

# STATE INNOVATION MODEL (SIM) PROXY MEASURE: HYPERTENSION

## OVERVIEW

In 2012, the Center for Medicare and Medicaid Innovation (CMMI) launched the ambitious State Innovation Model (SIM) to improve health care and lower costs across the nation. Colorado is one of 25 states implementing a plan to influence the health of 80 percent of Coloradans by 2019.

The CO APCD is one of the sources for data and analytics for the Colorado SIM effort. In collaboration with the SIM Office, CIVHC developed innovative ways to use the CO APCD to assess how integrated behavioral and physical health influences patient health and cost of care. The health care community calls these “quality measures.”

Using nationally accepted specifications, methodologies were established using health insurance claims across Medicare, Medicaid and commercial payers in the CO APCD to create claims-based quality measures. These quality measures allow benchmarking between payers and providers across the entire state to identify opportunities to create targeted, meaningful interventions that improve population health, improve care, and lower costs for Colorado.

**HYPERTENSION is also known as high blood pressure and is a significant health concern in the United States.**

## MEASURING CARE FOR HYPERTENSION

- Patients with hypertension are at risk for heart attacks, strokes, and heart failure.
- Medication can help control hypertension; this quality measure provides the percent of patients diagnosed with hypertension who filled a 90-day prescription of medication designed to control blood pressure.
- This measure aligns with National Quality Forum Measure (NQF) #0022 and Clinical Quality Measure (CQM) 165v4 developed by the Centers for Medicare & Medicaid.

### ACROSS THE NATION



1 in 3 adults in the US has high blood pressure - about **75 million people.**

High blood pressure costs the US **\$46 billion each year.**<sup>ii</sup>

### IN COLORADO



**31%** of Coloradans **between 45-64** and **53%** of those **65+** had high blood pressure in 2016.<sup>iii</sup>

### SIM PRACTICES

**Percentage of Adults with High Blood Pressure Who Filled a 90-day Medication Prescription in 2015**

<b>SIM Practices</b>	<b>46.8%</b>
<b>Statewide</b>	<b>37.4%</b>

## TAKEAWAYS

- Coloradans with providers who are part of the SIM significantly outpaced the rest of the state in fulfillment of blood pressure medication in 2015.
- A significant percentage of Coloradans with high blood pressure may not be taking their medications regularly.

## IMPROVING CARE FOR HYPERTENSION

- Low measurement of medication adherence may be due to increased out-of-pocket purchase of generics high blood pressure medications (data not captured in the CO APCD), drop off in medication adherence over time, and the occurrence of undesirable medication side effects.
- Significant opportunities exist for targeted interventions and outreach surrounding hypertension management.
- These proxies create opportunities for public health agencies to target communication campaigns and outreach interventions to entire populations.

## SOURCES

<sup>i</sup>TriStar Horizon Medical Center. (2017, January). What Does Quality in Health Care Mean? Retrieved from TriStar Horizon.com: <http://tristarhorizon.com/about/newsroom/what-does-quality-in-health-care-mean>

<sup>ii</sup>Centers for Disease Control and Prevention. (2017, January). High Blood Pressure Facts. Retrieved from [cdc.gov: https://www.cdc.gov/bloodpressure/facts.htm](https://www.cdc.gov/bloodpressure/facts.htm)

<sup>iii</sup>America's Health Rankings. (2017, January). Measure - High Blood Pressure. Retrieved from [americashealthrankings.org: http://www.americashealthrankings.org/explore/2016-annual-report/measure/Hypertension/state/CO](http://www.americashealthrankings.org/explore/2016-annual-report/measure/Hypertension/state/CO)