



Office of the Mayor

CONSENT CALENDAR

June 12, 2007

To: Members of the City Council

From: Mayor Tom Bates

Subject: Budget Referral: Hypertension Program

RECOMMENDATION

Request that the City Council refer to the 2008-2009 biennial budget process \$100,000 in one-time only funds for the Hypertension Prevention and Treatment Program delivered through the Public Health division and in partnership with Lifelong Medical Care, Inc.

BACKGROUND

In 2004-2005, I convened the Mayor's Task Force on Health Services, which identified chronic illness and inequities in health care as major concerns in Berkeley. In 2004, the South and West Berkeley Health Forum (SWBHF) Hypertension Subcommittee initiated a community-based planning process to specifically address disparities in mortality due to cardiovascular-related diseases in African-American residents of South and West Berkeley. Because many of the individuals working on the Task Force subcommittee on chronic disease and the SWBHF Hypertension subcommittee overlapped, the groups merged to become the Hypertension Work Group (HWG). In 2006, after an 18 month community-based planning process, the HWG developed a comprehensive plan to address hypertension prevention and treatment in Berkeley.

Last year, City Council allocated \$200,000 to begin implementation of this plan through the Hypertension Prevention and Treatment Initiative. Lifelong Medical Care received \$100,000 to increase capacity to provide treatment and self-management support to uninsured residents with hypertension and support implementation of the chronic care model for all hypertensive patients. The Public Health Division received \$100,000 to develop and implement a Hypertension Prevention Project to conduct community outreach and education and collaborate with Lifelong to provide intensive support for patients with hard to control blood pressure.

During the past year, this allocation has resulted in over 500 African American residents receiving information about preventing and managing high blood pressure. Outreach activities provided information and education to African Americans at events such as Hypertension Sunday and the African American Health Summit, as well as at community locations such as barbershops and bus stops. A new free High Blood Pressure Drop In Clinic was opened in March, 2007 that provides free weekly screenings and education and additional medical consultation if needed. (This additional medical consultation includes: 1) access to primary care at Lifelong for uninsured Berkeley residents with hypertension. 2) Patients with hard to control

hypertension receive additional case management and intensive support services from Public Health Nurses and Community Health Workers). Development of a coordinated referral system between the Public Health Division, Senior Programs, Mental Health and Lifelong was initiated.

A full time Community Health Worker was hired in the Public Health Division Hypertension Prevention Project resulting in collaborative relationships with the Alta Bates Summit Medical Center Ethnic Health Institute's Cardiovascular Committee, Stroke Committee and Health Ministries Program. Three young at-risk African American men from South Berkeley were hired to participate in a pilot project in which they learn about various chronic diseases, career options in public health, and are mentored to develop the necessary skills to do effective education and outreach in the community. Their presence has greatly improved community linkages in program efforts to prevent chronic diseases. This community health worker training program also provides workforce development and increases appropriateness of services to the community.

Berkeley's new Health Status Report documents the critical need to continue these services, with continued dramatic disparities in health outcomes between African-American residents compared to residents of other ethnicities, specifically with regard to startling inequities in stroke and coronary heart disease mortality, hospitalizations for hypertensive heart disease, and prevalence of high blood pressure.

Continued City General Fund support for an additional year of The Hypertension Prevention and Treatment Initiative would provide bridge funding to continue the key Public Health Division activities described in this report while staff work to acquire external grant support. It would leverage the City of Berkeley's \$100,000 allocation with approximately \$50,000 of additional in-kind contributions from the Public Health Division. The \$100,000 would support the initiative's outreach and education program, the community health worker training program and services supporting treatment and case management for highest risk patients, including:

- Continued Public Health staffing at the High Blood pressure Clinic
- Continued and expanded outreach and education
- Greater development of the CHW training program (e.g. nutrition and chronic disease presentations to other youth groups at-risk, for example Fred Finch)
- Collaborative project with EHI and Stroke Rehabilitation Center to outreach and provide education to community, and to support and educate families of recovering stroke patients
- Training of community residents on hypertension and coronary disease (self-management and prevention info) to develop a cadre of community leaders that can outreach to residents, expanding our reach
- Coordination with ABSMC Health Ministries for outreach in African American churches

FISCAL IMPACTS OF RECOMMENDATION

\$100,000 in General Fund One-Time Only funds.

CONTACT PERSON

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