



May 1, 2020
Webinar
1-2pm EDT

Agenda

Welcome

Kimberly Stitzel, MS, RD, National Forum Chair
Senior Vice-President, Center for Health Metrics and Evaluation
American Heart Association

Hearts Beat Back: The Heart of New Ulm Project, Minneapolis Heart Institute Foundation

Gretchen Benson, RD, CDE, Program Director, Women's & Cardiovascular Health Science Centers; <https://mplsheart.org/rural-health-transformation-center/>

How Mercy Clinic East (St. Louis) became a Million Hearts® Hypertension Control Champion

Dr. Laurence Sperling, Executive Director, Million Hearts®, interviews **Dr. Carolyn Koenig**, Chair, Quality Department, Mercy Clinic East Communities

Using Move with the Mayor™ to Help Community Members Reduce Hypertension

John Clymer interviews **Hon. Christina Muryn**, Mayor of Findlay, Ohio

Heart Disease and Stroke Prevention in the New Environment

American College of Cardiology

J. Brendan Mullen, Executive Vice President

National Heart, Lung and Blood Institute, National Institutes of Health

David C. Goff Jr., MD, PhD, Director, Division of Cardiovascular Sciences

2020 Appropriations Update

Hon. Rosa DeLauro, Chair, House Labor, Health, Human Services and Education Appropriations Subcommittee

Questions and Answers

John M. Clymer, Executive Director, National Forum

Adjourn

Panelist Bios



Kimberly Stitzel, MS, RD, National Forum Chair
Senior Vice-President, Center for Health Metrics and Evaluation
American Heart Association

Kimberly Stitzel, M.S., R.D. is the Senior Vice-President of the Center for Health Metrics and Evaluation at the American Heart Association. The goal of the Centers for Health Metrics and Evaluation is to improve population health by effecting disruptive, visionary change and transformations in systems, environments, and policies through the strategic use of data and evidence. She has been with the American Heart Association since 2005 and has served in a variety of roles overseeing consumer engagement campaigns, product development and delivering prevention strategies for the Association.

Prior to joining the AHA, Ms. Stitzel served as a nutrition advisor to the Deputy Assistant Secretary for Health on federal nutrition policy at the Department of Health and Human Services. In addition, she co-authored the book, *A Healthier You*, and served on the joint HHS/USDA Dietary Guidelines management team, which facilitated the work of the Dietary Guidelines Advisory Committee and the 2005 *Dietary Guidelines for Americans*. She also supported federal health and nutrition initiatives such as, Steps to a HealthierUS and Healthy People 2010. Prior employment includes Manager of National Nutrition Policy at the American Dietetic Association and research associate for the Food and Nutrition Board of the Institute of Medicine. She completed her dietetic internship through Virginia Tech in Washington, DC. She completed both master's and bachelor's degrees in Human Nutrition, Foods and Exercise, at Virginia Tech. She has been published in both scientific journals and consumer-focused magazines.



Gretchen Benson, RD, CDE, Program Director, Women's & Cardiovascular Health
Science Centers

Gretchen Benson is currently the program director for the women's and cardiovascular health science centers for the Minneapolis Heart Institute Foundation (MHIF). As an independent research and education foundation, MHIF conducted real-world population health research from 2009 to 2018 with Hearts Beat Back: The Heart of New Ulm Project (HONU) in rural New Ulm, Minn. Gretchen served as health care project manager for HONU for the 10 years of the project and leveraged her passion for population health and background as a registered dietitian and certified diabetes educator to work collaboratively with key community partners, including New Ulm Medical Center, to plan and implement innovative programming efforts across health care, worksites, the community and the environment.

With a goal of aiming to identify and deliver the best interventions to reduce heart disease and its risk factors at a population level, the project achieved impressive long-term health

improvement outcomes and is the recipient of the National Forum's 2018 Heart Healthy Stroke Free Award.



