

CHRONIC DISEASE

SHIP Work Team packet, HPIO 9/14/16

Priority topic definition

Chronic disease includes heart disease, stroke, diabetes, cancer, chronic obstructive pulmonary disease/chronic lower respiratory disease and asthma, arthritis and related clinical risk factors—obesity, hypertension and high cholesterol, as well as behaviors closely associated with these conditions and risk factors—nutrition, physical activity and tobacco use. (as defined by the ODH report, [The impact of chronic disease in Ohio: 2015](#))

Development of priority topic outcome objectives

The first task of the Work Team will be to select no more than 3 desired outcomes to focus on in the SHIP. The internal state agency team reviewed a list of 18 potential outcomes and have narrowed it down to the ones listed below. Note that health behaviors (such as physical activity, nutrition and tobacco use) will be addressed as cross-cutting factors.

Condition or clinical risk factor	Desired outcome (source)	Directly related to	
		PCMH quality measure	SIM episode quality measure
Heart disease	1. Decreased heart disease prevalence among adults* (BRFSS)	X	
	2. Decreased heart disease mortality* (ODH VS)		
Hypertension	3. Decreased prevalence of adults ever diagnosed with hypertension (BRFSS)	X	
Diabetes	4. Decreased diabetes prevalence among adults* (BRFSS)	X	
Cancer	5. Decreased cancer incidence (specifically, cancers of the lung/bronchus, colon/rectum, breast and cervix) (ODH OCISS)	X	
Asthma	6. Decreased asthma prevalence among children (BRFSS)	X	X
Obesity	7. Decreased prevalence of obesity among adults* (BRFSS)	X	
	8. Decreased prevalence of obesity among children or adolescents* (YRBSS or OMAS—note data limitations)		

*Included in Ohio's Plan to Prevent and Reduce Chronic Disease

Acronyms

BRFSS: Behavioral Risk Factor Surveillance System

VS: Vital Statistics

ODH: Ohio Department of Health

OCISS: Ohio Cancer Incidence Surveillance System

OMAS: Ohio Medicaid Assessment Survey

YRBSS: Youth Risk Behavior Surveillance System

Inventory of evidence-based strategies and related outcomes

Please consider this inventory of strategies when narrowing down desired outcomes to address in the SHIP.

Sources

The strategies listed here have been systematically reviewed by the following national organizations and found to be effective in reaching desired outcomes within this SHIP priority area.

Systematic review or evidence registry	Recommendation level(s) included in this inventory
Hi-5 (Health Impact in 5 Years): CDC (<i>includes cost considerations</i>)	<ul style="list-style-type: none"> Recommended
6/18 (Accelerating Evidence into Action): CDC (<i>includes cost considerations</i>)	<ul style="list-style-type: none"> Recommended
The Guide to Community Preventive Services (Community Guide): Systematic reviews from the U.S. Centers for Disease Control and Prevention (CDC)	<ul style="list-style-type: none"> Recommended
What Works for Health (WWFH): Evidence registry from County Health Rankings and Roadmaps, a project of the University of Wisconsin Population Health Institute and the Robert Wood Johnson Foundation	<ul style="list-style-type: none"> Scientifically supported Some evidence
U.S. Preventive Services Task Force Recommendations (USPSTF): Systematic reviews from the Agency for Healthcare Research and Quality	<ul style="list-style-type: none"> Grade A (recommended; high certainty of benefit) Grade B (recommended; moderate certainty of benefit)
The Nutrition Evidence Library: Systematic reviews on specific nutrition topics from the U.S. Department of Agriculture (USDA)	<ul style="list-style-type: none"> Grade 1: Strong Grade 2: Moderate
Additional recommendations from the Ohio Department of Health (ODH)	

See the HPIO evidence inventories on [tobacco use/secondhand smoke exposure; physical activity, obesity, cardiovascular disease and diabetes](#); and, [food security, access to healthy food, obesity, cardiovascular disease and diabetes](#) for additional detail.

