

PREVENTION LINK

of Southern Maryland



It Takes Heart!

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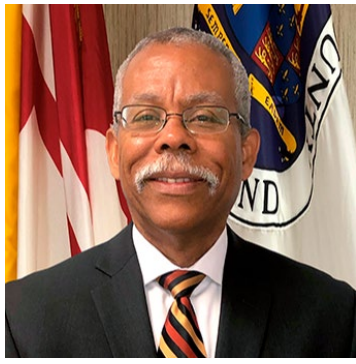
PREVENTION
LINK
of Southern Maryland



It Takes Heart!

Welcome to the Heart Health Month edition of PreventionLink's February newsletter! As part of our ongoing efforts to champion cardiovascular health and reduce health inequities, we are highlighting hypertension (high blood pressure) as a leading risk factor for heart disease and stroke. According to the Centers for Disease Control and Prevention (CDC), about half of American adults—[103 million people](#)—have high blood pressure. This puts them at an increased risk of heart attack or stroke, two leading causes of death in the United States.

At PreventionLink, we are driven by our mission to use prevention to create healthier lives free from heart disease and stroke. We are committed to breaking down barriers to achieving health equity in communities disproportionately affected by these conditions. During American Heart Month this February, we hope to educate individuals on the importance of identifying and managing risk factors for cardiovascular disease (CVD).



Our focus:

Dr. Carter's Corner

Improving Cardiac Health in Southern Maryland

Dear Providers,

Cardiovascular health is a major concern in the United States. According to the CDC, [CVDs are the leading cause of death in the country](#). With an estimated 20.1 million adults facing the reality of coronary artery disease, there are more opportunities for education and research to ensure heart health is at its optimum level. By investing in prevention and awareness programs, we can make a positive difference in people's lives now and in the future!

Prince George's County has the highest [heart disease death rate per 100,000 among its neighbors in Maryland](#). At 169.7 deaths between 2018 and 2020, Prince George's County outpaced both the national average (164.9) and the averages for the nearby Charles (167.6), Calvert (165), and St. Mary's (166) counties.

To improve cardiovascular health in our community, PreventionLink of Southern Maryland is proud to announce the launch of our [Cardiac Rehabilitation \(CR\) Program](#).

PreventionLink's CR Program is an evidence-based approach designed for individuals who have experienced a cardiac event or procedure. The program provides participants with lifestyle strategies and tools that will enable them to better manage their symptoms and reduce the risk factors associated with heart disease. CR participants are able to benefit from supervised exercise plans, receive guidance on healthy eating habits, medication reviews, and counseling to reduce the stress and emotional impacts of heart disease. Depending on individual insurance coverage, there may be costs associated with participation in this program; however, financial assistance may be available.

What sets PreventionLink CR program apart is that we offer Community Health Workers. A community health worker can coordinate access to healthcare for those in need by supporting access to PreventionLink programs, and working to eliminate social and economic barriers. By becoming a partner with us, you become part of an innovative system that combines medical treatments and lifestyle changes to fight cardiovascular disease in Southern Maryland. Together we can make real progress towards improved well-being! Take a step forward and explore our services. Sign up for a free info session today - just follow the links at the bottom of this newsletter!

Sincerely,

Dr. Carter



Dates to Remember

Remind your friends, family, colleagues, and patients to support National Wear Red Day, which is held on the first Friday of February. By wearing red, we raise awareness that heart disease is the leading cause of death for women in the United States. Help make a difference by encouraging others to participate in this important event.



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Advancing Healthcare in Southern Maryland

Cardiovascular disease (CVD) is one of the leading causes of death in the United States, with over 840,000 fatalities annually. The state of Maryland is no exception to this grim statistic; it has been consistently ranked as one of the [top states for CVD mortality](#). In response to this persistent health issue, Maryland is actively searching for new and innovative ways to improve cardiovascular health and reduce morbidity and mortality in its population. One potential solution lies within the realm of value-based funding models, which can provide targeted support for communities that are most at risk for CVD-related problems.

[Value-based \(or needs-based\) funding models](#) are designed to identify and address disparities in healthcare access and outcomes among different populations by allocating resources on a population-specific basis. These models typically involve data-driven strategies in which data are collected from multiple sources to identify areas of need or inequity that merit additional resources. In terms of improving cardiovascular health, value-based funding could target specific geographic areas with higher CVD morbidity and mortality rates to direct additional resources toward those areas. For example, in Maryland, data could be gathered from medical records or surveys to help pinpoint regions with higher rates of CVD that could benefit from increased preventive care services or enhanced educational materials on heart health.



Several advantages associated with value-based funding models make them attractive solutions for addressing CVD disparities nationwide. First, these models are flexible and allow decision makers to respond quickly to changing patterns in disease prevalence across different communities or states. Second, targeting resources toward those who need them most can increase equity among different populations by providing universal access to quality care, regardless of socioeconomic status or other factors. Finally, value-based funding can also provide an economic incentive for healthcare providers, as they will receive payment based on their performance rather than the quantity of their services—a model that prioritizes better outcomes over the provision of more services.



Advancing Healthcare in Southern Maryland

Some promising initiatives regarding value-based funding programs for CVD care have already been implemented in Maryland. One such program is run by the [Johns Hopkins University School of Medicine's Division of Cardiology](#), which is leading the way to bridging cardiovascular health disparities with its innovative Center for Health Equity. This center prioritizes and champions better access to improved care through research-based policy changes, ultimately leading to a healthier tomorrow for underserved populations.

This type of initiative demonstrates how dedicated efforts toward implementing value-based funding models can help reduce disparities among vulnerable groups while simultaneously improving overall outcomes related to cardiovascular health in Maryland and beyond. As such, further investments should be made in developing evidence-based approaches related to value-based allocation strategies. This will allow such strategies to eventually become part of mainstream healthcare delivery systems across the country, helping us all move closer to achieving our shared goal: healthy lives free from heart disease!



