



*A Monthly E-Bulletin on Heart Health topics, resources and links for healthcare providers that work with the WISEWOMAN/Care for Yourself Program*

May, 2010

♥ **Your first On-line Training Module is now available!** Take the time to take the course and earn your **FREE CME or CEU**. You may link to the course, [A Guide to Educating Patients](#), at <http://hcproviders@learnpublichealth.com>

♥ **On April 20, 2010, the Institute of Medicine released a new report entitled, *Strategies to Reduce Sodium Intake in the United States*.** This report provides recommendations about various means that could be employed to reduce dietary sodium intake to levels recommended by the Dietary Guidelines for Americans. The report was sponsored by CDC's Division for Heart Disease and Stroke Prevention, the Food and Drug Administration, the U.S. Department of Health and Human Services' Office of Disease Prevention and Health Promotion, and the National Institutes of Health National Heart, Lung, and Blood Institute.

On the Institute of Medicine web site (<http://www.iom.edu/sodiumstrategies>), the prepublication report can be read and printed, page-by-page, but it is not available to print or download in full. A Press Release, Report Brief, Recommendations, and a Report Summary are available free on the IOM site. The full published report can also be advance ordered on the site.

The recommendations call for establishing new federal standards for the amount of salt that food manufacturers, restaurants, and food service companies can add to their products. The goal is not to ban salt, but rather to bring the amount of sodium in the average American's diet below levels associated with the risk of hypertension, heart disease, and stroke and to do it in a gradual way that will assure that food remains flavorful to the consumer.

Americans' salt consumption has been shaped in part by changes in eating habits as people consume more processed foods, dine out more frequently, and prepare fewer meals from basic, raw ingredients in the home. U. S. residents have gradually grown accustomed to saltier foods as the amount of salt in the nation's food supply has increased over time, but research indicates that this trend can be reversed as well. People's tastes can be reset to prefer less salty flavor through subtle reductions over time, studies show.

Be prepared to hear more about this subject—through media coverage and additional resources that I will keep you posted on. CDC plans to release a Tool Kit soon, and we are currently working on the development of the next on-line course which will be on Sodium Reduction.

♥ **The May issue of *Preventing Chronic Disease (PCD)* is now available!** Please visit the site at [www.cdc.gov/pcd](http://www.cdc.gov/pcd), where you will find downloadable articles and information.

♥ **Training: Health Literacy for the Public Health Professional**—To help public health professionals respond to the problem of limited health literacy, the Centers for Disease Control and Prevention (CDC) have launched a free "Health Literacy for Public Health Professionals Online Training" program. The

purpose of this training is to educate public health professionals about limited health literacy and their role in addressing it in a public health context. This is a web-based course and can be accessed 24/7 by any computer with Internet access. It takes 1.5 to 2 hours to complete. **Trainees can earn a variety of continuing education credits.** You can access the training program from this link: [http://www2a.cdc.gov/TCEOnline/registration/detailpage.asp?res\\_id=2074](http://www2a.cdc.gov/TCEOnline/registration/detailpage.asp?res_id=2074).

For a link to CDC and other HHS agency health literacy sites, check out AHRQ's Health Literacy and Cultural Competence Resource Links at: <http://www.ahrq.gov/browse/hlitres.htm>.

 **May is American Stroke Month.** The following are links to some recent Stroke articles:

**Sleep Apnea Tied to Increased Risk of Stroke (NIH Release):**

<http://www.nih.gov/news/health/apr2010/nhlbi-08.htm>

**Walking shrinks women's stroke risk (AP):**


[http://www.msnbc.msn.com/id/36198594/ns/health-womens\\_health/](http://www.msnbc.msn.com/id/36198594/ns/health-womens_health/)

**Seven ways to raise your stroke risk (Live Science):**

[http://www.msnbc.msn.com/id/35891863/ns/health-heart\\_health/](http://www.msnbc.msn.com/id/35891863/ns/health-heart_health/)

On March 30, 2010 a very interesting American Heart Association Web Seminar was delivered by Lee H. Schwamm, MD, FAHA Professor of Neurology, Harvard Medical School: **Stroke Care: A Decade of Progress & Possibility-How Has Care Changed Over the Past 10 Years?** The following link will take you to a website where you can listen to or record the recorded seminar. At the same site you can find other recordings of interesting seminars on various subjects:

<https://gwtg.webex.com/ec06051/eventcenter/recording/recordAction.do?siteurl=gwtg&theAction=archive>

 The National Association of County and City Health Officials (NACCHO) announces the 14th webinar in a series on accreditation preparation and quality improvement (QI). This 90-minute webinar will feature Jack Moran from the Public Health Foundation, who will be speaking on the basic elements of each phase of the Plan-Do-Check-Act (PDCA) process and emphasizing how it can be applied in various public health settings. The presentation will also expand on team building as an approach to problem solving in the context of QI.

**WHEN:** Tuesday, May 25, 2010--12:00pm-1:30pm CT; **REGISTRATION:** Register for this free webcast online at: <https://cc.readytalk.com/cc/schedule/display.do?udc=4mgvx7iOfxlj>

 **In *JAMA*: Coronary artery calcium score helps physicians classify heart disease risks**

Use of a score based on the amount of calcium in coronary arteries improved the classification of risk for prediction of coronary heart disease events, according to a study in the April 28 issue of the [\*Journal of the American Medical Association \(JAMA\)\*](#).

View a [video recap of the study in Windows Media](#) View a [video recap of the study in QuickTime](#).

Have a really good month!

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