WomenHeart: The National Coalition for Women with Heart Disease

Sponsored One Year Capacity Building for Heart Valve Disease Grant to Become a Member of the WomenHeart National Hospital Alliance

2017 Call for Applications

Purpose

WomenHeart: The National Coalition for Women with Heart Disease is seeking to partner with hospitals interested in women-specific cardiovascular care in underserved communities for a sponsored membership (June 2017-October 2018) in the WomenHeart National Hospital Alliance. We specifically seek hospitals in areas with a prevalence of women with heart valve disease.

Proposal

WomenHeart is the only national patient-centered organization solely dedicated to advancing women’s heart health. WomenHeart empowers hundreds of thousands of women living with, or at risk of heart disease, to take charge of their heart health through an integrated, sustainable platform of advocacy, education, and support.

The WomenHeart National Hospital Alliance (NHA) is an innovative collaborative partnership between WomenHeart and more than 40 leading hospitals throughout the United States committed to advancing women’s heart health (see enclosed NHA member list). NHA members ensure female heart disease patients have access to gender-specific information, education and patient support services that empower them to take charge of their heart health. In addition, NHA provides ongoing education for clinicians on new and emerging research related to women’s heart disease.

This announcement encourages all hospitals interested in women-specific cardiovascular care, particularly those with focuses on heart valve disease, in underserved communities to apply for a one-year funded membership to the WomenHeart National Hospital Alliance, inclusive of all the programs and benefits included in membership.

Hospitals chosen for participation as a capacity building for heart valve disease grantee will receive financial support for a one year membership in the WomenHeart National Hospital Alliance, from June 2017 through October 2018. The NHA membership will initiate and develop the foundation to sustain a partnership with WomenHeart in years following this capacity building grant. As a NHA capacity building grantee, a hospital will be entitled to recruitment of up to two women diagnosed with heart disease to be trained at the annual WomenHeart Science & Leadership Symposium at Mayo Clinic and return to the hospital community as a WomenHeart Champion to provide peer to peer support and community education, as well as to be a media spokesperson.
**NHA Member Benefits**

Through the WomenHeart National Hospital Alliance, member hospitals strive to increase awareness for disadvantaged women about warning signs, risks, prevention and treatment of heart disease. Hospitals funded by this capacity building grant will specifically target heart valve disease education and offer critical support for those in need.

Benefits of NHA membership include:

- **Attendance for two women patients diagnosed with heart disease at the annual WomenHeart Science & Leadership Symposium at Mayo Clinic**, October 6-9, 2017. Every membership year, NHA hospitals identify two women with heart disease to attend the 4-day intensive workshop that certifies them to return to the hospital and serve as *WomenHeart Champions* on-site and within their hospital communities. *WomenHeart Champions* train for one of two roles: Support Network Coordinators and Community Educators. Both roles receive media training to elevate their hospital’s visibility and programming in the community.

- **WomenHeart Champion** programs:
  - Peer-led WomenHeart Support Network hosted in the hospital by trained *WomenHeart Champions* to provide post-discharge and secondary prevention to female heart patients.
  - SisterMatch program developed to connect women patients one-on-one with a *WomenHeart Champion* living with the same or similar condition.
  - HeartScarves hand-knit red scarves distributed in hospitals during patient visitation by *WomenHeart Champions* to offer comfort, support, and encouragement for a woman with heart disease to begin her healing journey.
  - Red Bags of Courage* – Informational gift bags with education materials on heart conditions, support services, and general overview to help guide women to healthy decisions on diet, exercise, medical treatment, and mental health.
  - WomenHeart@Work – Workplace-based outreach initiative which bridges the gap between individual heart health and workplace productivity.
  - Speakers Bureau – Deploy trained advocate educators to represent the hospital’s commitment to women’s heart health to media, corporations, community organizations and events, and other beneficial platforms.

- **Annual WomenHeart National Hospital Alliance member meeting** to hear from national leaders in the field and to network and collaborate with NHA colleagues across the nation to learn and share activities, ideas, best practices and challenges related to education and outreach to women with or at risk of heart disease.

- **Quarterly educational webinars for clinicians** – provided by experts in women’s heart health on new and emerging research on heart disease in women.

- **NHA Toolkit**, which includes:
  - Guide to organize, manage, and sustain the WomenHeart Support Network (peer-to-peer patient support group based at the hospital).
  - Materials to market and brand the hospital as committed to providing high quality, comprehensive women’s heart health care.
  - Educational materials, including templates and quarterly programs to enhance education about and support for women’s heart health.

