

# 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

U.S sees a decrease in the number of patients with high cholesterol - Data from the U.S. National Health and Nutrition Examination Survey showed a decrease of almost 8 percentage points from 2000 to 2018 in the number of U.S. adults with high cholesterol.

Fear of COVID-19 is keeping patients with serious symptoms away from the ER - Many patients with heart problems are staying away from ERs over fears of contracting the virus, and the trend has many cardiologists worried that delays in getting treatment might cause a second wave of deaths among cardiac patients that are not directly related to COVID-19.

Fighting cancer and reducing disparities through food policy - Fang Fang Zhang, Ph.D., a nutrition cancer epidemiologist studies the role of nutrition in preventing cancer, and is working to understand what food policies are likely to encourage healthier eating and reduce cancer rates.

Women's lifestyle changes, even in middle-age, may reduce risk of future stroke – Middle-age may not be too late for women to substantially lower their stroke risk through lifestyle modifications. Middle-aged women who quit smoking, started exercising, maintained a healthy weight and made healthy food choices saw a reduction in their risk of stroke.

## Upcoming Events and Activities

National Nurses Week – May 6-12

National Women's Health Week – May 10-16

National Stroke Awareness Month

World No Tobacco Day – May 31

### Webinars

COVID-19: Where are we and where are we going? - May 5

Flattening the curve with virtual care – May 6

Caring for your healthcare workforce through a crisis – May 12



*Thank you to everyone  
on the front lines of the  
COVID-19 response*

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## Funding Opportunities

- Funding Opportunity #350228 "**FY21 RFP 58821003 for Technical Assistance for Improving Detection of Undiagnosed Hypertension and Cholesterol**" is 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 **Tuesday, June 9**.
- **COVID-19 Telehealth Program** provides support for eligible healthcare providers responding to the COVID-19 pandemic by fully funding their telecommunications services, information services and devices necessary to provide critical connected care services.

## Million Hearts Update

The Iowa Million Hearts **Virtual** Workgroup meeting will be held on **Wednesday, May 20**. The workgroup will discuss progress on the Million Hearts 2022 Action Plan and set goals for 2020. Contact [Morgan Casey](#) to request the link to join.

## New National Diabetes Prevention Program Resources

Resources specific to promoting the **Medicare DPP to Medicare Part B beneficiaries** and their health care providers include:

- A Medicare DPP fact sheet and brochure
- Talking points to help health care providers talk with their patients
- A program overview flipbook for health care providers



**Promotional Materials for Employers and Insurers** are designed to encourage employers and insurers to cover the program as a health benefit, offer the program at the worksite, or promote the program to their employees at a community site. These materials include:

- Talking points to make the case for covering or offering a lifestyle change program
- Fact sheets and templates on why prediabetes is an issue and how NDPP can help
- Workplace materials to help employees know who's at risk, why it matters and what they can do

## COVID-19 Resources

- The American Heart Association *Know Diabetes by Heart* 2020 podcast series focuses on the link between cardiovascular disease and type 2 diabetes. Listen to [this recent episode](#) to learn how leading experts are handling COVID-19 in their practices.
- As physicians, scientists and researchers struggle to understand the pandemic, the American Heart Association is developing a **COVID-19 Cardiovascular Disease registry** to aggregate data and aid research on the factors tied to adverse cardiovascular outcomes.