

**National Heart, Lung, and Blood Institute (NHLBI)
National Program to Reduce Cardiovascular Risk
Coordinating Committee Inaugural Meeting**

October 17, 2011

Meeting Highlights

About the Meeting

The National Program to Reduce Cardiovascular Risk (NPRCR) Coordinating Committee held its inaugural meeting on October 17, 2011, on the campus of the National Institutes of Health, Bethesda, Maryland. The meeting featured:

- A review of the purpose, structure, and charge of the NPRCR and its Coordinating Committee
- A summary of the key methods and status of the NHLBI-sponsored adult and child/adolescent cardiovascular risk reduction guidelines
- Discussions with the Coordinating Committee representatives regarding issues for the NHLBI and the program to consider and potential contributions of their organizations to the NPRCR

The Purpose and Charge of the NPRCR Coordinating Committee

The purpose of the NPRCR is to reduce the risk of cardiovascular disease (CVD) through a national effort to implement evidence-based clinical practice guidelines and interventions to control cardiovascular risk factors (high blood pressure, high blood cholesterol, and overweight/obesity) in clinical practice settings.

The NPRCR Coordinating Committee will provide overall guidance on the mission, infrastructure, and scope of the NPRCR. The committee will delineate shared goals; develop a Strategic Plan; and identify, communicate, and coordinate common messages and strategies about CVD risk reduction for patients and clinicians in various health care settings. In addition, the committee will develop and carry out strategies and activities to advance the NPRCR mission within their member organizations.

The NHLBI is sponsoring the development of evidence-based clinical guidelines on high blood pressure, high blood cholesterol, and overweight and obesity in adults, as well as on lifestyle and risk assessment related to cardiovascular risk. The Coordinating Committee will review drafts of the forthcoming guidelines for adults. The NHLBI-sponsored integrated guidelines on CVD risk reduction in children and adolescents have been completed and are in press.

The NPRCR will facilitate an integrated approach to detecting and managing CVD risk factors through clinical services throughout the lifespan, including disseminating and implementing the NHLBI-sponsored clinical guidelines. The committee also will develop common messages if member organizations have conflicting guidelines. Committee members were asked to engage their organizations on these issues.

Key Presentations

Dr. Denise Simons-Morton, Director, Division for the Application of Research Discoveries, NHLBI, presented the NPRCR purpose, vision, and proposed infrastructure. She noted the history of NHLBI educational programs—the National High Blood Pressure Education Program and the National Cholesterol Education Program, which had Coordinating Committees; and the Obesity Education Initiative, which did not have a Coordinating Committee. This new program—the NPRCR—will integrate the risk factor topics across the lifespan and collaborate to reduce

cardiovascular risk factors through interventions in the health care setting, including implementing the forthcoming NHLBI-sponsored clinical guidelines. In addition to this Coordinating Committee, the NPRCR is proposed to include ad hoc workgroups, a Federal subcommittee, and an electronic knowledge network with communities of practice—each of which would involve more groups and people than are on the Coordinating Committee. Dr. Simons-Morton noted the need to develop a Strategic Plan for the program, a process that will engage the Coordinating Committee.

In addition, Dr. Simons-Morton described the background and methodologies used for developing the NHLBI-sponsored adult cardiovascular risk factor guidelines. A panel of the coauthors of the six adult guideline groups then presented the key questions and status of each of the guidelines' expert panels and work groups:

- High blood pressure expert panel
- High blood cholesterol expert panel
- Overweight/obesity expert panel
- Lifestyle work group
- Risk assessment work group
- Implementation work group

Dr. Stephen Daniels presented an update on the NHLBI-sponsored guidelines for children and adolescents, which were produced as a separate project from the adult guidelines. The *Expert Panel on Integrated Guidelines for Cardiovascular Health and Risk Reduction in Children and Adolescents: Summary Report* is set for online release on November 14 and print publication in *Pediatrics* in December 2011 (currently embargoed). The online release will be in conjunction with the presentation at the American Heart Association Scientific Sessions. The full report will be posted on the NHLBI Web site at the same time, in a prepublication format. The Government Printing Office publications will be available within the next few months.

NPRCR Coordinating Committee Discussions

The Coordinating Committee provided important input for NPRCR activities. In particular, the committee would like to see attention to the following issues:

- Management of multiple risk factors versus risk factors in isolation
- Making the guidelines simple to adopt
- Involvement of communities, community-based approaches, or community outreach
- Inclusion of community representatives in the process
- Cultural appropriateness of guidelines and subsequent materials
- Inclusion of communications experts, including those from partner organizations
- Coordination of efforts across the national organizations
- Evaluation as part of the process
- Identification of measures indicating program success
- Attention to physicians in training

Suggestions for other groups that should be involved in the NPRCR included:

- The National Association of Community Health Centers, whose members have experience working with community groups
- Community health workers who staff community health centers
- Local health departments or communities with experience implementing prevention activities
- Pharmacists working in community settings

- Communities Joined in Action, an organization for community health collaboratives, primarily hospital-based, that offer evidence-based programs in their local communities

Representatives of the Coordinating Committee organizations briefly presented their organizations' activities around cardiovascular health, CVD prevention, and relevant clinical services. This discussion contributed to an overall understanding of the Coordinating Committee member organizations' future integral role in the eventual launch and implementation of the new NHLBI-sponsored cardiovascular risk reduction guidelines, as well as other activities aligned with the NPRCR purpose.

Action Items and Next Steps

In terms of next steps, Dr. Simons-Morton requested that the Coordinating Committee representatives share with their organizations the deliberations of this meeting, and discuss with their colleagues how their organizations can collaborate with the NPRCR to facilitate implementation of the guidelines or to work on common messages and NPRCR strategies.

The NHLBI and its contractor will summarize the activities of the NPRCR Coordinating Committee's member organizations as presented at the meeting, and will provide a means for members to communicate additional activities they may identify. The idea is to include relevant member organizations' activities in the NPRCR Strategic Plan, along with relevant NHLBI activities.

The NHLBI will provide to the Coordinating Committee members a summary of this meeting, next steps for the committee's work, and information about the frequency and mode of communication as a committee.

The NPRCR Coordinating Committee will meet in late spring 2012, after a meeting of the Federal subcommittee (dates TBD).