

Nebraska Chronic Disease Summit

Workshop: Improving Hypertension Control through Self-Measured Blood Pressure (SMBP) and Tobacco Cessation

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Welcome and Introductions

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Tell Us:

1. Your Name
2. Organization Name



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Workshop Objectives

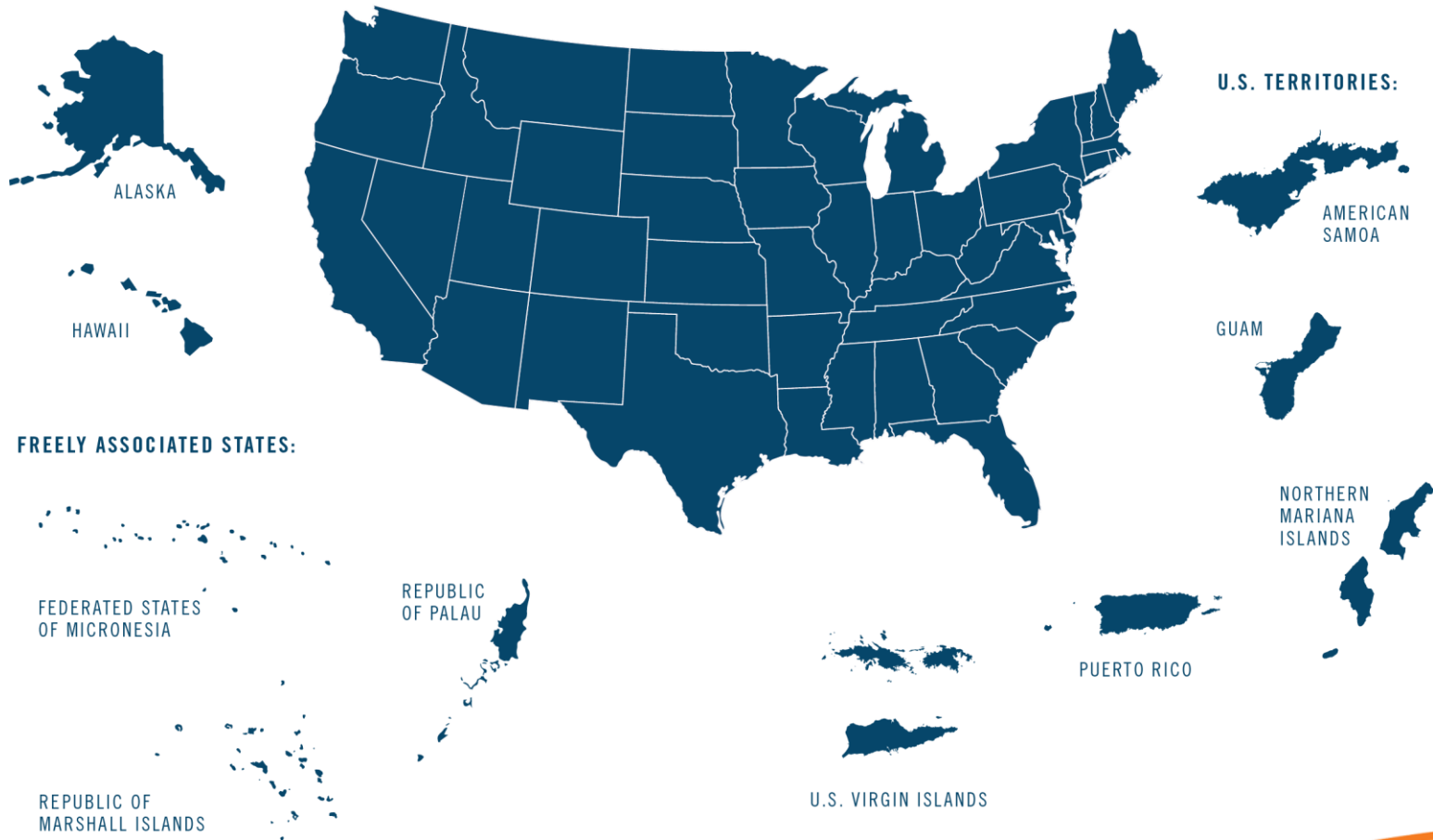
- Learn about ASTHO's SMBP and Tobacco Control work
- Discuss ways to integrate SMBP and tobacco cessation into systems changes for hypertension self-management
- Discuss collaborative efforts and actions to sustain hypertension prevention and management



