

Heart to Heart

An e-bulletin created especially for healthcare providers

In the News ...

The Guy in Red at the North Pole called and left a message for all Iowans...

“By the time I come around again each year through 2017, it would be nice to know that Iowans have initiated some new personal health interventions... whether they be naughty or nice-- weight loss, increased physical activity, reducing sodium in your diet, quitting tobacco use, eating more fruits, veggies and whole grains, learning to read Nutrition Facts labels—and using them in your grocery shopping routines, or increasing healthier choices in your day-to-day lives. Iowans can be on their way to meeting **Million Hearts** goals and becoming the **Healthiest State** in the nation! The elves, reindeers, Mrs. Claus and I are pledging our support— go online and pledge your support today!”

<http://millionhearts.hhs.gov/> <http://www.iowahealthieststate.com/>



A Timely Holiday Gift Just For You: Quick learning with TED Talks: Hans Rosling

Have 20 minutes? Check out [Hans Rosling](#) :Let my dataset change your mindset. In this brief video, Rosling uses his fascinating data-bubble software to show data trends on global health and economics. You will be glad you took the time!

Stroke Statistics and Studies

Strokes Rising among Teens, Young Adults

According to CDC, hospitalizations for stroke for individuals ages 15 to 44 rose by more than one-third between 1995 and 2008. The increase may be attributable to increased rates of high blood pressure and type 2 diabetes, conditions typically prevalent in older adults.

Stroke Risk Factors Linked to Cognitive Problems

High blood pressure and other known risk factors for stroke also raise the risk of developing cognitive problems. The new finding suggests that keeping blood pressure in check might help preserve cognitive health.



All about Sodium ...

High salt, low activity also bad for brain health

Canadian researchers studied the salt intake and physical activity levels of 1,262 healthy men and women ages 67 to 84 over three years and found those with the highest levels of sodium (3,091 milligrams a day and greater) and lowest levels of exercise tended to show poorer cognitive performance than those with a low sodium intake and active lifestyle.

Mineral salts in diet could cut blood pressure, finds Finnish study

New research finds substituting potassium and/or magnesium salts for regular salt in people with high, normal or mildly elevated blood pressure result in a significant reduction in their daily sodium intake as well as a lowering of their blood pressure...



Heart to Heart

New Million Hearts Developments...

New Million Hearts tools announced by partners

Goal is to prevent a million heart attacks and strokes in five years. The Million Hearts initiative has announced new partners and commitments, including tools to reach cardiology professionals and consumers to prevent heart attacks and strokes. The announcements were made at the first gathering of Million Hearts' private and public organizations, called the Power of Million Hearts Partnerships. >>[Learn more](#)

Click here to make a pledge and be ONE in a million hearts!

Badges, Buttons and QR Codes

Here are badges, buttons and QR Codes on Million Hearts which you can post on your webpage or use in your own social media communications. Spread the word!

Be one in a



Get involved and share your commitment to help prevent 1 million heart attacks and strokes in the next five years.

What's new in online training sites...

We would like to introduce you to CDC TRAIN...

As a component of CDC Learning Connection, CDC TRAIN is a new learning management system that will provide you and your public health colleagues with the following:

- **Advanced searching capabilities with user preferences for locating courses specifically geared toward your profession**
- **Learner impact assessment through embedded evaluation methods**
- **A user-rating system to identify top rated courses by peers**
- **Register for training and track your learning through a single TRAIN transcript**
- **Allow professionals and volunteers who protect the public's health to search and register for more than 20,000 courses — available online or onsite — and track participation through individual learning transcripts**
- **TRAIN is a robust nationwide system with over 425,000 registered users and more than 3,700 course providers**

During the next couple of months you will notice changes to the website while the current learning product list migrates to CDC TRAIN. We recommend that you check both the learning product list and CDC TRAIN for the courses you seek. Begin exploring CDC TRAIN, by visiting the CDC Learning Connection homepage at www.cdc.gov/learning.



Link. Log in. Learn.

And don't forget about the HDSP LMS courses that were developed just for YOU!

Sometimes around the holidays, you find yourself with a little down time at work—the perfect time for logging in and working on an online course. Don't miss the opportunity to take courses on the Learning Management System to earn free continuing education credits! There are four courses currently available—***A Guide to Educating Patients, Salt/Sodium Reduction: Opportunities for Change; Cholesterol: Everything You Need to Know to Provide Patient Education; and Motivational Interviewing: Supporting Patients in Health Behavior Change.***

Connect to Courses Here: <http://hcproviders.learnpublichealth.com/>

Link. Log in.



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