



Heart-Healthy Resources for Your Patients

PROGRAMS IN JOHNSON COUNTY SUPPORT PATIENTS TOWARD LIFESTYLE MODIFICATION AND HEART HEALTH

By Joseph LeMaster, MD, MPH

Treating hypertensive and pre-hypertensive patients often requires a balance between medical intervention and lifestyle modification. As health care providers, we have much more control over a patient's treatment plan than we do over their desire to engage in lifestyle change. Research confirms that modest changes can have a big impact on chronic disease management and prevention. The reality is, however, that lifestyle change often requires multiple touchpoints and ongoing support. Fortunately, Johnson County has a robust network of organizations offering programs and resources designed to help patients work to adopt a more heart-healthy lifestyle. Take a look at these four local organizations and encourage your patients to connect with them to help support their wellness efforts.

JOHNSON COUNTY DEPARTMENT OF HEALTH AND ENVIRONMENT

Chronic disease self-management programs are workshops for adults with at least one chronic health condition, which may be hypertension. The group-based workshops focus on disease management skills including decision making, problem-solving, and action planning. For more information or to connect patients to this program, contact Alison Wiley at alison.wiley@jocogov.org.

The Johnson County Health Department has been providing the **National Diabetes Prevention Program** to Johnson County residents since 2015. Trained lifestyle coaches lead the program and have incorporated blood pressure monitoring and heart health education into the CDC's



existing curriculum. As you know, reducing risk for one chronic condition often results in reduced risk for multiple chronic conditions. For more information or to connect patients to this program, contact Anne Hayse at anne.hayse@jocogov.org.

AMERICAN HEART ASSOCIATION

The American Heart Association Kansas City affiliate has a variety of information, resources and guidance for patients to help lower blood pressure, including finding heart-check foods in the grocery store, resources on better sleep and stress reduction and a collection of free exercise videos available through the **Move More Together** initiative.

They also have programs to help patients with high blood pressure manage and track their conditions, including the **Check. Change. Control.** program. CCC has been around for almost 10 years, but the AHA has recently launched a new CCC platform sans the tracking feature. The new platform is more user friendly

and includes the newest heart health data. For more information, contact Erin Gabert at erin.gabert@heart.org.

K-STATE RESEARCH AND EXTENSION OFFICE

The Johnson County K-State Research and Extension office offers a variety of health-related services, including information on sodium-reduced diets, heart-healthy classes taught by Master Food Volunteers and programs that focus on physical activity, such as **Walk With Ease** and **Walk Kansas**. For more information or to connect patients, contact Crystal Futrell at crystal.futrell@jocogov.org.

JOHNSON COUNTY PARK AND RECREATION DISTRICT

Did you know that Johnson County has over 450 miles of trails? Providing patients with the Johnson County Park and Recreation District's comprehensive **trail guide** is an easy way to encourage physical activity at no cost to the patient.

Heart-Healthy Opportunities in the Kansas City Area

Opportunities to connect patients with health promotion and recreation activities are available throughout the metropolitan area. Here are a few:

HEALTH PROMOTION

Health Departments

Johnson County

<https://www.jocogov.org/dept/health-and-environment>

Wyandotte County – <http://www.hcwyco.org/what-we-do-2>

Kansas City, Mo. – <http://bit.ly/kcmo-health>

Jackson County

<https://jacohd.org/initiatives/building-a-healthier-jackson-county>

Clay County – <https://www.clayhealth.com>

Community Organizations

American Heart Association Kansas City

<https://www.heart.org/en/affiliates/kansas/kansas-city>

YMCA/Diabetes – <http://bit.ly/ymkc-diabetes>

YMCA/Chronic Disease Management

<http://bit.ly/ymkc-chronic>

Kansas State University Research and Extension

<https://www.johnson.k-state.edu>

Area hospitals also offer a wide range of health education and promotion programs.

WALKING & BICYCLING TRAILS, RECREATION PROGRAMS

Regional – <http://bit.ly/KC-trails>

Johnson County – <https://www.jcprd.com/592/Trail-Guide>

Johnson County 50-Plus Program

<https://www.jcprd.com/170/50-Plus>

Wyandotte County

<https://www.wycokck.org/Parks/Recreation.aspx>

Kansas City, Mo. – <https://kcparks.org/about-recreation/trails/>

Jackson County – <https://www.makeyourdayhere.com>

Clay County – <http://bit.ly/clay-trails>

In addition to multiple parks and a robust trail system, JCPRD has an entire department dedicated to providing programs, events and resources to Johnson County residents age 50 and over. JCPRD's **50 Plus Program** offers an extensive menu of exercise classes for all abilities, meditation for stress reduction and technology guidance classes designed to assist older adults with using the internet, smartphones and phone applications so they can better access information and resources. To learn more, contact Michelle Alexander at michelle.alexander@jocogov.org. ☺

Joseph LeMaster, MD, MPH, is a professor of family medicine at the University of Kansas School of Medicine and is public health officer for Johnson County, Kan. This article also can be viewed online at <https://kcmedicine.org/heart-healthy-resources-for-your-patients>.

In the News



Saint Luke's Health System

President and CEO **Melinda L.**

Estes, MD, was named one of

Modern Healthcare's 100 Most

Influential People in Healthcare for 2020. Dr. Estes served as chair of the American Hospital Association in 2020.



KCMS member and

gastroenterologist **Farid**

Namin, MD, is opening a

personal protective equipment

manufacturing plant. PPE MFG USA's 16,000-square-foot plant in Riverside will produce N95 masks and surgical masks along with head and shoe covers.

In Memoriam



Donald Kuenzi, MD, passed away

on March 14 at the age of 94. Dr.

Kuenzi was a past president of

the former Metropolitan Medical

Society (now part of KCMS) and the former Clay County Medical Society. Board certified, he practiced family medicine in the Northland from 1954 until his retirement in 1991. He was a board member of Health Teams International, through which he served on medical missions.



Sherman Steinzig, MD, died on

December 4, 2020, at the age

of 95. A cardiologist in private

practice, he founded the KCMS

Osler Society, which serves as a mentoring program for medical students at the University of Kansas and University of Missouri-Kansas City. He received both his undergraduate and medical degrees from the University of Kansas.