

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.

Inside this issue:

- Colorectal Cancer Awareness Month
- Million Hearts News
- New Funding Opportunities
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The Latest Health Promotion is Newsworthy

Domestic abuse elevates risk for CVD, diabetes, all-cause mortality – According to research published in the Go Red for Women issue of the *Journal of the American Heart Association*, domestic abuse survivors were found to be at greater risk for developing CVD, type 2 diabetes and all-cause mortality compared with women who did not experience abuse.

Shingles vaccine may also reduce stroke risk – The shingles vaccine appears to reduce stroke risk by about 16% in older adults, according to preliminary research presented at the International Stroke Conference 2020.

Origins of immune system mapped, opening doors for new cancer immunotherapies – Mapping of the human thymus gland has potential to lead to new immune therapies to treat cancer and autoimmune diseased through engineered therapeutic T cells.

A single dose of the HPV vaccine may be effective in preventing cervical cancer – New research indicates that one dose of the human papilloma (HPV) vaccine may be as effective at preventing the disease as receiving multiple doses.

Plan Clinic Awareness Activities for Upcoming Health Observations

Colorectal Cancer Awareness Month

International HPV Awareness Day –
March 4

Diabetes Alert Day –
March 24



March

National Minority Health Month

National Public Health Week –
April 6-12

World Health Day
– April 7

April



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Governor Proclaims March Colorectal Cancer Awareness Month

In Iowa, 1 in 20 people will be diagnosed with colorectal cancer (CRC) in their lifetime, and it remains the second leading cause of cancer-related deaths. It is estimated that approximately 1,600 new cases of colorectal cancer will be diagnosed in Iowa and 560 Iowans will die this year from the disease this year. If every Iowan age 50 and older had regular colorectal cancer screening, almost two-thirds of the colorectal cancer deaths could be prevented. Check out the [Iowa Get Screened](#) program to learn more about what IDPH is doing to improve access to screening for colorectal cancer across the state.



Million Hearts News

The 2020 [Million Hearts Hypertension Control Challenge](#) is now open! The Challenge spotlights health care professionals, practices and systems who achieve exemplary control rates in patients with hypertension. The Challenge is open to solo and group practices and health systems that achieve hypertension control rates of at least 80% for a 12-month period. The Challenge will be open from **February 21 through April 6, 2020**.

Still working on improving your hypertension control rate? Read previous Champions' [success stories](#) and find [evidence-based tools](#) to further advance your hypertension control efforts. Email millionhearts@cdc.gov with questions.

Save the Date!

The Iowa Million Hearts Workgroup meeting will be held on **Wednesday, May 20** at Telligen in Des Moines. The workgroup will discuss progress on the Million Hearts 2022 Action Plan and set goals for 2020. Contact [Morgan Casey](#) at for more information.

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Upcoming Webinars

- **2020 Colorectal Cancer Awareness Month Webcast** - March 5
- **Addressing the Social Determinants of Health** – March 18
- **Iowa Cancer Clinical Trials Virtual Roundtable** - March 26
- **Introduction to the UDS Mapper** – April 1
- **No two people are the same: Respecting cultural diversity when delivering healthcare** - April 22
- **Share Public Health** – Podcast Series



Funding Opportunities

- 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 are due **Thursday, March 19**.
- Funding Opportunity #339396 **“RFP 58820028 Technical Assistance Dashboard for Blood Pressure and Cholesterol Disparities”** 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 are due on **Friday, April 10**.
- **Rural Health Care Telecommunications Program** sponsored by The Universal Service Administrative Company application is available through **April 30**. Rural Health Care Telecommunications Program provides assistance to healthcare providers for eligible expenses related to telecommunications and voice services for the use of telemedicine and telehealth.

Upcoming Conferences and Meetings

- **The Iowa Governor’s Conference on Public Health** will be held on **Tuesday, April 7 – Wednesday, April 8** at the **Airport Holiday Inn** in Des Moines. Attendees receive profession-specific knowledge from national, state and local experts in public health, have the chance to network with state and local partners, and reconnect with friends and colleagues while attending the keynote speakers, concurrent sessions, poster presentations, exhibits and association meetings.
- **2020 Breast Cancer Symposium** will be held on **Tuesday, April 21** at **MercyOne Des Moines Medical Center**. This program is intended for all health care professionals and individuals interested in the ongoing care and concerns of patients who have survived breast cancer. Breast cancer survivors are encouraged to attend. Registration is \$35.

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Patients with Hypertension Hiding in Plain Sight

By Denise Attard Sacco, MPH, CHES

Of the 75 million Americans who have hypertension, almost half do not have the condition under control. In fact, 11 million patients with hypertension don't know their blood pressure is high and are not receiving treatment to control it, even though most of these individuals have health insurance and visit their health care provider annually.

While following best practices and providing the highest levels of care, providers can still have patients "hiding in plain sight" who have or are at risk for undiagnosed hypertension. Finding, diagnosing and treating the patients who slip under the radar may help save lives.

Four steps your clinic can take to identify patients with undiagnosed hypertension:

1. Establish clinical criteria for potentially undiagnosed hypertension – for example what degree of elevated blood pressure readings should trigger the identification of a patient with undiagnosed hypertension?
2. Search electronic health record (EHR) data for patients who meet the established clinical criteria.
3. Implement a plan on how to diagnose and treat patients identified with undiagnosed hypertension. Diagnostic regimes could include:
 - 24 hour ambulatory blood pressure monitoring
 - Home blood pressure monitoring
 - Automated office blood pressure readings
 - Repeated high quality in office measurements

For those patients identified with undiagnosed hypertension, institute standardized treatment protocols.

4. Estimate hypertension prevalence in your clinic or health system. Compare this with local, state or national data. If your calculated value is much lower than national or local estimates, search for patients with patterns for high blood pressure who haven't been diagnosed.

The Iowa Department of Public Health, through its **WISEWOMAN** and **Heart Disease and Stroke** cooperative agreements with the Centers for Disease Control and Prevention, continues to work to reduce cardiovascular disease risk with a focus on hypertension control and management. To learn more about undiagnosed hypertension, please refer to the **Million Hearts initiative**.