



**May 4, 2023**

**Pre-meeting, NETWORKING (30 mins)**  
11:30 – Noon pm EDT

**Mid-Year Convening, MAIN EVENT (2.25 hours)**  
Noon – 2:150 pm EDT

## **Agenda**

### **Welcome**

**John M. Clymer, National Forum Executive Director**

### **Outcomes - Study on Self-Measured Blood Pressure (SMBP)**

**Karol Watson, MD, PhD**

Professor of Medicine/Cardiology, David Geffen School of Medicine at UCLA  
Co-director, UCLA Program in Preventive Cardiology  
Director, UCLA Barbra Streisand Women's Heart Health Program

### **Interviews**

**Keith C. Ferdinand, MD**

Professor of Clinical Medicine, Tulane University School of Medicine

### **Progress on Solving Barriers to Self-Measured Blood Pressure**

**Warren A. Jones, MD, FAAFP, National Forum Past Chair**

Captain, United States Navy Medical Corps (Ret.)  
Professor Emeritus of Family Medicine, University of Mississippi Medical Center  
President, American Academy of Family Physicians, 2001-2002

### **Interviews**

**Hilary K. Wall, MPH**

Senior Health Scientist, Million Hearts Science Lead  
Centers for Disease Control and Prevention

### **Improving Women's Hypertension Control Before, During, and After Pregnancy (15 Minutes)**

**Lawrence J. Fine, MD, DrPH**

Senior Scientific Advisor, Clinical Applications and Prevention Branch  
National Heart, Lung, and Blood Institute, Division of Cardiovascular Sciences

### **Interviews**

**Hilary K. Wall, MPH**

Senior Health Scientist, Million Hearts Science Lead  
Centers for Disease Control and Prevention

### **Q and A with Dr. Watson, Dr. Ferdinand, Dr. Jones, Hilary Wall, and Dr. Fine (15 Minutes)**

## **Successful Strategies in Hypertension Prevention and Management**

**Marcus Plescia, MD**

Chief Medical Officer

Association of State and Territorial Health Officers

### **Interviews**

**Laurence Sperling, MD**

Executive Director, Million Hearts

Centers for Disease Control and Prevention

Centers for Medicare and Medicaid Services

## **Mayors Prevent Hypertension through Move with the Mayor™**

**Jen Childress, MS, MCHES,**

Director of Programs

National Forum for Heart Disease & Stroke Prevention

### **Interviews**

**Erick Simmons**

Mayor, Greenville, Mississippi

## **Congressional Update**

**John Laughner**

Government Relations Manager

American Heart Association

## **Update on Efforts to Secure Medicare Coverage for SMBP Devices**

**Alison P. Smith, MPH, BA, BSN, RN**

Program Director, AHA-AMA Initiative to Control Blood Pressure

American Heart Association / American Medical Association

## **Q & A with Dr. Plescia, Dr. Sperling, Jen Childress, John Laughner, and Alison Smith**

**John M. Clymer, National Forum Executive Director**

## **Closing and Adjourn**

**John M. Clymer, National Forum Executive Director**



## Speaker Photos & Brief Bios



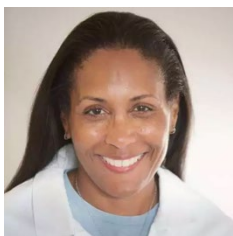
**John M. Clymer, Executive Director**

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.



**Karol E. Watson, MD, PhD, FACC**

**Co-Director, UCLA Program In Preventative Cardiology**

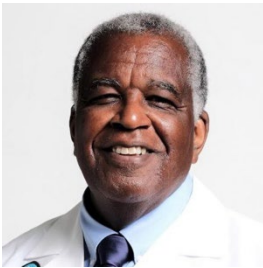
Karol E. Watson, MD, PhD, is a Professor of Medicine/Cardiology and a board-certified, fulltime cardiologist at the Geffen School of Medicine at UCLA. She holds the John C. Mazziotta Term Chair in Medicine and was honored to be named Cardiologist of the Year, by the California chapter of the American College of Cardiology (ACC) in 2017. Dr. Watson received her undergraduate degree from Stanford University, her Medical Degree from Harvard Medical School, magna cum laude, and her PhD in Physiology from UCLA. She completed a residency in Internal Medicine and a fellowship in Cardiology at UCLA, and continued there as part of the UCLA Specialty Training and Academic Research program and as Chief Fellow in Cardiovascular Diseases at UCLA.