See also recommendations in [Accelerating progress in obesity prevention: Solving the weight of the nation](#), 2012 National Academies of Sciences, Engineering and Medicine report

Table 1. Health equity

Outcome area	Strategy/Intervention	Outcomes
Education	Early childhood education	CG: "When provided to low-income or racial and ethnic minority communities, (center-based) ECE programs are likely to reduce educational achievement gaps, improve the health of these student populations, and promote health equity."
	Full-day kindergarten programs*	CG: "Full-day kindergarten programs improve the health prospects of low-income and racial and ethnic minority children, based on strong evidence that full-day programs substantially improve reading and mathematics achievement—determinants of long-term academic and health-related outcomes."
	High school completion programs	CG: "Because academic achievement is linked with long-term health, and because high school completion programs are commonly implemented in racial and ethnic minority or low-income communities, these programs are likely to improve health equity."
	Out-of-school-time academic programs: Reading-focused, math-focused and general	CG: "Because academic achievement is linked with long-term health, and because out-of-school-time academic programs are commonly implemented in racial and ethnic minority or low-income communities, these programs are likely to improve health equity."
	School-based health centers*	CG: "If targeted to low-income communities, SBHCs are likely to reduce educational gaps and advance health equity."
Other	See below for additional strategies likely to reduce health disparities. *= programs and policies likely to reduce disparities, based on review by What Works for Health	

Bold= strategies are included in Hi-5 or 6/18 (both include cost considerations)

*= programs and policies likely to reduce disparities, based on review by What Works for Health

Table 2. Social determinants of health (including the social, economic and physical environment)

Outcome area	Strategy/Intervention	Outcomes
Heart disease, diabetes, obesity, cancer, hypertension: Physical activity	Safe Routes to School- <i>built environment components address physical environment</i>	Hi-5 <ul style="list-style-type: none"> Increased active transportation Increased fitness levels
	Community-scale urban design land use policies (including Complete Streets policy adoption)	CG <ul style="list-style-type: none"> Increased physical activity
	Street-scale urban design land use policies	CG <ul style="list-style-type: none"> Increased physical activity
	Mixed-use development	WWFH <ul style="list-style-type: none"> Increased physical activity
	Streetscape design (including bike lanes, multi-use paths, bike racks, etc.)	WWFH <ul style="list-style-type: none"> Increased physical activity Increased pedestrian and cyclist safety
	Zoning regulations for land use policy	WWFH <ul style="list-style-type: none"> Increased physical activity Increased active transportation
	Traffic calming*	WWFH <ul style="list-style-type: none"> Increased physical activity Increased active transportation
	Bike and pedestrian master plans	WWFH <ul style="list-style-type: none"> Increased physical activity
	Green space and parks*	WWFH <ul style="list-style-type: none"> Increased physical activity
	Joint use agreements* (also referred to as "shared use agreements")	WWFH <ul style="list-style-type: none"> Increased access to places for physical activity
	Public building siting considerations (e.g., schools)	ODH
Heart disease, diabetes, obesity, hypertension: Food security	Housing choice voucher program* (Section 8)	WWFH <ul style="list-style-type: none"> Increased food security** Increased neighborhood socio-economic diversity Increased neighborhood choice Reduced exposure to crime
	Rapid re-housing programs*	WWFH <ul style="list-style-type: none"> Increased food security** Reduced homelessness Improved access to social services
	Unemployment insurance*	WWFH <ul style="list-style-type: none"> Increased food security** Increased financial stability Improved well-being
	Healthy food financing (grant/loan programs for grocery retailers)	ODH

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Asthma	Clean diesel bus fleets	Hi-5 <ul style="list-style-type: none"> • Reduced air pollution • Decreased heart attacks • Decreased hospitalizations for heart disease • Decreased pediatric bronchitis and asthma
	Public transportation system introduction or expansion*	Hi-5 <ul style="list-style-type: none"> • Decreased air pollution • Increased physical activity
	Home improvement loans and grants*	Hi-5 <ul style="list-style-type: none"> • Improved respiratory health
	Control asthma- Home visits - <i>reduce home asthma triggers components address physical environment</i> WWFH: Healthy home environment assessments	Hi-5 <ul style="list-style-type: none"> • Decreased asthma hospitalizations
All areas: Strengthening families/Social and economic environment	Early childhood education	Hi-5- Several cross-cutting outcomes, including: <ul style="list-style-type: none"> • Healthy weight • Improved cognitive development • Improved academic achievement • Reduced crime rates • Reduced child maltreatment • Improved emotional development • Improved self-regulation • Reduced teen birth rates
	Earned Income Tax Credits*	Hi-5- Several cross-cutting outcomes, including: <ul style="list-style-type: none"> • Reduced poverty • Increased income • Improved maternal physical health • Improved maternal mental health • Reduced infant mortality • Reduced low birth weight • Improved infant health • Improved maternal health

**Includes "other potential beneficial outcomes" from What Works for Health for food security/food insecurity. (All other policies and programs from WWFH included here were considered for "expected beneficial outcomes" only.)

