the Texas Department of Health. The summit focused on showcasing CVD and stroke primary and secondary prevention programs that have been implemented in various settings. The summit was also used to introduce the *Texas Plan to Reduce CVD and Stroke*. Planning time was allowed for groups to meet and discuss how their communities could begin to develop a comprehensive, local CVD and stroke prevention program. A Memorandum of Agreement (Appendix A) was signed at the summit between the sponsoring agencies to solidify the commitment to collaborate in promoting cardiovascular health and reduce the burden of CVD and stroke in Texas.

The Council also endorsed the Coordinated Approach to Child Health (CATCH) program, which was designed and tested nationally, to prevent sedentary behavior, poor dietary choices, and tobacco use through changes at the elementary school level. The Council has coordinated with the Texas Education Agency and the UT–Houston School of Public Health, Center for Health Promotion and Prevention Research, to promote the use of CATCH through statewide trainings offered by the 20 Education Service Centers.

9. Evaluate and enhance the implementation and effectiveness of the program developed under this chapter.

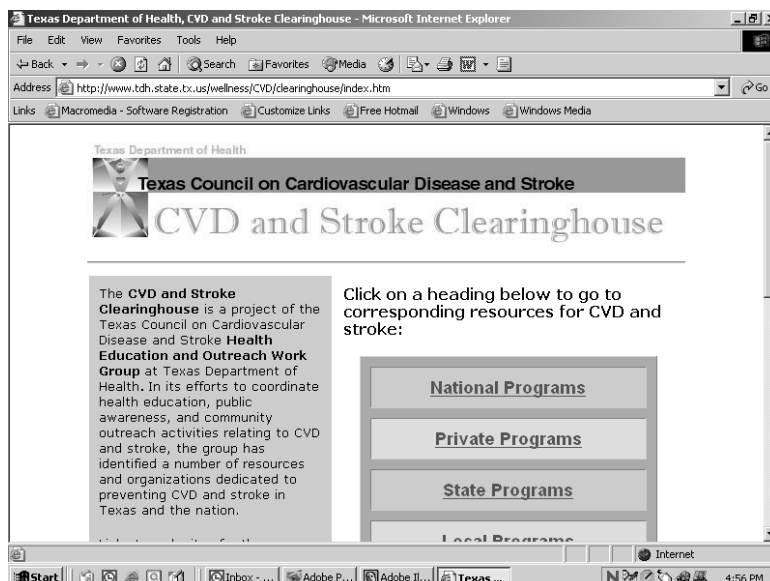
The Council continues to review available data such as mortality, morbidity, hospital discharge, behavioral risk factor, and community indicators to assess the current status of CVD and stroke, the related risk factors and the current policies and programs in place at the state and local level to prevent CVD and stroke.

# 2 Database of Clinical Resources

## Cardiovascular Disease and Stroke Clearinghouse

Council members reviewed current primary and secondary prevention guidelines of national organizations such as the National Heart, Lung, and Blood Institute; the American Heart Association; the Agency for Healthcare Research and Quality; American College of Cardiology; and the Centers for Disease Control and Prevention. Public access to these guidelines is made possible through the web-based **CVD and Stroke Clearinghouse** located within the Texas Department of Health web site. As additional guidelines are identified, web linkages are included in the Clearinghouse. This listing of state, national, private, and school programs, as well as surveillance and evaluation resources and professional reference materials and guidelines is also printed in the *Texas Plan to Reduce Cardiovascular Disease and Stroke*.

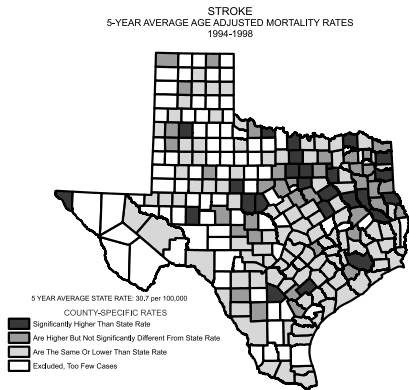
**Duty 2:**  
Review available clinical resources and develop a database of recommendations for appropriate care and treatment of patients with cardiovascular disease or who have suffered from or are at risk for stroke.



