



CARDI·OH

Ohio Cardiovascular and Diabetes Health Collaborative



CASE WESTERN RESERVE
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School of Medicine

In partnership with:



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Cardi-OH ECHO

Health Equity and Cardiovascular Risk

March 21, 2024

About Cardi-OH

Founded in 2017, the mission of Cardi-OH is to improve cardiovascular and diabetes health outcomes and eliminate disparities in Ohio's Medicaid population.

WHO WE ARE: An initiative of health care professionals across Ohio's seven medical schools.

WHAT WE DO: Identify, produce, and disseminate evidence-based cardiovascular and diabetes best practices to primary care teams.

HOW WE DO IT: Best practices resources are available via an online library at Cardi-OH.org, including monthly newsletters, podcasts, webinars, and virtual clinics using the Project ECHO® virtual training model.

[Learn more at Cardi-OH.org](http://Cardi-OH.org)



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Disclosure Statements



- The following speakers and subject matter experts have a relevant financial interest or affiliation with one or more organizations that could be perceived as a real or apparent conflict of interest in the context of the subject of their presentation*:
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- The remaining speakers and subject matter experts have no financial relationships with any commercial interest related to the content of this activity:
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* These financial relationships are outside the presented work.

** For more information about exemptions or details, see www.acme.org/standards



Health Equity, Disability, and Cardiovascular Risk

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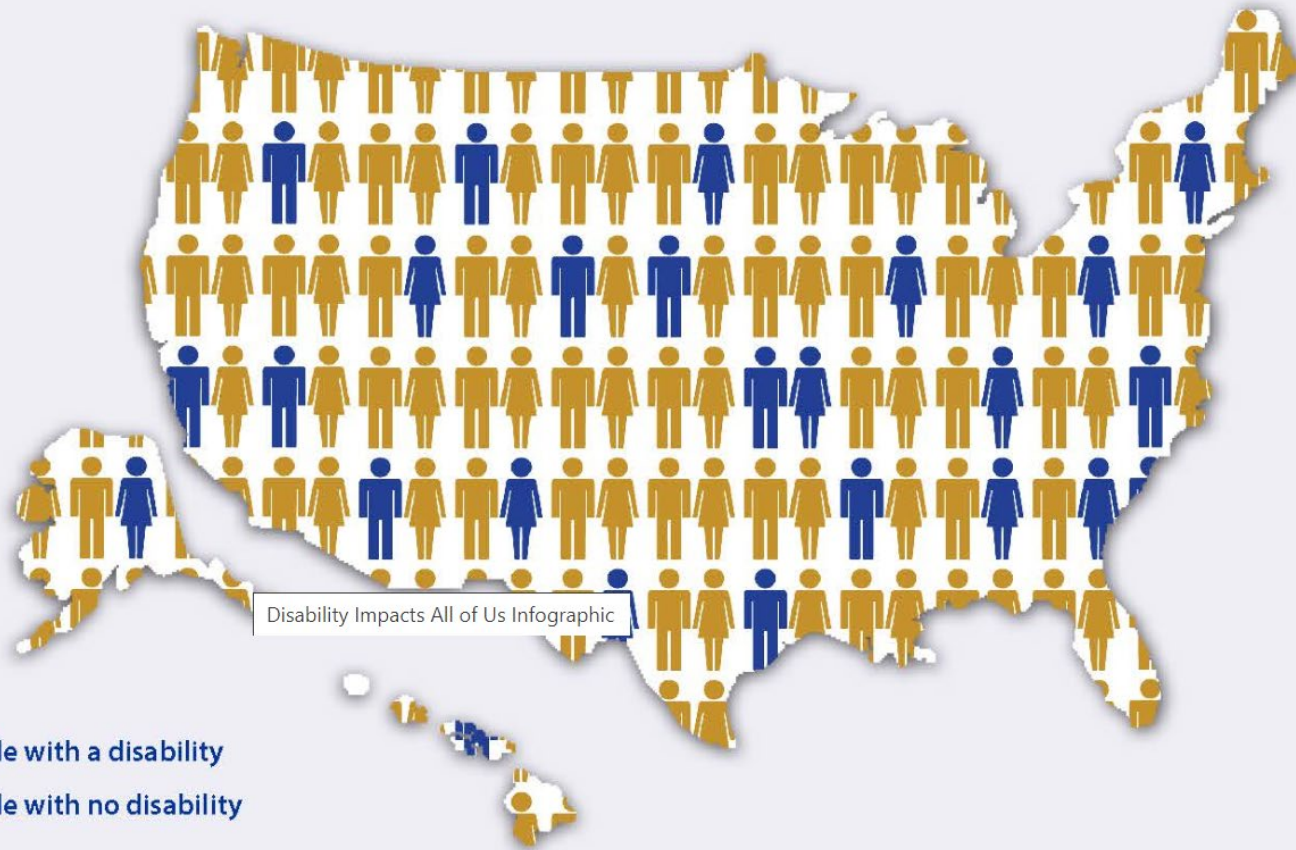
Ohio University Heritage College of Osteopathic Medicine

Learning Objectives



1. Define the intersection of health equity, disability, cardiovascular disease, and diabetes in the United States.
2. Give three examples of barriers people with disabilities face in health care.
3. Describe a strategy to improve health equity for people with disabilities and cardiovascular disease in the clinical setting.

Up to **1 in 4** adults in the United States have some type of disability
(27%)





**2,610,885 adults in
Ohio have a disability¹**

This is equal to 28% or
about 1 in 4 adults in Ohio

Cardiovascular Disease



- Heart disease related hospitalizations in Appalachian Ohio are 40 percent higher than the national average, and 20 percent higher than the average in non-Appalachian Ohio.
- Appalachian Ohio's heart disease mortality rate is 22 percent higher than the national rate and 15 percent higher than the rate in non-Appalachian Ohio.

Cardiovascular Disease



- CVD is the **leading cause of death** across sexes and people of most racial and ethnic groups in the US.
- Ohio's age-adjusted rate of deaths from heart disease (185.1 per 100,000) is 12% higher than the rate for the US population.

Barriers to Care for People with Disabilities

- Transportation
 - Cost
 - Inaccessible Physical Environment
- Lack of assistive technology and rehabilitation devices
 - Negative Attitudes Towards People with Disability

What do people look like with CVD and Disability?



- Recent data shows that people with physical disability have an increased risk for CVD, compared with the non-disabled people.

Strategies to Improve Health Equity



- Education
 - Improve knowledge of all clinic staff
- Think about your recommendations
 - Adaptive sports
- Remove structural barriers
 - Ask local disability group(s) for an audit/consultation

Best Practices

- Always address the person directly
- Always hand documents to the person directly
- Introduce yourself by name and role
- Ask if the person would like your help
- Give specific directions (there is a chair three feet behind you)

Do Not....

- Never grab or touch without permission
- Don't make assumptions about what a patient knows or understands based on their disability
- Don't make assumptions about burden (time, effort)
- Don't make assumptions about health behaviors (e.g., sexual activity, drug use)
- Don't assume that they have a caregiver who is managing any aspect of their life



Thank you!

Questions/Discussion