

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

Community Health Partners (CHP) - Walk With Ease (WWE) program: The Arthritis Foundation initially developed the Walk With Ease (WWE) program to encourage people with arthritis to start walking to better manage their pain and stay active. Today it is a great exercise program for a broader audience, including individuals with health risks and chronic conditions. The WWE program offers self-directed engagement opportunities, as well as group engagement opportunities. Contact CHP at 515-575-9220 or info@my-chp.com to learn more about this program or to register.

Women Are Less Likely Than Men to be Diagnosed with Minor Stroke - Women experiencing a minor stroke or transient ischemic attack (TIA) are less likely to be diagnosed with a stroke compared to men -- even though they describe similar symptoms in emergency departments.

Treatment to Restore Natural Heartbeat Could be on the Horizon for Heart Failure - A new therapy to re-engage the heart's natural electrical pathways - instead of bypassing them - could mean more treatment options for heart failure patients who also suffer from electrical disturbances such as arrhythmias, according to research led by the University of Chicago Medicine.

Worksite Health Promotion Programs: Why Don't People Participate? - Worksite health promotion (WHP) programs are designed to help identify and address health and lifestyle issues, and are offered by 40-75% of employers in Europe and the U.S. But research suggests that a high proportion (50-75%) of workers do not participate. Why do so many employees choose not to take part? Toker, Heaney and Ein-Gar investigated the reasons for nonparticipation, and have identified a variety of barriers, as published in the *European Journal of Work and Organizational Psychology*.

Plan Clinic Awareness Activities for Upcoming Health Observations

Men's Health Month and Men's Health Week, June 10-16

Alzheimer's & Brain Awareness Month

World Sickle Cell Day, June 19



Minority Mental Health Awareness Month

Hepatitis Day (July 28)

UV Safety Month



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Prediabetes News

Diabetes Risk Screening Assessment

Using screening assessments like this help identify your patients that may be at a high risk of getting type 2 diabetes. Type 2 diabetes is highly preventable. Left untreated, somewhere between 15-30% of people with prediabetes will develop type 2 diabetes within five years. Diabetes is not only costly financially, but a person with diabetes is 100% more likely to develop hypertension and 80% more likely to be hospitalized for a heart attack.

1. Ollsperie CD, Hartz KA, Centers for Disease Control and Prevention (CDC). Prevalence of hypertension and controlled hypertension - United States, 2007-2010. *MMWR Suppl.* 2013;62(3):144-8.

2. Centers for Disease Control and Prevention. National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2014. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2014.

Diabetes News

New Gene Variations for Type 2 Diabetes Found

It has long been known that lifestyle affects a person's risk of developing type 2 diabetes. Now, researchers report that they have identified rare variants of four genes that may also play a part.



Tobacco News

Smoke-Free Homes Registry

The Smoke Free Homes Registry map now has the option for renters to see nearby parks, bus stops, farmers markets and grocery stores! The IDPH Division of Tobacco Use Prevention and Control partnered with the Bureau of Nutrition and Physical Activity to add these additional community points of interest so renters can be more informed about the neighborhood and community when looking for a smoke free rental home.

To see these additional map features, use the legend on the right side of the map.

This exciting partnership is a great resource for renters! The large icons and the map legend are a way for renters to find smoke-free rental properties, and consider their nutrition and transportation needs.

You can view the registry map here: <https://smokefreehomes.iowa.gov/properties/map>

Million Hearts® Initiative 2022

We had a successful Million Hearts meeting on Wednesday May 15, with fruitful discussion from the Action Plan partners. The Million Hearts Action plan will continue to be updated according to discussions and inputs provided during the Million Hearts meeting. If you would like to be placed on the Million Hearts mailing list, please contact Denise Attard Sacco at denise.attard-sacco@idph.iowa.gov.

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Upcoming Webinars

- **Walking the Walk: Applying Positive Youth Development Approaches to Adolescent Health** To be broadcasted on June 18, 2019, from 12:00 p.m. to 1:00 p.m. EST. This webinar will use examples from the field to highlight how positive youth development approaches can be applied by organizations, systems and communities to improve adolescent health. Participants will learn to:
 - ❖ Discuss the importance of applying positive youth development approaches to public health with organizations, systems and communities to improve adolescent health; and
 - ❖ Explain how public health organizations can promote and implement positive youth development approaches to improve adolescent health.

This webinar is co-sponsored by the American Public Health Association (APHA) and the Office of Adolescent Health, Office of the Assistant Secretary for Health, Department of Health and Human Services. Register [here](#).

