

Heart to Heart

An e-bulletin created especially for healthcare providers

In the News . . .

Health by the Numbers

Phone numbers, PINs, security codes. We know these numbers by heart but what about the numbers that are near and dear to our heart? Most people can probably rattle off their weight and height but ask most of us about our cholesterol levels, blood pressure or body mass index and we're usually stuck for answers.

Women at High Risk for Diabetes, Access and Quality of Health Care, 2003-2006

This report uses national datasets to provide information about the quality of care among women at high risk for diagnosed diabetes compared with women not at high risk. It presents measures in several areas, such as access to care, general well-being, and evidence-based diabetes-specific preventive care. CDC and the Agency for Healthcare Research and Quality collaborated on the development of this report.

New CPR Methods

New CPR method increases survival rate by 50 percent, study suggests.

Real-World Cardiovascular Disease Prevention Guidelines

Practical medical advice that works in the "real world" may more effectively prevent cardiovascular disease in women than recommendations based only on findings in clinical research settings, according to the 2011 update to the American Heart Association's cardiovascular disease prevention guidelines for women.

Make the Call. Don't Miss a Beat

Perhaps you have already seen media coverage on this new DHHS, Office of Women's Health campaign to alert women to the signs of heart attack that they may experience That are different than those experienced by men? Either way, go to this website to see what's going on, and obtain materials for your clinic offices—posters, refrigerator magnets, PSAs you can use with local media, and some very good videos which can be viewed directly at this link: [Campaign Videos](#). Spread the word!



All about Sodium . . .

Big Cuts in Sodium Possible with Only Tiny Liking Drop: Study

Reductions of up to 50 per cent sodium content in food may be achievable with only minor decrease in liking and no effect on consumption of the food, according to new research.

Stroke

Heart and Stroke Foundation of Saskatchewan

Sometimes it is interesting to look at what others are doing in other parts of the world... The Heart and Stroke Foundation of Saskatchewan is a volunteer-driven, non-profit organization working across a broad range of activities – from getting school children up and active through to helping stroke survivors get back on the road to recovery. Their research investment involves the microscopic through to the society – all with the goals of preventing heart disease and stroke and of helping those people who do experience it to survive and thrive. Link to their website and check out their materials.



Heart to Heart

The latest on Cholesterol . . .

The American Heart Association Weighs-in on the Mediterranean Diet

Mediterranean diet



At least 16 countries border the Mediterranean Sea. Diets vary between these countries and also between regions within a country. Many differences in culture, ethnic background, religion, economy and agricultural production result in different diets.

But the common Mediterranean dietary pattern has these characteristics:

- high consumption of fruits, vegetables, bread and other cereals, potatoes, beans, nuts and seeds
- olive oil is an important monounsaturated fat source
- dairy products, fish and poultry are consumed in low to moderate amounts, and little red meat is eaten
- eggs are consumed zero to four times a week
- wine is consumed in low to moderate amounts



Mediterranean Diet and AHA Nutrition Guidelines

Mediterranean-style diets are often close to AHA dietary recommendations, but they don't follow them exactly. In general, the diets of Mediterranean peoples contain a relatively high percentage of calories from fat, which can lead to overweight and obesity.

What's new at the Department of Public Health

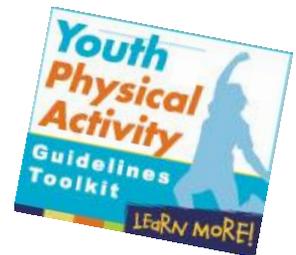
We are pleased to present the CDC Learning Connection Spotlight: at <http://www.cdc.gov/learning/spotlight.html>. The first spotlight was on Nutrition, Obesity, and Physical Activity and is archived on the website. This Spotlight provided learning products and resources to help you lead public health efforts that prevent and control obesity through policy development, environmental strategies, regular physical activity, and nutrition.

The second spotlight is on Teen Health and features resources on diverse subjects such as bullying prevention, Asthma friendly schools, dating and violence prevention, teen smoking, electronic aggression and heat related illnesses.



Throughout 2011, the CDC Learning Connection Spotlight will offer learning products and resources on different topics for the public health community. Selected topics are based on CDC Vital Signs and Winnable Battles. Through the CDC Learning Connection, you can:

- Access over 200 products in this growing collection of public health-related learning
- Find e-learning, podcasts, electronic publications, webcasts, and more
- Locate courses that offer continuing education (CE) credits
- Access featured e-learning that meet specific selection criteria



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