Deploying strategies to advance health equity

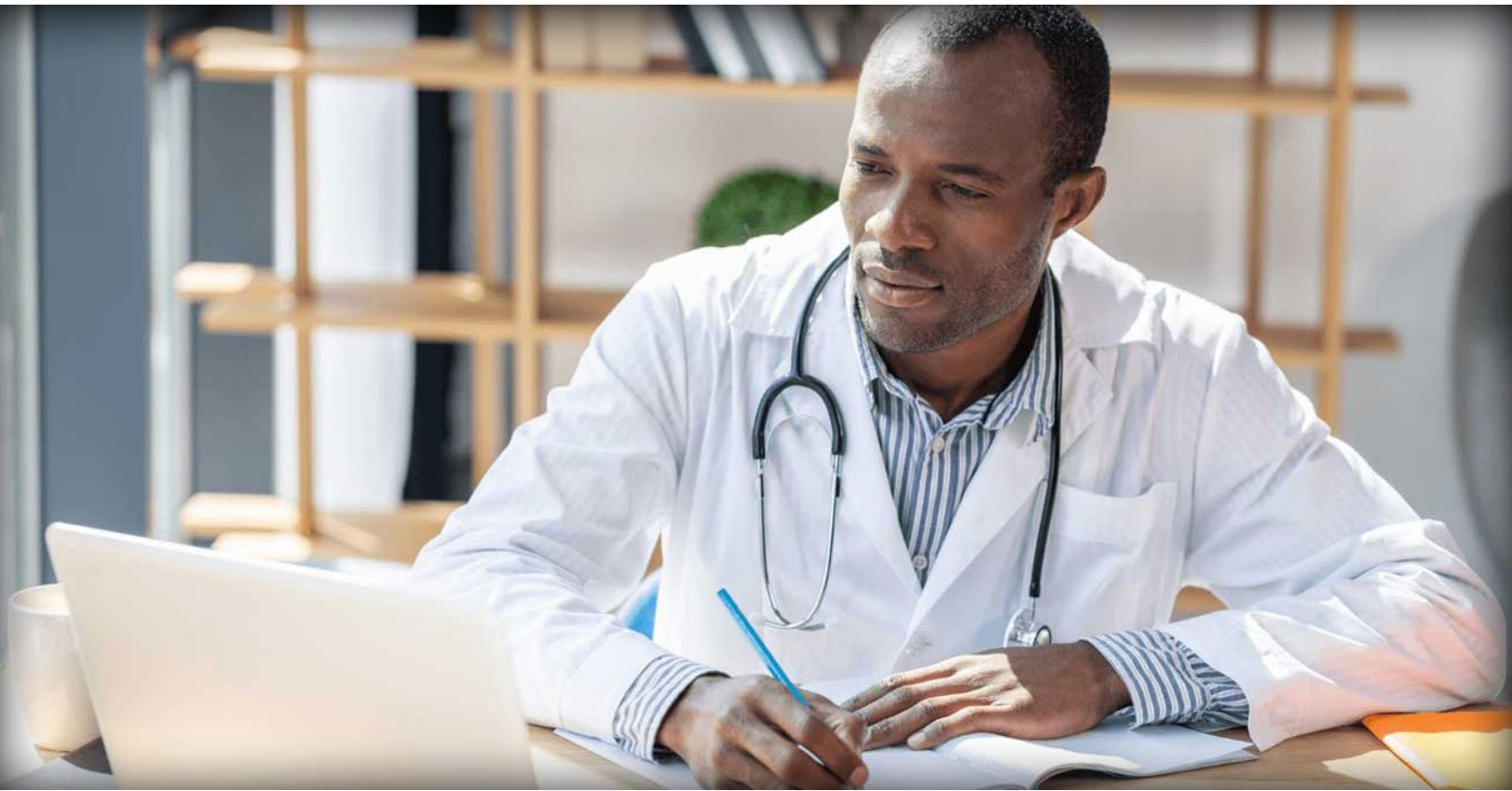


January was a strong start to the new year for PreventionLink, as our first annual Community of Practice meeting gave us an opportunity to explore equity in cardiovascular health and best practices in reducing disparities. Led by Temi Olafunmiloye, Manager at Health Quality Innovators, we discussed strategies and best practices that contribute to improved health equity throughout Southern Maryland. We are optimistic that this dynamic conversation will lead to innovative solutions that tackle disparities within healthcare!!



Register for an Upcoming Webinar

Learn more about how PreventionLink is helping providers transform their practices in Southern Maryland



February:

Thursday, February 2nd @ 5pm <https://attendee.gotowebinar.com/register/2465845469277914966>

Friday, February 3rd @ Noon <https://attendee.gotowebinar.com/register/2465845469277914966>

Monday, February 6th @ Noon <https://attendee.gotowebinar.com/register/3318835594990231898>

Thursday, February 9th @ 5pm <https://attendee.gotowebinar.com/register/6136884996492584287>

Friday, February 10th @ Noon <https://attendee.gotowebinar.com/register/1058934579632394582>

Monday, February 13th @ Noon <https://attendee.gotowebinar.com/register/6228818462225861725>

Thursday, February 16th @ 5pm <https://attendee.gotowebinar.com/register/6055183585967493212>

Friday, February 17th @ Noon <https://attendee.gotowebinar.com/register/324145252440910933>

Monday, February 20th @ Noon <https://attendee.gotowebinar.com/register/3039893893070908255>

Thursday, February 23rd @ 5pm <https://attendee.gotowebinar.com/register/3039893893070908255>

Friday, February 24th @ Noon <https://attendee.gotowebinar.com/register/5519433351194184279>

Monday, February 27th @ Noon <https://attendee.gotowebinar.com/register/5519433351194184279>

Friday, March 31st @ Noon <https://attendee.gotowebinar.com/register/563685955180127064>

Register for an Upcoming Webinar Continued

March:

Thursday, March 2nd @ 5pm <https://attendee.gotowebinar.com/register/7830501239663107162>

Friday, March 3rd @ Noon <https://attendee.gotowebinar.com/register/552923935367259227>

Monday, March 6th @ Noon <https://attendee.gotowebinar.com/register/390221503223862873>

Thursday, March 9th @ 5pm <https://attendee.gotowebinar.com/register/6792501789903083861>

Friday, March 10th @ Noon <https://attendee.gotowebinar.com/register/5755458915259189851>

Monday, March 13th @ Noon <https://attendee.gotowebinar.com/register/2756583831453651806>

Thursday, March 16th @ 5pm <https://attendee.gotowebinar.com/register/2888457057065865818>

Friday, March 17th @ Noon <https://attendee.gotowebinar.com/register/6873758997730676061>

Monday, March 20th @ Noon <https://attendee.gotowebinar.com/register/5806309129020640094>

Thursday, March 23rd @ 5pm <https://attendee.gotowebinar.com/register/3322014283107289952>

Monday, March 27th @ Noon <https://attendee.gotowebinar.com/register/1620925758914595157>

Thursday, March 30th @ 5pm <https://attendee.gotowebinar.com/register/5222086924136794709>

Friday, March 31st @ Noon <https://attendee.gotowebinar.com/register/563685955180127064>



Like this newsletter?

Share it with your colleagues and let's make a difference in Southern Maryland together.