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Table 3. Public health system, prevention and health behaviors (including active living, healthy eating and tobacco-free living)

Outcome area	Strategy/Intervention	Outcomes
Obesity	Multi-component <u>worksite</u> obesity prevention	Hi-5: <ul style="list-style-type: none"> Increased physical activity Reductions in weight, percentage of body fat, BMI
	Multi-component <u>school-based</u> obesity prevention interventions (Programs combine educational, behavioral, environmental, and other components. Can include school wellness policy improvements.)	WWFH <ul style="list-style-type: none"> Increased physical activity Improved weight status Improved dietary habits
	Nutrition and physical activity interventions in <u>preschool and childcare</u>	WWFH <ul style="list-style-type: none"> Improved nutrition Increased physical activity
	Multi-component obesity prevention interventions (all settings)	WWFH <ul style="list-style-type: none"> Increased physical activity Improved weight status Improved dietary habits
Diabetes	Diabetes Prevention Program	6/18: <ul style="list-style-type: none"> Decreased development of type 2 diabetes Increased normal blood glucose and hemoglobin A1c Improved blood pressure Improved cholesterol Weight loss
	Diabetes self-management education in community gathering places for adults with Type 2 diabetes (includes Diabetes Self-Management Education Programs, SMEP)	CG: <ul style="list-style-type: none"> Improved management of type 2 diabetes
Heart disease, diabetes, obesity, cancer, hypertension: <i>Physical activity</i>	School-based programs to increase physical activity	Hi-5 <ul style="list-style-type: none"> Increased physical activity Improved BMI Reduced obesity
	Safe Routes to School	Hi-5 <ul style="list-style-type: none"> Increased active transportation Increased fitness levels
	Creation of or enhanced access to places for physical activity combined with informational outreach activities	CG <ul style="list-style-type: none"> Increased physical activity
	Point-of-decision prompts to encourage use of stairs	CG <ul style="list-style-type: none"> Increased physical activity
	Active recess	WWFH <ul style="list-style-type: none"> Increased physical activity
	Policy adoption for minimum	ODH

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	amounts of recess	
	Behavioral interventions that aim to reduce recreational sedentary screen time among children	CG <ul style="list-style-type: none"> • Decreased screen time • Increased physical activity • Decreased caloric intake • Decreased BMI
	Multi-component workplace supports for active commuting	WWFH <ul style="list-style-type: none"> • Increased active transportation
	Financial rewards for employee healthy behavior	WWFH <ul style="list-style-type: none"> • Improved attainment of short-term health goals
	Adoption of health education standards	ODH
Physical activity continued	Individually-adapted health behavior change programs	CG <ul style="list-style-type: none"> • Increased physical activity
	Social support interventions in community settings	CG <ul style="list-style-type: none"> • Increased physical activity
	Enhanced school-based physical education	CG <ul style="list-style-type: none"> • Increased physical activity
	Activity programs for older adults	WWFH <ul style="list-style-type: none"> • Improved health outcomes • Improved mental health
	Community fitness programs	WWFH <ul style="list-style-type: none"> • Increased physical activity • Improved physical fitness
	Physically active classrooms	WWFH <ul style="list-style-type: none"> • Increased physical activity
	Walking school buses	WWFH <ul style="list-style-type: none"> • Increased active transportation
	Community-wide physical activity campaigns	CG <ul style="list-style-type: none"> • Increased physical activity
	Extracurricular activities for physical activity	WWFH <ul style="list-style-type: none"> • Increased physical activity
	Homework or extra credit for physical education class	WWFH <ul style="list-style-type: none"> • Increased physical activity
	Individual incentives for public transportation	WWFH <ul style="list-style-type: none"> • Increased use of public transit • Increased physical activity
Heart disease, diabetes, obesity, cancer, hypertension: Nutrition	School breakfast programs*	WWFH <ul style="list-style-type: none"> • Improved cognitive function • Increased academic achievement • Increased healthy food consumption • Increased food security**
	Healthy school lunch initiatives* (can include competitive foods and fundraising)	WWFH <ul style="list-style-type: none"> • Increased healthy food consumption • Increased healthy food purchases • Improved dietary choices • Increased food security**

