

Chronic Disease Connections

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

February is American Heart Month

AMA Offers Six Tips to Improve Heart Health During American Heart Month – “We encourage all Americans to take control of their heart health by better understanding and monitoring their blood pressure levels and making healthy lifestyle changes that can significantly reduce their risk of serious health consequences associated with high blood pressure,” said AMA President Patrice A. Harris, M.D., M.A.

Cardiovascular Disease: Tailored Pharmacy-based Interventions to Improve Medication Adherence - Evidence shows interventions delivered by pharmacists in community and health system pharmacies increased the proportion of patients who reported taking medications as prescribed.

Nanoparticle Chomps Away Plaques that Cause Heart Attacks – Scientists at Michigan State and Stanford University have invented a nanoparticle that eats away portions of plaques from the inside out.

Study Sets Blood Pressure Target for People over 80 – Lowering an older person’s systolic blood pressure decreases the risk of a cardiovascular event, but may increase the risk of kidney disease.

Upcoming Events and Activities

National Wear Red Day®

Friday, 2/7/2020



National Wear Red Day – Friday, February 7

Midwest Pharmacy Expo – February 7-9, Des Moines

Iowa CDSMP Peer Leader Training – February 25–28, West Des Moines

Iowa Stroke Workshop – Thursday, March 5, Ames

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Funding Opportunities

- Funding Opportunity #337815 “**Technical Assistance for Self-Measured Blood Pressure Monitoring RFP 58820027**” is now accepting application submissions. To view this opportunity on IowaGrants, visit the [IowaGrants home page](#) and click on ‘Grant Opportunities’ on the left hand side of the page. Applications for this opportunity are due on **Tuesday, March 3**.
- Funding Opportunity #337818 “**Clinical Innovations for Improving Detection of Undiagnosed Hypertension and Cholesterol RFP 58820022**” is now accepting application submissions. To view this opportunity on IowaGrants, visit the [IowaGrants home page](#) and click on ‘Grant Opportunities’ on the left hand side of the page. Applications for this opportunity are due on **Thursday, March 19**.
- The Iowa Chronic Care Consortium (ICCC) is launching its second round of Iowa’s first-in-the state **Community Health Worker (CHW) Professional Skills Training** beginning March 2020. To accelerate access for such training, Iowa Workforce Development, through ICCC, has made available a limited number of scholarships to help offset tuition for the upcoming session of CHW Professional Skills Training. For scholarship, registration or additional information, please contact ICCC: [Deb Kazmerzak](#), (515) 554-3788; or [Dr. William Appelgate](#) (515) 988-6475.

Join QI Connect!

As a Quality Innovation Network - Quality Improvement Organization **Telligen QI Connect** is a comprehensive quality improvement program that places healthcare providers and consumers at its center. QI Connect is available at no cost to help your organization improve care and navigate the evolving healthcare landscape. You can join Affinity Groups designed to make an impact on the most challenging healthcare issues facing our communities today.



Save the Date!

Iowa Stroke Systems of Care Workshop will be held on **Thursday, March 5, 2020**. The workshop will provide attendees with an interactive day filled with learning and collaboration focused on improving Iowa stroke systems of care across multidisciplinary agencies, including stroke response drills and a stroke simulation truck. Contact cristin.mathew@heart.org with questions.

CDSMP Peer Leader Training

The Iowa Department of Public Health is pleased to offer **Peer Leader Training for Better Choices, Better Health** (Iowa’s Chronic Disease Self-Management Program). See the informational flyer for more information on how to register, and share with partners or colleagues who may be interested.

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Training Information

February 25, 26, 27, & 28,
2020

8:30am-4:00pm

Jordan Creek Mall
Community Center
101 Jordan Creek Parkway
West Des Moines, IA 50266

FREE registration—you
must conduct a workshop
within 6 months of
completing the training.

To register contact
Ali Grossman at
ali.grossman@idph.iowa.gov
or 515.725.2562

Better Choices, Better Health (Iowa's Chronic Disease Self-Management Program) Peer Leader Training

The Iowa Department of Public Health is providing the *Better Choices, Better Health* (Iowa's Chronic Disease Self-Management Program) Peer Leader Training offered by the Self-Management Resource Center.

Better Choices, Better Health is a six session workshop designed for people with any ongoing health conditions such as arthritis, diabetes, depression, asthma, bronchitis, emphysema, heart disease, and other physical and mental health conditions. Areas covered include techniques to deal with:

Exercise
Medicine usage
Pain

Frustration
Isolation
Fatigue

Nutrition
Communication with
family, friends & health
professionals

The course teaches people to problem solve, create action plans, and learn relaxation techniques to help manage chronic conditions.

Classes are facilitated by two peer leaders and are highly participative, where success builds on the participants' confidence to manage their health and maintain active and fulfilling lives.

**A limited amount of funds to help cover travel and lodging expenses are available on an as needed basis.*



Help your friends and neighbors. Help your community.



IDPH
IOWA Department
of PUBLIC HEALTH

You must attend all 4 days of
the training to become
certified to offer workshops
in your community.

For more information about *Better Choices, Better Health*
please visit <http://idph.iowa.gov/betterchoicesbetterhealth>