Currently, Dr. Watson is director of the UCLA Barbra Streisand Women's Heart Health Program at UCLA, CoDirector of the UCLA Program in Preventative Cardiology, and director of the UCLA Fellowship Program in Cardiovascular Diseases.

Dr. Watson contributes nationally on a number of fronts as well. She is a Principal Investigator for several large NIH studies, and serves on several NIH Steering committees. She is currently chair of the Clinical Chemistry and Clinical Toxicology Devices Panel of the Food and Drug Administration. Dr. Watson is past Vice President for the Association of Black Cardiologists (ABC); and immediate past

chairperson of the scientific advisory board for Womenheart, – the largest national organization for women living with heart disease. Dr. Watson has received many honors including “America’s Top Physicians” designation from Black Enterprise magazine, a Super Doctors designation from “Tu Ciudad” and “Los Angeles” magazines, and in 2010 she was awarded a “Red Dress Award” from Women’s Day magazine. Dr. Watson has been quoted in many papers, journals, and periodicals, including USA Today, the Los Angeles Times, Woman’s Day, and Redbook magazines. She has appeared in interviews on Lifetime television, NBC News, and PBS, among others. Also, Dr. Watson was one of the physician hosts of the TLC television series “Guardian Angels, MD,” as well as an advisor to, and featured in the Emmy award-winning PBS series “The Mysterious Human Heart.”

The American Society of Hypertension recognizes Dr. Watson as a Specialist in Hypertension, she chairs the Cholesterol committee of the Association of Black Cardiologists, and serves on several committees and panels of the National Institutes of Health including serving on the NIH Expert Panel for the Integrated Clinical Guideline for Cardiovascular Risk Reduction. She is currently chairperson of the national advisory board for WomenHeart (a national organization dedicated to women with heart disease), a former member of the advisory board for the California Heart Disease and Stroke Prevention program, and Chairperson of the FDA Clinical Chemistry and Clinical Toxicology Devices Panel. Dr. Watson’s more than 100 publications and presentations have addressed many subjects including prevention of heart disease, vascular calcification, hormone replacement therapy, the metabolic syndrome, hypertension, hypercholesterolemia, and cardiovascular disease in African Americans.



**Keith C. Ferdinand, MD**

Gerald S. Berenson Endowed Chair in Preventative Cardiology  
Professor of Clinical Medicine, Tulane University School of Medicine

Dr. Keith C. Ferdinand is a professor of medicine at the Tulane University School of Medicine. He has conducted numerous trials in hypertension lipids, cardiometabolic risk, and cardiovascular disease especially in racial and ethnic minorities, with over 250 peer-reviewed publications and lectures nationally and internationally. In addition to his clinical work, he has participated in numerous clinical education activities in the community, locally and nationally, regarding eliminating disparities during the COVID-19 pandemic.

Dr. Ferdinand has engaged in numerous opportunities and advisory boards that helped navigate and advise the lay public and providers on COVID-19 planning, safety protocols, education, and vaccination initiatives. He serves on the Louisiana Governor’s COVID-19 Health Equity Task Force, the NIH Community Engagement Alliance, and Louisiana Vaccination Action Committee. These advisory boards have been crucial in reaching the most vulnerable communities. Furthermore, as the president of Healthy Heart Community Prevention Project, a 501c3 nonprofit health organization in New Orleans, Dr. Ferdinand has offered community lectures, conversed with faith and community centers, politicians, and the local radio on racial and ethnic disparities during the COVID-19 pandemic and effective vaccination strategies.