Dr. Carolyn Koenig, MD, Chair Quality Department, Mercy Clinic East Communities

Carolyn Koenig, MD is Medical Chair of Quality and Medical Director of Care Management with Mercy Clinic East Community in the greater St Louis area. She has also enjoyed practicing primary care Internal Medicine for the last 15 years. During her tenure as medical chair the quality team has won several awards in recognition of their efforts to improve hypertension control and reduce the burden of cardiovascular disease including. She has been invited to speak on this work at...

Stronger Hearts best practice award.

Target BP

MUPD Edison award

AMGA's Institute for Quality leadership

American College of Cardiology



Laurence S. Sperling, MD, FACC, FACP, FAHA, FASP
Executive Director, Million Hearts®

Larry Sperling, MD, FACC, FACP, FAHA, FASPC began his role as the new executive director of Million Hearts the end of September 2019. Sperling has been a practicing cardiologist for more than 20 years, he has published more than 300 articles and book chapters, and has served on numerous regional, national, and international committees charged with addressing cardiovascular disease.

As an Emory University cardiologist, he established the university's preventive cardiology program in 1997. Sperling was awarded the American College of Cardiology Harry B. Graf Career Development Award for Heart Disease Prevention and the American Heart Association Council on Clinical Cardiology Scholarship for Physical Activity and Public Health in 2001. He was also the recipient of the 2017 Award of Honor from Emory University's Alumni Association.

Sperling is originally from New York. He received his undergraduate degree from Emory University where he was accepted into the School of Medicine's early acceptance program as a college sophomore. He graduated with his MD in 1989 and subsequently completed eight additional years of training at Emory including a residency in internal medicine, chief resident

year at Emory University Hospital, a NIH-supported research fellowship in molecular and vascular medicine, and a clinical fellowship in cardiovascular diseases. While serving as the Million Hearts Executive Director, he will continue to see patients and remain an active member of the Emory faculty as the Katz Professor in Preventive Cardiology and professor at the Rollins School of Public Health.



**John M. Clymer, Executive Director
National Forum for Heart Disease and Stroke Prevention**

John Clymer is executive director of the National Forum for Heart Disease & Stroke Prevention, a Washington, D.C.-based non-profit that serves as a catalyst for public-private collaboration to prevent cardiovascular disease. Additionally, Clymer serves on the U.S. Community Preventive Services Task Force. He is a Fellow of the Institute for Health Policy and Leadership and adjunct assistant professor at Loma Linda University, and a guest lecturer at Johns Hopkins Bloomberg School of Public Health.

Clymer is the TEDMED Thought Leader for Making Prevention Popular and Profitable. He has authored and co-authored book chapters, testified before various legislatures, given numerous Congressional briefings, and appeared in media such as NBC Nightly News, public radio, and The New York Times. He has served as a subject matter expert at the World Economic Forum's Annual Meeting in Davos, and on the World Economic Forum's Global Agenda Council on Chronic Disease and Malnutrition, and other advisory and governing boards.

Clymer led Partnership for Prevention as its President from 2001-2008, when it won passage of landmark Medicare legislation; was recognized by Harvard Business Review for a "Breakthrough Idea;" and, with former U.S. Surgeon General David Satcher, established the National Commission on Prevention Priorities. While increasing PFP's impact, he quadrupled its income.

interviews **Hon. Christina Muryn**, Mayor of Findlay, Ohio



Christina Muryn won the Mayoral election in 2019 and began her four-year term January 1, 2020, after being appointed to serve as Mayor in February of 2019.

Mayor Christina Muryn, a Findlay native, is the third of four daughters of the late Michael Terry and Laura (Miller) Wasson. Mayor Muryn graduated Summa Cum Laude from the University of Findlay in 2014 with a Bachelor of Science in Economics and Marketing and a minor in finance.

She also is a graduate of the 2014 class of the JoAnn Davidson Ohio Leadership Institute. While at the University of Findlay, she served as student representative to the Board of Trustees, Student Government Association President (two terms), a Dana Scholar, Service Chair of Mortar Board Academic Honor Society, Vice President of Aristos Ekλεκτος Service Honor Society, and founding member of Delta Mu Delta Business Honor Society.