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	Community gardens	WWFH <ul style="list-style-type: none"> Increased access to fruits & vegetables Increased fruit & vegetable consumption Increased physical activity Increased food security**
	Healthy food initiatives in food banks* (including client choice)	WWFH <ul style="list-style-type: none"> Increased healthy food consumption Increased food security
	Farmers' markets/stands	WWFH <ul style="list-style-type: none"> Increased access to fruits & vegetables
	Healthy food in convenience stores*	WWFH <ul style="list-style-type: none"> Increased healthy foods in food deserts Increased access to fruits & vegetables
	School nutrition standards*	WWFH <ul style="list-style-type: none"> Increased healthy food consumption Improved school food environment
	Competitive pricing for healthy foods (including nutrition incentive programs at farmers' markets, such as Double Bucks or Produce Perks, and competitive pricing in schools or state agency venues)	WWFH <ul style="list-style-type: none"> Increased sales of healthy foods
	School food and beverage restrictions	WWFH <ul style="list-style-type: none"> Improved dietary choices
Nutrition continued	Restaurant nutrition labeling	WWFH <ul style="list-style-type: none"> Increased awareness of calories purchased Reduced calories purchased
	Healthy vending machine options	WWFH <ul style="list-style-type: none"> Improved dietary choices
	Sugar-sweetened beverage taxes*	WWFH <ul style="list-style-type: none"> Reduced sweetened beverage consumption
	Child-focused advertising restrictions for unhealthy foods and beverages	WWFH <ul style="list-style-type: none"> Improved dietary habits Reduced unhealthy food consumption
	Unhealthy snack taxes*	WWFH <ul style="list-style-type: none"> Reduced unhealthy food consumption
	School-based policies (can include recess before lunch, minimum lunch time)	NEL <ul style="list-style-type: none"> Improved nutrition Increased healthy food consumption Increased physical activity
	Nutrition and physical activity interventions in preschool and childcare	WWFH <ul style="list-style-type: none"> Improved nutrition Increased physical activity
	Financial rewards for employee healthy behavior (outcome-based)	WWFH <ul style="list-style-type: none"> Improved attainment of short-term health goals
	Farm-to-school programs	WWFH <ul style="list-style-type: none"> Increased willingness to try fruits & vegetables

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		<ul style="list-style-type: none"> Increased fruit & vegetable consumption
	Farm-to-institution programs	ODH
	School-based nutrition education programs	WWFH <ul style="list-style-type: none"> Improved dietary habits
	Water availability and promotion interventions	WWFH <ul style="list-style-type: none"> Increased water consumption
	WIC and senior farmers' market nutrition programs*	WWFH <ul style="list-style-type: none"> Increased access to fruits & vegetables
	Point of purchase prompts for healthy foods	WWFH <ul style="list-style-type: none"> Increased fruit & vegetable consumption
	School fruit and vegetable gardens	WWFH <ul style="list-style-type: none"> Increased willingness to try fruits & vegetables Increased fruit & vegetable consumption
	Fruit and vegetable taste testing	WWFH <ul style="list-style-type: none"> Increased fruit & vegetable consumption
	Adoption of food and beverage guidelines such as American Heart Association standards in venues (i.e., vending, café, cafeterias)	ODH
	SNAP infrastructure at farmers' markets	ODH
	Breastfeeding support for employees and customers	ODH
Tobacco	Tobacco control- Mass-reach communications campaigns	Hi-5: <ul style="list-style-type: none"> Reduced tobacco use among adults and young people Increased cessation Increased quitline calls Decreased tobacco initiation
	Tobacco control- Increase unit price for tobacco products* (e.g. increase cigarette/OTP tax)	Hi-5 <ul style="list-style-type: none"> Reduced tobacco use among adults and young people Reduced tobacco initiation Increased cessation
Tobacco continued	Tobacco control- Comprehensive smoke-free policies (including maintenance and enforcement of existing workplace policy, plus additional activities such as multi-unit housing, public spaces, schools/universities)	Hi-5 <ul style="list-style-type: none"> Decreased secondhand smoke exposure Decreased tobacco use Decreased tobacco consumption Decreased cardiovascular events Decreased asthma morbidity
	Reduce tobacco use- Access to and use of cessation services	6/18: <ul style="list-style-type: none"> Increased cessation Reduced tobacco use Decreased cardiovascular events
	Tobacco marketing restrictions	WWFH <ul style="list-style-type: none"> Reduced tobacco use
	Comprehensive tobacco control programs (Coordinated strategy	CG <ul style="list-style-type: none"> Reduced tobacco use

