



Colorado Data Summary ASTHO-Million Hearts® State Learning Collaborative

The Las Animas-Huerfano Counties Million Hearts learning collaborative aims to implement system-level changes that improve the use and sharing of clinical data to better identify individuals with undiagnosed or uncontrolled hypertension and support patients diagnosed with hypertension. The project engages partners across the community including the local health department (Las Animas-Huerfano Counties District Health Department); three primary care clinics (Mt. San Rafael Hospital Clinic, Spanish Peaks Regional Health Center and Mount Carmel Health Wellness and Community Center); home healthcare (Mountain Creek Home Healthcare); and behavioral health (Health Solutions).

Initiative's target population:

Las Animas and Huerfano counties were engaged by the Colorado Department of Public Health and Environment (CDPHE) through this partnership because of health disparities experienced in the region. Whereas 26% of adults in Colorado have diagnosed hypertension, this rate is 38% in Las Animas and 39% in Huerfano (CO BRFSS 2013). In addition, both counties have higher rates than the statewide average for adult obesity, uninsured residents, and heart disease mortality, which are all risk factors for hypertension (CO BRFSS 2013). Both counties are frontier (meaning they have population density of six or fewer people per square mile) and designated Health Professional Shortage Areas. Partner organizations identified for participation in the learning collaborative serve low-income community members. See Colorado's [Chronic Disease Burden and Risk Report](#) for more information about how this region (region 6) compares to other parts of the state. The target population includes patients with uncontrolled hypertension, with undiagnosed hypertension, and at risk for developing hypertension in both Las Animas and Huerfano counties. The number of patients targeted for hypertension control/reduction through June 2017 is 31,521, the population in Las Animas, Huerfano and Otero counties. For the three year project period, initiative will expand to counties including Kiowa, Crowley and Prowers, increasing the target population to 54,229.

Initiative's focus areas and outcomes

The Las Animas-Huerfano Million Hearts Learning Collaborative focuses on quality improvement within partner organizations and bi-directional communication across public health, clinics, and community partners. Interventions included standardizing policies and workflow, utilizing and improving health informatics and building community-clinical linkages.

Outcomes to date:

- 10,125 patients have been identified as hypertensive (BP >140/90) through screening involving a data system or chart review based on at least two readings.
- 2,692 patients have been identified as undiagnosed or uncontrolled hypertension through screening involving a data system or chart review.

- 167 patients have been identified as having an elevated blood pressure through a screening that didn't involve a data system or chart review, such as at a worksite wellness event.
- 778 patients have been referred to services, which includes healthy living programs or medical care.
- 44 patients were enrolled in a home blood pressure monitoring (loaner program)
- The average hypertension control rate across clinic partners and home healthcare increased from 68.1% in June 2016 to 75.8% by June 2017.

In the course of implementing the aforementioned interventions, 405 patients achieved a measureable reduction in BP over baseline. Additionally, 6,856 patients have their hypertension under control. This figure includes patients who have maintained control since baseline and those who were previously uncontrolled.

Spread and sustainability:

Colorado is exploring the feasibility of integrating this model into other local public health agencies by documenting model processes, steps, lessons learned and how to apply the lessons learned in specific environments. Sustainability in Las Animas and Huerfano counties has been established through on-going collaborative meetings to address other disease areas including diabetes and opioid reduction. As a result, the Collaborative is continuing to grow with the addition of new partners. Furthermore, Otero and Crowley counties are nearby frontier counties with high rates of uncontrolled hypertension. Otero and Crowley Public Health Department held a kick-off meeting in February to engage community and clinic stakeholders to participate in the Million Hearts Learning Collaborative. Colorado has actively engaged clinics in this region to assess hypertension control rates and begin planning steps to implement the model in this region.