

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 . . .

USPSTF recommends all pregnant women undergo screening for gestational diabetes

The Wall Street Journal (1/14, Burton, Subscription Publication) reports that the US Preventive Services Task Force (USPSTF) has recommended that all pregnant women undergo screening for gestational diabetes after they have been pregnant for 24 weeks. On its website, NBC News (1/14, Flam) reports that the “recommendation, published in the *Annals of Internal Medicine*, noted that 96 percent of obstetricians screen for the condition, and that other medical groups also recommend screening.” Reuters (1/14, Seaman) reports that this recommendation is an update to a USPSTF statement from 2008, in which the panel said that there was not enough evidence at the time to recommend that pregnant women undergo screening. The U.S. Preventive Services Task Force released today a final Recommendation Statement on screening for gestational diabetes mellitus. To view the recommendation and the evidence on which it is based, please go to <http://www.uspreventiveservicestaskforce.org/uspstf13/gdm/gdmfinalrs.htm>. A fact sheet that explains the final recommendation in plain language is also available online. The final Recommendation Statement can also be found in the January 14 online issue of *Annals of Internal Medicine*.

Pre-diabetes and Diabetes News . . .



National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention

This New Year,
make a change for
better health with
Diabetes
HealthSense.



Whatever the time of year, it is always the **right** time for patients to make a positive choice about living healthier. Whether people want to eat healthier, be more active, manage their weight, or cope with stress and emotions of having a chronic disease like diabetes, NDEP's Diabetes HealthSense can help. This online tool provides a variety of resources to help people learn how to set health goals and make changes to live well. Resources such as NDEP's **Just One Step** and **Make a Plan** tools can help your patients get started. And don't forget—evidence demonstrates that patients are more likely to follow-up on a referral when their provider recommends it!

Both Providers and Patients can visit www.YourDiabetesInfo.org to learn more.

What's new about



Better Choices, Better Health

Put Life Back in Your Life

Is Your Clinic Referring Patients with Diabetes and High Blood Pressure to these Self-Management Classes?

Better Choices, Better Health (also known as the Chronic Disease Self-Management Program, or CDSMP) helps adults manage the symptoms of chronic diseases, such as arthritis, **high blood pressure**, **heart disease**, **stroke**, asthma, lung disease, **diabetes**, osteoporosis, and other chronic conditions. This **evidence-based program**, developed by Stanford University, is held weekly for 2 ½ hours for six weeks at community-based locations in participating counties. The workshop sessions are taught by trained leaders in the community; many of whom also have chronic conditions. This creates an environment of mutual support, which builds participants' confidence in their ability to manage their health and lead active lives. They also meet other people in their community with similar chronic diseases and peer support also develops during the course of the classes. These classes are offered at low cost, or at no cost.

Go to www.idph.state.ia.us/BetterChoicesBetterHealth to find a program in your community.

To learn more and hear participant comments, view the Health for a Lifetime Video.



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Million Hearts™ Initiative Update



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

A1c

NIH Fact Sheet on A1c test

The American Diabetes Association recommends that people with diabetes who are meeting treatment goals and have stable blood glucose levels have the A1C test twice a year. Health care providers may repeat the A1C test as often as four times a year until blood glucose levels reach recommended levels. The A1C test helps health care providers adjust medication to reduce the risk of long-term diabetes complications. Studies have demonstrated substantial reductions in long-term complications with the lowering of A1C levels.

Link here to the NIH Fact Sheet: http://diabetes.niddk.nih.gov/dm/pubs/A1CTest/A1C_Test_DM_508.pdf

Aspirin Use

Contact terry.meek@idph.iowa.gov for FREE AHRQ Aspirin Clinician Fact Sheets for your providers and exam rooms.

Blood Pressure Control and Management

Media Coverage Abounds: New recommendations on hypertension management in older people


- The [New York Times](#) (12/19, A23, Kolata, Subscription Publication) reports that “new guidelines suggest that people over 60 can have a higher blood pressure than previously recommended before starting treatment to lower it.” The guidelines committee, “composed of 17 academics, was tasked with updating guidelines last re-examined a decade ago.” The recommendations were “published online on Wednesday in The Journal of the American Medical Association.”
- The [AP](#) (12/19) reports that “the panel completed its work earlier this year, around the same time that the National Heart, Lung and Blood Institute announced that it was getting out of the guidelines business and turning the job over to the American Heart Association and American College of Cardiology.”
- The [Wall Street Journal](#) (12/19, A2, Winslow, Subscription Publication) points out that neither the American College of Cardiology nor the American Heart Association vetted the document, nor did the NHLBI.
- The [Los Angeles Times](#) (12/19, Kaplan) “Science Times” blog reports that “rather than aim for a target blood pressure of 140/90 mm Hg, the target will be relaxed slightly to 150/90 mm Hg, according to” the “new guidelines.” The guidelines’ authors “emphasized that they were not changing the definition of high blood pressure.” Instead, “they are recognizing that data from randomized clinical trials do not show that using drugs to nudge down systolic blood pressure from 150 to 140 provides any health benefit.”
- [Bloomberg News](#) (12/19, Cortez) reports that individuals aged “60 and older were focused on in the guidelines because they are a unique population and we are concerned about the number of medications that may be required,” said Paul James, the lead author of the article.
- According to the [Boston Globe](#) (12/19, Kotz), “a number of cardiologists...complained that the new guideline was not issued by any major medical group or government entity.”
- Harlan Krumholz, MD, discusses the guidelines in the [New York Times](#) (12/19) “Well” blog.
- Also covering the story are [CNN](#) (12/19, Willingham), [MedPage Today](#) (12/19, Neale), and [HealthDay](#)

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Cholesterol Control and Management

New Tech Lets Cholesterol-Tracking Smartphone Users Take Lifesaving Selfies

With a new smartphone device, you can now take an accurate iPhone camera selfie that could save your life -- it reads your cholesterol level in about a minute.

