

About improving health outcomes



How is the AMA tackling chronic disease?

In collaboration with some of the nation's most influential health care leaders and organizations, the AMA aims to help prevent 2 of the nation's most common chronic diseases: type 2 diabetes and heart disease.

Type 2 diabetes and heart disease hurt the nation's health and economy, because they both:

- Affect millions of patients across the country
- Cost the U.S. economy almost \$545 billion a year

Why is the AMA focused on type 2 diabetes and heart disease?

The AMA is in a unique position to bring together physicians in all practice settings and specialties with patients, communities and public and private sector organizations to develop new approaches to prevent progression of prediabetes to type 2 diabetes and to achieve better control of high blood pressure, which will improve health outcomes and ultimately the health of the nation.

Frank Clark, MD, chair of the Minority Affairs Section (MAS) reflects on being an advocate for change and the importance of diversity in the physician workforce to improve health outcomes.

To prevent type 2 diabetes the AMA is collaborating with:



Centers for Disease Control and Prevention (CDC)

The Centers for Disease Control and Prevention (CDC) through a multiyear initiative called Prevent Diabetes **STAT: Screen, Test, Act – Today™**.



American Diabetes Association, the CDC and the Ad Council

The American Diabetes Association, the CDC and the Ad Council—encouraging physicians to identify and refer patients with prediabetes to evidence-based CDC-recognized national diabetes prevention programs that can help them avoid progressing to type 2 diabetes.



YMCA of the USA

The YMCA of the USA to help increase the number of people enrolled in the YMCA's evidence-based Diabetes Prevention Program recognized by the CDC.



AmeriCares to increase availability of diabetes prevention programs in free and charitable clinics that serve patients with limited access to health care services.

To prevent heart disease the AMA is collaborating with:

TARGET:BP™

American Heart Association

The American Heart Association through a multiyear initiative called *Target: BP* aimed at reducing the number of Americans who have heart attacks and strokes by urging physician practices, health systems and patients to prioritize blood pressure control.



Million Hearts®

The U.S. Department of Health and Human Services' Million Hearts® initiative, for which the primary objective is to prevent 1 million heart attacks and strokes within 5 years.

BP resources

Act rapidly

- Best practices (PDF)
- Therapeutic inertia assessment (PDF)
- Gap analysis (PDF)
- Hypertension medication treatment protocol (PDF)
- Pre-assessment (PDF)
- Sample medication protocol (PDF)
- Workflow (PDF)

General

- Building your team (PDF)
- BP program implementation checklist (PDF)

Measure accurately

- Best practices (PDF)
- BP measurement competency (PDF)
- BP measurement skills assessment (PDF)
- Gap analysis (PDF)
- In-office BP measurement infographic (English) (PDF)
- In-office BP measurement infographic (Spanish) (PDF)
- Pre-assessment (PDF)
- Steps for in-office BP readings (PDF)
- Workflow (PDF)

Partner with patients

- Best practices (PDF)
- Collaborative communication strategies (PDF)
- Gap analysis (PDF)
- Pre-assessment (PDF)
- Workflow (PDF)

Self-measured blood pressure (SMBP)

- 7-step SMBP quick guide (PDF)
- Average calculator (XLSX)
- Best practices (PDF)
- Device calibration test (PDF)
- Gap analysis (PDF)
- Infographic (English) (PDF)
- Infographic (Spanish) (PDF)
- Interpretation table (PDF)
- Loaner device agreement (English) (PDF)
- Loaner device agreement (Spanish) (PDF)
- Loaner device inventory management (PDF)
- Patient training checklist: In person (PDF)
- Patient training checklist: Virtual (PDF)
- Patient training checklist: Loaner device (PDF)
- Pre-assessment (PDF)

- Recording log (English) (PDF)
- Recording log (Spanish) (PDF)
- Recording log - device average (PDF)
- SMBP coverage insights: Medicaid (PDF)
- SMBP CPT® Coding
- SMBP cuff selection (PDF)
- Competency on training patients (PDF)
- Using a wrist cuff (English) (PDF)
- Using a wrist cuff (Spanish) (PDF)
- What is SMBP? (PDF)