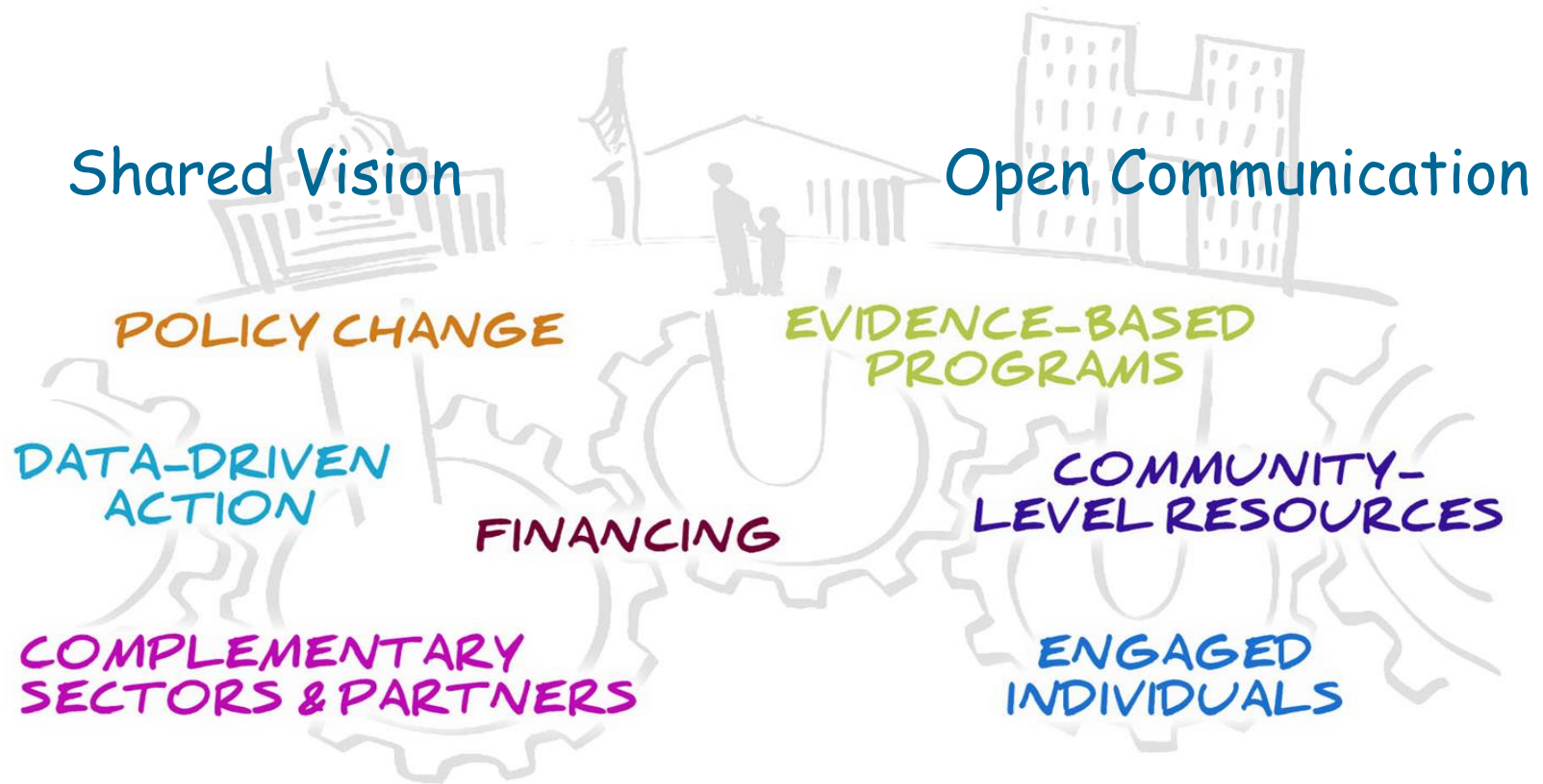
Overview of ASTHO's SMBP and Tobacco Control portfolio



