

# Chronic Disease Connections

Chronic Disease Connections is an e-bulletin created for healthcare systems working with patients to control chronic disease and high blood pressure and help manage prediabetes, diabetes, and high cholesterol.

## The Latest Health Promotion is Newsworthy

**Patients with cancer at significantly increased risk for COVID-19, worse outcomes** - Patients with cancer were found to be at significantly increased risk for COVID-19 infection and worse outcomes, according to findings from a case-control study published in *JAMA Oncology*.

**Surgeon general: Hypertension control must be national public health priority** - Nearly half of U.S. adults have hypertension, yet only 1 in 4 people have it under control, U.S. Surgeon General Jerome Adams said during the release of a call to action by HHS.

**CDC expands U.S. Diabetes Surveillance System with new Social Determinants of Health module** - The CDC has expanded the U.S. Diabetes Surveillance System with a new social determinants of health module to help identify under-resourced areas of the United States and assess the potential impact of health disparities on diabetes burden and risk factors.

**Potential new drug therapy for stroke** - New research reports that a combination of a new drug and selected DHA derivatives is more effective in protecting brain cells and increasing recovery after stroke than a single drug.

**Blood test for Alzheimer's disease predicts future cognitive decline in healthy people** - "Our findings indicate that measuring a tau fragment in plasma can help predict which elderly people are likely to decline and how quickly they are likely to decline," said corresponding author Dennis Selkoe, MD, co-director of the Ann Romney Center for Neurologic Diseases.

## Plan Clinic Awareness Activities for Upcoming Health Observations

### January



**Cervical Health  
Awareness Month**

**IV Nurse Day** -  
January 25

**Data Privacy Day** -  
January 28

**National Certified  
Registered Nurse  
Anesthetist Week** -  
January 24-30



### February

**American Heart Month**

**World Cancer Day** -  
February 4

**National Wear Red Day** -  
February 5

**National Children's  
Dental Health Month**

**National Caregivers Day**  
- February 19

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## Funding Opportunities

- Telligen has announced the 2021 **Telligen Community Initiative Request for Proposals** and funding opportunities for eligible nonprofit organizations in Iowa, Illinois, Oklahoma and Colorado. Since 2014, TCI has distributed more than \$11 million in grants to nonprofits to support their work to improve the health of communities. **Learn more and apply** before the **March 1, 2021** deadline.
- The Iowa Department of Public Health is seeking applicants for the **Medical Residency Training State Matching Grants Program** to develop quality plans to establish or expand medical residency training programs, with a focus on expanding emergency medicine, obstetrics and gynecology (OB/GYN), and psychiatry. Visit **iowaGrants.gov** to view the Request For Proposal and apply. Applications close **February 8, 2021**.

## CDC Announces the Launch of PLACES (Population Level Analysis and Community Estimates)

**PLACES** is the first-of-its-kind effort to release information uniformly across the United States at four geographic levels that can provide estimates for smaller cities and rural areas. **PLACES** provides small area estimates for 27 health measures generated in the 500 Cities Project but expands these model-based estimates to all levels of geography including all U.S. counties, incorporated and census-designated places, census tracts, and ZIP Code Tabulation Areas (ZCTAs). **PLACES** also includes a new public, interactive website which enables users to view, explore, and download county, place, tract, and ZCTA level estimates for all populated areas (with population > 50) in the U.S.

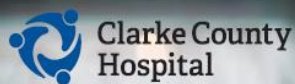
## Webinars

- **American Heart Month 2021** – January 12
- **Symptoms and Syndromes of Posterior Circulation Strokes: What to Recognize in Patient Care** – January 13
- **Asthma Guidelines and Updates: A 360 Perspective** – January 14
- **New Cervical Cancer Guidelines for Screening and Management during COVID-19 and Beyond** – January 19
- **New Strategies for Patient Engagement: Lessons Learned During the Pandemic** – January 20
- **2021 Perspectives: The Essential Role of Whole Person Virtual Care** – February 2
- **Understanding and Using the New 2020-2025 Dietary Guidelines for Americans** – Webinar Series
- **Management of Risk Factors in Patients with CVD and T2D** – Recorded
- **An Overview of Public Health Reaching Across Sectors (PHRASES)** – Recorded
- **COVID-19 CDC Webinars and Partner Calls Videos** – Recorded

## Better Choices, Better Health

- Clarke County Public Health is hosting a six-week Chronic Disease Self-Management virtual workshop beginning on January 21. Please share with patients, colleagues, or family who may be interested in participating.
- Space is limited. See attached flyer for more information. Call 641-342-3724 to register.

# PUT LIFE BACK IN YOUR LIFE



An Affiliate of  UnityPoint Health



Clarke County  
Public Health  
*Prevent. Promote. Protect.*



## Better Choices, Better Health Virtual Workshop

Do you experience any of the following?

- ✓ Chronic health condition
- ✓ Difficult emotions
- ✓ Poor sleep
- ✓ Pain/fatigue
- ✓ Stress/anxiety
- ✓ Depression
- ✓ Shortness of breath
- ✓ Tense muscles

Attend a *free* 6-session virtual workshop to learn how to:

- ✓ Get the support you need
- ✓ Improve nutrition and exercise choices
- ✓ Find ways to deal with pain and fatigue
- ✓ Improve communication with family and healthcare providers

Workshops will be held on the following dates:

01/21, 01/28, 02/04, 02/11, 02/18, 02/25

Time: 2:00 pm to 4:00 pm



Please register by calling Clarke County Public Health at 641-342-3724. Register today! Limited spots available.

The need for internet connection, smart phone, tablet or computer with audio and visual capabilities will be required.