

National Health Council Launches New Trusted Messengers Chronic Disease Prevention and Management Video Series

Experts and advocates discuss ways to reduce risk factors for conditions like heart disease, diabetes, and obesity in the NHC's latest Trusted Messengers campaign.

WASHINGTON, DC (February 3, 2025)—Today, the National Health Council (NHC) unveiled a new digital video series featuring discussions with prominent health care experts and advocates about the importance of reducing risk factors and improving access to care for patients with chronic health conditions.

This campaign focuses on three chronic conditions that affect millions of Americans: heart disease, diabetes, and obesity. As the latest installment of the NHC's "Conversations with Trusted Messengers" series, this content aims to raise awareness about chronic disease risk factors, to empower education about care and preventative measures, and to amplify the voices of leaders who work daily to improve health outcomes for all in their communities.

Showcasing experience from diverse backgrounds, communities, and perspectives, the panelists collectively emphasized the need to pursue collaborative efforts, cultural awareness, actionable steps, and innovative solutions to help patients access support for care and prevention.

"Chronic conditions like heart disease, diabetes, and obesity affect nearly every American—whether through their own health or that of their family and communities," said Randy Rutta, NHC Chief Executive Officer. "It's crucial for patients and their loved ones to have reliable sources to turn to for guidance about preventative measures and care specific to their needs. The NHC is pleased to launch this new Trusted Messengers series to support informed conversations and deeply appreciates the health leaders who contributed their thoughtful advice and insights to this resource."

The panel discussions were moderated by Dr. Omar A. Escontrías, Senior Vice President of Equity, Research & Programs at the NHC. Participants in this Trusted Messengers video series included:

- Dr. Tara M. Chico-Jarillo, Interim Executive Director, Health Services Division – Pascua Yaqui Tribe
- Wandy Hernández, Co-Founder & Co-Executive Director – Illinois Community Health Worker Association
- Patty Nece, Immediate Past Chair – Obesity Action Coalition
- Dr. Armando Peña, Assistant Professor, Department of Health & Wellness Design – Indiana University School of Public Health-Bloomington
- Anita Sathe, Chair, Case Management – South Asian Heart Center
- Caleb Snead, Graduate Research Assistant – University of Georgia CARE Center and Fishers of Men Initiative

The NHC has created a [dedicated landing page](#) for the video series and will amplify the series through the organization's core social media platforms.

In the United States, hundreds of millions of adults have heart disease, diabetes, or obesity—often in tandem. These chronic conditions are among the leading causes of health complications and death across most populations. The experts and advocates in these videos cover access to health care, lifestyle modifications, and community support in combating these diseases, making the Trusted Messengers series relevant and timely for many audiences.

For more information about the NHC and the organization’s ongoing efforts to help educate and advocate for patients with chronic conditions, visit nationalhealthcouncil.org.

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About National Health Council

Created by and for patient organizations more than 100 years ago, National Health Council (NHC) brings diverse organizations together to forge consensus and drive patient-centered health policy. We promote increased access to affordable, high-value, sustainable, equitable health care. Made up of more than 170 national health-related organizations and businesses, NHC’s core membership includes the nation’s leading patient organizations. Other members include health-related associations and nonprofit organizations including the provider, research, and family caregiver communities; and businesses representing biopharmaceutical, device, diagnostic, generic drug, and payer organizations.

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