

April, 2019

Chronic Disease Connections



An e-bulletin created for healthcare systems working with patients to control their high blood pressure and/or manage their prediabetes, diabetes, and/or high cholesterol.

Health Promotion is Newsworthy

Register for the Iowa Governor's Conference on Public Health – April 23-24, 2019

Stronger Collaborations, Better Health: Bringing Organizations Together to Improve Systems

Researchers Find High Blood Pressure Link

Researchers at the University of Georgia have identified a link between the age a woman begins menstruation and having high blood pressure later in life. The study indicated that early onset menstruation increases the risk of hypertension later in life. The risk is considerably large and the article notes this is even *"after controlling for independent social economic factors, lifestyle behaviors and other metabolic measures."*

E-Cigarettes Linked to Heart Attacks, Coronary Artery Disease and Depression

Concerns about the addictive nature of e-cigarettes -- now used by an estimated 1 out of 20 Americans -- may only be part of the evolving public health story surrounding their use, according to new data. New research shows that adults who report puffing e-cigarettes, or vaping, are significantly more likely to have a heart attack, coronary artery disease and depression compared with those who don't use them or any tobacco products.

State of Health Registry of Iowa Issues Cancer in Iowa 2019 Report, Highlights HPV-Related Cancers

While the overall number of new cases for most types of cancer in Iowa remains mostly unchanged, cancers related to the human papillomavirus (HPV) are on the rise, according to the 2019 *Cancer in Iowa* report issued by Tuesday, March 5 by the State Health Registry of Iowa.

Colon Cancer Growth Reduced by Exercise

Exercise may play a role in reducing the growth of colon cancer cells, according to new research. The study found that after a short session of high intensity interval training (HIIT), growth of colon cancer cells was reduced, and this also increased indicators of inflammation.

Plan Clinic Awareness Activities for Upcoming Health Observations

Public Health Week

April 1-2, 2019

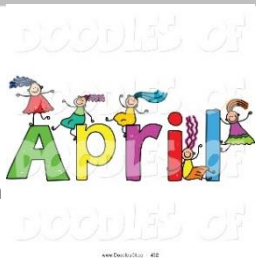
www.nphw.org

World Health Day

www.who.int/world-health-day/en

Patient Experience Day

www.thebervinstitute.org



High Blood Pressure Education Month

May 1-31, 2019

<https://www.nhlbi.nih.gov/health-topics/education-and-awareness/HBP-education-month>

American Stroke Awareness Month

<https://www.healthline.com/health/stroke>

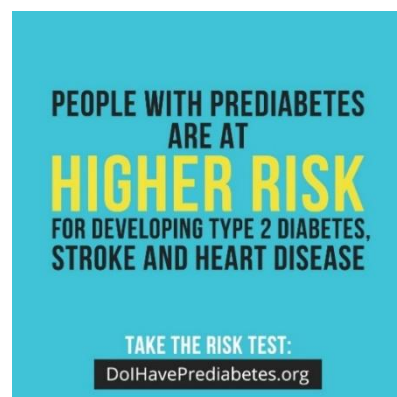


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Prediabetes News

Spread the word!

Your patients can prevent prediabetes. Educate them. Tell them there are diabetes prevention programs in Iowa. The programs are evidence-based and they work. It's all about lifestyle behavior change. These programs take the burden off the physician by utilizing the group effect. Participants come together to problem solve and make healthy choices.



Diabetes News

Our Bodies May Cure Themselves of Diabetes in the Future

In collaboration with other international researchers, researchers at the University of Bergen have discovered that glucagon-producing cells in the pancreas can change identity and adapt to do the job for their neighboring damaged or missing insulin cells.

Eli Lilly and Company Will Introduce Generic Insulin at Half Price of Humalog

"This needs to change," Eli Lilly President and CEO David Ricks said in a statement. "There are numerous ideas, including the rebate reform proposal from HHS. For people with diabetes, lower-priced insulin can serve as a bridge that addresses gaps in the system until a more sustainable model is achieved."

Diabetes' Sworn Enemy Could Ultimately be a Valuable Ally

A research team unravels an adaptive mechanism involved in controlling insulin action, showing that glucagon plays a crucial part in it and can thus be a protective asset.

Million Hearts® Initiative 2022 - Call for Action

Help Million Hearts® Scale and Spread Self-Measured Blood Pressure Monitoring (SMBP) Use.

The Million Hearts® SMBP Forum convenes implementers, facilitators and other supporters quarterly to exchange knowledge, identify obstacles and find solutions to advance the practice of SMBP nationwide. Find announcements, discussions, tools and resources via the SMBP Healthcare Community.

National Public Health Week - April 1 – 7, 2019

During each day of National Public Health Week, we focus on a particular public health topic. Then, we identify ways each of us can make a difference on that topic. These areas are critical to our future success in creating the healthiest nation and everyone can do their part to help.

