November 2011

# Heart to Heart

An e-bulletin created especially for healthcare providers

# In the News ...



#### AMA to help physicians combat the national obesity crisis

Fighting the nation's obesity crisis is the focus of a new AMA initiative, Weigh What Matters. Designed by experts in clinical practice management, health behaviors and consumer marketing, Weigh What Matters is uniquely focused on doctors and ... **Read more** 

Check-out the Weigh What Matters Website: http://www.ama-assn.org/resources/weighwhatmatters/index.html



#### The CDC Zombies Return with a new comic book



Check it out: www.cdc.gov/phpr/zombies novella.htm#

Coming off the tremendous success of its controversial Zombie Preparedness blog posting in May, the <u>CDC</u> health preparedness and response team has now produced an appropriately gruesome online graphic novel that tells the story of a couple struggling to survive a zombie pandemic.



The number of Americans who report they have coronary heart disease — which includes heart attack and angina (chest pain)—continues to decline but rates vary widely from state to state and by race and ethnicity, according to a new report published today in the Morbidity and Mortality Weekly Report of the Centers for Disease Control and Prevention. The MMWR report on state coronary heart disease prevalence is available at <a href="www.cdc.gov/mmwr">www.cdc.gov/mmwr</a>. For more information about Million Hearts visit http://millionhearts.hhs.gov/about—mh.shtml.

**Nearly half of US physician practices do not meet national standards for 'medical homes'** Many Americans do not have access to a "medical home" -- a physician practice that is able to manage ongoing care for patients and coordinate care among specialists and other health care facilities, according to a University of Michigan Health System-led study.

#### Health Plan Implementation of U.S. Preventive Services Task Force A and B Recommendations

The Patient Protection and Affordable Care Act (PPACA) is aimed at expanding access to health care and lowering cost barriers to seeking and receiving care, particularly high-value preventive care. The legislation requires Medicare and all qualified commercial health plans (except grandfathered individual and employer-sponsored plans) to cover routine preventive services graded A and B by the U.S. Preventive Services Task Force (USPSTF) at no cost to the consumer, along with recommended immunizations and additional preventive care and screenings for women. In 2009, Colorado passed a law with similar USPTF A and B service coverage requirements. To determine how Colorado health plans had interpreted the state and federal law, the Colorado Department of Public Health and Environment (CDPHE) interviewed representatives of commercial health plans serving Colorado residents. The results of those interviews indicated that different health plans interpreted certain USPSTF recommendations differently.

### All about Sodium . . .

#### Cochrane review doesn't change our advice on salt reduction, AHA

A high-profile scientific paper questioning whether cutting salt reduces cardiovascular disease risk does not mean that industry-led sodium reduction initiatives are a waste of time, the American Heart Association (AHA) has insisted... Read





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#### Cochrane salt/blood-pressure message blasted in the Lancet

Two preventive-medicine experts in the UK are crying foul over a recent and <u>controversial meta-analysis</u> that concluded <u>cutting salt consumption</u> would have no clear health benefits. **Dr Feng J He** (Queen Mary University, London, UK) and **Dr Graham A MacGregor** (Wolfson Institute of Preventive Medicine, Barts, London, UK) say that the meta-analysis published simultaneously by Taylor and colleagues in the *Cochrane Review* and the *American Journal of Hypertension* and press release that accompanied it "reflect poorly on the reputation of the Cochrane Library and the authors."

#### Sodium Reduction in Canned Beans After Draining, Rinsing

Health and culinary professionals and consumers increasingly seek practical ways to reduce sodium intake, as advised in science-based dietary guidance. In response, this study determined whether draining and rinsing significantly reduces sodium in canned beans. References in dietary guidance and popular literature support this practice; only limited, dated scientific data substantiate this advice, conducted only on past product formulations. Sodium per label-size serving was measured for multiple brands of five canned bean varieties: in packing liquid; drained of packing liquid; and drained of packing liquid and then



rinsed. Both draining and draining followed by rinsing significantly reduce sodium in canned beans. In the full article, the conclusion states "... Across all canned bean varieties and brands tested, the mean reduction in sodium content per serving resulting from draining and rinsing was 41%.

# What's new with the Iowa-Healthiest State Initiative?

More than 291,000 lowans voted with their feet in favor of the new Healthiest State Initiative by participating in Start Somewhere Walks held across Iowa on Friday, October 7. "In more than 2,300 group walks And thousands of individual walks, Iowans said 'yes' to starting our Journey to becoming the healthiest state in the nation," said Governor



healthiest — state initiative

Terry Branstad, who announced the Healthiest State Initiative in August. "It was a remarkable display of energy as Iowans came together to 'start somewhere' in reaching this ambitious goal." Walk organizers had set a goal of 250,000 Start Somewhere Walk participants to best a walk world record currently claimed by Canada, which had 231,635 walk participants in 2007. Iowans beat that total even though the state has less than one-tenth of the population of Canada. You can view photos of walks from across the state on our <u>Facebook</u> page.

#### **Next Steps**

The Start Somewhere Walks were a symbolic beginning of the Healthiest State Initiative. But this is a long-term effort to make lowa the healthiest state in the nation. So, it's up to each and every one of us to keep the momentum rolling. Some things you can do to help:

- •Support your hometown's effort to be one of the Blue Zones communities at <u>www.bluezonesproject.com</u>. While you're there, complete a Blue Zones Personal Pledge to define specific steps you can take to improve your personal health.
- Form a walk group. Talk to friends, neighbors or co-workers. Agree on when, where and your pace. Enjoy the camaraderie and shared health benefits.
- Promote the Healthiest State Initiative in your community by sending a letter to the editor of your local paper. Here is a sample you can customize.

Keep your eyes and ears open for future Healthiest State Initiative programs. Remember, we control 70 percent of the factors influencing our health, so it's largely within our power to make a positive difference in our lives.

Again, congratulations and the best of health to you.

The Healthiest State Initiative Team

Check-out the initiative website:

http://www.iowahealthieststate.com/take-the-pledge



The Heart Disease and Stroke Prevention Team: