

Mid-year Membership Meeting | Celebrating World Hypertension Day



# NATIONAL FORUM

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## FOR HEART DISEASE & STROKE PREVENTION

May 17, 2018  
Webinar  
1-2pm EDT

### ***Welcome***

John Clymer, Executive Director, National Forum

### ***World Hypertension League***

Daniel Lackland, M.D., Ph.D.

### ***New Report on Gaps in Heart Disease and Stroke Mortality over the Past 15 Years***

Stephen Sidney, M.D., M.P.H., Director of Research Clinics  
Kaiser Permanente Northern California, Division of Research

### ***Creating a Culture of Health in the City of West Chicago***

Mayor Ruben Pineda, West Chicago

### ***ABCS and Using Data to Improve CV Health Outcomes***

Mary Arenberg, M.D., Plymouth Family Physicians

### ***Team Based Care Approach to Hypertension***

Jennifer Casey, M.D., Chief Medical Officer, Lorain County Health and Dentistry

### ***Member Organizations:***

#### **American Heart Association**

Heather Alger, Ph.D., Director of Risk Factors Programs, Health Initiatives

#### **Centers for Disease Control and Prevention**

Betsy L. Thompson, M.D., M.S.P.H., Dr.P.H., CAPT, U.S. Public Health Service  
Director, Division for Heart Disease and Stroke Prevention

### ***Question and Answer***

John Clymer

### ***National Forum 16th Annual Meeting***

John Clymer

### ***Closing***

John Clymer

## Presenter Photos and Bios



**John Clymer**

**Executive Director**

**National Forum for Heart Disease & Stroke Prevention**

John Clymer is executive director of the National Forum for Heart Disease & Stroke Prevention, an independent, nonprofit catalyst for collaboration. Additionally, he is an adjunct assistant professor at Loma Linda University School of Public Health, guest lecturer at Johns Hopkins Bloomberg School of Public Health, and member of the U.S. Community Preventive Services Task Force.

During his tenure as president of Partnership for Prevention from 2001-2008, the organization won passage of landmark Medicare policy changes; established the National Commission on Prevention Priorities; was recognized by Harvard Business Review for a “Breakthrough Idea”; and quadrupled its income.

Clymer is the TEDMED Thought Leader for prevention and has served as a subject matter expert at the World Economic Forum’s Annual Meeting in Davos. He has conducted numerous Congressional briefings, appeared on NBC Nightly News, Fox News, CNBC, public radio, and in print media such as The New York Times, and authored book chapters, articles and commentaries on prevention.



**Daniel Lackland, DrPH**

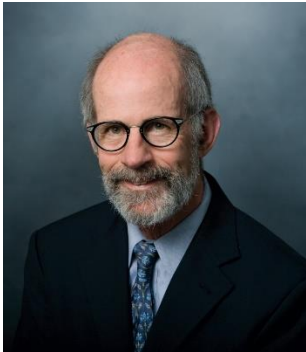
**President**

**World Hypertension League**

Daniel T. Lackland is Professor of Epidemiology at the Medical University of South Carolina. He is a Fellow in the American College of Epidemiology, American Society of Hypertension, and American Heart Association. He directs the Division of Translational Neuroscience and Population Studies, and the Masters of Science in Clinical Research Program. Dr. Lackland was appointed to the panel for the Eighth Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC 8), and the work group for the NHLBI Clinical Guidelines for Cardiovascular Risk Reduction (Global Risk Assessment).

He currently serves on the Evidence Rating Committee of the ACC/AHA Clinical Practice Guidelines (Hypertension). He chairs the Oversight Committee for AHA Strategically Focused Research Network on Hypertension, and serves on the Data Safety Monitoring Board for several ongoing NIH sponsored clinical trials. Much of his research interest involves the population risk assessment of cardiovascular disease, stroke and hypertension. He is the principal investigator for the NIH-funded Black Pooling Project assessing the disparities in cardiovascular diseases and hypertension, and is subcontract PI for “Impact of Nativity on Cardiometabolic Syndrome Factors” in the Reasons for Geographic and Racial Differences in Stroke (REGARDS) study. For more than two decades, he worked closely with the late Professor David Barker on the fetal and early life origins of high blood pressure and hypertension-related outcomes.

In addition to these epidemiological investigations, Professor Lackland is involved in population high blood pressure control efforts with over 250 scientific journal publications. He is President of the World Hypertension League and serves on the boards of the Carolinas Center for Medical Excellence, Consortium for Southeastern Hypertension Control (COSEHC), and Inter-American Society of Hypertension. He is Deputy Editor-In-Chief of the *Journal of Clinical Hypertension*, and member of the editorial boards of *Hypertension*, *Ethnicity and Disease*, *Journal of the American Society of Hypertension*, and *Advances in Cardiovascular Therapeutic*.