---



**Warren A. Jones, MD, FAAFP**

Captain, United States Navy Medical Corps (Ret.)  
Chair Emeritus of Family Medicine  
University of Mississippi Medical Center

Warren Jones, MD, FAAFP has over thirty years of experience in health care. Notably, he founded and established the Mississippi Institute for Improvement of Geographic Minority Health and Health Disparities (MIGMH) at the University of Mississippi Medical Center (UMC). Over the course of his tenure there, Jones secured approximately \$38 million for MIGMH and its constituent programs.

Jones' other professional experience includes directing the State of Mississippi's Medicaid Program. As program director, he was responsible for providing health care for over 768,000 Mississippians. He also developed and implemented the Mississippi Medicaid Medical Home program that allowed for annual physical examinations and health assessments.

Over the course of his career, Jones has been recognized for his pioneering efforts in the field of health as well as a distinguished educator. He was recognized as Outstanding Minority Educator in the State of Mississippi and was elected the first and only African American President of the American Academy of Family Physicians.

He was also the first African American appointed as an associate vice chancellor at the University of Mississippi Medical Center. Jones is the Chair Emeritus of Family Medicine at the University of Mississippi Medical Center (UMC), Chair Emeritus of the National Medical Association's Family Medicine Section, and Immediate Distinguished Professor of Health Policy at UMC. Prior to Hampton, he held the NIH Endowed Chair in Health Disparities Research at Dillard University, his undergraduate alma mater. He is the recipient of many awards and honors including an Honorary Doctorate of Humane Letters from Tougaloo College.

A native of New Orleans, Dr. Jones is a 1978 graduate of the Louisiana State University School of Medicine in New Orleans. He is married to the former Gennie Lacy of Pickens, MS and the father of six children: Aaron, Keith, Winston, Deanna, Cassandra, and Madison.



**Hilary K. Wall, MPH**

Senior Scientist, CDC

Hilary K. Wall, MPH is a Senior Scientist in the Division for Heart Disease and Stroke Prevention at the Centers for Disease Control and Prevention (CDC). Ms. Wall serves as the Science Lead for Million Hearts<sup>®</sup>, a national initiative co-led by CDC and the Centers for Medicare & Medicaid Services with the goal of preventing one million heart attacks and strokes by 2027. In this role, she provides scientific leadership and expertise to a portfolio of work related to health care systems change, health information technology, and their intersection with public policy. For almost 20 years, Ms. Wall has created evidence-based tools for and provided technical assistance to public health professionals, clinicians, and community-based



organizations in cardiovascular disease prevention. Prior to coming to CDC, Ms. Wall served as an Epidemiologist for the Massachusetts Department of Public Health's Heart Disease and Stroke Prevention and Control Program and at the Yale Prevention Research Center, leading and analyzing data for randomized controlled trials in cardiovascular disease and diabetes.

---



**Lawrence J. Fine, MD, DrPH**

Senior Scientific Advisor, Clinical Applications and Prevention Branch  
National Heart, Lung, and Blood Institute, Division of Cardiovascular Sciences

Lawrence J. Fine, M.D., Dr. P.H., FAHA, is the senior advisor of the Clinical Applications and Prevention Branch in the Division of Cardiovascular Sciences at NHLBI. He currently is a member of the Climate Change and Health NIH steering committee. He was the original project officer and Senior Medical Advisor of the SPRINT trial (<https://sprinttrial.org/public>). Current scholarly interests range from the prevention of coronary heart disease, efficacy studies treatment of hypertension and heart failure, better methods for patient-reported outcomes, and effectiveness studies of evidence-based cardiovascular medicine including the control of hypertension and statin. Prior to NHLBI, he worked at the Office of Behavioral and Social Sciences Research, in the Office of the Director of NIH. Between 1988 and 2001, Dr. Fine spent 14 years with the National Institute for Occupational Safety and Health, (NIOSH) as Acting Director of the Institute and as Director of the Division of Surveillance, Hazard Evaluations, and Field Studies (DSHEFS). He is board certified in Internal Medicine and Occupational Medicine. Prior to joining the federal government in 1988, Dr. Fine spent 12 years on the faculties of the University of Michigan and the Harvard School of Public Health.