Visit the CVD and Stroke Clearinghouse at:

[www.tdh.state.tx.us/wellness/CVD/clearinghouse/index.htm](http://www.tdh.state.tx.us/wellness/CVD/clearinghouse/index.htm)

# 3 Data Collection

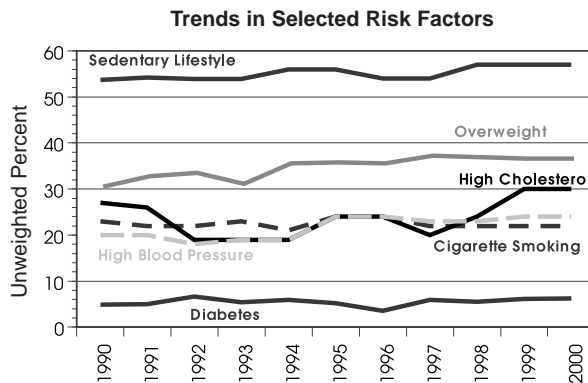


## Cardiovascular Disease and Stroke Database

A variety of data on CVD and stroke is currently collected by many agencies and organizations. The Council is working with those agencies to review the data being collected, identify gaps in data collection and make recommendations for improvement. A pilot project is being developed with the Texas Department of Health to develop *County Fact Sheets* on CVD and Stroke by combining all

available data relevant to CVD and stroke at the county level and summarizing in one page on the TDH web site. By having these data pages available, the public will easily be able to view most of the available data for their county on one page.

**Duty 3:**  
Collect and analyze information related to cardiovascular disease and stroke at the state and regional level and, to the extent feasible, at the local level, and maintain a database of this information.





# Future Activities

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## **2003 Texas Cardiovascular Health Promotion Awards**

This annual program is currently in development for release in the Spring of 2003. Worksites, schools, health care providers and community organizations will be provided the opportunity to showcase their activities toward the promotion of cardiovascular health through an application process. Council members will review the applications and identify the outstanding projects by early fall. Entities receiving the designation of “Outstanding Recognition” will be awarded plaques at the Fall/Winter 2003 conference or the Texas Council on CVD and Stroke Council meeting.

## **Heart Healthy/Stroke-Free Community Recognition**

Final determination of the top ten indicators a community should have in place to promote cardiovascular health and prevent cardiovascular disease is scheduled for Spring 2003. Implementation will occur in three phases: metropolitan communities in year one, mid-size communities in year two and rural communities in year three. Representatives of the Council will assess the communities to determine the level of achievement of the indicators and offer technical assistance in developing plans to meet the gaps for identified indicators.

## **Heart Smart Site Recognition**

Indicators for worksites, schools, and health care entities have been established and implementation of the program is scheduled for this summer. Entities will be provided an application packet that identifies the requirements for designation as a Heart Smart Site. Entities meeting the required percent of indicators will receive a recognition document from the Council.

## **2003 CVD and Stroke Conference**

Plans are currently underway to support the continuation of an annual conference on CVD and stroke. Conference agendas will highlight current and future programs in the fields of surveillance and data collection; health education and outreach; community policy and environmental change; and clinical prevention and treatment for CVD and stroke.





# Appendix A:

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Cardiovascular Disease and Stroke

## **MEMORANDUM OF AGREEMENT**

Among

American Heart Association, Texas Affiliate

Texas Association of Local Health Officials

Texas Council on Cardiovascular Disease and Stroke

Texas Department of Health

Texas Public Health Association

This Memorandum of Agreement (MOA) sets forth the terms and understanding among the American Heart Association (AHA), Texas Association of Local Health Officials (TALHO), Texas Council on Cardiovascular Disease and Stroke (TCCVD&S), Texas Department of Health (TDH), Texas Public Health Association (TPHA), regarding activities related to the reduction of cardiovascular diseases, stroke and risk.

### **BACKGROUND**

The AHA, TALHO, TCCVD&S, TDH, and TPHA share common priorities and interests in the reduction of heart disease and stroke throughout Texas. Each organization has unique competencies through which it addresses these goals. These organizations realize that by forming a strategic partnership they can avoid duplication of efforts at the state, and local levels, as well as capitalize on the individual strengths of each organization to achieve a reduction in death and disability due to cardiovascular disease and stroke.

### **PURPOSE**

This MOA will maximize the investments in cardiovascular health made by AHA, TALHO, TCCVD&S, TDH, and TPHA. It establishes a mechanism whereby AHA, TALHO, TCCVD&S, TDH, and TPHA can partner to achieve improved communication, coordination, and collaboration. The purpose of this partnership is to catalyze progress toward the reduction of cardiovascular disease and stroke, and improve the health of our communities and our state, by means of programs, products, and services to:

1. Prevent the development of risk factors for CVD;
2. Detect and treat risk factors for CVD;
3. Achieve early identification and treatment of acute coronary syndromes and stroke; and
4. Prevent recurrence and complications of CVD.