Prior to being Mayor, Muryn served as the Director of Business & Physician Development for Pain Management Group, where she had worked for the previous five (5) years. Mayor Muryn was the youngest member of Pain Management Group holding a director or higher-level position. Mayor Muryn's work focused on providing alternatives to opioid use for patients suffering from acute and chronic pain. Her day to day responsibilities included such things as managing the physician development team, negotiating contracts with hospital executives and attorneys, and preparing financial forecasts for potential programs.

In the community, Mayor Muryn is a member of the Findlay Family YMCA Board of Directors where she serves on the Finance Committee. Previously she served as the Chair of the Not for Profit Empowering Women into Leadership, treasurer of the Hancock County Young Republicans, Committeewoman of the Hancock County Republican Central Committee, and a mentor in the Findlay Young Professionals/University of Findlay Mentorship Program. Mayor Muryn is also an active member of the Findlay Young Professionals, Hancock County Republican Party, and the Children's Ministry and Worship Ministry at New Life Assembly of God Church.

Mayor Muryn is a Systems, Applications & Products (SAP) Certificate Holder and Six Sigma Yellow Belt. She has been recognized numerous times for her community service and business leadership. In 2017, Mayor Muryn received the Northwest Ohio 20 Under 40 Award, and she is a recipient of the Zonta International Women In Business Scholarship.

Mayor Muryn is on the Board of Directors for the Ohio Mayor Alliance and was appointed by Ohio Governor Mike DeWine to serve on the Ohio Drug Transparency and Affordability Advisory Council. Mayor Muryn is also a champion of heart health working with the National Forum on Cardiovascular Health & Stroke Prevention as well as the American Heart Association. She is passionate about the benefits that walking and finding just 30 minutes of activity each day provides to everyone and has been an advocate for the Move with the Mayor Campaign.

Mayor Muryn married Tyler Muryn in 2014, and they enjoy spoiling their nieces and nephews.



J. Brendan Mullen
Executive Vice President
American College of Cardiology

Brendan Mullen serves on the executive team and leads the strategy, business development, innovation, international affairs, marketing, and communications teams at the American College of Cardiology. Operating at the intersection of the College's clinical, scientific, and business interests, he is responsible for shaping the mission and commercial applications of the ACC's intellectual property and products in both domestic and international markets. Mr. Mullen also shares responsibility for the ACC's emerging innovation agenda and health system strategy and maintains special expertise in the National Cardiovascular Data Registry, clinical big data, analytics, quality improvement, and clinical pathways. Prior to his current role, Mr. Mullen was the Senior Director for a suite of the ACC's scientific, quality improvement, and payment recognition programs centered on the nation's largest ambulatory cardiovascular data registry. Established in 2007, the PINNACLE Registry assesses adherence to evidence-based guidelines for

coronary artery disease, heart failure, hypertension, and atrial fibrillation and now contains over 50 million clinical patient records submitted by nearly 10,000 clinicians.



National Heart, Lung and Blood Institute, National Institutes of Health
David C. Goff Jr., MD, PhD, Director, Division of Cardiovascular Sciences

David C. Goff, Jr., M.D., Ph.D., FACP, FAHA is Director, Division of Cardiovascular Sciences, National Heart, Lung, and Blood Institute, National Institutes of Health. In this role, he leads a diverse team of scientists and administrators committed to turning discovery into

cardiovascular health.

Prior to joining the NHLBI, Dr. Goff served as Dean and Professor of Epidemiology in the Colorado School of Public Health and as Chair of the Department of Epidemiology and Prevention at the Wake Forest School of Medicine. He received an MD from the University of North Carolina and a PhD in epidemiology from the University of Texas-Houston School of Public Health. He trained in internal medicine at Baylor College of Medicine in Houston. He is an elected member of the American Epidemiological Society, and a Fellow of the American College of Physicians and the American Heart Association.

