

AGENCY-SPECIFIC PLAN FOR THE NATIONAL QUALITY STRATEGY

Centers for Disease Control and Prevention (CDC)

| Program | Description | NQS Priorities* | | | | | | Current-Year Activities | Metrics | Future-Year Plans** | Vision/End Goals |
|---------------------------------------|---|-----------------|---|---|---|---|---|---|--|---|--|
| | | 1 | 2 | 3 | 4 | 5 | 6 | | | | |
| Community Transformation Grants (CTG) | The CTG program supports State and local government agencies, tribes and territories, nonprofit organizations, and communities across the country to design and implement community-level programs that prevent chronic diseases such as cancer, diabetes, and heart disease. Awardees work to improve health and wellness with strategies that focus on tobacco-free living, active living and healthy eating, and clinical and community preventive services. | | | | ✓ | ★ | ✓ | <ul style="list-style-type: none"> Maintain 5-year cooperative agreements with 61 State and local government agencies, tribes and territories, nonprofit organizations in 36 States, and six national networks of community-based organizations. Award 2-year grants to 40 communities with fewer than 500,000 people in neighborhoods, school districts, villages, towns, cities, and counties to implement broad, sustainable strategies that will reduce health disparities and expand clinical and community preventive services. | Measures include changes in: <ul style="list-style-type: none"> Weight Proper nutrition Physical activity Tobacco use Social and emotional well-being | <ul style="list-style-type: none"> Increase the number of people that have access to healthier environments, including workplaces, schools, and other community settings (P6, Goal 2). Increase the number people who are protected from secondhand smoke by increasing the number of smoke-free environments (P5, Goal 3). Increase the number of people who have access to affordable healthy food and beverage options (P5, Goal 2). Increase the number of people who have access to safe physical activity (P5 Goal 2). Increase the number of people who have access to systems that support the control of high blood pressure and high cholesterol (P4, Goal 3). | <ul style="list-style-type: none"> Reduce death and disability due to tobacco use. Reduce the rate of obesity through nutrition and physical activity interventions. Reduce death and disability due to heart disease and stroke. |

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** Please see Appendix A on the last page, which includes a table of the six NQS Priorities and Long-Term Goals.

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| Healthy People | Healthy People is a national program that provides science-based objectives for promoting health and preventing disease. It monitors national health objectives to meet a broad range of health needs, engages multiple sectors to take actions to strengthen policies, and improves practices that are driven by the best available evidence and knowledge. | | | | | ★ | | <ul style="list-style-type: none"> • Provide science-based, 10-year national objectives for improving the health of all Americans. • Establish benchmarks and measure national progress against the objectives. • Encourage collaboration across communities and sectors. • Empower individuals toward making informed health decisions in providing necessary data and tools to achieve the Healthy People objectives. • Measure the impact of prevention activities. | Healthy People 2020 contains approximately 1,200 objectives in 42 topic areas. These broad, cross-cutting measures include general health status, health-related quality of life and well-being, and determinants of health. | <ul style="list-style-type: none"> • Identify nationwide health improvement priorities (P6, Goal 1). • Increase public awareness and understanding of the determinants of health, disease, and disability (P5, Goal 1). • Provide measurable objectives and goals that are applicable at the national, State, and local levels (P6, Goal 1). • Engage multiple sectors to take actions to strengthen policies and improve practices that are driven by the best-available evidence and knowledge (P6, Goal 2). • Identify critical research, evaluation, and data collection needs (P6, Goal 2). | <ul style="list-style-type: none"> • Attain high-quality, longer lives free of preventable disease, disability, injury, and premature death. • Achieve health equity and eliminate disparities. • Create social and physical environments that promote good health for all. • Promote quality of life, healthy development, and healthy behaviors across all life stages. |

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| Million Hearts™ Initiative | Million Hearts is a national HHS initiative, co-led by CDC and CMS and executed by Federal, State, and private sector partners, that coordinates cardiovascular disease prevention and treatment activities across the public and private sectors. | | | ✓ | ★ | ✓ | ✓ | <ul style="list-style-type: none"> Conduct educational campaigns to increase awareness about heart disease prevention and empower patients to take control of their heart health. Participate in community efforts to promote smoke-free air policies and reduce sodium in the food supply. Use health information technology and quality improvement initiatives to standardize and improve the delivery of care for high blood pressure and high cholesterol. Scale-up proven clinical and community strategies across the nation that address major risk factors for cardiovascular disease, including appropriate Aspirin use for those at risk, Blood pressure control, Cholesterol management, and Smoking cessation (the ABCS of cardiovascular disease). | This initiative will track the number of heart attacks and strokes over a 5-year period in the United States. The initiative will also track key measures related to the ABCS of cardiovascular disease (i.e., Aspirin use, Blood pressure and Cholesterol control, Smoking cessation) as well as sodium intake and trans fat consumption. | <ul style="list-style-type: none"> Achieve 65% adherence to proven prevention techniques—aspirin use, blood pressure control, and treatment for high cholesterol (P4, Goal 2). Reduce smoking prevalence from 19% to 17% of the population (P5, Goal 2). Decrease sodium intake by 20% and trans fat consumption by 50% of the population (P5, Goal 2). | <ul style="list-style-type: none"> Prevent 1 million heart attacks and strokes by 2017. |

