



MN 10 by 10

Date: 3/1/2010

Dear Colleague:

A group of public and private professionals and payers have been meeting for over a year to develop an important initiative to improve the average lifespan of Minnesotans with serious mental illness. Organizations spearheading this include Adult Mental Health Policy Division and State Operated Services, DHS, Minnesota Department of Health, HealthPartners and Regions Hospital, Allina Hospitals and Clinics, Medica Behavioral Health, NAMI-MN and Tasks Unlimited. We are asking you to join with us in moving this critically important process forward.

BACKGROUND

- **Nationally:** Findings from a number of recent national studies indicate that adults with a serious and persistent mental illness are dying, on average, 25 years earlier than the general public. The leading causes of these premature deaths are heart disease, lung disease, diabetes and cancer.
- **In Minnesota:** An analysis of Minnesota Department of Health death statistics found that adults with a diagnosis of Bipolar Disorder or Schizophrenia are dying, on average, 24 years earlier than the general public. Consistent with the national findings, the cause of death resulted from heart disease, diabetes and cancer.
- One of the basic reasons for premature death among persons with bipolar disorder or schizophrenia is that **very few routinely see their primary care physicians for annual physical health screenings**. Yet with regular screening, these diseases can often be prevented by lifestyle changes or can be detected early so treatment can control these health conditions.

INITIATIVE GOAL

To increase the average lifespan of Minnesotans with Bipolar Disorder or Schizophrenia by 10 years within 10 years. We refer to this initiative as the **MN 10 by 10**. This is consistent with a national goal set by the federal Center for Mental Health Services within the Substance Abuse and Mental Health Services Administration (SAMHSA), DHHS.

To accomplish this goal, the first step is to educate clients, their families or significant others, mental health professionals, and primary care physicians about the importance of annual health screening.

What You Can Do:

1. Forward this email to your members and other relevant contacts to help inform them about this profound health disparity.
 - The email contains a hyperlink to the Minnesota Department of Human Services website where you will find an informational tool for both clients and providers that can be used within the health care setting. This tool provides brief client education about leading a healthier and longer life; a list of preventive screenings that should be conducted annually; space to fill in results to help clients understand their health results; and a list of people you may want to ask permission to share results to help implement practical changes to help avert or control the relevant health condition.
2. Put this hyperlink on your website using the recommended introductions attached.

www.dhs.state.mn.us/mn10x10

3. Encourage others to install the hyperlink using the recommended introductions.
4. **Most importantly, work with your clients to schedule an annual health screening with their primary care physician. If the person does not have a primary care physician, help them arrange for one. Then, follow up with your clients to work on any health improvements recommended by their physician.**

Your supportive efforts can make all the difference in the lives of those we serve! We thank you in advance for your attention to this important initiative.

On behalf of the Public/Private Initiative work group,

Sharon Autio, Director
Adult Mental Health Division

Instructions

Put this on Your Website for [Health Professionals, Social Service Providers, Mental Health Advocates and Other Professionals](#) who Support Persons with Mental Illness

- In order to move forward with a positive and uniform message, please retain the original content so various websites will not conflict or appear to conflict with each other. This is important for the readers who may access more than one website.
- You may reformat this or add some of your own links as long as the original content appears first on the page.
- Expected participants to provide this content include hospitals, health plans, counties, advocates, and mental health and primary care clinics.

Web Content [for Health Professionals and Advocates](#)

Note: Ask your webmaster or administrator to use the following language on your website to introduce the hyperlink.

Minnesotans Taking Action for Healthier, Longer Lives

- National research studies show that the life span of adults with Bipolar Disorder or Schizophrenia is reduced by 25 Years compared to the general population. Minnesota data shows similar trends.
 - The leading causes of these premature deaths are heart disease, diabetes and cancer.
 - One of the basic reasons for premature death among persons with bipolar disorder or schizophrenia is that few see their primary care physicians for annual health screenings.
 - As you know, regular screening for early signs of heart disease and diabetes are very important.
 - With regular screening, these diseases can often be prevented by lifestyle changes or can be detected early so treatment can control these health conditions.

Interested in a Simple Tool to Help Inform and Educate Patients?

A 2-page form is available online at www.dhs.state.mn.us/mn10x10 that provides:

- Brief client education about leading a healthier and longer life;
- A list of preventive screenings that should be conducted annually;
- Space to fill in results to help clients understand their health results; and
- A list of people you may want to ask permission to share results with to help implement practical changes to help avert or control heart disease, diabetes or other physical health condition.

Instructions

Put this on Your Web for Your **Member / Patient / Clients / Recipients** to Access

- **In order to move forward with a positive and uniform message, please retain the original content so various websites will not conflict or appear to conflict with each other. This is important for the readers who may access more than one website.**
- **You may reformat this or add some of your own links as long as the original content appears first on the page.**
- **Expected participants to provide this content include, hospitals, health plans, counties, advocates, mental health and primary care clinics.**

Web Content for **Members / Patients / Clients / Recipients**

Note: Ask your webmaster or administrator to use the following language on your website to introduce the hyperlink.

Minnesotans Taking Action for Healthier, Longer Lives

- People with bipolar disorder or schizophrenia usually do not see their primary care physicians for annual health screenings.
 - Regular screenings for early signs of heart disease and diabetes are very important. Heart disease and diabetes are among the leading causes of death among Americans.
 - With regular screening, these diseases can often be prevented by lifestyle changes or can be detected early so treatment can control these health conditions.

Are You Interested in Learning More about Health Screenings?

A 2-page form is available online at www.dhs.state.mn.us/mn10x10 that provides:

- A bit more information about leading a healthier and longer life;
- A list of preventive screenings your primary care physician should do annually;
- Space to fill in your results, so you can track your health results, and
- A list of people you may want to share your health results with, along with any instructions or treatment recommendations made by your primary care physician.