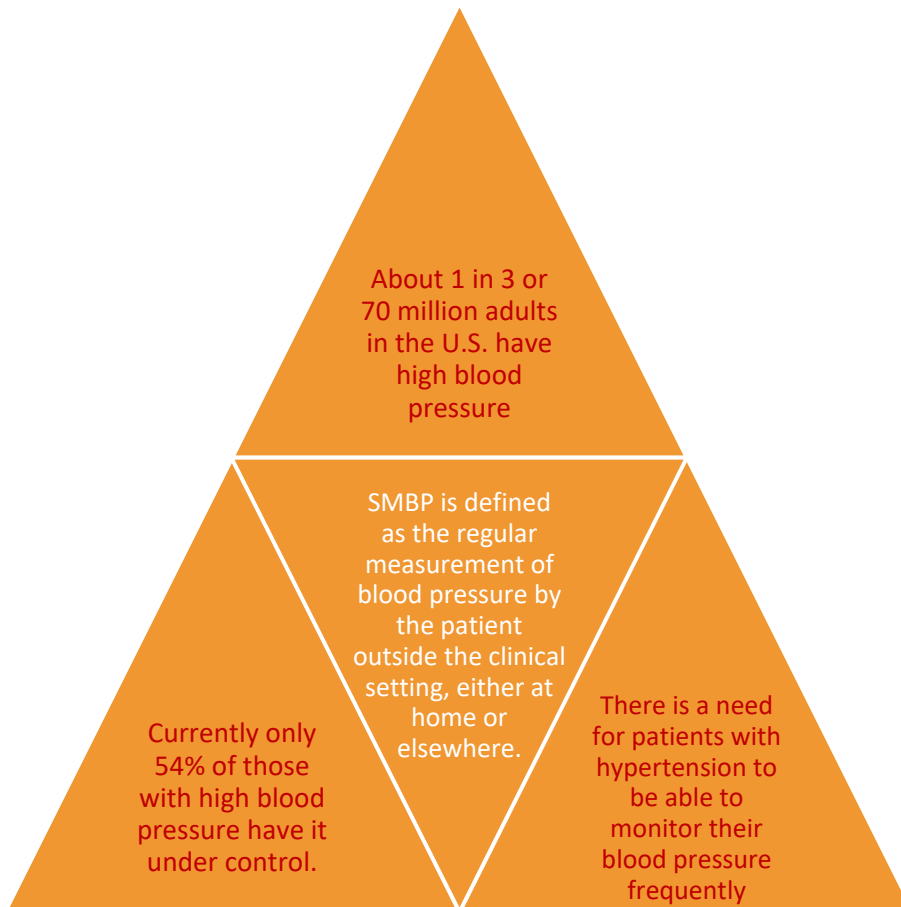
About ASTHO & Our Membership



ASTHO Systems Change Framework



What is SMBP and why?



Self-Measured Blood Pressure (SMBP) has been used in the treatment of hypertension with three major aims:

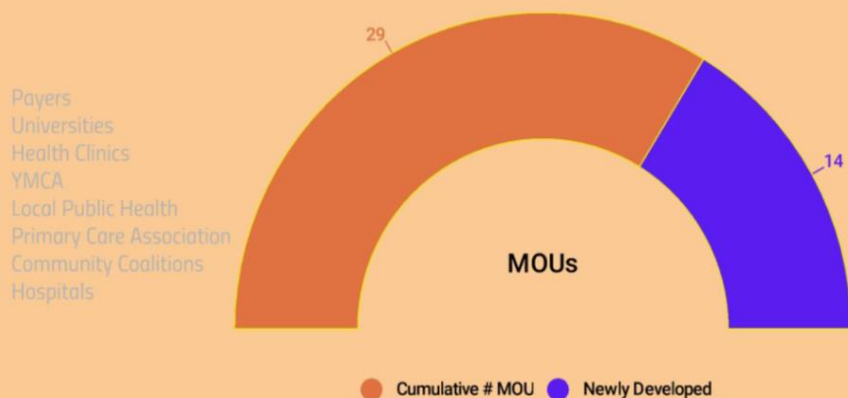
1. Avoid undertreatment of hypertension.
2. Enhance self-participation in disease management and to enhance adherence.
3. Avoid overtreatment in those with lower BP out of the clinic compared with in the clinic.

ASTHO's SMBP Project



ASTHO's SMBP Project Results

MOUs as a result of SMBP



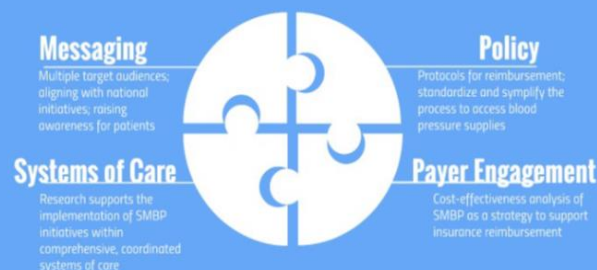
Community Engagement Activities



Spreading & Sustaining



Opportunities for Spread and Sustainability



ASTHO's Tobacco Control Portfolio

Tobacco Issues
Forum

E-Cigarette
Workgroup

Tobacco
Control
Network

Virtual
learning
opportunities

Written
resources

ASTHO Tools and Resources

- Million Hearts 2022 for Tobacco Control Managers
- New York's one pager: *The value of SMBP*
- Priority Population Infographic
- Tools for Change



Workshop Activity: Roundtable Discussions



Self-Measured Blood Pressure (SMBP)

- Provide a very brief overview of your agency's SMBP work. If none, provide a synopsis of your agency's future plans for SMBP.
- Who did you already engage? Who would you like to engage in the future and why?
- What other resources can you leverage to implement or strengthen your SMBP work?

Tobacco Cessation

- What tobacco cessation resources does your agency have access to?
- Are those resources integrated in your agency's heart disease and stroke prevention portfolio? If so, how?

Taking Action

- What are some ways to integrate tobacco cessation resources into the larger cardiovascular disease (CVD) prevention portfolio?
- How can you leverage your relationship with payers to sustain those efforts?
- What will be your first step towards integrating tobacco cessation into CVD prevention when you return to work?

Final Thoughts



Thank you!

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