**Stephen Sidney, MD, MPH, Director of Research Clinics  
Kaiser Permanente Northern California, Division of Research**

Dr. Stephen Sidney is a Senior Research Scientist and Director of Research Clinics at Kaiser Permanente Northern California, where he has conducted research studies since 1983, authoring over 390 articles in peer-reviewed journals. He received a BA from Yale University, MD from Stanford School of Medicine, and MPH in Epidemiology from the UC Berkeley School of Public Health. He is Board certified in internal medicine and a Fellow of the American Heart Association Council on Epidemiology. His primary research interest is cardiovascular disease epidemiology with a major focus on health disparities. His major current research projects include the Coronary Artery Risk Development in Young Adults the (CARDIA) study, funded by the National Heart Lung and Blood Institute, and a Stroke Prevention/Intervention Research Program (SPIRP) funded by the National Institute of Neurological Disorders and Stroke. The ongoing CARDIA study has studied the evolution of cardiovascular risk and disease over a 30-year period in a cohort of black and white men and women, age 18-30 years at baseline. The stroke research program includes an innovative trial with life style modification provided by health coaches to help manage uncontrolled hypertension in African Americans. He has published 3 recent articles regarding U.S. trends in cardiovascular mortality since 2000 as well as a white paper published by the National Forum for Heart Disease and Stroke Prevention on this topic.

Dr. Sidney volunteers considerable time to public health efforts in Alameda County, California, a large county which has substantial racial, ethnic, and socioeconomic diversity with consequent health disparities. He is the co-chair of the Frank E. Staggers, Sr., MD, Hypertension Project which aims to lower the burden of hypertension in Alameda County. In 2017, he helped promote the National Forum for Heart Disease and Stroke Prevention’s Move with the Mayor Program in Oakland. Dr. Sidney was awarded the Heart Healthy Stroke Free award from the National Forum for Heart Disease and Stroke Prevention in 2017.



**Mayor Ruben Pineda, West Chicago**

“My leadership-style is simple. I am a straight-shooter who wants an issue well-researched to make sure all sides are presented.” Mayor Ruben Pineda’s record of public service began in 1998 when he was appointed to fill a vacant seat on the City Council in West Chicago’s Third Ward. He has been Mayor since 2012. He was the first Hispanic alderman in the City of West Chicago, and is now the City’s first Hispanic Mayor. He has contributed to such initiatives as the state-of-the-art water treatment facility, the waste transfer station, Educare, Habitat for Humanity, several annexations and the establishment of the Quiet Zone through a negotiated agreement with the Canadian National Railroad. Mayor Pineda, with his fellow Aldermen, advocated for the Kerr McGee Superfund site to be remediated to the strictest standards ever before imposed by the EPA and ensured that the project stayed on track, despite the many obstacles that arose. As of November 2015, the last railcar carrying thorium left West Chicago.

Additionally, West Chicago has a strong history of fiscal responsibility and the City Council has held the line on property taxes and other revenue sources for the last six years. Mayor Pineda formed a coalition of more than 40 city stakeholders from the public and private sectors including FORWARD DuPage and Northwestern Medicine to spearhead a citywide health initiative, Healthy West Chicago, which focuses on helping residents to make the healthy choice the easy choice regarding nutrition and physical activity. He has since garnered support from several key health partners including the American Heart Association, the American Cancer Society, and the American Diabetes Association, as well as the United Way.

Mayor Pineda leads by example and has created a community walking group, Team Pineda, which walks weekend 5Ks from April through mid-November. His walking program caught the attention of the National Forum for Heart Disease and Stroke Prevention, and West Chicago was invited to be one of five other national cities to participate in a *Move with the Mayor Challenge* in September 2016. The 30-minute weekly walks activated hundreds of participants including school children through senior citizens, and its success was celebrated on World Heart Day, September 29<sup>th</sup> with a community party held at a West Chicago elementary school. Attending the event was a representative of the National Forum who invited Mayor Pineda to be the keynote speaker at its 14<sup>th</sup> Annual Conference in Washington, D.C. in October 2016.

