

Heart to Heart

An e-bulletin created especially for healthcare providers

In the News . . .

Get the Facts on Diabetes

Nearly 26 million Americans have diabetes and an estimated 79 million adults have pre-diabetes. The new estimates show how important it is to make healthy lifestyle choices to prevent type 2 diabetes. Link includes a new comprehensive 2011 Fact Sheet.



NIH-funded study finds new possible risk factor of heart disease

Among the nearly 1,300 study participants, heart rate turbulence, which reflects how well the heart reacts to occasional premature contractions, was an even stronger heart disease risk factor than elevated levels of C-reactive protein. CRP is a potential heart disease biomarker that has emerged in recent years

NIH encourages women to take charge of their heart health

Although heart disease awareness is on the rise, one-third of women still underestimate their own risk for heart disease. Only 16 percent recognize heart disease as the greatest health problem facing women.

Stroke



Large NIH-funded rehabilitation study looks at getting stroke patients back on their feet

In the largest stroke rehabilitation study ever conducted in the United States, stroke patients who had physical therapy at home improved their ability to walk just as well as those who were treated in a training program that requires the use of a body-weight supported treadmill device followed by walking practice.

All about Sodium . . .

Reducing Sodium Consumption in African Americans

Recently, the National Black Caucus of State Legislators (NBCSL) adopted and ratified resolution HHS-11-16, Reducing Sodium Consumption in African Americans. The resolution encourages food and beverage manufacturers to reduce the amount of sodium in their products and urges State and local public health agencies to implement population-wide approaches and integrate hypertension prevention into existing programs to improve health.

The Health Benefits of Cutting Salt

A computer model of heart disease in U.S. adults suggested that reducing salt intake by 3 grams per day could cut the number of new cases of coronary heart disease each year by as many as 120,000, stroke by 66,000 and heart attack by nearly 100,000. It could also prevent up to 92,000 deaths and save up to \$24 billion in health care costs a year, the NIH-funded researchers estimated.

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The latest on Cholesterol . . .

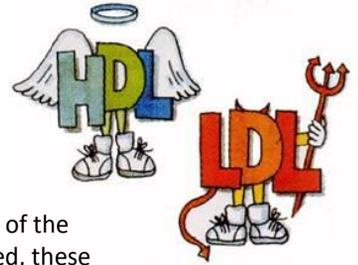
Eating lots of red meat ups women's stroke risk

Study in Sweden shows that women eating a lot of red meat in their diet may be placing themselves at risk for stroke.

Few Make Lifestyle Changes That Could Make Their Heart Healthy

Results of a new study indicate that only approximately .01 percent of Americans achieve all of the American Heart Association's seven critical factors for living a long and healthy life. If followed, these seven factors, which include maintaining low cholesterol, could prevent most occurrences of heart disease, experts say.

Visit the American Heart Association for more on Life's Simple 7.



What's new at the Department of Public Health

Continuing Education Opportunity

Don't miss the opportunity to take courses on the Learning Management System to earn your free continuing education credits! There are three courses currently available—*A Guide to Educating Patients*, *Salt/Sodium Reduction: Opportunities for Change* and *Cholesterol: Everything You Need to Know to Provide Patient Education*.

<http://hcproviders.learnpublichelath.com>

Don't Neglect to take the Annual Healthcare Provider Network Survey!

The Heart Disease and Stroke Prevention Program will send out an online survey to members of the collaborative in January 2011. The survey asks simple questions about how your clinic uses resources, information, and training sessions from the collaborative. *Your* participation will help us better serve *you*!

<https://www.surveymonkey.com/s/2010HCPsurvey>

Childhood Obesity: New Website Offers Nutrition and Physical Activity Tools and Resources



A new website that was created by the Iowans Fit for Life program at IDPH and funded by Iowa Health Systems offers tools and resources for kids, teens and their families and also for healthcare providers. Resources include an online course on motivational interviewing—supporting patients in behavior change, patient educational information, and other resources. There are also tools that will enable consumers to locate community nutrition and physical activity resources, including registered dietitians, in their area.

<http://www.eatplay521.com>



Note: Right click on the bold title to open the hyperlink.



The Heart Disease and Stroke Prevention Team:



Terry Y. Meek
Project Coordinator
tmeek@idph.state.ia.us

Suning Cao
Epidemiologist
scao@idph.state.ia.us