---



**Marcus Plescia, M.D., M.P.H.**

Chief Medical Officer  
Association of State and Territorial Health Officials

Dr. Marcus Plescia is the Chief Medical Officer for the Association of State and Territorial Health Officials (ASTHO). He provides medical leadership and expertise across the agency and has served as ASHTO's principal spokesperson during the COVID-19 pandemic. He leads the ASTHO Atlanta office and serves as the primary liaison to the Centers for Disease Control and Prevention. ASTHO is the national nonprofit organization representing the public health agencies of the United States, U.S. territories, and the District of Columbia, as well as the more than 100,000 public health professionals these agencies employ.

Dr. Plescia has served in public health leadership roles at the local, state, and federal levels in North Carolina and the Centers for Disease Control and Prevention. In this role, he has led successful efforts to enact systemic public health Interventions including expanded cancer screening coverage, prescription, drug and disease reporting requirements, revised clinical guidelines, and state and local tobacco policy. He has been prominent in nationwide efforts to transform public health practice to a more population-based, strategic framework, and led the implementation of the CDC's national colorectal cancer screening program based on this approach.



Dr. Plescia received his Medical Degree, Master of Public Health, and Bachelor of Science from the University of North Carolina at Chapel Hill. He trained in Family Medicine at Montefiore Medical Center Residency Program in Social Medicine in the Bronx, NY. He is Board Certified in Family Medicine and has practiced in various settings serving homeless, urban, poor, and rural underserved populations. He has published extensively in the public health and family medicine literature.

Dr. Guyton-Krishnan received her PhD from The University of Tennessee, Knoxville.



**Laurence Sperling, MD**

Executive Director, Million Hearts  
Centers for Disease Control and Prevention  
Centers for Medicare and Medicaid Services

Laurence S. Sperling, M.D., FACC, FAHA, FACP is the Founder and Director of The Heart Disease Prevention Center at Emory. He is currently Professor of Medicine (Cardiology) at the Emory University School of Medicine and Professor of Global Health in the Hubert Department of Global Health in the Rollins School of Public Health at Emory University. Dr. Sperling serves as the current President of The American Society for Preventive Cardiology.

Dr. Sperling is originally from New York. He received his undergraduate degree from Emory College where he was accepted into Emory University School of Medicine's Early Acceptance Program as a college sophomore. He graduated with his M.D. in 1989, and subsequently completed 8 additional years of training at Emory including a residency in internal medicine, chief resident year at Emory University Hospital, an NIH-supported research fellowship in molecular and vascular medicine, and a clinical fellowship in cardiovascular diseases.

Dr. 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.

Dr. Sperling serves or has served as medical director for a number of unique programs at Emory including The HeartWise Risk Reduction Program, InterVent Atlanta, Staying Aloft, and has served as special consultant to The Centers for Disease Control. He founded (in 2004) and directs the first and only LDL apheresis program in the state of Georgia. He has been voted one of America's and Atlanta's Top Doctors and appeared often on local and national TV, newspaper, radio, and magazines. In 2011 he was chosen as one of 20 national dietary experts by U.S. News and World Report to evaluate and rank America's popular diets. He has received awards for excellence in both teaching (including 4 Golden Apple Awards and The Deans Teaching Award) and mentorship. He was chosen by the Dean at Emory University School of Medicine to be among the first faculty society advisors for the school's new curriculum. He had served as Associate Director of the Cardiovascular Fellowship Training program at Emory for over a decade. He has been an investigator in a number of important clinical trials including JUPITER, COURAGE, and BARI-2D and has authored over 200 manuscripts, abstracts, and book chapters. He is co-editor of the American College of Cardiology's Diabetes Self Assessment Program, was a

