Heart to Heart

An e-bulletin created especially for healthcare providers

In the News . . .

Help Patients Avoid These Mistakes With Heart Medications

Heart medications can help manage or prevent heart disease, but only if they are taken correctly. Physicians should educate patients to follow these tips to take heart medications safely.

"F as in Fat": 54% of Iowans Obese by 2030

According to analysts from Trust for America's Health and the Robert Wood Johnson Foundation, if current obesity trends continue, the number of obese residents in Iowa could increase from 29% currently to 54% by the year 2030. The new report released in September details how obesity threatens America's future and provides statistical information state-by-state. The report identifies that by 2030 on the current trend, every state in the nation could have obesity rates from 44 percent to 60 percent, leading to serious increases in coronary artery disease and stroke, hypertension, type II diabetes, arthritis, and obesity-related cancers, Related healthcare costs will also substantially rise. Click here to access the full report.

A "can do" Attitude Linked to Healthy Behaviors

A recent study from the Melbourne Institute of Applied Economic and Social Research found that people with positive life outlooks and believe they can own actions can influence their lives were more likely to eat healthier foods, exercise more, smoke less, and avoid binge drinking.

All about Sodium . . .

Salty Diet Raises Blood Pressure Risk in Kids Too

A recent study published in the journal Pediatrics by researchers at the CDC found that young children are consuming diets as high in sodium their parents, putting them at increased risk of developing hypertension, a risk factor for heart disease and premature death. The risk is greatest among those youth who are considered to be overweight or obese.

Ditch the Salt, Kick Up the Flavor

Enjoying a reduced sodium diet can be easier than you think. By trading out the salt for other spices and herbs, you can not only make your meal healthier but you can add a lot of flavor! Read here to get some ideas on some tasty pairings.

What about Stroke and Heart Attack . . .

Silent Stroke May Not Be So Silent

A new study published by the American Heart Association's *Stroke* journal suggests that a significant number of "silent" strokes may go unnoticed due to lack of awareness and understanding of stroke-like symptoms, rather than a lack of symptoms. More education for elderly and aging adults, as well as their families is needed.

Shift Work May Increase Risk of Heart Attack and Stroke

Research published by the British Journal of Medicine suggests that while shift work has long been acknowledged for increased risk for high blood pressure, high cholesterol, diabetes, shift work also increases the risk for major cardiovascular events such as heart attack and stroke.

HDSP
Heart Disease & Stroke Prevention

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The latest on Hypertension . . .

Morning BP Surge Predictor of Cardiovascular Event

Italian researchers, following a study of the relationship of the day-night dip and early-morning surge in blood pressure (BP), have found that in untreated patients with essential hypertension, a blunted pre-awakening morning BP surge increased the risk of cardiovascular events. The study also showed that the magnitude of the day-night dip is directly associated with the magnitude of the early-morning surge, though an excessive BP surge does not amplify the increased risk of cardiovascular event. Read here for full article.

Non-Alcoholic Red Wine to Reduce Blood Pressure

Non-alcoholic red wine may be of more benefit than it's alcohol counterpart as research indicates that alcohol may reduce the effectiveness of the antioxidant, polyphenol, found in both versions, a study has shown. The study suggests that daily consumption of non-alcoholic red wine can significantly lower blood pressure and reduce risks of heart attack and stroke by 14 and 20 percent, respectively.

What's new with Healthier, Hungry-Free Kids...

The new nutritional guidelines for school meal programs put into place by the Healthier, Hungry-Free Kids Act have gone into effect with this year's school year. The new guidelines aim to improve childhood health, reducing childhood obesity, Type II diabetes, risk for hypertension, etc., by improving nutrition and encouraging healthy behavior choices. The guidelines are build upon recommendations from the Institute of Medicine (IOM) and place calorie limits and reduce sodium content of school meals.

Standards for School Meals:

• Ensure students are offered both fruits and vegetables every day of the week;
• Increase offerings of whole grain-rich foods;
• Offer only fat-free or low-fat milk;
• Limit calories based on the age of children being served to ensure proper portion size;
• Increase the focus on reducing the amounts of saturated fat, trans fats, added sugars, and sodium.

Building a Healthy Lunch!

As part of the program, children are directly included in the healthy decision making process. Schools in Iowa are utilizing posters from the USDA that show kids what should be on their tray to make a healthy lunch. The tray posters give children a visual of portion sizes and emphasize the food groups, such as fruits and vegetables, that should make up more of their meals. Posters placed in the lunch rooms lead kids through the process, instructing them to choose at least three colors and make sure to include a fruit or vegetable!

Resources:
• Toolkits for schools, students, parents, and community members
• Building a Healthy School Lunch videos
• ChooseMyPlate.gov

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