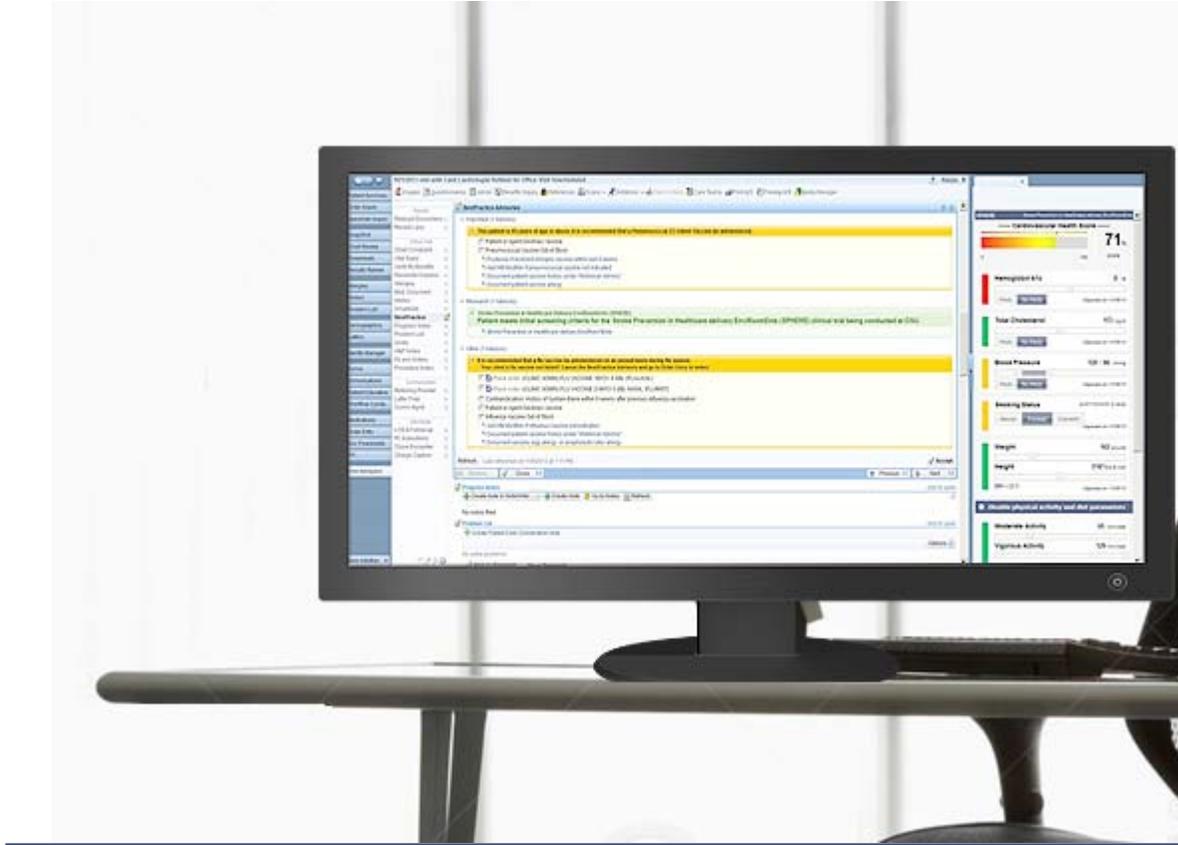




SPHERE



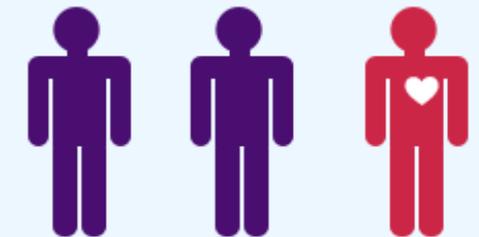
# Stroke Prevention in Healthcare Delivery Environments



THE OHIO STATE UNIVERSITY



- ✧ Only **1%** of the US population has ideal cardiovascular health
- ✧ Modifiable behaviors and factors carry the most risk
- ✧ Advancements needed for clinical interventions
  - ✧ Close the loop between patients and providers
- ✧ SPHERE interfaces with the electronic medical record
  - ✧ First of its kind in the clinical setting



**1 in 3 deaths**

in the United States is due to heart disease



----- Cardiovascular Health Score -----

60%  
score

0 100

**Hemoglobin A1c** 6.9 %  
Meds No Meds Captured on 10/23/13

**Total Cholesterol** 189 mg/dl  
Meds No Meds Captured on 10/23/13

**Blood Pressure** 80 / 120 mmHg  
Meds No Meds Captured on 10/23/13

**Smoking Status** quit>=12month is never  
Never Former Current Captured on 10/23/13

**Weight** 160 pounds  
**Height** 70 foot & inch  
BMI = 23.0 Captured on 10/23/13

Disable physical activity and diet parameters

**Moderate Activity** 30 min/week  
**Vigorous Activity** 15 min/week  
Help

Do you eat more than 4 1/2 cups of fruits(?) or vegetables (?) in an average day?  
Yes No