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	that combines educational, clinical, regulatory, economic and social approaches)	<ul style="list-style-type: none"> Reduced secondhand smoke exposure
	Restricting minors' access to tobacco products: Community mobilization to reduce youth access—With additional interventions	CG <ul style="list-style-type: none"> Reduced youth tobacco use
	Tobacco access restrictions for minors	WWFH <ul style="list-style-type: none"> Reduced youth smoking Reduced illegal sales to youth
	Reducing out-of-pocket costs for evidence-based cessation treatments*	CG <ul style="list-style-type: none"> Reduced tobacco use Reduced secondhand smoke exposure
	Incentives and competitions to increase smoking cessation among workers—When combined with additional interventions	CG <ul style="list-style-type: none"> Reduced tobacco use Reduced secondhand smoke exposure
	Community education to reduce secondhand smoke exposure in the home	WWFH <ul style="list-style-type: none"> Reduced secondhand smoke exposure
	Quitline interventions*	CG <ul style="list-style-type: none"> Increased cessation Reduced secondhand smoke exposure
	Mobile phone-based cessation interventions	CG <ul style="list-style-type: none"> Increased cessation Reduced secondhand smoke exposure
	Internet-based cessation interventions*	WWFH <ul style="list-style-type: none"> Increased quit rates
Asthma	<p>Control asthma- Home visits to improve self-management education and reduce home asthma triggers*</p> <p>CG: Home-based multi-trigger, multicomponent environmental interventions</p> <p>WWFH: Healthy home environment assessments</p>	6/18: <ul style="list-style-type: none"> Reduced asthma ED visits and hospitalizations

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Table 4. Healthcare system and access

Outcome area	Strategy/Intervention	Outcomes
Hypertension, cholesterol, heart disease/ cardiovascular disease	Control high blood pressure- Access and adherence to antihypertensive and lipid-lowering medications; team-based approach; access to devices for home monitoring (CG: Team-based care and Self-measured blood pressure monitoring)	6/18: <ul style="list-style-type: none"> Increased patient compliance and medication adherence Decreased hospitalizations Decreased vascular events Reduced racial and ethnic disparities for cardiovascular disease
	Clinical decision-support systems	CG: <ul style="list-style-type: none"> Improved quality of care (screening and treatment for CVD and related risk factors)
	Healthful diet and physical activity for cardiovascular disease prevention in adults with cardiovascular risk factors: Behavioral counseling	USPSTF <ul style="list-style-type: none"> Reduced cardiovascular disease events
	Interventions engaging community health workers*	CG (CHWs as part of team-based care model): <ul style="list-style-type: none"> Improved blood pressure control outcomes Improved cholesterol control outcomes CG (CHWs as health educators or outreach, enrollment and information agents): <ul style="list-style-type: none"> Some improvements in physical activity, nutrition and smoking cessation
	Reducing out-of-pocket costs for cardiovascular disease prevention services for patients with high blood pressure and cholesterol	CG: <ul style="list-style-type: none"> Improved medication adherence Improved blood pressure control Improved cholesterol outcomes
	Multiple screening, preventive medication and counseling interventions	USPSTF <ul style="list-style-type: none"> Improved preventive services for cardiovascular disease (see USPSTF for specific recommendations)
Diabetes	Control and prevent diabetes- Screening for abnormal glucose and behavioral counseling	6/18: <ul style="list-style-type: none"> Decreased diabetes prevalence, Increased normal blood glucose, hemoglobin A1c, blood pressure, cholesterol, and weight loss
	Abnormal blood glucose and type 2 diabetes mellitus: Screening	USPSTF <ul style="list-style-type: none"> Decreased development of type 2 diabetes Reduced mortality rates
	Care management interventions to improve glycemic control	CG: <ul style="list-style-type: none"> Improved management of type 2 diabetes
	Diabetes disease management programs	CG: <ul style="list-style-type: none"> Improved management of type 2 diabetes
	Diabetes self-management education in community	CG: <ul style="list-style-type: none"> Improved management of type 2 diabetes

