# Chat Box Notes and Q&A

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| Marissa Thornton: | Good Morning I am Marissa Thornton with Habilitative Systems, Inc. I am a Community Health Response Worker. I look forward to getting some tools to share with the community and keep them engaged with the Takedown of Hypertension |
| Andrya Durr: | Hello everyone! My name is Andrya Durr. I'm a Research Specialist at West Virginia University in the School of Public Health, Office of Health Services Research. |
| Jill Birnbaum: | Hi! Jill Birnbaum with the American Heart Association where I lead state and community advocacy efforts. Want to be an advocate for heart health? Text HEART to 46839 and visit https://heartpowered.org/. |
| Pamela Chapman (DHHS): | Good morning. Pam Chapman with the Utah Department of Health and Human Services. I am the chronic disease coordinator for our state and work on the CDC Diabetes and Heart Disease grants. |
| Ash Litton: | Hi, everyone! I'm Ash Litton and I'm the project manager for both the Cardiovascular and Diabetes grants for the state of West Virginia. I'm working out of the Bureau of Public Health, in the Office of Health Promotion and Chronic Disease preventionn |
| Jose Mari Lansang: | Happy Thursday, I am Dawna Bryant (not Jose) and I am the Pioneering Community Health Worker for Multicare. Currently in Washington State |
| Stephanie Poulin: | Hi! I'm Stephanie Poulin from the Connecticut Department of Public Health |
| Seliciano Douthard: | Hello, I'm Seliciano Douthard with the Chicago Department of Public Health where I am a Community Health Worker Director. |
| Leslie McCants: | Good Morning My Name is Leslie McCants with Habilitative Systems Inc. I am the Community Health Response Supervisor. |
| Nicole parson: | Nicole Parson Habilitative System Inc, Community Health Response Worker. |
| Kevin Krusz: | Good afternoon - Kevin Krusz from the State of Connecticut Department of Public Health |
| andrew graham: | good morning everyone! I'm Andrew Graham, with the Medical Fitness Association. Our members are nationwide, but I'm in Colorado. |
| Louise Yale: | Good morning everyone! I'm Louise Yale with the Illinois Department of Public Health WISEWOMAN Program. |
| moustapha fane: | Moustapha Fane. Community health worker with Chicago department of public health - House at Habilitative system Inc. |
| Janet Spillane: | Hi I'm Janet Spillane from the Massachusetts Department of Public Health |
| Melissa Cawley-Chambers: | Hi Everyone, my name is Melissa Chambers, I am a Registered Nurse from Centra Health located in Virginia. I am a clinical nurse navigator. |
| Darla Winslow: | Darla Winslow |
| Anne Geissinger: | Anne L. Geissinger. Public health professional with the NC Division of Public Health |
| Mario Scott: | Mario Scott - HSI |

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| H Rees Hanley: | Great to be among others passionate about reducing heart attacks and strokes. I'm the 18 year leader of the CA Right Care Initiative focused on controlling three key biometrics: BP, LDL, and A1C to drive down ASCVD events. I'm reachable at HattieHanley@post.harvard.edu; https://rightcare.berkeley.edu. |
| Karen Pratt: | Good afternoon! Karen Pratt Public Health Consultant Michigan Department of Health and Services. |
| Becky Fetters: | Hello! I'm Becky Fetters, Case Review Manager with OFMQ (Oklahoma Foundation for Medical Quality). Looking forward to the presentations and discussions. |
| Darla Winslow: | Darla WInslow, Polk County Health Dept, Nebraska |
| SaraEve Sarliker: | Hi Everyone! I'm SaraEve Sarliker with the Washington State Dept. of Health's Heart Disease, Stroke & Diabetes Prevention in Olympia WA. |
| Anne Gargano Ahmed: | Good morning! Im Anne Gargano Ahmed, Heart Health Coordinator on the WI Dept of Health Services |
| Anna Bess Brown: | Hi, I'm Anna Bess Brown with the Justus-Warren Heart Disease and Stroke Prevention Task Force in North Carolina. |
| Shakiera Nickerson: | Hello I'm Shakiera from Delaware DPH Chronic Disease Bureau. |
| Joy Jackson: | Good morning. I am Joy Jackson, I am a community health worker at Greater Auburn Gresham Development Corporation in Chicago, IL. I am excited to learn as much information as I can to help the seniors in my community. |
| Kathleen Wellman: | Good afternoon! I am Kathleen Wellman from Constellation Quality Health in Raleigh, NC |
| Brittani VanWinkle: | Hello! I am Brittani VanWinkle, CVD Program Manager, Kansas Department of Health & Environment |
| Alison Smith: | Hello from Alison Smith, Target: BP Initiative Director (AHA/AMA) |
| Natalie Tauzin: | Hello! Natalie Tauzin, Spokane WA Public Health Department Chronic Disease Management and Healthy Aging |
| Cara Barnett: | Good Morning! Cara Barnett, Cardiovascular Health Program Manager, Illinois Department of Public Health. I am the lead for the CDC 2304-National CVH Program for Illinois. |
| Adriene Tillman: | Hi Everyone, I'm Adriene Tillman from Tacoma, Wa. With the Ebony Nurses & Community Leaders |
| Robina Montague: | Good afternoon, I am Robina Montague RN/Practice Transformation Specialist from Quality Insights. I am in Pennsylvania. |
| Dani Bixby: | Hello! I'm Dani Bixby, Cardiovascular Health Equity Coordinator at Iowa HHS. I manage the Learning Collaborative for the CDC 2304- National CVH Program |
| Starlin Haydon-Greatting: | STARLIN Haydon-Greatting, Pharmacoepidemiologist, Illinois |
| Shebra Hall: | Hello! Shebra Hall, Chief, Bureau of Chronic Diseases, Delaware Division of Public Health, Department of Health and Social Services. I oversee Delaware's 2304 Natl CVH Program and 2303 WISEWOMAN. |