Forget those clumsy, complicated, home cholesterol-testing devices. Cornell engineers have created the Smartphone Cholesterol Application for Rapid Diagnostics, or "smartCARD," which employs your smartphone's camera to read your cholesterol level. 

Smoking Cessation

Smoking affects molecular mechanisms, children's immune systems

The Leipzig Helmholtz Center for Environmental Research has gained new insights on the influence of tobacco smoke *in utero*. For the first time, it could be demonstrated with smoking pregnant women and their children, how exposure to tobacco smoke affects the development of human immune system on molecular level. The focus thereby was on microRNA -- a short, single-stranded RNA molecule that is now recognized as playing an important role in gene regulation.



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

February



National Wear Red Day (2/7) www.goredforwomen.org/home/get.../national-wear-red-day/

Heart Month www.goredforwomen.org

Congenital Heart Defect Awareness Week (2/7-14) www.tchin.org/aware

Cardiac Rehabilitation Week (2/9-15) www.aacvpr.org

Cardiovascular Professionals Week (2/9-15) www.acp-online.org

February 16--22: Through With Chew Week and Great American Spitout (Feb 20)

- Smokeless tobacco marketing increased from \$444.2 million in 2010 to \$451.7 million in 2011 www.tobaccofreekids.org/press_releases/post/2013_05_21_ftc
- Sample News Release www.cdc.gov/tobacco/calendar/feb/through_with_chew/index.htm
- 2012 Through with Chew Activity Toolkit www.throughwithchew.com/programs/through-with-chew-week
- The graphics from the CDC Tobacco Free Twitter site can be viewed at: <https://twitter.com/CDCTobaccoFree/media/gri>

March



Brain Injury Awareness Month www.biausa.org

National Kidney Month www.kidney.org

National Nutrition Month www.eatright.org

Save Your Vision Month www.preventblindness.org

March 2-8: Patient Safety Awareness Week

www.npsf.org/events-forums/patient-safety-awareness-week/

American diabetes Association Alert Day®

<http://www.diabetes.org/are-you-at-risk/alert-day/>

Chronic Disease Connections



Upcoming Training for Healthcare Providers

Accredited Continuing Education for Nurses

These modules are ideal for those who are new to stroke as well as for seasoned stroke care providers committed to keeping their stroke knowledge and practice up-to-date. Completing all 10 modules achieves the minimum eight contact hours consistent with The Joint Commission's requirements for core stroke team members. [Learn more about the 10 modules available.](#)

ACUTE STROKE Treatment

ADDRESSING MISSED OPPORTUNITIES

Virtual Grand Rounds

Free CME: Acute Stroke Treatment Virtual Grand Rounds

Do you need continuing education? Here's one opportunity to take advantage of—an accredited webinar on **Acute Stroke Treatment: Addressing Missed Opportunities**. Learn how to reduce treatment time and increase treatment rates for your acute ischemic stroke patients. Participation is free and open to all.

Tell a Friend

This program is supported by an educational grant from Genentech, Inc.



New Resources for Healthcare Providers

Heart360 is Going Mobile!

AHA's [Heart360](#) is a convenient and secure location for your patients to track and manage their heart health. By signing up and connecting to your patients Heart360 you can enhance your practice and empower your patients. You asked for a mobile version and AHA listened! Login or sign up today from any mobile device, desktop, laptop or tablet to view all the wonderful changes they've made. And don't worry; all of your patients' data from the old website version is still there, safe and sound.



AMA asks physicians to respond to survey about vendor readiness for ICD-10.

[Government Health IT](#) (1/21) reported that one "prominent" issue "surrounding ICD-10 is whether or not technology makers will be ready, and the American Medical Association (AMA) is among the groups to most recently express this concern." An article on [AMA Wire](#) (1/17) asked readers to "respond to a [10-question online survey](#) about vendor readiness to support the AMA's efforts to halt implementation of the new code set," ICD-10. Physicians who respond "to the survey will help the AMA demonstrate challenges to adopting the new code set, which is expected to be costly and burdensome for physician practices." The article adds that "despite opposition to implementing ICD-10, physicians should continue to prepare for the new code set."

New Health Equity Guide for Public Health Practitioners

See [A Practitioners Guide for Advancing Health Equity](#), designed to help public health practitioners work at the community level to tackle health inequities.

From Prevention Institute and the Centers for Disease Control and Prevention.

Time to Act: Investing in the Health of Our Children and Communities

The Robert Wood Johnson Foundation issues a new report; the report, charts, infographics, and videos featuring the event are now available: [Time to Act: Investing in the Health of Our Children and Communities](#) Read and share the recommendations, and continue the conversation on Twitter with [@RWJFCommission](#) at [#cbha2014](#).



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



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