

CLINIC OR DOCTOR'S NAME HERE:

CARE YOU NEED MOST

FOR EVERYONE



Blood Pressure

GOAL

Less than 140/90

MY NUMBER

AT GOAL?

YES NO

Total Cholesterol

Less than 200

LDL (Bad) Cholesterol

130 or less

Weight for Height

Goal _____



DISCUSS HABITS

Smoking



Healthy Eating



Daily Exercise



Aspirin

Colon Exam
(Adults Over 49)

Pap Smear (Women)

Mammogram (Women)

COMMENTS

DONE?

YES NO

Services Recommended by the U.S. Preventive Services Task Force

Other Care: _____

Medication Changes: _____

Instructions: _____

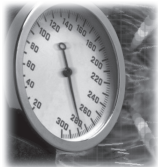


COMMON TABLE

Take Charge for Better Health

FOR SPECIAL CONDITIONS

DIABETES



Blood Pressure

GOAL
Less than 130/80

MY NUMBER

AT GOAL?

YES NO

LDL (Bad) Cholesterol

Less than 100

A1C Control
(Average Blood Sugar)

Less than 7

Foot Exam

Every year

Eye Exam

Every year



HEART FAILURE

ACE Inhibitor or ARB Blood Pressure Medicine _____



DONE?

YES NO

Echo Heart Test _____

Other _____

CORONARY ARTERY DISEASE

LDL (Bad) Cholesterol

GOAL
100 or less

MY NUMBER

AT GOAL?

YES NO

Beta Blocker Blood Pressure Medicine _____

Daily Aspirin  _____

Other _____

Ambulatory Quality Alliance core recommended services for diabetes, congestive heart failure and coronary artery disease

NEEDED CARE FOR OTHER CONDITIONS

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Healthy Memphis Common Table supports and encourages people working together to improve the health of everyone in the Greater Memphis community through initiatives like *Aligning Forces for Quality* and *Reversing Obesity and Diabetes*.

HEALTH WISE

It's your health, take charge or pay the price

by Renee S. Frazier
Special to the Tri-State Defender

In January, I moved to Memphis from Pittsburgh to become the first executive director of the Healthy Memphis Common Table, a non-profit community organization whose mission is to mobilize the greater Memphis community to achieve excellent health for all.

Coming to Memphis has been truly a great experience, and I am so pleased to have this opportunity to help achieve the new vision of the Healthy Memphis Common Table, which is to become one of America's healthiest cities. This may sound funny, but we can do this and we need to do this for our own health.

My work with Healthy Memphis Common Table and in the community means a lot to me personally because of my own fight with type 2 diabetes. Being healthy is so important, and yet it is often taken for granted.

I learned of my diabetes three years ago at the age of 53. I had no prior knowledge of my condition in spite of regular, annual checkups. No pain, no symptoms; nothing to let me know I had a very serious chronic illness. I just walked into my doctor's office one day and she informed me that I was diabetic. I looked at her with total confusion, amazement and wonder.

What? What are you talking about? I have a chronic illness? How could that be? Well, I was at least 50 pounds overweight and not exercising. And now I have paid the price for taking my health for granted.

Diabetes is truly a very serious chronic disease. My doctor explained to me it can cause blindness, heart disease, stroke, high blood pressure and kidney disease. I looked at her like a deer in the headlights. No way I was at risk for all these old people-type problems. I was only 53, not 70. People who are old get chronic illnesses, not women who are 53. That kept running through my head. So, there I was, totally overwhelmed with having a chronic illness, and what was I going to do.

After much soul searching, and a lot of fear, I had to make some serious changes to the way I lived my life, if I wanted to continue to have a life to live.

Now I know that diabetes is a major issue for many African Americans, especially African-American women who fall in the highest risk category. And in Memphis, we're really in trouble since we have one of the highest growth rates of type 2 diabetes as well as high rates of obesity, which contribute to diabetes. Yes, being overweight can cause you to become diabetic. I am a living example of allowing my obesity to take control of me. I hate that. I am so proud of the fact I do not drink or smoke and have never had done drugs, but stupid me for letting my health go and being obese.



Renee Frazier (left) of the Healthy Memphis Common Table at the Stone Soul picnic with the lucky winner of a \$100 gift certificate for healthy foods. Frazier encourages people in the community to take charge of their health and make Memphis one of the healthiest cities in America. (Courtesy photo)



Renee Frazier

Are you at risk?

More than 57 million Americans have pre-diabetes, and many have no idea. Before people develop type 2 diabetes, they almost always have pre-diabetes, a condition where one's blood glucose levels are higher than normal, but not yet high enough to be diagnosed as diabetes.

The good news, according to the American Diabetes Association, is research shows that if people with pre-diabetes take action to make changes in their diet and increase their physical activity, their blood glucose will go down, and they can delay or prevent type 2 diabetes from ever developing. By preventing diabetes, people can also avoid the other problems that diabetes often leads to — heart disease, stroke, kidney problems, foot and skin problems, nerve damage, depression,

eye problems and blindness. So, learning how to avoid diabetes all together will greatly reduce a number of health problems.

To see if you might be at risk for pre-diabetes or diabetes, take the American Diabetes Association's Risk Test at www.diabetes.org, and click on Lifestyle and Prevention. Regular checkups with your doctor will also help determine your risk factors. If you are at risk, ask your doctor to check your blood sugar at least once a year and keep track of it in a health log or use the Healthy Memphis Common Table Take Charge for Better Health Checklist at www.healthymemphis.org to chart your care.