member of the American College of Cardiology Prevention Committee, and currently serves as Co-Chairman of the American College of Cardiology's Diabetes and Cardiometabolic Working group, in addition to Chairman of the National Cardiometabolic Alliance. He also serves on the ACC's Population Health Policy and Health Promotions committee, as well as the research and publications committee of the National Diabetes Collaborative Registry. He was a member of the steering committee and moderator for the Inaugural U.S. Familial Hypercholesterolemia Summit in September, 2013. Dr. Sperling is the Director of the ESCAPE CV Prevention meeting, now in its 15th year. He has delivered invited presentations on every continent except for Antarctica.

Dr. Sperling has been a marathon runner having completed the New York, Prague, and Atlanta marathons. In 2010 he ran the original course from Marathon to Athens, Greece to celebrate the 2500th anniversary of this event. He lives in the Druid Hills neighborhood of Atlanta with his wife, Sidney, and 2 sons, Mathew and Daniel.



**Jen Childress, MS, MCHES**

Director of Programs  
National Forum for Heart Disease & Stroke Prevention

Jen Childress manages the National Forum's Value & Access and Move with the Mayor initiatives. Jen brings 20 years' experience in the field of health promotion. She co-created & launched HealthLead®, a comprehensive workplace and academic health promotion program accreditation initiative designed to assist organizations and universities in enhancing their health and wellness management policies. Jen has over a decade of leadership in both the private and non-profit sectors organizing events & convening stakeholders, including recruiting and educating lay leaders, senior leaders, & community champions. In 2016, she was named one of the National Top Ten Business Women of the American Business Women's Association (ABWA) for her contributions to business, community & the association.

Jen holds a master's degree in Health Promotion Management & certificates in Personal Fitness Training, Coaching and Health Education. She has authored content published in peer-reviewed articles and textbooks.



**Errick Simmons**

Mayor, Greenville, Mississippi

Mayor Errick D. Simmons is a national municipal leader known by mayors across the country. After a historic landslide win for mayor in 2015, Mayor Errick D. Simmons, the first black male mayor of the City of Greenville, Mississippi, won re-election to his second term as mayor in 2019, without facing an opposing candidate. Mayor Errick D. Simmons began his career in municipal government as a city councilman in 2007, as the youngest to serve in the position at that time.





Before returning home to Greenville to start his legal and municipal government career, Simmons graduated salutatorian in his class at T.L. Weston High School in 1995, second to his twin brother and law partner, Mississippi State Minority Leader, Senator Derrick T. Simmons, who is also Chair of Senate Municipalities Committee. Simmons later studied at Jackson State University, where he received a Bachelor in Business Administration in Economics in 2000. In 2002, he received a Master's in Arts in Economics from Howard University Graduate School of Arts and Sciences and received his Juris Doctorate from Howard University School of Law in 2005.

Under his administration as mayor, Greenville has announced more than \$350 million in local, state, federal, and corporate investments including a \$142 Greenville Freight Corridor, an announcement of a \$40.1 million new federal courthouse which is under construction;; \$25 million MARS Uncle Ben's R & D Investment; \$15 million Greenville Kearns Aerospace Maintenance project, a \$9.1 million redevelopment of the Sears, Roebuck & Company building to include a boutique hotel, microbrewery, downtown restaurant, and butcher shop; and, \$6 million Reserves at Ed Gray housing project. In August 2018, an estimated 100 new jobs were announced through economic development projects. Nufarm announced 68 manufacturing jobs with a \$20 million investment, the first such announcement in Greenville since Textron in 2004. Tru by Hilton announced an 84 room hotel with 30 jobs with an estimated \$10 million investment. Most recently in February 2021, Simmons announced a healthcare laundry company Westport Linen Services is locating operations in Greenville with a \$5.8 million investment creating 75 new jobs and retaining 75 existing jobs. Equitable and innovative policies have Greenville experiencing a spike in new store openings, including small, minority and women owned businesses, a highlight that garnered the attention of Biden-Harris Administration in April 2022 with a visit by Vice President Kamala Harris.