- **Co-branded educational materials** for hospitals to share as part of patient, community and corporate outreach initiatives.
• **Media and press opportunities** through participation in WomenHeart’s national events, policy summits and conference.

• **WomenHeart patient education content** (i.e. videos, posters) in digital format via the ContextMedia:Health platform of TVs, tablets and digital wallboards in 25,000 hospital and institutions nationwide.

• **Community Benefit** activities that provide community health improvement services to satisfy mandates within the Affordable Care Act.

**Background**

Heart disease is the Number One cause of death for women in the U.S. today. One in three women will die of cardiovascular disease, yet only 37% of African American women and 38% of Hispanic American women know heart disease is their leading cause of death.

*Heart valve disease* is the third most common cause of heart problems in the U.S. Women develop problems with heart valves just as often as men do, and at all ages. In fact, there are some types of valve problems, such as abnormalities resulting from rheumatic fever and mitral valve prolapse, which occur more often in women. Heart valve disease is a particular challenge for women of childbearing age, since in severe cases it may increase pregnancy risks for mother and baby. Older women are also at risk for developing leaky or blocked heart valves. **Women with valvular heart disease, therefore, deserve special attention.**

According to a 2009 Kaiser Family Foundation study, women experience disparities in healthcare throughout the United States, with the greater burden of disparities found for African American and Hispanic women. The same study demonstrated that women of color fared worse than white women across a broad range of measures, highlighting diabetes, obesity, and cardiovascular care as major factors in overall health disparities needing to be addressed. In fact, where disparities between white women and women of color were low, it generally demonstrated both groups were doing poorly and that both were not receiving quality care and support.

Currently an extensive patient-centered education, advocacy and support network is not readily available to many women. Psychosocial and emotional support, as well as activities that educate and build awareness are critically needed. However, a widespread network of education, advocacy and support is not available.

NHA members ensure female heart disease patients have access to gender-specific information, education and patient support services that empower them to take charge of their heart health. WomenHeart Support Networks currently provide education and services to women nationwide every month, and are a key resource for women living with heart disease. With 35,000 members, nearly 800 trained *WomenHeart Champions*, and more than 100 active Support Networks meeting each month, WomenHeart provides the necessary resources for these channels to operate effectively and efficiently.

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WomenHeart published a 2016 peer-reviewed article in the *Journal of Cardiopulmonary Rehabilitation & Prevention* which concluded that women who regularly attended support groups led by trained peer leaders were highly engaged in their health care and had low levels of stress, anxiety, and depression. The study determined that patients who had medium to high levels of social support, such as a support group, were more than two times more likely to report high levels of patient activation than those with low levels of social support.

The study participants reported:

- Support group attendance at least once a month (84%)
- Completion of full cardiac rehabilitation program, when referred (89%)
- Medication adherence (89%)
- Achieving at least 150 minutes of moderate physical activity per week (67%)
- Lower levels of stress (76%)
- Higher levels of social support
- Lower levels of anxiety and depression
- Higher levels of patient activation

In addition, a recent survey of WomenHeart Support Network participants indicated the support network program:

- Enhanced quality of life (93%)
- Improved treatment compliance/adherence (85%)
- Improved ability to communicate with their health care providers (85%)
- Increased understanding of heart disease (93%)
- Improved ability to communicate and explain their condition to family members, co-workers, and friends (86%).

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Eligibility Considerations & Preference

Consistent with the desires WomenHeart and our funding partners to reach the highest number of women residing in underserved communities with the highest prevalence of women’s heart disease, particularly women’s heart valve disease, hospitals must:

1. Have a minimum bed size of 75.
2. Operate in and obtain its patient pool from a county area deemed to be reaching underserved women with cardiac issues, and specifically serving in an area where more than the national average of residents live below the poverty line, and/or whose ethnicity is African American, Hispanic, or Native American.
3. Have a robust cardiovascular presence.

Favorable consideration may be given to hospitals in Arizona, California, Connecticut, Florida, Illinois, Massachusetts, Michigan, Nevada, New York, and Washington.

For the purposes of this membership opportunity, WomenHeart follows Edwards Lifesciences’ definition of “underserved” as “those who have a health disparity as defined by the Centers for Disease Control and Prevention and lack awareness of, or access to, medically appropriate healthcare.”

The Centers for Disease Control and Prevention defines health disparity as “a type of difference in health that is closely linked with social or economic disadvantage. Health disparities negatively affect groups of people who have systematically experienced greater social or economic obstacles to health. These obstacles stem from characteristics historically linked to discrimination or exclusion such as race or ethnicity, religion, socioeconomic status, gender, mental health, sexual orientation, or geographic location. Other characteristics include cognitive, sensory, or physical disability.”