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	gathering places for adults with Type 2 diabetes (includes Diabetes Self-Management Education Programs, SMEP)	
	Diabetes self-management education in the home for children and adolescents with type 1 diabetes	CG: Improved management of type 1 diabetes
Obesity	Technology-supported multicomponent coaching or counseling interventions to reduce weight or maintain weight loss	CG <ul style="list-style-type: none"> • Reduced weight • Maintained weight loss
	Obesity in adults: Screening and management	USPSTF <ul style="list-style-type: none"> • Reduced weight
	Obesity in children and adolescents: Screening	USPSTF <ul style="list-style-type: none"> • Reduced weight
	Self-monitoring strategies and body weight monitoring	NEL <ul style="list-style-type: none"> • Reduced weight
	Increased coordination and consistent messaging between health practitioners to address obesity prevention	ODH
	Increased obesity prevention counseling among home visitors	ODH
Cancer	Client-oriented interventions to increase breast, cervical and colorectal cancer screening (including client reminders, small media and one-on-one education)	CG: <ul style="list-style-type: none"> • Increased screening rates (see CG for details)
	Provider-oriented interventions to increase breast, cervical and colorectal cancer screening (provider assessment and feedback; provider reminder and recall systems)	CG: <ul style="list-style-type: none"> • Increased screening rates (see CG for details)
	Patient navigators*	WWFH: <ul style="list-style-type: none"> • Increased cancer screening
	Multiple screening, preventive medication and counseling interventions	USPSTF <ul style="list-style-type: none"> • Improved preventive services for cancer (see USPSTF for specific recommendations)
	Multiple interventions to prevent skin cancer	CG <ul style="list-style-type: none"> • See CG for specific recommendations
Heart disease, diabetes, obesity, cancer, hypertension:	Prescriptions for physical activity	WWFH <ul style="list-style-type: none"> • Increased physical activity • Improved physical fitness • Increased mobility

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Physical activity		
Heart disease, diabetes, obesity, cancer, hypertension: Nutrition	Prescriptions for fruits and vegetables	ODH
Tobacco	Reduce tobacco use- Access to and use of cessation services*	6/18: <ul style="list-style-type: none"> Increased cessation Decreased tobacco use Decreased cardiovascular events
	Healthcare provider reminder system for tobacco cessation*	WWFH <ul style="list-style-type: none"> Increased quit rates
	Cessation counseling and medication for non-pregnant adults (Screening for tobacco use and provision of behavioral interventions and FDA-approved pharmacotherapy)	USPSTF <ul style="list-style-type: none"> Increased quit rates
	Cessation counseling for pregnant women (Screening for tobacco use and provision of behavioral interventions)	USPSTF <ul style="list-style-type: none"> Increased quit rates
	Education or brief counseling to prevent initiation of tobacco use among school-aged children and adolescents (in healthcare setting)	USPSTF <ul style="list-style-type: none"> Reduced smoking initiation
Asthma	Control asthma- Evidence-based asthma medical management; access and adherence to asthma medications and devices; intensive self-management education	6/18: <ul style="list-style-type: none"> Reduced asthma hospitalizations

Relevant state plans:

- [Ohio 2015-2016 State Health Improvement Plan Addendum](#)
- [Ohio's Plan to Prevent and Reduce Chronic Disease](#)
- [The Ohio Comprehensive Cancer Control Plan](#)
- [Ohio Adolescent Health Strategic Plan](#)

Relevant state reports:

- [The impact of chronic disease in Ohio: 2015](#)
- [Ohio Annual Cancer Report, 2016](#)

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