

Healthcare Physical Activity

Best Practice:

Assess patients' physical activity as part of a written checklist or screening used in all routine office visits.

#1

Healthcare Physical Activity

Best Practice:

Provide regular counseling about the health value of physical activity during all routine office visits.

#2

Healthcare Physical Activity

Best Practice:

Implement a referral system to help patients' access community-based resources or services for physical activity.

#3

Healthcare Physical Activity

Best Practice:

Promote stairwell use (e.g., make stairs appealing or post signs to promote stair use for exercise) to patients, visitors, and staff.

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Healthcare Tobacco Use

Best Practice:

Institute tobacco free policy 24/7.

#1

Healthcare Tobacco Use

Best Practice:

Assess patients' smoking habits as part of written checklist or screening used in all routine office visits.

#2

Healthcare Tobacco Use

Best Practice:

Provide regular counseling about the harm of tobacco use and exposure during all routine office visits.

#3

Healthcare Tobacco Use

Best Practice:

Provide access to smoking cessation resources or programs.

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Healthcare Tobacco Use

Best Practice:

Implement a referral system to help patients access community-based cessation resources or services, such as quitlines (i.e., 1-800-QUIT-NOW).

#5

Healthcare Tobacco Use

Best Practice:

Provide access to free or low cost pharmacological quitting aids for their patients.

#6

Healthcare Tobacco Use

Best Practice:

Implement a tracking system to follow up with people who smoke.

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Healthcare Nutrition

Best Practice:

Assess patients' nutrition as part of a written checklist or screening used in all routine office visits.

#1

Healthcare Nutrition

Best Practice:

Provide regular counseling about the health value of good nutrition during all routine office visits.

#2

Healthcare Nutrition

Best Practice:

Implement or support breastfeeding programs for future or current moms.

#3

Healthcare Nutrition

Best Practice:

Provide free or low cost weight management or nutrition programs.

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Healthcare Nutrition

Best Practice:

Implement a referral system to help patients access community-based resources or services for nutrition.

#5

Healthcare Nutrition

Best Practice:

Institute healthy food and beverage options in vending machines.

#6

Healthcare Nutrition

Best Practice:

Institute healthy food and beverage options served to their patients.

#7

Healthcare Nutrition

Best Practice:

Institute healthy food and beverage options in the cafeteria or onsite food venues.

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Healthcare Nutrition

Best Practice:

Institute labels at the healthcare facility's cafeteria, snack bar, or onsite food service (e.g., 'low fat,' 'light,' 'heart healthy,' or 'no trans fat').

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Healthcare
Chronic Disease Management

Best Practice:

Provide regular counseling about the importance of healthy lifestyle behaviors in preventing chronic diseases (e.g., cardiovascular disease, obesity, and diabetes) during all routine office visits.

#1

Healthcare
Chronic Disease Management

Best Practice:

Provide routine follow-up counseling and education to patients to help prevent and control chronic disease risk factors.

#2

Healthcare
Chronic Disease Management

Best Practice:

Provide screening for chronic diseases in adults with risk factors.

#3

Healthcare
Chronic Disease Management

Best Practice:

Measure weight and height, and calculate BMI for age percentile for every patient at each visit.

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Healthcare
Chronic Disease Management

Best Practice:

Implement a referral system to help patients access community-based resources or services for chronic disease management

#5

Healthcare
Chronic Disease Management

Best Practice:

Adopt a plan or process to increase patient adherence with chronic disease treatment (e.g., cardiovascular disease, diabetes).

#6

Healthcare
Chronic Disease Management

Best Practice:

Institute a systematic approach to the processes of diabetes care.

#7

Healthcare
Chronic Disease Management

Best Practice:

Institute the latest emergency heart disease and stroke treatment guidelines (e.g., Joint National Committee 7, American Heart Association).

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Healthcare
Chronic Disease Management

Best Practice:

Provide access to resources and training for using a stroke rating scale.

#9

Healthcare
Chronic Disease Management

Best Practice:

Provide specialized stroke care units

#10

Healthcare
Chronic Disease Management

Best Practice:

Provide specialized heart disease units.

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Healthcare Leadership

Best Practice:

Participate in the public policy process to highlight the need for community changes to prevent and reduce chronic disease risk factors.

#1

Healthcare Leadership

Best Practice:

Enhance access to childhood overweight prevention and treatment services to reduce health disparities.

#2

Healthcare Leadership

Best Practice:

Promote high standards of modifiable risk factor (e.g., nutrition and physical activity) practice to healthcare and provider associations.

#3

Healthcare Leadership

Best Practice:

Institute standardized treatment and prevention protocols that are consistent with national evidence-based guidelines to prevent heart disease, stroke, and related risk factors.

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Healthcare Leadership

Best Practice:

Institute an electronic medical records system and patient data registries to provide immediate feedback on a patient's condition and compliance with the treatment regimen.

#5

Healthcare Leadership

Best Practice:

Adopt the Chronic Care Model in hospitals.

#6

Healthcare Leadership

Best Practice:

Provide patient services using provider care teams that cross specialties (e.g., physician/pharmacist teams).

#7

Healthcare Leadership

Best Practice:

Provide access to medical services outside of regular working hours (e.g., late evenings, weekends).

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Healthcare Leadership

Best Practice:

Promote collaboration between health care professionals (e.g., physicians and specialists) for managing chronic diseases.

#9

Healthcare Leadership

Best Practice:

Partner with community agencies to provide free or low cost chronic disease health screenings, educational events, or follow-up counseling for those at risk

#10

Healthcare Leadership

Best Practice:

Institute annual cultural competence training for all health workers for optimal care of all patients (regardless of their race/ethnicity, culture, or background)

#11

Healthcare Leadership

Best Practice:

Participate in community coalitions and partnerships to address chronic diseases and associated risk factors (e.g., obesity, diabetes, tobacco use)

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