His research interests include the epidemiology and prevention of heart disease and stroke with a focus on issues related to high blood pressure, diabetes, and dyslipidemia. He has published over 300 manuscripts, book chapters, and other scientific reports. He has served in a variety of leadership roles in multiple NIH-, CDC-, and AHA-funded studies and committees. He has directed the Ten-Day Seminar on the Epidemiology and Prevention of Cardiovascular Disease since 2000. He has served as a member of the Board of Directors for the Association of Schools and Programs of Public Health, President of the Board of Directors for the Denver Metro Division of the American Heart Association, Chair of the Council on Epidemiology and Prevention for the American Heart Association, and Chair of the Council on Quality of Care and Outcomes Research for the American Heart Association.

The major focus of his research has been on developing, testing, and implementing better strategies for promoting cardiovascular health and preventing CVD. This work has involved 5 aspects, including etiologic research, efficacy trials, quality of care research, implementation research, and evidence synthesis.

2020 Appropriations Update

Hon. Rosa DeLauro, Chair, House Labor, Health, Human Services and Education Appropriations Subcommittee



Rosa DeLauro is the Congresswoman from Connecticut's Third Congressional District, which stretches from the Long Island Sound and New Haven, to the Naugatuck Valley and Waterbury. Rosa serves in the Democratic leadership as Co-Chair of the Democratic Steering and Policy Committee, and she is the Chair of the Labor, Health and Human Services, and Education Appropriations Subcommittee, where she oversees our nation's investments in education, health, and employment. Rosa also serves on the subcommittee responsible for the U.S. Department of Agriculture and the U.S. Food and Drug Administration, where she oversees food and drug safety.

At the core of Rosa's work is her fight for America's working families. Rosa believes that we must raise the nation's minimum wage, give all employees access to paid sick days, allow employees to take paid family and medical leave, and ensure equal pay for equal work. Every day, Rosa fights for legislation that would give all working families an opportunity to succeed.

Rosa believes that our first priority must be to strengthen the economy and create good middle-class jobs. She supports tax cuts for working and middle class families, fought to expand the Child Tax Credit to provide tax relief to millions of families, and introduced the Young Child Tax Credit to give families with young children an economic lift.

Rosa has also fought to stop trade agreements that lower wages and ships jobs overseas, while also protecting the rights of employees and unions. She believes that we need to grow our economy by making smart innovative investments in our infrastructure, which is why she introduced legislation to create a National Infrastructure bank.

Rosa is a leader in fighting to improve and expand federal support for child nutrition and for modernizing our food safety system. She believes that the U.S. should have one agency assigned the responsibility for food safety, rather than the 15 different agencies that lay claim to different parts of our food system. Rosa fights against special interests, like tobacco and e-cigarettes, which seek to skirt our public health and safety rules.

As the Chair dealing with appropriations for Labor, Health, Human Services, and Education, Rosa is determined to increase support for education and make college more affordable for more American students and their families. She is also fighting to protect the Affordable Care Act so that all Americans have access to affordable care. Rosa strongly believes in the power of biomedical research and she is working to increase funding so that we can make lifesaving breakthroughs in science and medicine.

Rosa believes that we have a moral obligation to our nation's veterans and their families, and her concern for these heroes extends to both their physical and mental well-being. Rosa

supports a transformation in how the Department of Veterans Affairs is funded, including advanced appropriations for health services, to ensure its fiscal soundness; and she successfully championed legislation to guarantee that troops deploying to combat theaters get the mental health screening they need both before and after deployment, as well as championed legislation that now provides assistance to today's Post-9/11 veterans choosing to pursue on-the-job training and apprenticeship programs.

Rosa belongs to 62 House caucus groups and is the co-chair of the Baby Caucus, the Long Island Sound Caucus, and the Food Safety Caucus.

Soon after earning degrees from Marymount College and Columbia University, Rosa followed her parents' footsteps into public service, serving as the first Executive Director of EMILY's List, a national organization dedicated to increasing the number of women in elected office; Executive Director of Countdown '87, the national campaign that successfully stopped U.S. military aid to the Nicaraguan Contras; and as Chief of Staff to U.S. Senator Christopher Dodd. In 1990, Rosa was elected to the House of Representatives, and she has served as the Congresswoman from Connecticut's Third Congressional District ever since.

