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PriMed Physicians Ranked # 1 in Patient Outcomes for Hypertension

Healthier Hearts in Dayton, Thanks to Better Treatment for High Blood Pressure Control

DAYTON, Ohio, (February 24, 2015) - PriMed Physicians, Greater Dayton's largest independent medical group, has been recognized by the Centers for Disease Control and Prevention (CDC) as one of only two medical group in successfully treating high blood pressure (see attached Press Release). At the same time PriMed Physicians is also rated as being number one in the nation in achieving blood pressure control by the American Medical Group Foundation (AMGF) (see attached Press Release).

According to the CDC, only 47% of US patients with high blood pressure achieve a blood pressure of less than 140/90 – the uppermost blood pressure that is considered safe. Currently, 92% of PriMed's hypertension patients are treated successfully.

Dr. Douglas Romer, Chair of the PriMed Physicians Board, states, "We are extremely pleased that we have been able to substantially improve the health of our patients. We believe that our patients are experiencing fewer bad events like heart attacks and strokes because of our success in managing this very troublesome disease."

The CDC's Million Hearts initiative is a national campaign for physicians, medical groups and patients to improve their high blood pressure outcomes to 70% successful. The AMGA also has a major initiative titled Measure Up Pressure Down to help medical groups achieve 80% success.

With 20 locations throughout Greater Dayton, PriMed offers a complete range of exceptional healthcare services in Family Practice, Internal Medicine, Pediatrics, Neurology and Endocrinology. PriMed is a physician-owned, independent medical group. More information is available at www.primedphysicians.com.

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Press Release

For Immediate Release

Tuesday, February 24, 2015

Contact: [CDC Media Relations](#)

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Million Hearts Recognizes 2014 Hypertension Control Champions

30 winners use evidence-based strategies to achieve high rates of blood pressure control for their patients

Today the U.S. Department of Health and Human Services' Million Hearts initiative recognized 30 public and private health care practices and systems across the country as Hypertension Control Champions for their success in helping patients control high blood pressure.

The 2014 Hypertension Control Champions include private and tribal clinical practices and health services, ranging from solo practitioners to large systems and representing both urban and rural areas. Together they care for more than 3.5 million adult patients in 19 different states. Each Champion was able to achieve hypertension control rates of 70 percent or more.

“This year we have more Champions than ever before, demonstrating that high performance is achievable and that we are on a path to better heart health across the nation,” said HHS Secretary Sylvia M. Burwell. “More and more practices are using evidence-based strategies to help patients keep blood pressure down -- a strong sign that we’re making progress in preventing heart attacks and strokes.”

Nearly 1 in 3 American adults has hypertension, also known as high blood pressure. Only half have it under control, putting them at greater risk of developing heart disease or stroke – two of the leading causes of death in the U.S.

“Million Hearts launched this challenge in 2012 to recognize clinicians and health care teams across the country for helping their patients protect heart health,” said CDC Director Tom Frieden, M.D., M.P.H. “We implore other health systems to follow the lead of these physicians and clinics which are succeeding in saving lives and preventing disability from avoidable heart disease and stroke.”

The 2014 Million Hearts[®] Hypertension Control Champions are:

- Arsalan Shirwany, MD, FACC, Stern Cardiovascular Foundation, Germantown, Tennessee
- The Baton Rouge Clinic, AMC, Baton Rouge, Louisiana
- Brett Gray, MD, Cherokee Nation Health Services, Salina, Oklahoma
- Colorado Springs Health Partners, Colorado Springs, Colorado
- Daniel Otten, MD, FACC, Stern Cardiovascular Foundation, Germantown, Tennessee
- Denver Health Community Health Services, Denver, Colorado
- East Jordan Family Health Center, East Jordan, Michigan



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- Esse Health, St. Louis, Missouri
- Essentia Health, Duluth, Minnesota
- Family Health Centers of San Diego, San Diego, California
- Green Spring Internal Medicine, LLC, Lutherville, Maryland
- Holger Salazar, MD, FACC, Stern Cardiovascular Foundation, Germantown, Tennessee
- Jennifer Morrow, MD, FACC, Stern Cardiovascular Foundation, Germantown, Tennessee
- Kaiser Permanente, Southern California, California
- Kelsey-Seybold Clinic – Cypress, Houston, Texas
- Kelsey-Seybold Clinic – Pasadena, Pasadena, Texas
- Lexington Family Practice, Lexington, South Carolina
- Mark Backus, MD, FACP, Bend, Oregon
- Methodist Primary Care Group, Memphis, Tennessee
- Michael Rakotz, MD, FAAFP, Northwestern Medical Group, Evanston, Illinois
- P.S. Rudie Medical Clinic, Duluth, Minnesota
- Peninsula Community Health Services, Bremerton, Washington
- Premier Medical Associates, Monroeville, Pennsylvania
- Presbyterian Healthcare Services, Albuquerque, New Mexico
- **PriMed Physicians, Dayton, Ohio**
- Reginald Parker, MD, Northlake Family Medical Practice, Columbia, South Carolina
- Roane County Family Health Care, Spencer, West Virginia
- Southwest Montana Community Health Center, Butte, Montana
- Upper Valley Family Care, Troy and Piqua, Ohio
- WinMed Health Services, Cincinnati, Ohio

