



Dental Partnering for Heart Health

End-of-Project Evaluation Results, 2018-2021

The Dental Partnering for Heart Health Project helped community members of Lake and Mecosta County make healthy changes in their life. This project focused on connecting dental health providers, public health providers, and primary care providers to create programs and referral systems to reduce the risk of cardiovascular disease in their patients. The greatest need of the target population in the service area was lack of access to programs and services to reduce the risk factors of cardiovascular disease, such as smoking, unhealthy weight, high blood pressure, diabetes, and periodontal disease.

How did we address this need?



Conducted Heart Age screenings using the Centers for Disease Control and Prevention Heart Age Calculator



Created Community Clinical Linkages between healthcare providers, dental care providers and public health providers to address blood pressure case management, diabetes case management, weight management, tobacco cessation, and diabetes prevention



Provided referrals to appropriate services in each county based on cardiovascular disease risk factors identified through use of the Heart Age Calculator



Referred participants identified with risk factors for cardiovascular disease to case management and/or risk reduction programs and provided follow-up by community health workers

Program Successes

577

participants enrolled in Live Well for Your Heart



399

remained active with heart age tracked over time

of the participants tracked over time...

12%

average % improvement in Heart Age

22%

achieved a >5% improvement in Heart Age

20%

of participants with diabetes improved HbA1c control

43%

improved their BMI

38%

improved their blood pressure

19%

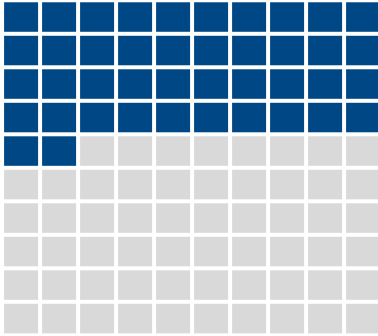
of participants who smoke quit smoking

Big Project Wins!

Over the three-year grant period, major wins were observed and detected using evaluation tools. The project overall strengthened relationships with partners which greatly enhanced the reach in the community and created community buy in and support. Other big wins include:



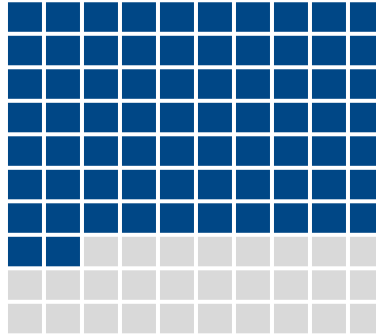
42%



of participants rescreened in Year 2 and/or Year 3 lowered their 10-year risk of heart attack or stroke.



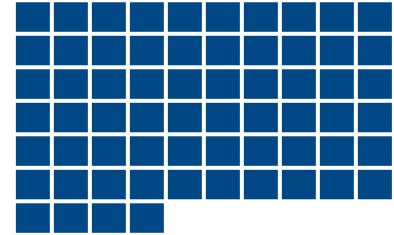
72%



of participants with high blood pressure readings in Year 1 had normal blood pressure readings when rescreened.



64



participants completed the Fit4U weight management program and now have a weight loss plan.

Next Steps & Future Work



Sustained Partnerships. Consortium members will continue partnerships after grant funding ends.



Weight Management Programming Continued. The Fit4U weight management program will continue and fills a need that is lacking in the project area. Spectrum Health Big Rapids Hospital will continue this program.



Tobacco Dependence Treatment Program Continued. DHD #10 has committed Health Promotion general funds to the Tobacco Dependence Treatment Program and will continue this program in our jurisdiction.



Integrate Heart Age Calculator Into Future Work. DHD#10 will integrate the use of the Heart Age Calculator for screening in established programming, and Spectrum Health Big Rapids Hospital will continue to use the Heart Age Calculator as an educational tool at community educational or screening events.



Expand Dental Partnering for Heart Health Project. Funding from the Michigan Endowment Fund allowed for expansion of the program into Wexword and Missaukee counties.