Since the formation of Healthy West Chicago, Mayor Pineda has served as a champion for a sustainable, healthy community through his support of a community garden project, and the ReThinkYour Drink campaign, which encourages the elimination of sugar sweetened beverages through education and awareness. He also serves as a role model to other elected officials looking to create a culture of health in their own communities. He is eager to share his insights and experiences and has recently presented Healthy West Chicago at the Metropolitan Mayors Caucus’ Environment Committee Meeting. Most recently, Mayor Pineda signed the [National Wildlife Federation’s Mayors’ Monarch Pledge](#) as a means to bring awareness and to promote action in West Chicago to save the butterfly.



**Dr. Mary Arenberg**  
**Plymouth Family Physicians, Plymouth, Wisconsin**

Dr. Arenberg graduated from the University of Illinois, Champaign-Urbana in 1976 and the University of Illinois Rockford School of Medicine in 1980. She completed her training at the Medical College of Wisconsin Waukesha Family Practice residency in 1983. She worked with her husband George at Coulee Memorial Hospital, Grand Coulee, Washington, Panguma Hospital, Panguma, Sierra Leone and Plymouth Family Physicians, Plymouth, Wisconsin from 1985 to present. Member Primary Practice Research Network since 2000.



**Jennifer L. Casey, M.D., Chief Medical Officer**  
**Lorain County Health & Dentistry, a Federally Qualified Health Center in Lorain, Ohio**

Jennifer L. Casey, M.D., is the Chief Medical Officer for Lorain County Health & Dentistry, a Federally Qualified Health Center in Lorain, Ohio. Dr. Casey graduated from Denison University Magna Cum Laude with a B.S. in Biology in 1996. In 2000, she graduated from the University of Cincinnati College of Medicine and completed her family medicine residency through the St. Elizabeth Medical Center in Northern Kentucky. Dr. Casey received her Masters of Healthcare Administration from Ohio University in 2017. Dr. Casey is a Board-certified family physician and a Fellow in the American Academy of Family Physicians.

Dr. Casey worked in private practice in Cincinnati, Ohio following residency, and then joined Magruder Hospital in Port Clinton, Ohio in 2005. At Magruder Hospital, Dr. Casey practiced inpatient and outpatient care for patients of all ages, was involved in medical staff leadership and medical student education, and served on the Ottawa County Health Department Board of Directors.

Dr. Casey joined Lorain County Health & Dentistry in early 2018 as a family physician and Chief Medical Officer. As CMO, Dr. Casey has responsibility and oversight for the Professional Peer Review Program as well as privileging responsibilities for medical physicians, nurse practitioners, podiatrists and optometrists. She provides onsite supervision and guidance electronically by way of email, text and telephone to medical providers and clinic teams. Dr. Casey is responsible to the Health Center's Board of Directors for quality of care and in this endeavor, she supervises and works closely with the Director of Patient Care Services and Quality Manager to meet or exceed clinical quality goals and health outcomes and to ensure patient satisfaction.



**Heather M. Alger, PhD, Director of Risk Factor Programs  
American Heart Association**

Heather M. Alger, PhD, is the Director of Risk Factor Programs in the Integrated Programs and Assets Development group at the American Heart Association. She has a background in biochemistry and experience in public health policy research and lifestyle and cardiometabolic health sciences. With an ever-present eye towards AHA's 2020 Health Impact Goal to improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular diseases and stroke by 20 percent, her team develops patient information and consumer-friendly resources focused on risk factors and chronic cardiovascular conditions, including blood pressure, cholesterol, atrial fibrillation, and peripheral artery disease.



**Betsy L. Thompson, MD, MSPH, DrPH  
CAPT, U.S. Public Health Service, Centers Disease Control and Prevention  
Director, Division for Heart Disease and Stroke Prevention**

Dr. Thompson joined the Division for Heart Disease and Stroke Prevention as the director in January 2018. Dr. Thompson came to DHDSP from HHS's Office of the Assistant Secretary for Health, where she served in several capacities, including the Deputy Regional Health Administrator, (RHA), Region IX. Among her many accomplishments there, she helped to increase departmental focus and resources on the health concerns of the U.S.-affiliated Pacific islands, served as a senior regional prevention and public health scientist, and represented RHA at state, regional, national, and international meetings. From 2009 to 2014, Dr. Thompson served as CMS' Region IX's Chief Medical Officer. There, she provided medical expertise and guidance on projects ranging from hospital conditions of participation and regulations for accountable care organizations to the value modifier for the physician fee schedule.

Dr. Thompson received her MD and MSPH from the University of Colorado, Denver, and her DrPH from the University of Michigan, Ann Arbor. She completed an internship and residency in primary care internal medicine at the University of California, San Francisco; an epidemiology fellowship in CDC's Epidemic Intelligence Service (EIS) program; and a residency in preventive medicine at CDC.