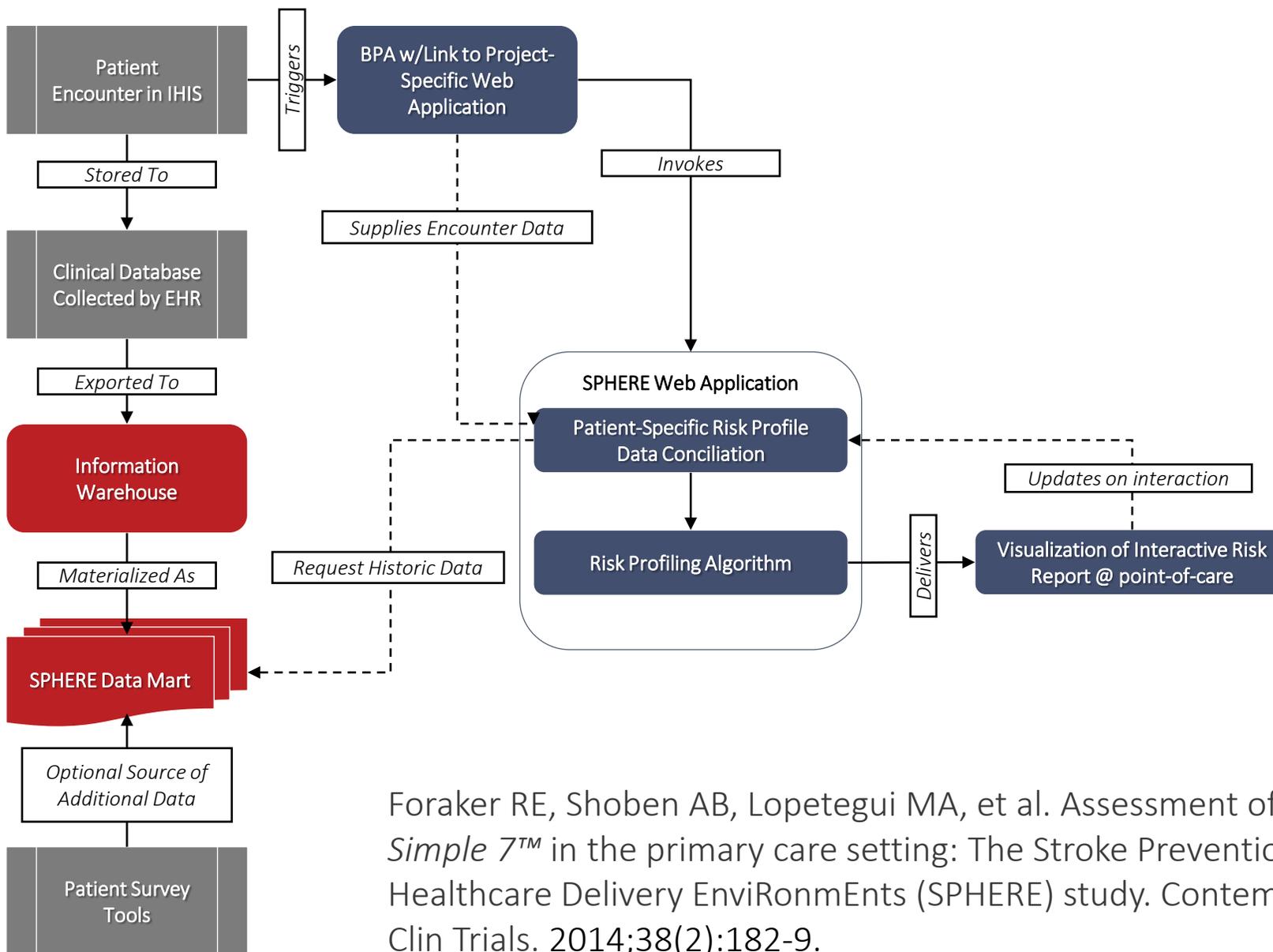
Do you eat 2 servings(?) or more of fish weekly?  
Yes No

Do you eat 3 or more servings of whole grains(?) daily?  
Yes No

Do you drink less than 36 ounces (41/2 cups) of beverages with added sugar(?) weekly?  
Yes No

Do you eat 1,500 miligrams or less(?) of sodium daily?  
Yes No

- ✧ Visualization tool at the point-of-care
- ✧ Functions within electronic medical record
- ✧ Improves communication
  - ✧ Slider bars and buttons
- ✧ Enhances goal-setting