Monday: Healthy Communities

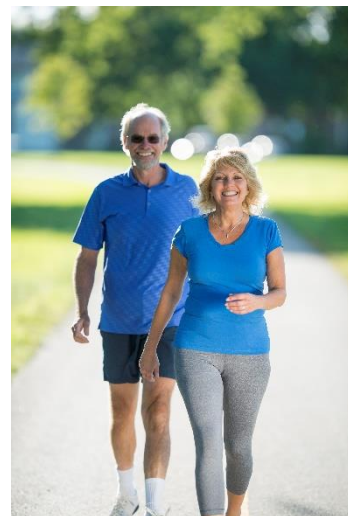
Tuesday: Violence Prevention

Wednesday: Rural Health

Thursday: Technology and Public Health

Friday: Climate Change

Saturday/Sunday: Global Health



Chronic Disease Connections

Upcoming Webinars

Intersection of Race, Culture, Chronic Disease and Chronic Pain

Up to 50 million Americans live with chronic pain at any given time. Minorities who suffer with chronic and intractable pain are facing widespread stigma and public misunderstanding of the difference between tolerance, physical dependence and addiction when treating a chronic illness. What roles do race and culture play in prescribing practices, pain reporting and treatment, and psychological outcomes? Because chronic pain can affect one's mental health, counseling can be an integral key in treatment. As therapists who practice within multidisciplinary teams or within the community, what is our role in helping to manage chronic pain management?

Chronic Disease Prevention and Self-Management Year-Long Webinar Series

Diabetes and hypertension are both major public health issues in the United States. According to the CDC, more than 29 million people have diabetes (and another 86 million are living with prediabetes), and about 75 million people have hypertension. According to the 2016 UDS, 14% of community health center (CHC) patients have diabetes and 26% have hypertension. Of those patients, approximately 32% have uncontrolled diabetes and 38% have uncontrolled hypertension. CHCs in Region X report data that is consistent with CHCs nationally. Chronic disease prevention and management require understanding a myriad of risk and protective factors and knowing how to leverage tools and resources from multiple sectors, including public health, behavioral health, and health care to promote good health.

Potassium and Heart Failure

Learning objectives

- To be updated on potassium physiology and pathophysiology in heart failure and on epidemiology of potassium imbalance
- To learn when and how to monitor and measure K levels in heart failure
- To learn how to evaluate management options in patients at risk of hyperkalemia including new therapies that may improve patient adherence and treatment optimization in patients with heart failure and high K levels.

Upcoming Conferences

4th International Conference on Obesity and Chronic Diseases

The conference dedicates to create a stage for exchanging the latest research results and to share cutting-edge scientific findings, medical practices and caregiver initiatives related to obesity and various chronic diseases associated with it.

2nd Annual Chronic Kidney Disease Drug Development (CKD3) Summit

The 2nd Chronic Kidney Disease Drug Development (CKD3) focuses exclusively on overcoming challenges limiting the development of more efficacious and disease-modifying drugs against diabetic nephropathy, genetic and glomerular kidney disease.

Managing Diabetes: Improving Patient Outcomes

As a healthcare professional, you need sufficient diabetes knowledge to provide safe, competent care to patients with diabetes and pre-diabetes. Diabetes is becoming more complex and it is critical that you understand the latest strategies in insulin delivery, blood glucose monitoring, AADE7™, and nutrition to give your patients the best outcomes.

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Resources

EvidenceNOW Tools for Change – A Curated Collection for Practices and Practice Facilitators

The origins of EvidenceNOW stem from the challenge that changing medical practice is difficult, and people delivering care need proven methods to apply solid evidence to their patients' situations. Practices also need to know how to collect and analyze their own data to make sure they're delivering the best care possible.

Chronic Kidney Disease Change Package

The contents of this document represent a list of suggested process improvements that ambulatory care can utilize to improve chronic kidney disease (CKD) screening, recognition and management. This also includes discussion of these change concepts and change ideas taken directly from interviews with teams that have integrated CKD care into ambulatory care settings.

Calories on the Menu!

Check out the U.S. Food and Drug Administration's Calories on the Menu - Information for Consumers website. Educational materials focus on areas where there are gaps in consumer understanding and use of nutrition information, such as the number of calories that are needed in a day. The website includes a downloadable infographic explaining the 3 STEPS for Making Eating Out Choices that are Healthy and Delicious. The 3 STEPS infographic is also available in Spanish.

Reviewer Opportunity

Interested in becoming a reviewer for a peer-reviewed publication?! Here's your opportunity. Preventing Chronic Disease (PCD) is a peer-reviewed public health journal sponsored by the Centers for Disease Control and Prevention. The journal's mission is to promote dialogue among researchers, practitioners, and policy makers worldwide on the integration and application of research findings and practical experience to improve population health. Recently the journal introduced Implementation Evaluations as an article type that is a great option for implementation scientists to showcase their work. Associate editor, Paul Estabrooks, is working to build up the repository of dissemination and implementation scientists to review relevant articles for PCD. If interested, please send an email to paul.estabrooks@unmc.edu.

Funding Opportunities

The BUILD Health Challenge is looking to support up to 17 innovative collaboratives within the US that include a community-based organization, hospital or health system, and public health department working together in dynamic ways to address upstream challenges and drive sustainable improvements in community health. Inclusion of additional cross-sector partners such as health plans, businesses, foundations and others that are aligned with the proposed efforts are encouraged. The BUILD Health Challenge is supported by the Blue Cross and Blue Shield of North Carolina Foundation, Communities Foundation of Texas, de Beaumont Foundation, Episcopal Health Foundation, the Kresge Foundation, Methodist Healthcare Ministries of South Texas, Inc., New Jersey Health Initiatives, the Robert Wood Johnson Foundation and the W.K. Kellogg Foundation. **Applications are due April 5.**

Check out this space for an upcoming funding opportunity due to be released by the **Robert Wood Johnson Foundation (RWJF) on 3.4.19**, under the title of **Evidence for Action: Investigator-Initiated Research to Build a Culture of Health. Evidence for Action**, a national program of RWJF, funds research that expands the evidence base needed to build a Culture of Health.