This Memorandum of Agreement was signed at the *Cardiovascular Disease and Stroke Summit 2002: A Case for Building Public/Private Partnerships* held June 19-21, 2002 (see page 11).

These goals will be accomplished by the following:

1. By assimilating current data, monitoring trends over time, evaluating effectiveness of programs and policies, and identifying new programs for enhancing outcomes.
2. By promoting awareness and behaviorally-based health education to achieve cardiovascular health in Texas
3. By bringing together local groups to develop and implement comprehensive plans to promote cardiovascular health and stroke prevention through policy and environmental changes.
4. By educating the public and healthcare providers on the risk factors for CVD and stroke and ensuring that screening, diagnosis and appropriate treatment are provided.
5. By joint efforts to promote professional education and training, including joint presentations, co-hosting of state conferences, dissemination of best practices, and joint efforts to provide consultation on cardiovascular issues for conferences and workshops.
6. By sharing scientific and information resources among organizations.

#### **REPORTING**

The AHA, TALHO, TCCVD&S, TDH, and TPHA will jointly evaluate the effectiveness of this agreement at the end of each year of operation in order to establish its future direction.


#### **FUNDING**

Nothing in this agreement shall be deemed to be a commitment or obligation of Federal or state funds.

#### **DURATION**

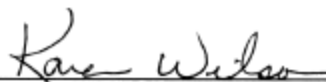
This MOA is at-will and may be modified by mutual consent of authorized officials from the signing partners. This agreement shall become effective upon signature by authorized officials from the AHA, TALHO, TCCVD&S, TDH, and TPHA and will remain in effect until modified or terminated by any one of the five parties by mutual consent or upon 60-days' prior written notice. In the absence of a mutual agreement by authorized officials from the AHA and U.S. Government to continue further this partnership, this MOA shall end on June 30, 2003.

**CONTACTS**



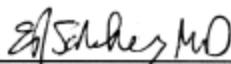
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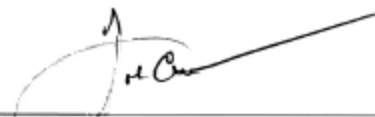
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Karen Wilson, BSN, MN, MPH  
President-Elect  
Texas Association of Local Health  
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Cedar Park, Texas 78630



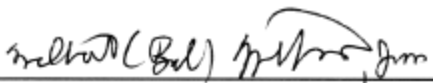
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Commissioner of Health  
Texas Department of Health  
1100 West 49th Street  
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Toby Cross  
President  
Texas Public Health Association  
P.O. Box 201540  
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Melbert "Bob" Hillert, MD, FACC, FACP, FAHA  
Chair  
Texas Council on  
Cardiovascular Disease and Stroke  
1100 West 49th Street  
Austin, Texas 78756



June 19, 2002

The Texas Medical Association (TMA) is pleased to participate in the collaborative efforts of the American Heart Association, Texas Affiliate (AHA), Texas Association of Local Health Officials (TALHO), Texas Department of Health (TDH), and Texas Public Health Association (TPHA) to prevent and/or reduce cardiovascular disease (cvd) and stroke and to promote cardiovascular health among all Texans.

TMA's commitment to the improvement of public health is a guiding principle of our organization. The TMA Constitution and Bylaws reinforces the obligation of the Committee on Cardiovascular Diseases to educate those in the medical field and the public regarding prevention and treatment of cardiovascular conditions and the essentials of cardiovascular health. Cooperation and partnership with other similar-minded entities, an important aspect of the mission statement of the committee, is a large part of those efforts.

Co-sponsoring Summit 2002 helps to further the mutual objectives of TMA, AHA, TDH, TALHO, and TPHA to increase awareness of resources and community needs, to share ideas and knowledge, and to minimize duplication of efforts. Working together, we can indeed improve the health of all Texans.

Sincerely,

A handwritten signature in black ink that reads "Dr. F. Merian MD".

Frederick L. Merian, MD  
President

A handwritten signature in black ink that reads "Ralph McCleskey MD".

Ralph McCleskey, MD, Chair  
Committee on Cardiovascular Diseases

FLM:RM:bj



**Texas Department of Health**  
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**January 2003**