To be eligible, entrants shared verifiable high-blood-pressure-control data and highlighted successful strategies or best practices adopted by the practice or system, such as the use of health information technology or team-based care. All Champions achieved control rates ranging from 70 percent to more than 90 percent of adult patients by using a variety of innovative approaches, including:

- Making high blood pressure control a priority
- Using evidence-based guidelines and protocols
- Designating hypertension champions within a practice or organization
- Using team-based care models to increase contact with patients
- Implementing consistent, strategic use of electronic health records that include clinical decision support tools, patient reminders, and registry functionality
- Staying engaged with patients by offering free blood pressure checks, in-home nurse visits, and medication checks by pharmacists
- Using public recognition or financial incentives when possible to recognize high-performing clinicians or teams



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“We are excited to host this challenge for the third year and showcase more winners than ever before,” said Dr. Janet Wright, a board-certified cardiologist and executive director of Million Hearts. “Like the practices and clinicians recognized in previous years, these 2014 Champions are finding innovative, evidence-based ways to detect hypertension, connect patients with appropriate clinical care, and make blood pressure control their goal to save lives from heart attack and stroke.”

For more information about the Hypertension Control Challenge and the 2014 Champions, please visit http://millionhearts.hhs.gov/aboutmh/htn_champions.html.

CDC co-leads the Million Hearts initiative with the Centers for Medicare & Medicaid Services. CDC developed the Hypertension Control Challenge as part of its longstanding efforts to identify prevention strategies that help patients achieve blood pressure control. Million Hearts is a national initiative to prevent 1 million heart attacks and strokes by 2017. Million Hearts brings together communities, health systems, nonprofit organizations, federal agencies, and private-sector partners from across the country to fight heart disease and stroke. For more information about the initiative and to access resources, visit <http://millionhearts.hhs.gov>.

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[CDC works 24/7](#) saving lives and protecting people from health threats to have a more secure nation. Whether these threats are chronic or acute, manmade or natural, human error or deliberate attack, global or domestic, CDC is the U.S. health protection agency.

Preventive health care can help Americans stay healthier throughout their lives. Those enrolled in health insurance coverage can use the “Roadmap to Better Care and a Healthier You” ([English](#) and [Spanish](#)) to learn about their benefits, including how to connect to primary care and the preventive services that are right for them, so that they can live a long and healthy life.



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**Measure Up
Pressure Down®**

American Medical Group Foundation

FOR IMMEDIATE RELEASE

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23 February 2015

**Measure Up/Pressure Down® National Hypertension Campaign
Recognizes PriMed Physicians for “Best Control Rates”**

ALEXANDRIA, VA – Measure Up/Pressure Down® is a national campaign sponsored by the American Medical Group Foundation (AMGF) to support quality improvement for patients diagnosed with hypertension (high blood pressure). The medical literature recognizes that effective control of blood pressures – generally to levels below 140/90 – reduces strokes, heart attacks, kidney damage and other health compromising, adverse events. The Centers for Disease Control and Prevention (CDC) reports that only 47% of US citizens with high blood pressure are properly controlled to their “safe” blood pressure.

The Measure Up/Pressure Down® campaign is now entering its third and final year. Medical groups across the nation were asked to voluntarily commit to a rigorous program to improve blood pressure outcomes of their patients by the end of 2015.

PriMed Physicians, a greater Dayton medical group, was recognized for the “Best Control Rates” with 90.02% control in medical groups with less than 150 physicians. PriMed also was recognized for the “Quickest Improvement” rate. The complete roster of medical group winners are listed below:

- **Best Control Rates¹ (<150 full-time equivalent physicians):** PriMed Physicians with **90.02% control**
- **Best Control Rates (≥150 full-time equivalent physicians):** Springfield Clinic with 89.39% control
- **Most Improvement² (<150 full-time equivalent physicians):** Wellmont Medical Associates with 20.07% improvement
- **Most Improvement (≥150 full-time equivalent physicians):** UnityPoint Clinic with 6.07% improvement
- **Quickest Improvement³ (<150 full-time equivalent physicians):** PriMed Physicians with **8.63% improvement**
- **Quickest Improvement (≥150 full-time equivalent physicians):** UnityPoint Clinic with 5.84% improvement

These campaign awards come less than a month after the Measure Up/Pressure Down® unveiled its most recent data, which showed a hypertension control average of 71 percent across all reporting groups – which compares to a national control average of 47 percent according to data from the CDC. Since the launch of the AMGF campaign, nearly 318,000 patients now have improved hypertension detection or control.