Rosa is married to Stanley Greenberg, President of Greenberg Quinlan Rosner, a public issues research firm. Their children—Anna, Kathryn, and Jonathan Greenberg—all are grown and pursuing careers. Rosa and Stan have six grandchildren, Rigby, Teo, Sadie, Jasper, Paola and Gus.



New CPT Codes to Cover Self-Measured Blood Pressure (SMBP)

Self-measured blood pressure (SMBP) is the regular measurement of blood pressure (BP) by a patient outside the clinical setting, usually at home.

Benefit to patients and providers

- SMBP helps providers diagnose and manage hypertension more effectively using an average of up to seven days of BP readings that are more representative of a patient's daily mean BP compared to clinic readings.
- SMBP helps engage patients in self-management of high BP.

New coverage and codes

As of January 1, 2020, physicians that offer SMBP related clinical services to their patients are able to submit claims using two CPT codes for these services. The use of SMBP expands the reach of reliable BP readings to individuals who may not have access to ABPM or where ABPM is less viable or not preferred by patients.

The two new codes address both initial and ongoing SMBP clinical services:

- The first code covers SMBP device calibration and training on set-up and use. It can be used once per device prior to initiating SMBP in patients with high BP suspected of having hypertension or in those with diagnosed hypertension to assess BP control. (Can be facilitated by staff and submitted by the provider).
- The subsequent code is used when patients use a SMBP device validated for clinical accuracy to self-measure their BP twice daily (two readings, one minute apart) every 30 days (min. of 12 readings) and communicate these BP readings back to the practice, either manually or electronically. This allows the provider to make ongoing treatment decisions based on the average of their readings, and communicate a treatment plan back to the patient.

CPT codes and descriptions:

99473-: Self-measured blood pressure using a device validated for clinical accuracy; patient education/training and device calibration

- Device validated for clinical accuracy
 - ◆ [Hypertension Canada](#)
 - ◆ [Stride BP](#)
- Patient education/training and device calibration
 - ◆ [SMBP patient training tips](#)
 - ◆ [Device accuracy test](#)



99474-: Self-measured blood pressure:

- Using a device validated for clinical accuracy
- Separate self-measurements of two readings one minute apart, twice daily over a 30-day period (min. of 12 readings)
- Collection of data reported by the patient and/or caregiver to the physician or other qualified health care professional*
- With report of average systolic and diastolic BP and subsequent communication of a treatment plan to the patient

Supporting evidence

Scientific evidence shows that SMBP, also known as home BP monitoring (HBPM), plus clinical support, helps individuals diagnosed with hypertension manage and, in some cases, lower their BP. There is strong evidence that SMBP plus additional support is more effective than usual care in lowering BP among patients with hypertension.

- In 2015, the U.S. Preventive Services Taskforce gave a Grade A recommendation for confirming BPs taken outside of the clinical setting using home or ambulatory BP monitoring (ABPM) before a diagnosis of hypertension is made and treatment is started. (USPSTF, 2015)
- The [2017 ACC/AHA Guideline for High BP in Adults](#) recommends:
 - ◆ Out-of-office BP measurement to confirm the diagnosis of hypertension and the titration for BP lowering medication, in conjunction with telehealth counseling or clinical interventions.
 - ◆ In adults with an untreated systolic BP > 130 mmHg but < 160 mmHg, or diastolic BP > 80 mmHg but < 100 mmHg, it is reasonable to screen for the presence of white coat hypertension by using either daytime ABPM or HBPM before diagnosis of hypertension.
 - ◆ In adults with untreated office BPs that are consistently between 120-129 mmHg for systolic BP or between 75-79 mmHg for diastolic BP, screening for masked hypertension with HBPM (or ABPM) is reasonable.

References

https://www.ahajournals.org/doi/abs/10.1161/circoutcomes.8.suppl_2.327. Circulation: Cardiovascular Quality and Outcomes. 2015;8:A327

<https://www.uspreventiveservicestaskforce.org/Page/Document/RecommendationStatementFinal/high-blood-pressure-in-adults-screening>

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