- **What is the Positive Culture Framework for improving health and safety?** To be broadcast on June 10, 2019, from 1:00 p.m. to 2:00 p.m. MST. This webinar is hosted by the Center for Health and Safety Culture at Montana State University. The webinar will provide an overview of the Center's Positive Culture Framework, a way of organizing efforts to improve health and safety in communities and organizations. Speakers will introduce how the Positive Culture Framework takes an appreciative approach and seeks to grow the positive aspects of our culture in an effort to improve health and safety and reduce risky behaviors. The Framework provides a 7-step process (the what) for engaging in this work, key skills to increase effectiveness (the how), and the context (the where) we will do the work. Join the webinar to learn more about this effective approach to transforming the communities and organizations you serve. Register [here](#).

Upcoming Conferences

- **2019 National School-Based Health Care Convention**. Sponsored by School-Based Health Alliance. June 13–15, 2019, Washington, DC.
- **NIH Pathways to Prevention Workshop: Achieving Health Equity in Preventive Services, June 19–20, 2019, Natcher Conference Center (Bldg. 45), NIH Main Campus, Bethesda, MD**. This workshop will focus on the three leading causes of death in the United States: cancer, heart disease and diabetes. The workshop is free and open to the public, and is designed for researchers, practitioners and other professionals interested in clinical preventive services and issues of health equity. Registration is required, and attendees can join either in person or via [NIH VideoCast](#) (in-person attendance is strongly encouraged).
- **Speak for Health Advocacy Bootcamp**. Sponsored by APHA. **July 15-16, 2019**, Washington, DC.
- **10th Biennial Childhood Obesity Conference. Beyond Obesity – Tackling Root Causes**. Sponsored by the California Department of Public Health, California Department of Education, Nutrition Policy Institute UC Division of Agriculture and Natural Resources, The California Endowment, and Kaiser Permanente. **July 15-18, 2019**, Anaheim, CA.
- **Save the Date: Iowa Cancer Summit - September 24, 2019, Ankeny, IA**.
The Iowa Cancer Summit is Iowa's premiere cancer control conference which brings together organizations from multiple disciplines to engage in conversations and learning about timely cancer control issues. Key note presenters include Dr. Karriem Watson, Director of Community Engaged Research and Implementation Science at the University of Illinois Cancer Center. Check [this space](#) for updates on additional speaker announcements, sponsorship opportunities and registration info!

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Resources

- **Cardiac Health Resources Toolkits** - Telligen's Cardiac Health quality improvement facilitators have hand-selected resources, educational webinars and action-based guidelines for these informational toolkits. Each toolkit contains hyperlinks to cardiovascular-related topics. Click [here](#) to access these toolkits.
- **Hypertension Control, Change Package for Clinicians** – This Million Hearts action guide provides a listing of process improvements that ambulatory clinical settings can implement as they seek optimal hypertension (HTN) control. Click [here](#) to access this action guide.

Funding Opportunities

- **Robert Wood Johnson Foundation – Social Determinants of Health Innovation Challenge.** Can you develop a digital solution to help providers and/or patients connect to services related to social determinants of health? Apply [here](#). Application deadline **June 7, 2019**.
- **Robert Wood Johnson Foundation - Understanding and Supporting Anchor Businesses to Build a Culture of Health.** This call for proposals will focus on supporting empirical research to understand the ways that for-profit anchors advance health and well-being in the communities where they are located. Funded studies are expected to include rigorous empirical research that will inform the business case for why and how more companies serve as anchor institutions in their immediate surrounding geographies. Studies will also inform future RWJF strategies to motivate companies to act in a way that promotes health and well-being. Application deadline **June 12, 2019**.
- **Federal Transit Administration - The Tribal Transit Program** is authorized by Congress to support public transportation for Native American tribes to provide access to jobs, schools and health care, as well as to meet the needs of elders, people with disabilities, and youth in rural areas where transit is sparse. Application deadline, **July 9, 2019**.
- **Federal Transit Administration - The Integrated Mobility Innovation (IMI)** Program funds projects that demonstrate innovative and effective practices, partnerships and technologies to enhance public transportation effectiveness, increase efficiency, expand quality, promote safety and improve the traveler experience. Applicants can propose projects that involve one or multiple areas. Application deadline, **August 6, 2019**.
- **Robert Wood Johnson Foundation - Health x Design: Building Health into Everyday Life.** Mad*Pow and Health 2.0 Advocates have launched a design challenge, sponsored by the Robert Wood Johnson Foundation. The Health and design communities are hereby being requested to envision solutions that reshape everyday life to be healthier by default. Two winning solutions will be chosen: one design that targets specific healthy behaviors and one design that envisions broad, systemic change. Winners will receive \$5,000 in cash prizes. Entries that do not win but demonstrate a compelling concept or solution may receive an honorable mention. To learn more about this opportunity and to submit your design click [here](#). Application deadline is **August 31, 2019**.

Work Opportunities

- **Telligen - Health and Well-Being Coach (Bilingual/Spanish), West Des Moines, IA.** Apply [here](#).
- **American Heart Association - Metro Executive Director, West Des Moines, Iowa.** Apply [here](#).