Currently, Simmons serves as a member of several local, state, and national boards and organizations, to name a few: Immediate Past President of Mississippi Municipal League, Co-Chairman of Mississippi River Cities and Towns Initiative, President of Mississippi Delta Mayors Association, Vice- President of Delta Council, Mississippi Economic Council Board of Governors, Boys Scouts of America, Rotary Club (Paul Harris Fellow), U.S. Conference of Mayors, National League of Cities, Inaugural Mayor Institute on City Design Just City Lab with Harvard University's Graduate School, life member of NAACP, life member of Magnolia Bar Association, life member of Kappa Alpha Psi Fraternity, Inc., board member of Mississippi Association of Justice, Mississippi Bar Association, and Chairman of Washington County Democratic Executive Committee.

Among several other things, the Simmons family sponsors an annual Christmas Toy Give-a-way, providing toys to nearly 600 needy children and families annually. To date, Simmons family has held their toy giveaway for thirteen (13) consecutive years serving more than 6,500 children. Additionally, Mayor Simmons financially contributes to both Jackson State University, Howard University, and faith-based, charitable, civic, and social organizations. He is a mason and member of the Greater Springfield Baptist Church in Greenville, Mississippi where Mark S. Buckner is pastor. He is the son of the late J.C. Simmons, Jr. and Alzena Bruce Simmons. He and his wife, Dr. Temika M. Simmons, have three children, Errick, Eriel, and Elin.

---



**John Laughner**

Federal Government Relations Manager, American Heart Association

John manages the American Heart Association's federal appropriations portfolio relating to biomedical research at the National Institutes of Health and public health funding at the Centers for Disease Control and Prevention. He serves as a key liaison with these federal agencies on behalf of the American Heart Association and advocates for funding for cardiovascular disease research and prevention before Congress. He spends most of his time engaging the House and Senate Appropriations Committees and leads two stakeholder coalitions including the NHLBI Constituency Group and National Coalition for Heart and Stroke Research.

Prior to joining the American Heart Association, John spent ten years working as a federal appropriations lobbyist in the education policy community. He began his career on Capitol Hill where he worked in several congressional offices. He earned his undergraduate degree in American Politics and Policy from the University of Central Florida, and his master's degree in Legislative Affairs from George Washington University.

---



**Alison P. Smith, MPH, BA, BSN, RN**

Program Director, AHA-AMA Initiative to Control Blood Pressure  
American Heart Association / American Medical Association

With 25+ years working from bedside to board room, Alison Smith currently serves in a jointly held position with the American Heart Association (AHA) and the American Medical Association (AMA) as Program Director for the AHA-AMA Initiative to Control Blood Pressure. She also serves on the HRSA/OMH-funded National Hypertension Control Initiative team for AHA supporting the clinical QI team with the core curriculum, technical assistance, and training.

Prior to joining the AHA-AMA, Ms. Smith served for a decade as a Vice-President of Strategic Initiatives and a Senior Advisor and Consultant to C-Change, a national not-for-profit, focused on research, practice, and policy issues in cancer. In addition, Ms. Smith served in the first cohort of public members for the Accreditation Council for Graduate Medical Education (ACGME) on the Public Member Forum and Family Medicine Residency Review Committee.

Prior to working with C-Change, Ms. Smith worked for fifteen years as a nurse, administrator, and consultant in hospitals across the country, including a "Top 100" community teaching hospital and as Assistant Editor of the journal Nursing Economic.

Ms. Smith earned her B.A. in Human Biology with a concentration in healthcare economics and policy at Stanford University, her B.S. in Nursing at the Johns Hopkins University School of Nursing, and her M.P.H at the University of North Carolina Gillings School of Public Health Executive Master's in the Health Policy and Management Program.

---