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| Ray Bridgewater: | Good Morning...Ray Bridgewater...Assembly of Petworth....Washington DC...Concentrate on Health & Technology...raybridgewater_nabvets@yahoo.com |
| Hebah A: | Hello. I'm a pharmacist in NJ. I'm also pursuing MPH at CUNY School of Public Health in NY. |
| Derrecia Graham: | Hello! Derrecia Graham, MPH (Program Manager, Community Health Care Association of New York State. dgraham@chcancys.org) |
| Nicole Smith: | Hi everyone! Nicole Smith, I manage the Diabetes and Cardiovascular Health Programs at the Ohio Department of Health. |
| Shelby Vadjunec: | Hi all. Shelby Vadjunec with the Wisconsin Department of Health Services, Division of Public Health, Chronic Disease Prevention Program. |
| Johanna Segovia: | Hello, I'm Johanna Segovia. Senior Program Analyst on the Chronic Disease team at NACCHO. |
| Jenifer Buckley: | Hi everyone. I'm Jenifer Buckley (Jenny), Director of Process Improvement at the Chicago Department of Public Health |
| Vanessa Pettigrew: | Vanessa Pettigrew, MA DPH, Division Quality Improvement Specialist for CVD/HTN, Stroke, and Diabetes |
| Jacque Preble: | Hello! I'm Jacque Preble, the Cardiovascular Health Community Coordinator with the public health department of the State of Nebraska, focusing on the 2304 CVH Learning Collaboratives. |
| Benjamin Bluml: | Hello, I'm Ben Bluml, the Executive Director and Senior Vice President, Research & Innovation with the American Pharmacists Association Foundation, focusing on patient-centered, team-based care that includes pharmacists and pharmacy teams to improve health and care for those we serve :) |
| Bob McNellis: | Hi all, Bob McNellis, NIH's Office of Disease Prevention. |
| Vanessa Pettigrew: | Massachusetts is seeing reductions in Blood Pressure in 50% of undiagnosed HTN patients participating in our SMBP programs in the state. We are also seeing decreases in A1C, HTN, and some shifts in BMI with SMBP programs. For chronic disease patients, this and economic savings for the individual, state, and federal healthcare dollars. Please contact me for more information. |
| Uyen Tran: | Hello, Uyen Tran Program Analyst on the Chronic Disease team at the National Association of County & City Health Officials |
| Meg Meador: | Good afternoon - Meg Meador, Quality Improvement and Implementation Science professional with NACHC. |
| Paul Gaist: | Thank you about emotional appeals and messages; pl comment on your comment to say "this will destroy your life". In health and public health communications, extreme negative framing is also a pathway to turning off your patient, client, audience. Where is the balance and how do we operationalize that? - |
| Warren Jones, MD, FAAFP: | I'm enjoying Dr. Luntz's presentation. It is powerful and informative. However, the "greatest institution" is located at Annapolis and not West Point!😂Thank you for your sober and motivating messages! |
| H Rees Hanley: | You also need to give people HOPE with success stories of how people get their HTN under control. |
| Jeneice Hall: | that was very helpful |

