

# JOSEPH YOUNG, MD

INTERNAL MEDICINE, EAST BAY AREA

## 2009 Sidney R. Garfield, MD EXCEPTIONAL CONTRIBUTION AWARD

One of the main reasons that KP Northern California is the cardiovascular care quality leader in California, and in the top 10% of health plans nationwide, is the evidence-based Cardiovascular Risk Reduction Program.

Developed by Joseph Young, MD, with KP Northern California colleagues Drs. Dlott, Jaffe, and Taylor, the population-based program includes two overlapping efforts: hypertension control, and PHASE (Prevent Heart Attacks and Strokes Everyday), which together focus on risk-reduction measures for members who have coronary artery disease, diabetes or other coronary risk equivalents.

A decade after the program began in 1998, it is widely recognized as a model of success: the hospitalization rate of myocardial infarction among KPNC members had gone down 14%; the rate of ischemic strokes was 20% lower and intracerebral hemorrhages had declined 18%.

