

# CHRONIC DISEASE CONNECTIONS

Chronic Disease Connections is an e-bulletin created for healthcare systems and providers working to prevent and manage chronic disease with a particular focus on blood pressure, diabetes and cholesterol control.

## Inside this Issue:

- Colorectal Cancer Month
- New Funding Opportunities
- CDSMP *Better Choices, Better Health* Virtual Workshop

## Colorectal Cancer Month

One in 20 Iowans will be diagnosed with colorectal cancer (CRC) during their lifetime. In addition to being one of the most commonly diagnosed cancers, CRC is also the second most deadly cancer in the United States despite being highly treatable. Screenings for CRC have decreased during the COVID-19 pandemic. Check out [this resource](#) for increasing screening efforts in response to the challenges of COVID-19. Additionally, CDC's [Screen for Life: National Colorectal Cancer Action Campaign](#) explains risk factors and screening test options to help you learn about how you can prevent colorectal cancer.

## Health Promotion in the News

**Women face a higher risk of stroke** - 1 in 5 women in the U.S. will have a stroke in her lifetime. This is largely due to the fact that women face unique risk factors for stroke that include pregnancy and preeclampsia, hypertension that develops during pregnancy.

**Lifestyle program linked to weight and metabolic benefits** – A lifestyle intervention provided in the primary care setting by health coaches improved cardiometabolic risk factors among patients with obesity compared with usual care alone, according to data published in *Circulation*.

**Cancer deaths have dropped 27% over 20 years** - Cancer was the second leading cause of death, after heart disease, in the United States in 2019. From 1999 to 2019, cancer death rates went down 27%, from 200.8 to 146.2 deaths per 100,000 population.

**Reactivating aging stem cells in the brain** – As people get older, their neural stem cells lose the ability to proliferate and produce new neurons, leading to a decline in memory function. Researchers have now discovered a mechanism linked to stem cell aging - and how the production of neurons can be reactivated.

## Plan Clinic Activities for Upcoming Health Observations

March

**Colorectal Cancer Awareness Month**

**National Nutrition Month**

**National Kidney Month**

**LGBT Health Awareness Week**  
– March 22-26

April

**Minority Health Month**

**National Public Health Week**  
- April 6-12

**World Health Day** – April 7

**Parkinson's Awareness Month**

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## Funding Opportunities on IowaGrants.gov

Request for Proposal **58821020 Iowa Cancer Plan Implementation & Consortium Management** has been posted on IowaGrants. It is listed under Grant Opportunities with funding opportunity number 381517. The purpose of this RFP is to solicit applications that will enable the Iowa Department of Public Health to select the most qualified applicant to provide organizational, administrative, and leadership services for Iowa's cancer coalition, referred to as the Iowa Consortium for Comprehensive Cancer Control, and implement priority projects identified as part of the Iowa Cancer Plan.

The Bureau of Nutrition and Physical Activity has posted a Request for Proposal for **Fresh Conversations: A Program for Older Adults**. Applications will be accepted through **April 19, 2021**. Project period will begin October 1, 2021 through September 30, 2023. The RFP can be found at IowaGrants under Grant Opportunities, **funding opportunity number 397989**.

## National Kidney Month

March is National Kidney Month! Use these resources from the National Institute of Diabetes and Digestive and Kidney Diseases to share this year's National Kidney Month theme, **Managing Chronic Kidney Disease: Take charge of your health.**

## Contact Us

To submit webinars, events, funding opportunities, or health promotion news contact Heart Disease and Stroke Coordinator, Morgan Casey, at [morgan.casey@idph.iowa.gov](mailto:morgan.casey@idph.iowa.gov).

## Webinars

- **Pathways for Addressing SDoH: Considerations for Medicaid & Medicare Advantage Plans** - March 16
- **The Economics of EHR Integration** - March 17
- **Key Implications for Clinicians in the 2020 ACC/AHA Guideline for the Management of Patients with Valvular Heart Disease** – March 24
- **Racial Disparities at Every Stage of COVID-19** – On Demand

## Events

- **International Stroke Conference** - March 17-25
- **Public Health Conference of Iowa** – Public Health in Action: Taking on a Pandemic, Health Equity, Natural Disasters and More; April 5-9
- **SOPHE2021 dX** - Gateway to the Future: Health Education & Promotion for All; April 6-9
- **All of Me Iowa Project; Sexual Health & Oncology Conference** – April 16

## Virtual Chronic Disease Self-Management Program

Please share the following flyer with patients, coworkers, family, or others who may be interested in participating in the six-week Better Choices, Better Health program.



## Better Choices, Better Health

### CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

Better Choices, Better Health™ was created with you in mind. Living life with a chronic condition is full of challenges that take time and patience. If you have ever felt overwhelmed with your own or a loved one's chronic condition, this program can help.

**Starts on March 25 from 1-3:30 p.m.**

**Online, via Zoom. Register [here](#).**

**Cost: \$10**

### WHAT IS BETTER CHOICES, BETTER HEALTH™?

It is a series of six weekly, 2 ½ hour classes that will help participants learn ways to self manage their health and take charge of their lives. Each week focuses on different tools that can help you successfully manage your condition. These tools include: dealing with difficult emotions, physical activity, healthy eating, communication, relaxation, positive thinking and many more.

## HOW TO BREAK THE SYMPTOM CYCLE

Better Choices, Better Health™ helps break the symptom cycle at one or more points with the tools you learn in the workshop. Each symptom can be caused by or increased by another symptom within the cycle. The workshop focuses on using the tools to manage each and every one of your symptoms. The overall result is frequently better sleep, better communication skills, increased physical activity, and healthy eating habits. Participants also notice a difference in their outlook on life. Many say they feel better-equipped to handle the demands of life and their condition.



## PUT "LIFE" BACK INTO LIFE

Better Choices, Better Health™ offered through MercyOne can help! Better Choices, Better Health™ was created by Stanford University to help people with chronic conditions manage their health more effectively. This six-week program is designed to help people dealing with chronic conditions live better lives by providing them with tools and resources.

Whatever your ongoing condition – diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, or something else, a Better Choices, Better Health™ workshop can help you get back in charge of your life.

## WHAT PARTICIPANTS ARE SAYING:

"When I signed up for the class, I wasn't quite sure what to expect, but I thought anything to do with 'better living' could only help my situation. I have to say, it was MORE than I expected. The class was broken up into segments like the power of the mind, relaxation techniques, action planning, and depression to name a few. The instructors did an amazing job of relaying this information. It was well-planned and very EASY for me to follow. Even though I have had chronic issues for over 30 years, I still learned how to make smaller goals via the action plan which in turn made things more attainable. I would strongly recommend this course, especially to those who have just been diagnosed and are looking for new ways to deal with your health!"

- Sophia W.

"Initially I wanted someone to just tell me what to do to be healthy, during these six weeks, and with the leadership of the instructors, I learned I can self-manage my way to a healthier lifestyle, overcoming my own chronic pain and chronic situations while understanding others'. Thanks to you, I am on the road to positive healthy living!!!"

- Jane R.

**To get more information about the program, contact Stacey Clough, program coordinator, at [sclough@mercydesmoines.org](mailto:sclough@mercydesmoines.org) or 515-643-8632.**