

Chronic Disease Connections

An e-bulletin created for healthcare systems working with patients to control their diabetes and high blood pressure.

Health Promotion is Newsworthy . . .

Policy Change Is Key If We Want to Reduce Preventable Deaths

A new Huffington Post blog from Larry Cohen, executive director of Prevention Institute, entitled, *Policy Change Is Key If We Want to Reduce Preventable Deaths*. Referring to a recent report from the Centers for Disease Control and Prevention, he states that, "It's unacceptable that 200,000 Americans die prematurely from heart disease and that death and illness come most often to the most marginalized among us. If we really want to live in a country where everyone has a fair chance at a healthy life, we need to pursue policies that change conditions in our communities and invest in the infrastructure for health."

Pre-diabetes and Diabetes News . . .

Biological link between diabetes and heart disease discovered

UC Davis Health System researchers have identified for the first time a biological pathway that is activated when blood sugar levels are abnormally high and causes irregular heartbeats, a condition known as cardiac arrhythmia that is linked with heart failure and sudden cardiac death.

Endocannabinoids trigger inflammation that leads to diabetes

Researchers at the National Institutes of Health have clarified in rodent and test tube experiments the role that inflammation plays in type 2 diabetes, and revealed a possible molecular target for treating the disease. The researchers say some natural messenger chemicals in the body are involved in an inflammatory chain that can kill cells in the pancreas, which produces insulin.

Mediterranean and low carb diets backed for diabetes prevention: EPIC data

Consumption of a Mediterranean-style diet and diets low in available carbohydrates can offer protection against type 2 diabetes, according to the findings of new research.

High intakes of dairy are associated with a significant decrease in the risk of type 2 diabetes, says meta-analysis

Consuming dairy products may reduce the risk of developing type 2 diabetes, according to a systematic review published in the American Journal of Clinical Nutrition last week.

Healthcare Providers: Refer your newly diagnosed patients with diabetes to a Diabetes Self-Management Program

A Diabetes Education Program can assist your patient in controlling their disease rather than letting the disease control them. The program is covered by most health insurance plans, Medicaid and Medicare; the patient may have to pay a copay or deductible. A referral by you (even if followed afterwards by your own nurse, health coach or Better Choices, Better Health) is more likely to ensure that the patient follows up. This is an excellent **first step** after diagnosis. If you are unfamiliar with a local program, contact laurene.hendricks@idph.iowa.gov .

What's new about



Better Choices, Better Health

Put Life Back in Your Life

Now Available: Online workshop for people with chronic conditions

Nearly half of all adults live with one or more chronic health conditions, such as arthritis, asthma, **diabetes**, lung disease, **heart disease**, **stroke**, and osteoporosis but millions struggle to find ways to manage their condition. The Better Choices, Better Health® program helps. Better Choices, Better Health® (BCBH) is the online version of the internationally recognized Chronic Disease Self Management Program, developed and tested at the Stanford University Patient Education Center.



Or, help your patient find a workshop right here in Iowa! For more information about the program and to locate a local workshop, visit: www.idph.state.ia.us/betterchoicesbetterhealth .



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Million Hearts™ Initiative Update

Join the **Community Commons Million Hearts® Group!**

Million Hearts® is a national initiative to prevent 1 million heart attacks and strokes by 2017. You can use this group to identify yourself as a Million Hearts® supporter, connect with other supporters, share success stories, and collaborate on activities to help prevent one million heart attacks and strokes.

Self-Measured Blood Pressure Monitoring Action Guide

Self-measured blood pressure monitoring (SMBP) is one strategy that is being promoted by Million Hearts® and numerous national health organizations to improve blood pressure control for patients with HTN. The [Self-Measured Blood Pressure Monitoring Action Guide \[PDF-1M\]](#) provides guidance and resources for practitioners on the integration of self-measured blood pressure monitoring with clinical feedback into chronic disease prevention efforts.

The latest on the **ABCS**...

