



Promoting Healthy Life

November 13, 2017

RE: Nevada Diabetes and Cardiovascular Disease Report – 11th Edition – 2017

Dear Colleague:

The 11th edition of our *Nevada Diabetes and Cardiovascular Disease Report* compares our patterns of care and outcomes for Nevadans with cardiometabolic syndromes to national and regional benchmarks. We organize and deliver care differently compared to Salt Lake City with its large integrated hospital delivery systems and Los Angeles with its large capitated medical groups. And our Nevada culture is unique in America. So, how do we compare?

In Nevada, the prevalence of obesity, diabetes and cardiovascular complications continues to worsen especially for vascular, neurologic, and renal complications compared to regional and national benchmarks. About 1 in 5 Nevada children and about 1 in 4 of all Nevadans are obese. Over 40% of Nevadans over age 35 have type 2 diabetes and nearly 1 in 3 of them have more than 2 complications, mostly high blood pressure and high cholesterol. In one year, outpatient hospital visits by obese patients in Reno increased by 13%. In Las Vegas, hospitalizations for stage 4 chronic kidney disease, stroke, and heart failure increased by about 20% in one year.

We can do better. Prevention and treatment starts at home. Parents providing children more physical activity, few sugar drinks, no smoking, and less alcohol at home lead all in the house to live healthier lives. Workplaces with incentives and coaching support for workers to participate in diabetes prevention programs motivate employees and their families to make better health choices that add life to years. Doctor directed care teams who refer their patients with prediabetes and diabetes to self-management programs and follow evidence-based protocols when managing patients with complications of cardiometabolic syndromes achieve superior results. Pharmacists, nurses, social workers, educators, and community health workers on care teams each play critical roles.

Communities that provide safe streets and playgrounds that enable more outdoor activities and socialization improve the health and well-being of their residents. Individuals who track their calorie intake, minutes moving and blood pressure and take charge of their health stay healthy longer. It comes down to see your doctor, get your tests, and take your medications. We know what to do. We just need to help each other get it done.

Please call or write us and join our interventions to achieve a healthier Nevada.

Thank you,

A handwritten signature in black ink that reads "Jerry Reeves".

Jerry Reeves MD
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Corporate Vice President of Medical Affairs, *HealthInsight*