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| Warren Jones, MD, FAAFP: | He emphasized the need to build a partnership between patients and care providers to address managing their blood pressure as a team working to achieve success! I love that approach!! |
| SaraEve Sarliker: | I am curious about the application of Manfred Max-Neef's fundamental human needs to this work and what might make a pereson identify with a story from someone who has experienced the consequences of uncontrolled HTN. |
| H Rees Hanley: | Many obese people DO NOT HAVE HTN. |
| Jeneice Hall: | the visuals and tips to get people engaged are excellent thank you for sharing |
| Warren Jones, MD, FAAFP: | How you LOOK will definitely affect how you FEEL. If you look like you're losing weight, you will continue to do so. Use the weight loss as a pathway to lowering and controlling BP. |
| Paul Gaist: | Dr. Reis - Again, on emphasizinhg the emotional appeal, espeially with the deluge of disinformation, malinformation, and the strategic degradation of respect, understanding and value of science, data sources, and data as it relates to all of health and PH, including cardiac health and BP, We also need to respect the intelligence of our patients, clients, and audiences. To assist all of this, we must also start at early ages (and at all ages) to equip people with critical thinking and analysis skills. (this relates to my earlier comments) - I need to get back to my medical schedule for today; will try to log back as I can. Have a great rest of the meeting - great, important start. |
| H Rees Hanley: | Instead of weight shaming, focus on building MUSCLE STRENGTH AND FOOD AS MEDICINE, LOWERING STRESS. Love this convening, but need to pivot to my next leadership obligation. Will look forward to the videos. |
| Starlin Haydon-Greatting: | Did they publish their results? |
| Hebah A: | Crystal thank you for sharing your experience! This was very interesting and refreshing to hear. |
| Jim Li: | Hello All, great talks and interviews. Many Thanks to National Forum for organizing such great meeting. This is Jim Li, Executive Director of Global Medical Affairs at Omron. Empower the patients with reliable, accurate, easy to use, and comfortable home Blood Pressure Monitors (BPM) is an important step to enable the patients to see the consequence of before and after taking the antihypertension medications, promoting patients to form medication compliance, which leads to better hypertension control. Omron will always be there, being a reliable partner to both the healthcare team as well as to the patients and their families. Please let me know if you have any needs to help the patients: jim.li@omron.com, or check out Omron website for BPMs: omronhealthcare.com |
| Starlin Haydon-Greatting: | @jimli I am interested how you can assist our community access with Omron cuffs my email is sh.greatting@comcast.net |
| Esperanza Galvan: | I work in a large safety net health system and our patients are all low income. Most of them work but in jobs that don't pay well or that don't provide health insurance that is affordable. When you have to think about all the choices they have to make to successfully manage their chronic conditions and paying bills-it can be challenging. We need to work with each other in a very tangible way and go beyond words and move to creating programs that are true partnerships and negotiate what success looks like for each of us. Learning what success looks like for our patients is critical. |
| Terry Ann Scott: | Im a National Diabetes Prevention Program Health Coach and this is an awesome program that focuses on weight loss, physical activity and healthy eating. Individuals who join this program tend to lower their A1c, blood pressure, cholesterol and other chronic illnesses with access to health and wellness coaches, dietitians and we work with their providers. It's so sad that many cities, health departments and other health |

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| | providers are not implementing his program that is covered by Medicaid, medicare and other health insurances. Learn more tathealthsolutions.com |
| andrew graham: | Terry - thank you for sharing this. Diving into your website to learn more. Your approach is extremely aligned with our members and the medical fitness association. |
| Julie Harvill: | What questions do you have for our Vital Conditions speakers? Please use the Q & A feature. |
| Lonias Gilmore: | Thank you for your comments on beautification and community investments, Mayor Deuitch! |
| Jim Li: | Hypertension is a Silent Killer; Uncontrolled Hypertension is Lethal! |
| Warren Jones, MD, FAAFP: | This program has been timely, informative and repeat with incentives to make a difference personally and in our communities. |
| Warren Jones, MD, FAAFP: | In addition, the breadth of the topics and the approaches of the presenters were outstanding. |
| andrew graham: | This has been wonderful! Daily, the Medical Fitness Assoc is primarily focused on using exercise / lifestyle as medicine. I'm not often exposed to speakers who zoom out to discuss the big picture of the social determinants of health. Very motivating presentations! |
| Ashley Minaei: | Is there also discussion around some of the upstream factors that can often be barriers to engaging in healthy lifestyle choices? Things like having access to places to buy affordable healthy foods? Having access to sidewalks and walkable communities to encourage walkability? Having access to safe homes and neighborhoods where kids can play safely outside without danger of violence or road accidents? Having opportunities for physical activity and movement throughout the school day? Having school sports available and accessible to all kids? And other topics like these? |
| Darwin Labarthe: | Many thanks to Dr. Haridopolos and your discussion of the forthcoming Commission report on May 24. The promise of major commitment to prevention of hypertension and the other components of cardiovascular/chronic disease risk beginning in childhood is welcome and very promising. Many thanks for joining this major convening of the National Forum for Heart Disease and Stroke Prevention. |
| Stephen Sidney: | Autism spectrum disorder (ASD) prevalence is 31% in children and 45% in adults. Adults with ASD have higher levels of CVD risk factors than those without. We need specific approaches for CVD prevention among those with ASD. |

| Question | Asker Name | Asker Email | Answer |
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| Please elaborate on innovations coming on line for HTN therapeutics. When will the shot be available that Dr. Whelton mentioned? | H Rees Hanley | hattiehanley@berkeley.edu | |