How to Apply

Application must be sent electronically to evining@womenheart.org, with “GRANT APPLICATION” and the name of your hospital in the subject line. All applications must be received by June 9, 2017.

The following information must be contained in the body of the submission:

- Hospital name, physical address and county
- Hospital’s website address
- Number of beds
- Name and contact information for individual filing the application (email address and phone number)
- Name and contact information of other individuals in the decision making process
- Does the hospital have a dedicated women’s cardiac center?
- Does the hospital conduct valve surgery?
- Number of heart valve procedures performed on women in 2015 and 2016
- Brief narrative (one page or less) demonstrating why the hospital and community would benefit from the receipt of the grant

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About WomenHeart: The National Coalition for Women with Heart Disease

WomenHeart is the only national patient-centered organization solely dedicated to advancing women’s heart health. WomenHeart empowers hundreds of thousands of women living with, or at risk of heart disease, to take charge of their heart health through an integrated, sustainable platform of advocacy, education, and support.

WomenHeart trains women heart patients to become WomenHeart Champions, volunteer community educators and advocates for the unique needs of female heart patients. The annual Science & Leadership Symposium at Mayo Clinic prepares women to establish and lead patient Support Networks. These WomenHeart Champions organize and lead WomenHeart Support Networks offering patient support services to women in need, as well as conducting community education programs reaching broader audience. They educate each support network member about heart health focusing on secondary prevention, using educational modules developed in partnership with the leading science and medical professionals and our nationally recognized Scientific Advisory Council. To date, WomenHeart has trained nearly 800 WomenHeart Champions in 49 states and currently has more than 100 active WomenHeart Support Networks across the nation.

If you are interested in additional information or would like to schedule a brief presentation to learn more about this opportunity, please contact Elaine Vining at evining@womenheart.org or 202-464-8734.
National Hospital Alliance Members

2017

Atlantic Health Systems, Morristown Medical Center, Morristown, NJ

Bellin Hospital, Green Bay, WI

Baylor St. Luke’s Medical Center, Houston, TX ♥

Boca Raton Regional Hospital - Christine E. Lynn Women’s Health & Wellness Institute, Boca Raton, FL

Captain James A. Lovell Federal Health Care Center, Chicago, IL (Edwards Lifesciences Capacity Building Grantee)

Charleston Area Medical Center, Charleston, WV (Edwards Lifesciences Capacity Building Grantee)

Chickasaw Nation Department of Health, Chickasaw Nation, Ada, OK (Edwards Lifesciences Capacity Building Grantee)

Columbia Memorial Hospital, Astoria, OR

Cone Health, Greensboro, NC

Duke University Medical Center, Duke Women’s Cardiovascular Health Center, Durham, NC

El Camino Hospital, Mountain View, CA

Grady Memorial Hospital, Atlanta, GA

Henry Ford Hospital, Detroit, MI

Howard University Hospital, Washington, DC (CVS Grantee)

Intermountain Healthcare, Dixie Regional Medical Center, St. George, UT

Maimonides Medical Center, Brooklyn, NY ♥

Mayo Clinic, Rochester, MN

Miami Cardiac & Vascular Institute, Miami, FL ♥

Montefiore Medical Center, Bronx, NY (Edwards Lifesciences Capacity Building Grantee)
Mount Sinai St. Luke’s, New York, NY (CVS Capacity Building Grantee)

Muriel I. Kauffman Women's Heart Center at Saint Luke's Mid America Heart Institute, Kansas City, MO (First member) ♥

Northwell Health, Katz Institute for Women’s Health, Long Island, NY ♥

Northwell Health, Lenox Hill Hospital, Long Island, NY ♥

Norton Heart Care, Louisville, KY

NYU Winthrop Hospital, Mineola, NY

Parkview Heart Institute, Fort Wayne, IN

Providence Hospital, Columbia, SC

Rush Oak Park Hospital, Oak Park, IL

Scripps Health Cardiovascular Care, San Diego, CA ♥

St. Joseph’s/Candler, Savannah, GA

St. Francis Hospital, The Heart Center, Long Island, NY

Texas Heart Institute, Houston, TX ♥

University of Illinois Hospital and Health Sciences System (AstraZeneca Grantee)

University of Kansas Hospital, Kansas City, KS ♥

University of Texas Medical Branch, Galveston, TX (AstraZeneca Grantee)

Virtua Health System, Marlton, NJ

Women and Children’s Hospital of Acadiana, Lafayette, LA (Edwards Lifesciences Capacity Building Grantee)

♥ Founding Member

April 2017