A1c

Everything you ever wanted to know about A1c



The A1c test is a blood test that provides information about a person's average levels of blood glucose, also called blood sugar, over the past 3 months. The A1c test is sometimes called the hemoglobin A1c, HbA1c, or glycohemoglobin test. The A1c test is the primary test used for diabetes management and diabetes research. The [National Institute of Diabetes and Digestive and Kidney Diseases \(NIDDK\)](#), [National Institutes of Health \(NIH\)](#) has a wealth of information regarding A1c testing.

Aspirin Use

Have You Talked to Your Patients About the Differences in Appropriate Aspirin Use between Women and Men?

AHRQ has many brochures and other helpful information about appropriate aspirin use: [Taking Aspirin to Prevent Heart Attacks \(Men\)](#) and [Taking Aspirin to Prevent Strokes \(Women\)](#). One of those tools is a Clinician Fact Sheet which is recommended for posting/placing in each exam room and reviewing at an clinical meeting with a copy for each clinician. We still have a supply of these fact sheets that we can send you... don't miss out on this opportunity—send Terry Meek an email (terry.meek@idph.iowa.gov) with the number of exam rooms and clinicians at your clinic, we'll do the rest.

Blood Pressure Control and Management

Best Blood Pressure Monitor

How do wrist blood pressure monitors and arm cuff monitors work, and is one better than the other?

DASH Diet for Hypertension and Heart Disease

What's a good diet for a 45-year-old male who has hypertension, cardiovascular disease, and is overweight?

Kaiser study yields big progress for hypertension

In just a decade, and using a deceptively simple approach, [Kaiser Permanente](#) doubled the percentage of Northern California patients whose blood pressures were brought down to healthy levels.

USPSTF: Blood Pressure Screening Not Useful for Children

The USPSTF published their recommendation statement online October 7 in both the [Annals of Internal Medicine](#) and [Pediatrics](#). Task force members reviewed studies published since 2003 and could not find any clear evidence that justified blood pressure screening in the general pediatric population.

Childhood BP signals adult hypertension

Even occasional high blood pressure (BP) readings -- as well as [overweight and obesity](#) -- in childhood predicted an increased likelihood of being diagnosed with [hypertension](#) in adulthood, two studies showed.



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Cholesterol Control and Management

A New Way to Treat Hardened Arteries

It's a time bomb, but in a good way. Researchers in Switzerland have designed a treatment for atherosclerosis likened to a timed detonation device. [Find out how it works.](#)

My Advice for Patients with High Cholesterol

Videos can assist your patients in learning how to improve their cholesterol levels and heart health with tips from a cardiologist, a dietitian, and two people managing high cholesterol. [Watch the videos.](#)



Smoking Cessation

Impact of 2013 Tips From Former Smokers Campaign

The Centers for Disease Control and Prevention's 2013 Tips From Former Smokers campaign produced more than 150,000 additional calls to 1-800-QUIT NOW, a number that links callers to their state quitlines, according to a report in this week's *Morbidity and Mortality Weekly Report*. The campaign also generated almost 2.8 million additional visitors to the campaign website, www.cdc.gov/tips. The website features information on the campaign, as well as information on how to quit smoking from the National Cancer Institute's www.smokefree.gov website. Download an Infographic: "Impact of 2013 Tips From Former Smokers campaign on Quitline Calls and Web Visits" [Full Accessible Version \[402 KB\]](#)

Regulate e-cigarettes like tobacco products, 40 attorneys urge FDA

A majority of state attorneys general are banding together to ask the federal government to start regulating e-cigarettes, which currently may get into kids' hands under current rules.

e-cigarette use growing rapidly in Iowa, but regulation lacking

Light up a cigarette in an Iowa restaurant, office or even the Capitol rotunda, and, at best, you'll be told to put it out and, maybe, you'll get slapped with a fine. Fire up an electronic cigarette in any of those places, and there's no problem. These must be heady days in the electronic cigarette business.