Making just a few small changes to eat healthier and increase your physical activity level can have a big effect on your health.

At this point, I realized I had to take control, and I did. I decided at that moment that I will be in control and I have taken charge for better health.

My life has changed forever. I take my medicine every day, walk three miles a day five times a week before work, reluctantly check my blood sugar, and make sure I visit my doctor two times a year for regular checkups.

Eating is the biggest challenge. I come from a family of big eaters, and many are obese. They are in Baltimore, far away, and for my diabetes, that is a good thing. I had to lose 50 lbs., and still

could stand to lose another 20. I eat very little sugar, and I know I cannot really have desserts, unless they're sugar free. But, it feels better giving those things up and working hard to stay healthy because I know now I am in control, and taking charge for my own health is very important to me.

I'm managing a chronic illness and living my life to the fullest. Take charge of your health and I believe it will remind you how wonderful it feels to be in control.

(For more information about how to take charge for better health, visit www.healthymemphis.org.)

The answer to changing our health care system is you.

Can you imagine a world where your doctor spends as much time keeping you healthy as treating you when you are sick?

Stop imagining and help AARP reform health care so we can invest in prevention and wellness. Together we can get our health care system to

deliver better results at prices we can all afford. In the legislation being drafted on Capitol Hill, there is a proposal that would increase coverage of preventive benefits, such as cancer screenings, to improve care and save individuals and Medicare money.

All of us play an important role in ensuring that we have a choice in a health care plan we can afford.

It starts with making wellness and prevention a top national priority. That's what AARP is fighting for. In the African American community, serious



health concerns, like stroke, diabetes and heart disease, strike a deadlier blow than in other segments of society. One in every eight African Americans over age 20 has diabetes. Estimates show that one in three African Americans born today will develop diabetes in their lifetime.

Disease factors aren't the only challenges to good health among black

Americans. Research shows that factors like income, where you live geographically, living conditions, education, family history, disability and personal habits all affect our health.

We need to work together to transform our "sick care" system into a "health care" system that values and invests in prevention and wellness. Individuals need to take personal responsibility to take steps to avoid preventable diseases and live healthier lives. Government and the private

sector need to support environmental and policy changes that will make it easier for all of us to live healthier lives.

So what's the solution?

You are. You have a choice. You have a voice. Find out how to use it at HealthActionNow.org. You can also take control of your health, and AARP can help you teach healthy behaviors to family members, beginning in childhood, so they continue throughout their lives. Exercising, eating right and getting vaccinations and regular checkups are all steps to good health.



To learn more and order free publications, including a physical activities workbook, a personal medication record and checklists for staying healthy, visit aarp.org/blackcommunity.

Contents of Tool kit for Website Promotion

- Newsletter articles
 - 200 words (see sample)
 - 300 words
 - 500 words
- Short “blurb” for website links, paycheck stuffer message, etc.
- Sample email messages
- Talking Points for Meetings
- Flyers
- Table Tent Cards
- Open Enrollment Materials
 - Short version (one paragraph)
 - Long version (full page)



Commitment Form

Promotion of Save Lives Save Dollars Health Care Performance Reports Website

Purpose:

The SLSD Health Care Performance Reports website (*myCareCompare.org*) includes hospital and physician organization performance reports. The website also contains helpful information for consumers about why the performance reports are important as well as general health care topics and links to other sites. **SLSD staff will work with the appropriate staff in your organization to provide a tool kit of materials and other assistance to promote the website.**

_____ **Yes!** Our organization _____ will promote the Save Lives Save Dollars Health Care Performance Report website to our employees.

We can conduct the following communication activities at our organization (please check):

- ___ link with logo on our company web site (with description)
- ___ link without logo on our company web site (with description)
- ___ link with logo on our company intranet (with description)
- ___ link without logo on our company intranet (without description)
- ___ regular article or mention in our company's internal newsletter(s)
- ___ regular article or mention in our company's external newsletter(s)
- ___ placement of tent cards in cafeteria or other locations
- ___ mention on check stubs
- ___ e-mail communication(s)
- ___ distribution of flyers
- ___ communications to retirees
- ___ host an educational session
- ___ other

Our primary contact for communicating with employees is:

Name: _____

Title: _____

Phone: _____ E-Mail: _____

Signed _____ Date: _____
(SLSD Member)

Please return this form to Lisa Mason (313-596-0811) at 313-965-2031 (fax) or via e-mail at lmason@gdahc.org

myCARE COMPARE.org

(Article -- 200 words)

Getting Good Medical Care – You Deserve Quality

According to a recent report from the Robert Wood Johnson Foundation, nearly 40 percent of people with diabetes in Detroit reported not knowing what their recommended cholesterol level should be.

Throughout Southeast Michigan, both good and bad care is being provided in hospitals and doctors' offices – and finding the right doctor is a worry for many people. The health care system is confusing, with too many choices and not enough clear, trustworthy information.

The Greater Detroit Area Health Council has launched its *Save Lives Save Dollars* initiative to improve health care quality in our community. As part of this work, *Save Lives Save Dollars* produces a report of local physician organizations' performance on its website, www.myCareCompare.org. The report evaluates the quality of local physician organizations in managing patients' diabetes, cancer and other areas of care.

Quality health care results when people learn more about their medical conditions, take an active role in their health care, and forge a trusting, effective relationship with a doctor who is right for them.

This easy-to-use report can help. Visit www.myCareCompare.org to view the report and make more informed health care decisions. When it comes to getting medical care, you deserve quality.