

Tips for Getting the Most Out of The Great 8

The Great 8 has a new look and remains an important health promotion tool designed to improve health communication around preventing heart disease and stroke. The images were all modernized, making the healthy behaviors easier to understand, more relatable, and more inclusive. Funding for this project comes from a Centers for Disease Control and Prevention (CDC) cooperative agreement to improve cardiovascular health in Washington.

What Great 8 is, and isn't. Great 8 is designed to improve health communications around preventing heart disease and stroke. We created Great 8 to build upon the communication skills of health educators, community health workers, and other health care team members. Great 8 can help increase health literacy around cardiovascular disease prevention and management among populations with low health literacy and limited English proficiency. What Great 8 isn't: A handout. It requires a conversation.

Align Great 8 with your organization's current goals. Great 8 is a patient-centered tool; it can help your organization increase health literacy, language access, and patient-centered goal setting, which help address barriers to health equity. If you want to discuss how Great 8 can best achieve your organization's goals around patient-centeredness, language access, patient self-management, partnering with Community Health Workers, or other goals, feel free to contact us.

Think about how Great 8 will work best in your setting. We created Great 8 to meet the needs of health care team members for visual/image-based communication around cardiovascular health. We want to facilitate greater use of team-based care by creating a shared visual language for communicating with patients about heart disease and stroke prevention. Here are a few ideas:

- **Test Great 8 out in a Quality Improvement (QI) project.** Not sure how Great 8 will work within your organization? Test it out using a Plan-Do-Study-Act cycle or other QI tool. Testing Great 8 with a small subset of your population or staff may make wider adoption of Great 8 go more smoothly.

• **Incorporate Great 8 into your workflow.** Think about who on your team will use Great 8, and when. Will a team member use Great 8 after a provider has indicated where they want the patient to focus? For example, steering clear of smoking/vaping and alcohol, or understanding how to use a newly prescribed medication? Do you want to use Great 8 as part of setting self-management goals? You may wish to add links to the languages you most frequently access to your electronic health record library. How is your organization using Great 8 with your patients or clients? Please let us know!

Share Great 8 with others in your organization and your partner organizations. One of the goals of Great 8 is to have a shared visual language to talk about cardiovascular and diabetes-related health with your population. Share it in other places where the people you serve will be talking with health professionals. We're happy to help brainstorm and share Great 8 widely. To reach us, email heartdisease@doh.wa.gov.

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