University of Iowa takes a look at e-cigarette use on campus

Members of UI's Faculty Council discussed whether battery-powered cigarettes — which deliver nicotine to the user via water vapor instead of tobacco smoke — should be included in UI's campus-wide smoking ban.



Place these Health Observations on Your Upcoming Calendar . . . Plan for Awareness Activities at your Clinic !

November



In observance of National Diabetes Month 2013, the National Diabetes Education Program (NDEP) and its partners want you to know that *Diabetes is a Family Affair*. Learn more at: www.YourDiabetesInfo.org/DiabetesMonth2013.

During American Diabetes Month® 2013, the American Diabetes Association will continue to ask for uploads of personal images to their "A Day in the Life of Diabetes" mosaic: www.facebook.com/AmericanDiabetesAssociation .

December



World AIDS Day [December 1]; www.worldaidscampaign.org
National Hand Washing Awareness Week [December 1-7]; Henry the Hand Foundation www.henrythehand.com
National Influenza Vaccination Week [December 1-7]; www.cdc.gov/flu/nivw
International Volunteer Day [December 5]; www.unv.org or www.worldvolunteerweb.org
Human Rights Day [December 10] United Nations Human Rights; www.ohchr.org

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Upcoming Training for Healthcare Providers

Attendees will move through the improvement process. The agenda includes short presentations followed by work-group activities. You will have the opportunity to work with different groups of your peers throughout the day. Expect to experience healthcare from the patient's perspective, learn new skills and network with your peers.

Free of Charge – Register Here



November 20, 2013
8:00 am to 4:00 pm
The Meadows Events
and Conference Center in
Altoona

New RESOURCES for Healthcare Providers



Heading early toward diabetes

Data on Mexican-American children indicates many are headed early toward diabetes and other health problems. Scientists at Texas Biomedical Research Institute in San Antonio examined 670 children ages 6 to 17. The researchers found a striking proportion had metabolic syndrome – warning signs of diabetes, such as belly fat and high levels of blood sugar and insulin.

Listen to the Podcast

Health Information Technology in the United States: Better Information Systems for Better Care, 2013

published by the Robert Wood Johnson Foundation (RWJF).

A COMPENDIUM: EFFECTIVE PUBLIC HEALTH STRATEGIES TO PREVENT AND CONTROL DIABETES

Do you represent a public health department, partner, or program working to prevent and control type 2 diabetes and other chronic diseases? Learn about effective state strategies to prevent and control type 2 diabetes in this new resource. The compendium can be used as a reference for teaching public health approaches that evaluate and measure strategies for preventing and controlling type 2 diabetes. [Access the compendium.](#)

PQRS Medicare EHR Incentive Pilot Participation Guide

The Pilot Participation Guide that walks providers through the participation process for the 2013 PQRS-Medicare EHR Incentive Pilot program is live on the eHealth website. To view the guide click on this link :

[2013 PQRS Medicare EHR Incentive Pilot Participation Guide.](#)

Large study to examine if vitamin D prevents diabetes

Researchers have begun the first definitive, large-scale clinical trial to investigate if a [Vitamin D](#) supplement helps prevent or delay type 2 [diabetes](#) in adults who have prediabetes, who are at high risk for developing type 2. Funded by the National Institutes of Health, the study is taking place at about 20 study sites across the United States.

New CDC Resources for Public Health and Healthcare Collaborations

Explore ways that public health and health care are collaborating to improve the nation's health through Public Health and Healthcare Collaboration. [View CDC Resources Page](#)

ACA Iowa Marketplace Toolkit Now Available

Under contract with the Iowa Department of Public Health and with approval from the interagency workgroup consisting of the Iowa Insurance Division, Department of Human Services, and the Iowa Department of Public Health, the Iowa PCA and Safety Net Network have developed a toolkit of resources related to the Marketplace. Take a look at the following link and bookmark it as a resource for information about the Iowa Marketplace.



The Iowa Department of Public Health -- Health Promotion and Chronic Disease Control Partnership



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