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| Thank you about emotional appeals and messages; pl comment on your comment to say "this will destroy your life". In health and public health communications, extreme negative framing is also a pathway to turning off your patient, client, audience. Where is the balance and how do we operationalize that? - Paul G. | Paul Gaist | paulusa75@hotmail.com | |
| please elaborate on the specific behavior Frank is referring to as precipitating his 2 strokes. HE IS SO LUCKY TO BE ALIVE!!! | H Rees Hanley | hattiehanley@berkeley.edu | |
| And to add to my comment/question, it remains important, especially in current times, that we continue to rely and convey evidence, as in evidence-based messages (science, data, objectivity) to a degree that is effective and also serves as a barrier to a degree to the deluge of disinformation and malinformation that is proliferating in our society and worldwide. Thank you. | Paul Gaist | paulusa75@hotmail.com | |
| What about using words that are more person centered rather than in a negative or parental manner | Starlin Haydon-Greatting | sh.greatting@comcast.net | |

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| Frank just drank SODA on the video. Can you please get him to switch to unsweetened ICED TEA? | H Rees Hanley | hattiehanley@berkeley.edu | |
| will we get slides as well. the speaker is going through slides fast :-) | Jeneice Hall | jeneice.hall@austintexas.gov | Yes, The event is being recorded and transcribed. A link to this information will be sent to all registrants in the coming weeks. |
| Dr. Reis - Again, on emphasizinhg the emotional appeal, espeially with the deluge of disinformation, malinformation, and the strategic degradation of respect, understanding and value of science, data sources, and data as it relates to all of health and PH, including cardiac health and BP, We also need to respect the intelligence of our patients, clients, and audiences. To assist all of this, we must also start at early ages (and at all ages) to equip people with critical thinking and analysis skills. (this relates to my earlier comments) - I need to get back to my medical schedule for today; will try to log back as I can. Have a great rest of the meeting - great, important start. | Paul Gaist | paulusa75@hotmail.com | |

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| Great discussion about communication with individuals/patients; what about reaching the minds of decision- and policy-makers? | Darwin Labarthe | darwin.labarthe@northwestern.edu | |
| DO we haev exmples of who is doing it best- using visuals for hypertension (campaigns, prints ads, etc). | Jeneice Hall | jeneice.hall@austintexas.gov | |
| will there be a a Q&A session? | Jeneice Hall | jeneice.hall@austintexas.gov | Yes, we will answer questions in the Reactions to HTN Takedown session later in the convening. |
| Question for speakers- how do we get younger people (under 30) to proactive with preventing hyperstension- could you provide exmaples of visuals that may appeal to this target population. | Jeneice Hall | jeneice.hall@austintexas.gov | |
| For Ms. Decuir, How were you able to get participants to focus on BP with the weather challenges facing Southwest Louisiana? | "Warren Jones, MD, FAAFP" | drwajones@bellsouth.net | |
| How did you fund all the work? | Pamela Chapman (DHHS) | pschapman@utah.gov | |
| How did you get providers to buy in to follow a HTN medication algorithm? | Jenny Lingle | jlingle@comagine.org | |
| Was there a difference in HTN control, diabetes control and/or wight management for individuals that participated in nutrition counseling and/or community gardens? | Vanessa Michel Dukes | vmicheldukes@hrsa.gov | |

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| What are some best pratices from community intervention hypertension awareness to getting community member into treatment with providers especially when they dont have a estabblished PCP | Jeneice Hall | jeneice.hall@austintexas.gov | |
| Lifestyle is featuring very prominently today. Lifestyle “habits” are not all that differs across regions of the US. Active, public transportation and safe routes, walk in health services, free clinics are all less prevalent in the US South. It would be great to hear the vital conditions panel link back to the structural conditions and what we need to advocate for to get to health env for healthy outcomes. | Lonias Gilmore | lgilmore@bigcitieshealth.org | |
| what has Mayor Deuitch seen work well to get younger people active in her community. | Jeneice Hall | jeneice.hall@austintexas.gov | |

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| '+ Also, patterns of access to capital means that entreprenuers and biz owners with less capital are attracted to low threshold startups like liquor stores and convenience stores or even smoke shops. It would be great to hear Mayor Angie talk about her vision for community investment for healthier env? | Lonias Gilmore | lgilmore@bigcitieshealth.org | |
| Are any speakers aware of grants that support structural conditions to support health env for healthy outcomes | Jeneice Hall | jeneice.hall@austintexas.gov | |