



## Tips for Getting the Most out of **Great 8**

**The Great 8 is the name of a project designed to improve health communications around preventing heart disease and stroke.** Funding for this project comes from Centers for Disease Control and Prevention (CDC) cooperative agreements to reduce heart disease and stroke in Washington. Experience and information gathered in the previous five years of Department of Health's Heart Disease, Stroke, and Diabetes Prevention Program's working with Community Health Workers and non-physician team members informed and shaped the development of Great 8.

**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, 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 heart disease and stroke prevention. 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. See the ideas bulleted below, and contact us with questions or if we can assist in any way.

- **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. Do you want to print out Great 8 to review with patients during the after-visit summary? 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, or understanding how to use a newly prescribed medication? Do you want to document patient-driven self-management goals using Great 8 as a communication tool? You may wish to add links to the languages you most frequently access to your electronic health record library. We would love to learn more about how your organization might be able to use Great 8 with your patients.

**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. Think about other places where the people you serve will be talking with health professionals. We're happy to help brainstorm and share Great 8 widely.

For more information, contact Dr. Cheryl Farmer at [cheryl.farmer@doh.wa.gov](mailto:cheryl.farmer@doh.wa.gov) or (360) 236-3770.