Participating groups report campaign data to the Measure Up/Pressure Down® campaign and the American Medical Group Association’s (AMGA) Anceta data collaborative. Data are based on national quality measurement standards, including National Quality Forum (NQF) measure 0018 (the percentage of patients 18-85 years of age who had a diagnosis of hypertension and whose blood pressure was adequately controlled during the measurement year). The National Committee for Quality Assurance is the measurement steward for NQF 0018. Detailed information regarding measurement and data reporting specifications is available on the campaign website [here](#).

Representatives from campaign partners and sponsors, including Janet Wright, MD, FACC, Executive Director of the Million Hearts® initiative and Stephanie Farber, Marketing Specialist, Withings, virtually presented the awards to the category winners. [More than forty campaign participants](#) were also recognized during the anniversary event for their progress towards the overall goal.

¹ Best control rates are based on self-reported data Q2 2014 data submitted through the Measure Up/Pressure Down® data portal

² Most improvement is based on self-reported data from Q2 2013 to Q2 2014 submitted through the Measure Up/Pressure Down® data portal

³ Quickest improvement is based on self-reported data from any two consecutive quarters submitted through the Measure Up/Pressure Down® data portal

"We are proud to recognize 43 medical groups participating in Measure Up/Pressure Down[®] for their accomplishments in blood pressure control and improvement," says Donald W. Fisher, Ph.D., CAE, President and Chief Executive Officer of AMGA and Secretary of the Board of AMGF. "Control rates significantly above the national average reinforce the importance of team-based, coordinated care for the diagnosis and management of chronic conditions such as hypertension."

As part of its efforts, Measure Up/Pressure Down[®] mobilizes medical groups and health systems across the nation to achieve the goal of having 80 percent of their patients with high blood pressure under control by 2016. The campaign encourages these organized systems of care to adopt one or more evidence-based care processes ("campaign planks") that lead to measurable improvements in high blood pressure outcomes, as well as provides the tools and resources necessary to implement such care processes.

Since the AMGF launched the campaign in late 2012, nearly 150 participating medical groups and health systems delivering care to more than 42 million patients are using campaign planks and accompanying resources developed by Measure Up/Pressure Down[®] to improve hypertension prevention, detection, and control.

The Measure Up/Pressure Down[®] campaign is the first initiative of the Chronic Care Challenge, a long-term effort by the AMGF — AMGA's nonprofit education and research arm — to improve quality of care and patient outcomes for chronic conditions with the greatest impact.

Campaign partners and sponsors include: Aetna, American Heart Association, American Kidney Fund, American Society of Hypertension, American Stroke Association, Association of Black Cardiologists, Baptist Medical Group, Daiichi Sankyo, Inc., Epic, HealthyWomen, Humedica, Institute for Health and Productivity Management, Institute for Healthcare Improvement, Men's Health Network, U.S. Department of Health and Human Services' Million Hearts[®] initiative, Palo Alto Medical Foundation, Preventive Cardiovascular Nurses Association, Ralphs, Right Care Initiative, Withings, and WomenHeart.

For more information about the campaign, visit www.MeasureUpPressureDown.com.

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About the Measure Up/Pressure Down[®] Campaign

The American Medical Group Foundation (AMGF), the nonprofit arm of the American Medical Group Association (AMGA), launched Measure Up/Pressure Down[®], a three-year national campaign to improve care and reduce the burden of high blood pressure on November 29, 2012. Measure Up/Pressure Down[®] includes nearly 150 medical groups, health systems and national partners such as the U.S. Department of Health and Human Services, Mayo Clinic, Cleveland Clinic, Kaiser Permanente, and Geisinger Health System. The goal of the three-year campaign is to have 80 percent of high blood pressure patients in control of their condition by 2016. www.measureuppressuredown.com

About AMGF

The American Medical Group Foundation (AMGF) is the nonprofit arm of the American Medical Group Association (AMGA) and it supports and disseminates research on better ways to deliver health care that is scientifically sound and value-based. AMGF also develops and supports educational programs to enable all stakeholders-providers, payers, policymakers and patients to translate the evidence of what works best into everyday practice. www.amga.org/foundation

About Anceta

Anceta is AMGA's collaborative for improving population health through comparative clinical analytics, conducted in partnership with Humedica, an Optum company. The collaborative's goal is better health outcomes at lower overall cost. www.anceta.com

About AMGA

The American Medical Group Association (AMGA) is a 501(c)(6) trade association representing medical groups, health systems, and other organized systems of care, including some of the nation's largest, most prestigious integrated delivery systems. AMGA is a leading voice in advocating for efficient, team-based, and accountable care. AMGA members encompass all models of organized systems of care in the healthcare industry, including: physician-owned, independent group practices, integrated delivery systems, hospital-affiliated medical groups, independent practice associations (IPAs), academic and faculty practices, accountable care organizations, and high-performing health systems. More than 150,000 physicians practice in AMGA member organizations, providing healthcare services for 120 million patients (approximately one in three Americans). Headquartered in Alexandria, Virginia, AMGA is the strategic partner for these organizations, providing a comprehensive package of benefits, including political advocacy, educational and networking programs, publications, benchmarking data services, and financial and operations assistance. www.amga.org