



Description of Program

The **purpose** of the Chronic Disease Prevention Council (CDPC) is to serve as a coordinating body for addressing chronic disease prevention in New Mexico.

The **mission** of the CDPC is to reduce common risk factors for the chronic diseases of arthritis, cancer, heart disease and stroke, diabetes, and diseases related to tobacco use and obesity by

- Advocating for prevention policies and programs;
- Facilitating collaboration among agencies and organizations working to prevent and/or manage chronic disease; and
- Supporting initiatives to understand, identify, and address social determinants that impact chronic disease.

Statement of Need

Formed in 1997, the CDPC is a multidisciplinary body of experts seeking to reduce chronic disease in New Mexico. Through quarterly meetings, the Council creates a forum for collaboration and communication to prevent and control chronic disease.

The CDPC is responsible for facilitation of the *New Mexico Shared Strategic Plan for Prevention and Control of Chronic Disease 2012-2016* (NMSSP) created by a statewide leadership team in 2010. The NMSSP identifies common risk factors for chronic disease, promotes multi-level prevention and management strategies, and improves health at both the individual and community levels. The Council, through its work with the NMSSP, actively coordinates the skills, talents, and experiences of a diverse group of member organizations.

How much was done?

- The Council convened quarterly:
 - * September 2014, Health Systems Interventions
 - * December 2014, Strategies that Support and Reinforce Healthful Behaviors
 - * March 2015, Community-Clinical Linkages Enhancement Workshop
 - * June 2015, First Annual Rural Chronic Disease Conference
- The Council continued to build sustainability by obtaining non-profit status and by securing additional funding.
- Five CDPC workgroups continued to address the priorities and objectives in the NMSSP. The workgroups include Communications, Tobacco Control Policy, Prediabetes Training Infrastructure, Million Hearts®, and Youth Health Equity.
- A media and marketing contractor developed a social media plan for the Council, creating a Facebook page, and produced a video spotlight segment highlighting a New Mexican living with multiple chronic diseases. The contractor designed six fact sheets for prediabetes, transportation and health policy, Million Hearts®, cancer survivors, multiple chronic conditions, and tobacco control programs.
- The CDPC completed or began 24 of the 56 objectives in the NMSSP, including two objectives related to tobacco policy. One of these was the development of the Tobacco Control Policy Workgroup.
- The Council grew to include 69 members with an email distribution list of 400 individuals.
- The Council conducted three focus groups with two community health councils in Las Cruces and Las Vegas and one in Gallup with community health workers from the Navajo Nation. The focus groups sought to understand the chronic disease health needs of rural communities.
- The NMSSP was updated to include an oral health disease component, the heart disease and stroke mission statement, and revised NMSSP priorities.

NEW MEXICO SHARED STRATEGIC PLAN

FOR PREVENTION AND CONTROL OF CHRONIC DISEASE 2012-2016



How well was the work done?

- The Council held 100% of all quarterly meetings.
- The CDPC worked on 24 of the 56 objectives (43%) listed in the NMSSP.
- 10 members and organizations joined the Council and 41 renewed their membership over the past three years.
- The number of attendees at each Chronic Disease Prevention Council quarterly meeting has increased with 49 present at the March Community-Clinical Linkages Workshop.
- Instead of a June quarterly meeting, the CDPC is hosting a rural chronic disease conference with 75 registrants, in collaboration with multiple partners, and offering CMEs and CEUs.

Is anyone better off?

- Collaborations increased among organizations, benefiting Council members. For example, the Million Hearts® workgroup conducted three blood pressure control workshops, training ten community organizations to increase heart disease and stroke prevention efforts throughout New Mexico.
- Chronic disease outcomes improved efficiency because of the work of the Council. For instance, members on the prediabetes training infrastructure workgroup collectively developed materials for prediabetes to educate patients, consumers, and healthcare providers.

Key Accomplishments

- The Council conducted focus groups in rural areas of the state to educate communities about the NMSSP and to better understand critical chronic disease challenges in New Mexico.
- The Council infrastructure was further strengthened by the addition of diverse members and greater collaboration between lead organizations and stakeholders representing priority populations.
- The Council worked toward sustainability by obtaining non-profit status, developing a board, and securing funding opportunities.
- Three new representatives joined the Steering Committee, increasing diversity and spreading responsibility for the progress of the Council.
- The CDPC increased efficiency by consolidating meeting topics, minimizing duplication, and better utilizing resources to impact chronic disease outcomes in New Mexico.

Lasting Impacts

- The CDPC ensured its sustainability by finalizing non-profit status, creating a board, and securing funding.
- The Council conducted chronic disease advocacy work to inform policy to support chronic disease prevention.
- The Council created a chronic disease video spotlight segment as part of the “New Mexico Health Starts Here” campaign that provides chronic disease prevention resources.
- The CDPC educated community members statewide about how to take proper blood pressure readings and Million Hearts®. Communities also developed related action plans to be implemented in the fall of 2016.
- The Council developed resources and website materials for chronic disease prevention and control.
- The CDPC hosted a Rural Chronic Disease conference to educate diverse health professionals.