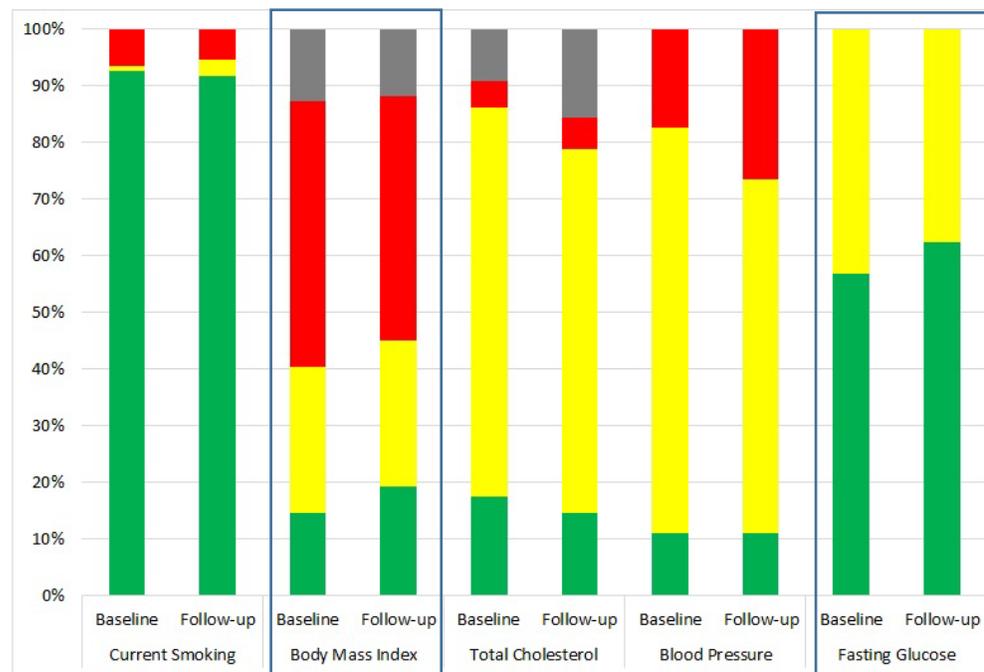


Foraker RE, Shoben AB, Lopetegui MA, et al. Assessment of *Life's Simple 7™* in the primary care setting: The Stroke Prevention in Healthcare Delivery EnviRonmEnts (SPHERE) study. *Contemp Clin Trials*. 2014;38(2):182-9.

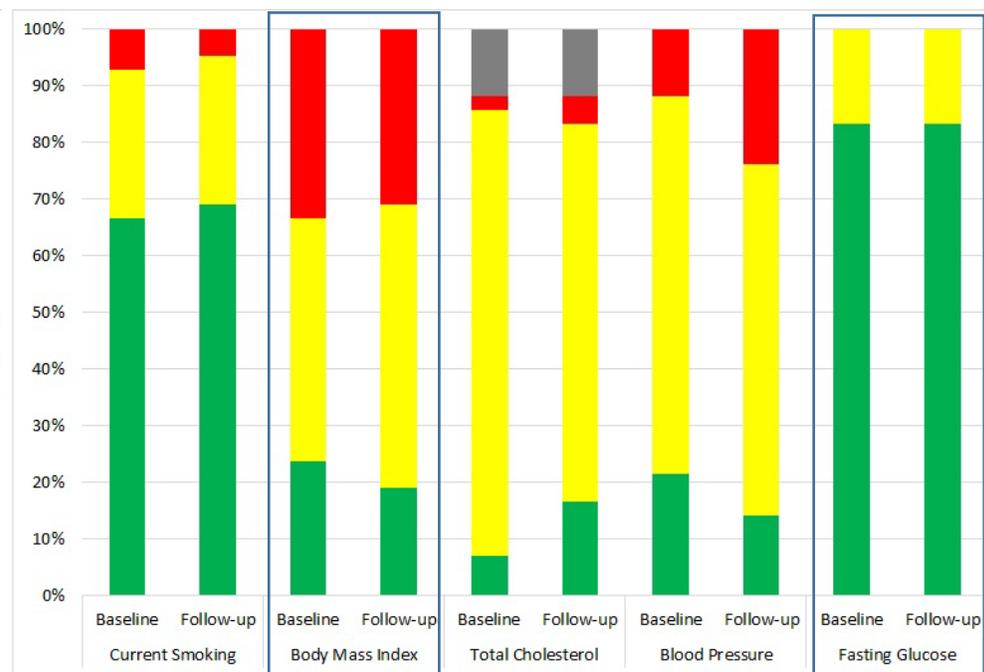
- ✧ Average age was 74 years (eligible patients  $\geq 65$ )
- ✧ Intervention clinic was 35% black (control clinic 19% black)
- ✧ Improvements seen in the intervention clinic – but not control clinic – for *diabetes* and *body mass index*



One-year changes in CVH: Intervention clinic (n=160)



One-year changes in CVH: Control clinic (n=109)



■ Missing  
 ■ Poor  
 ■ Intermediate  
 ■ Ideal