

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.

The Latest Health Promotion is Newsworthy

Low-carb diet may reduce diabetes risk independent of weight loss - A low-carb diet may have benefits for people at risk of developing type 2 diabetes even if they don't lose any weight, a new study suggests.

New study estimates preventable cancer burden linked to poor diet in the U.S. - A new modeling study estimates the number, proportion, and type of specific cancers associated with the under or overconsumption of foods and sugar-sweetened beverages among American adults. The analysis is one of the few to focus on the modifiable risk factors for cancer connected to food intake in the United States.

Millions of cardiovascular deaths attributed to not eating enough fruits and vegetables - Preliminary findings from a new study reveal that inadequate fruit and vegetable consumption may account for millions of deaths from heart disease and strokes each year. The study estimated that roughly 1 in 7 cardiovascular deaths could be attributed to not eating enough fruit and 1 in 12 cardiovascular deaths could be attributed to not eating enough vegetables.

Coffee not as bad for your heart and circulatory system as previously thought - Drinking coffee might keep us up at night, but new research has given us a reason to sleep easy knowing that the popular drink isn't as bad for our arteries as some previous studies would suggest.

Plan Clinic Awareness Activities for Upcoming Health Observations

Minority Mental Health Awareness Month

Hepatitis Day (July 28)

UV Safety Month



International Overdose Awareness Day – Aug 31

Health Unit Coordinator Week – Aug 23-29

Children's Eye Health and Safety Month

August



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Prediabetes News

Take the [quiz](#) for yourself, or if you're a provider, print this [version](#) off and have your patients fill it out. People need to know they have it before they can reverse it!



Diabetes News

New Diabetes Implant Reduces Finger Pricks for Patients

DES MOINES, Iowa — MercyOne hospital is paving the way so diabetes patients experience fewer needle pricks. The procedure would consist of an implant under a patient's skin. The implant contains a sensor that would transmit data to a receiver, which would be read on the patient's smart phone.

WISEWOMAN

The Iowa WISEWOMAN (WW) program is offering opportunities to its WISEWOMAN contracted clinics to certify one non-physician staff person in care coordination, per clinic site. The Heart Disease and Stroke Division at the Centers for Disease Control and Prevention, under which the Iowa WW program is funded, is working with WW programs across the nation to ensure that all health care clinics providing WW services are trained and certified in care coordination. Clinics contracted with the Iowa WW program are encouraged to contract program manager **Sonya Loynachan** at sonya.loynachan@idph.iowa.gov or **515-725-0693**, to learn more about this opportunity and to apply.

Resources

Active People, Healthy NationSM is a national CDC-led initiative to help 27 million Americans be more physically active by 2027. Click [here](#) to check out shareable ads, fact sheets, web badges, and other free resources to help individuals and communities become more physically active.

Case studies illustrate new features of the new cholesterol management guidelines. These four hypothetical cases highlight some of the new features in the 2018 American Heart Association/American College of Cardiology multisociety cholesterol management guidelines. Topics include management issues in a secondary prevention patient judged to be at very high risk of another event, a patient with familial hypercholesterolemia with a low-density lipoprotein cholesterol level of 190 mg/dL or greater (to convert to millimoles per liter, multiply by 0.0259), a primary prevention patient with intermediate (7.5%-19.9%) 10-year atherosclerotic cardiovascular risk, and a patient who has statin-associated adverse effects. A multiple-choice format is used to engage clinicians in selecting the best choice based on guidance from the new 2018 cholesterol management guidelines. Click [here](#) to access.

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Upcoming Webinars

- **Using Campaigns and Social Media to Address Commercial Tobacco Use.** This is a National Native Network and IHS HP/DP Technical Assistance Webinar. NNN at the Inter-Tribal Council of Michigan, in conjunction with the Indian Health Service Health Promotion and Disease Prevention and the Indian Health Service Clinical Support Center (Accredited Provider), present a webinar series: Cancer Risk Reduction in Indian Country. This webinar will be broadcast on Wednesday, July 10 from 3-4 p.m. EDT. Register [here](#).
- **Obesity & Cancer: Impact on Risk and Survivorship.** This webinar will explore the clinical relationship between obesity and cancer, as well as data on its impact. Best-practice interventions to address the issue will also be discussed. The webinar will be broadcast on July 31, 2019, at 2.00 p.m. ET. Register [here](#).
- **Roundtable on Obesity Solutions: The Potential Role of Nutrition in the First 2 Years of Life in the Prevention of Child Overweight and Obesity.** This webinar will explore the role of infant and early childhood nutrition (birth to <2 years of age) related to healthy growth and the prevention of overweight and obesity later in childhood. Presentations will feature the current prevalence and trends of high weight-for-length in infants and young children, the state of the science on nutrition-related modifiable risk factors, and obesity prevention interventions that address healthy growth, with a special emphasis on reducing disparities in populations with above-average obesity risk. The broadcast is July 18 at 12:00 noon EDT. To register click [here](#).

Funding Opportunities

- **Robert Wood Johnson Foundation - Equity-Focused Policy Research. Building Evidence on Access to Early Care & Education for Low-Income Families.** This funding opportunity supports action-oriented research that advances health equity, builds the knowledge base, and informs policymaking to increase access to early care and education (ECE) for low-income families. Application deadline is **July 25, 2019, 3.00 p.m. ET**. Click [here](#) to learn more about this opportunity and to apply.
- **The National Association of Chronic Disease Directors Arthritis Program** seeks U.S.-based public health, medical, academic, physical therapy, social service, faith-based, community or other organizations interested in helping adults living with arthritis, joint pain, have limited mobility, or are interested in becoming more physically active. Grantees asked to help increase participation in the Walk With Ease self-directed or group format. Grant announcement information and webinar recording available online. Contact NACDD at arthritis@chronicdisease.org for questions. Applications are due July 15. Apply [here](#).
- **\$100,000 Hearst Health Prize for Excellence in Population Health.** The Hearst Health Prize, in partnership with the Jefferson College of Population Health, is now accepting applications for the 2020 award. The winner will receive a \$100,000 prize, with \$25,000 awarded to up to two finalists, in recognition of outstanding achievement in managing or improving population health. The goal is to discover, support and showcase population health programs that have made a measurable difference. For more information, click [here](#). Submission deadline is Friday, August 9, 2019, 3:00 p.m. EDT/12:00 p.m. PDT. For questions, please email HearstHealthPrize@jefferson.edu.