

CONNECTICUT FAMILY PHYSICIAN

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“Health is Primary” Has Launched

Family Medicine for America’s Health – a coalition of eight national family medicine organizations, kicked off a three-year campaign during the AAFP 2014 Scientific Assembly in Washington. The goal is to demonstrate the value of primary care in delivering on the triple aim of better health, better care and lower costs.

The communication campaign, “Health is Primary,” aims to raise awareness of the role of primary care in improving the

health of Americans. It will use national advertising, partnerships and stakeholder outreach to raise awareness of the role of primary care in improving the health care system. Family Medicine for America’s Health will also drive a five-year strategic initiative to transform family medicine to meet the changing needs of the health care system.

“For too long, the nation’s health care system has been out of balance,” said Glen Stream, MD, MBI, chair, Family Medi-

cine for America’s Health board of directors. “By shining a light on our definition and vision for true primary care, we can get to a place where the system improves patient health and delivers value over volume.”

Evidence shows that access to primary care can help people live longer, healthier lives. Studies suggest that as many as 127,617 deaths per year in the United States could be averted through an increase in the number of primary care physicians. In areas of the country where there are more primary care providers per person, death rates for cancer, heart disease, and stroke are lower and people are less likely to be hospitalized.

“It is time to put the health back in health care. We believe the solution to many—if not all—of our health care problems can be found in primary care,” said Stream. “We are so convinced of it that we plan to spend the next three years working to make the case to patients, payers and policymakers that a strong primary care system will allow us to deliver on the promise of the Triple Aim: better health, better care and lower costs.”

To kick off the initiative, Health is Primary is traveling to cities across the country to showcase examples of innovative community-level initiatives that are working to enhance and expand primary care and improve health.

CAFP Wins AAFP Grant for the 2015 Tar Wars Education Program

The Connecticut Academy of Family Physicians has received an AAFP mini-grant to expand its Tar Wars educational program in 2015.

According to Dr. Stephanie Fowler, Chair of Connecticut’s efforts, the award was given because of the needs in Connecticut and the goals established in the CAFP proposal.

Dr. Fowler pointed to a number of alarming tobacco use statistics in Connecticut including:

According to the Center for Disease Control (CDC), Connecticut ranks 5th in nation for smoking. 17.1% of adults smoke and 15.9% of high school students smoke. 8.3% of children 12-17 started smoking in 2008-9 and 6.6% of adults 18-25 started

smoking in 2008-9. Overall exposure to secondhand smoke is 46%.

Connecticut Department of Health (CT DPH) reports that 18.4% of adults, 19.5% of high school students and 3.1% of middle school students used tobacco regularly in 2013.

In the American Lung Association’s “State of Tobacco Control” report, Connecticut received the following grades: Tobacco Prevention F, Smoke free Air C, Cigarette Tax A, and Cessation F.

In the New England Rural Health Roundtable’s October 2014, “Rural Data for Action Report” we find that nearly one in five adults in New England continue to smoke despite pub-

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CAFP Wins AAFP Grant *(Continued from Page 1)*

lic health interventions. An area of concern mentioned in this report is the pregnant women living in rural areas of Connecticut are twice as likely to smoke than those living in Connecticut metro areas.

Dr. Fowler said that this grant will be used to expand outreach efforts to include additional communities, including rural areas, for tobacco use education and prevention. We will increase our collaborative partnerships to bring this successful program to more areas of the state. Barbara Walsh from the CT DPH's Tobacco Use Prevention and Control Program has expressed interest in collaborat-

ing with Tar Wars.

The Connecticut Academy of Family Physicians has established great momentum with the Tar Wars free education program in recent years. Specifically, we have collaborated with other partners to help spread the Tar Wars message to over 3000 students just in the city of Torrington alone. We have also reached other communities during this time, but would like to adapt our community level mold to maximize its effectiveness in tobacco prevention across our State.

As a new Tar Wars program evolves across our State, we will solidify relationships with com-

munity partners, hospitals, educational institutions, local and state governments to most effectively and efficiently prevent tobacco use in Connecticut.

Measurable outcomes would include:

1. Increase the number of students involved in Tar Wars.
2. Expand the number of Tar Wars Presenters.
3. Increase the number of communities participating in Tar Wars.
4. Increase the community and state partners.
5. Encourage more local and state government officials in-

Of Note...

- Dr. Ross Winakor of Mansfield Family Practice has been appointed by the AAFP Board of Directors to 3 years on the AAFP Commission on Finance and Insurance.

- The CAFP Board donated \$400 to support National Primary Care Week.

- Dr. Stacy Taylor, a Past President of CAFP, received a Letter of Commendation from AAFP for her contributions to the AAFP Commission on Quality and Practice.

Social Media & CAFP!

CAFP is now on Facebook and Twitter! Do you “follow” us on Twitter? Did you “Like” us on Facebook?? If not – here are a few easy steps to help you join us in the Social Media CRAZE!

If you don't have a Facebook account, sign up for one at www.facebook.com. Enter your information and select a password. You will receive a confirmation email to complete the sign up process. Log in and search for Connecticut Academy of Family Physicians. Click the Like button. Anytime CAFP posts it will show up on your newsfeed.

If you don't have a Twitter account, go to <https://twitter.com/signup> and complete the sign up process. Enter your name, your email address, and a password. Click Sign up for Twitter. Once your Twitter account is established, log in and search for [@CTAFPDOC](https://twitter.com/CTAFPDOC) and click Follow.

CAFP looks forward to increasing communications with our members through social media.



AAFP Family Medicine Board Review Express® Live Course

Prepare to pass your ABFM Boards with this comprehensive, evidence-based live course developed by and for family physicians.

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March 26-29, 2015
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For more information, go to the following link:

<http://www.aafp.org/cme/cme-topic/all/board-review-express/hartford.html>



Academy Members Stacy Taylor, M.D., left and Sandra Hughes, M.D. volunteered for a week in the Dominican Republic in January for the non-profit organization Health Horizons International. They are pictured above at a recent event for HHI with jazz singer Anthony Jefferson.

CAFP Mission Statement

The mission of CAFP is to promote excellence in health care and to improve the health of people of Connecticut through the advancement of the art and science of Family Medicine, the specialty of Family Medicine and the professional growth of Family Physicians.

New CAFP Members

Welcome:

Elizabeth Heather Arbia, D.O.
Stamford, CT

Israel Cordero, M.D.
Glastonbury, CT

George F. Fuller, M.D., FAAFP
Ansonia, CT

Mark Dennis Geronimo, M.D.
Niantic, CT

Shakeilla Lavern Howell, M.D.
Stamford, CT

Amy Marie Lohman, M.D.
Stamford, CT

Jennifer Bordonaro
Mastrocola, M.D.
Hartford, CT

Katarzyna Pomianowski, M.D.
Somers, CT

Saira Iqbal Rani, M.D.
Chicago, IL

Jessica Kate Rosenberg, D.O.
Stamford, CT

Mahammed Saiyed, M.D.
Windsor, CT

Igor Samegulin, M.D.
West Hartford, CT

Erica Louise Waddington, M.D.
Manchester, CT

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Family Medicine for America’s health is represented by:

- American Academy of Family Physicians
- American Academy of Family Physicians Foundation
- American Board of Family Medicine
- American College of Osteopathic Family Physicians
- Association of Departments of Family Medicine
- Association of Family Medicine Residency Directors
- North American Primary Care Research Group
- Society of Teachers of Family Medicine

You can learn more about the campaign at www.HealthisPrimary.org.

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