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| National Diabetes Prevention Program (NDPP) | The CDC NDPP recognizes evidence-based lifestyle change programs for preventing Type 2 diabetes. It encourages collaboration among stakeholders to delay or prevent the onset of Type 2 diabetes among persons with pre-diabetes. The NDPP operates through four components: workforce training, quality assurance recognition program, program intervention sites, and health marketing and promotion of program uptake. | | | | | | ★ | <ul style="list-style-type: none"> Organizations deliver programs to participants meeting eligibility criteria in a 12-month program. Participants meet in a group setting to learn about and incorporate lifestyle changes proven to delay or prevent Type 2 diabetes. Train participating programs on the utilization of an evidence-based curriculum for incorporating physical activity and healthy eating into daily life. Provide information to participants about eating nutritious foods, reading food labels, and adding physical activity to their lifestyle. | <p>The Diabetes Prevention Recognition Program (DPRP) was created to assure that the NDPP lifestyle intervention is delivered effectively and consistently across participating sites. The DPRP standards detail the requirements for a lifestyle program to prevent Type 2 diabetes, and each program is evaluated against these standards.</p> | <ul style="list-style-type: none"> Work with six grantees to scale the National DPP in 26 States (P6, Goal 2). Educate and inform employers in order to achieve the lifestyle change program as a covered health benefit for 500,000 employees (P6, Goal 2). | <ul style="list-style-type: none"> Equip participants with the necessary skills, knowledge, and tools to reduce risk for Type 2 diabetes and lead healthy lives. Demonstrate decreased prevalence of Type 2 diabetes due to diabetes prevention efforts. |

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Appendix A. National Quality Strategy Priorities and Long-Term Goals

| # | Priority | Long-Term Goals (Recommended by the National Priorities Partnership) |
|---|--|--|
| 1 | Making care safer by reducing harm caused in the delivery of care. | <ol style="list-style-type: none"> 1. Reduce preventable hospital admissions and readmissions. 2. Reduce the incidence of adverse health care-associated conditions. 3. Reduce harm from inappropriate or unnecessary care. |
| 2 | Ensuring that each person and family are engaged as partners in their care. | <ol style="list-style-type: none"> 1. Improve patient, family, and caregiver experience of care related to quality, safety, and access across settings. 2. In partnership with patients, families, and caregivers—and using a shared decisionmaking process—develop culturally sensitive and understandable care plans. 3. Enable patients and their families and caregivers to navigate, coordinate, and manage their care appropriately and effectively. |
| 3 | Promoting effective communication and coordination of care. | <ol style="list-style-type: none"> 1. Improve the quality of care transitions and communications across care settings. 2. Improve the quality of life for patients with chronic illness and disability by following a current care plan that anticipates and addresses pain and symptom management, psychosocial needs, and functional status. 3. Establish shared accountability and integration of communities and health care systems to improve quality of care and reduce health disparities. |
| 4 | Promoting the most effective prevention and treatment practices for the leading causes of mortality, starting with cardiovascular disease. | <ol style="list-style-type: none"> 1. Promote cardiovascular health through community interventions that result in improvement of social, economic, and environmental factors. 2. Promote cardiovascular health through interventions that result in adoption of the most important healthy lifestyle behaviors across the lifespan. 3. Promote cardiovascular health through receipt of effective clinical preventive services across the lifespan in clinical and community settings. |
| 5 | Working with communities to promote wide use of best practices to enable healthy living. | <ol style="list-style-type: none"> 1. Promote healthy living and well-being through community interventions that result in improvement of social, economic, and environmental factors. 2. Promote healthy living and well-being through interventions that result in adoption of the most important healthy lifestyle behaviors across the lifespan. 3. Promote healthy living and well-being through receipt of effective clinical preventive services across the lifespan in clinical and community settings. |
| 6 | Making quality care more affordable for individuals, families, employers, and governments by developing and spreading new health care delivery models. | <ol style="list-style-type: none"> 1. Ensure affordable and accessible high-quality health care for people, families, employers, and governments. 2. Support and enable communities to ensure accessible, high-quality care while reducing waste and fraud. |