

Heart to Heart

An e-bulletin created especially for healthcare providers

In the News . . .

This Doctor Is Following His Own Orders

American Heart Association president Ralph Sacco knows exactly what needs to be done to reduce his chances of heart attack or stroke, including eating less than 1,500 mg of sodium a day; but he doesn't believe he's meeting that goal.

Making the 2010 Dietary Guidelines for Americans Work for You

This article covers key recommendations from the *2010 Dietary Guidelines*, including comparing sodium in foods like soup, bread, and frozen meals.

Stroke Nutrition Interventions

New Dietary Factors Associated with Greater Risk for Stroke

People who consume an excessive amount of sodium each day have a significantly increased risk for stroke, according to the Northern Manhattan Study.

Save Your Brain! Eat Low Salt in a High-Sodium World

Dr. Oz supports sodium reduction efforts as outlined by Federal guidelines and the American Heart Association. "The amount of sodium most of us eat every day doubles your stroke risk," says Dr. Oz

Potassium-Rich Foods May Cut Stroke, Heart Disease Risk

A new report in the *Journal of the American College of Cardiology* suggests that a diet rich in potassium-loaded foods can reduce the risk of a stroke by 21 percent and may also lower the risk of heart disease.

All about Sodium . . .

New Survey Finds Consumers Desire Nutritional Information in Restaurants

According to World Menu Report — "What's in Your Food?" nearly 70% of restaurant diners desire more information related to the source and nutritional value of restaurant meals. The survey, conducted by Unilever Food Solutions, was designed to assess consumers' attitudes and behaviors toward eating out and was conducted by interviewing a representative sample of people from the U.S., U.K., China, Germany, Russia, Brazil and Turkey. More than 3,500 restaurant diners who reported eating out at least once a week completed the survey. Although a vast majority of U.S. respondents reported a desire for greater transparency related to ingredient sourcing and production, preparation details, and nutritional content, 83% reported a lack of this information being offered when dining out.

National Salt Reduction Initiative attracts more members

Another seven major food companies have joined the National Salt Reduction Initiative, which aims to cut salt in processed and restaurant food across the United States by 25 percent in five years...

DHDSP and ASTHO Co-hosted Webinar on Procurement

Recently, DHDSP and the Association of State and Territorial Health Officials (ASTHO) co-hosted a webinar, *Using Purchasing Power to Improve Nutrition and Health*. This was the second in a series of webinars on sodium reduction. The first webinar explored why excess sodium intake is a critical public health issue and provided an overview of various state and local strategies to address sodium reduction. The second webinar highlighted how nutrition, including sodium reduction, can be improved through procurement policies that require foods purchased, provided, or made available to meet minimum nutritional standards. Participants also learned about developing and implementing procurement standards at the state and local level. Find both webinars on the [ASTHO](#) website.



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In Pursuit of a Healthier Pizza

Schwan's, the nation's largest provider of school lunch pizza, is working to reformulate its school pizza offerings to include whole grain crust and less salt. The company recently recruited middle school students from Marshall, Minnesota, to taste-test the pizza.

Anderson Erickson Dairy Changes Low-fat Cottage Cheese Formula to Use Sea Salt

The Des Moines-based company is among the first dairies in the country to lower sodium content in a low-fat product by using sea salt rather than common table salt.

Free Training on Cholesterol . . .

Improving Adherence to Lipid-Lowering Therapies to Achieve LDL-C Goals

Personalizing Lipid Management: Balancing Efficacy With Tolerability

What's new ?

Investing in America's Health

A State-By-State Look At Public Health Funding And Key Health Facts

March 2011

Investing in disease prevention is the most effective, common-sense way to improve health. It can help spare millions of Americans from developing preventable illnesses, reduce health care costs, and improve the productivity of the American workforce so we can be competitive with the rest of the world.

Tens of millions of Americans are currently suffering from preventable diseases such as cancer, heart disease, and diabetes. And, today's children are in danger of becoming the first generation in American history to live shorter, less healthy lives than their parents.

For seven years, the Robert Wood Johnson Foundation has supported the Trust for America's Health in releasing an annual *Investing in America's Health* report to examine public health funding and key health facts in states around the country. Overall, the report concludes that a sustained and sufficient level of investment in prevention is essential to improving health in the United States, and that differences in disease rates will not change unless an adequate level of funding is provided to support public health departments and prevention efforts.

America's future economic well-being is inextricably tied to our health. High rates of preventable diseases are one of the biggest drivers of health care costs in the country. And right now, Americans are not as healthy and productive as they could or should be to compete in the global economy.

Complete Report

The New Prevention Fund

HBV & HCV: America's Hidden Epidemics

Ten Top Priorities for Prevention

See the [Public Health Funding initiative page](#) for more reports, news and resources.



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