

FEBRUARY 2022

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.



American Heart Month

Celebrate American Heart Month this February to raise awareness about the impact of heart disease and motivate Americans to adopt healthy lifestyles that prevent heart disease. Heart disease remains the leading cause of death in the United States and Iowa. Experts warn that this is a trend that will continue for many years to come due to COVID-19 and the global pandemic.

The novel coronavirus has impacted cardiovascular health both directly and indirectly. Those with heart disease and chronic disease have seen high infection of the virus, and long-term impact from infection has shown heart and vascular damage.

Indirectly, lockdowns and quarantines have affected overall cardiovascular health and management of chronic disease. Many have developed or returned to behaviors of unhealthy lifestyle, missed medical appointments, and even developed a fear of healthcare settings in addition to the mental health toll caused from isolation.

Now more than ever it is important to watch your diet, move your body and talk to your doctor. For more resources about Heart Month and COVID-19, visit the [CDC](#) and the [American Heart Association](#). ◆

Health Observances

February

- American Heart Month
- Black History Month
- National Wear Red Day
 - February 4
- National Children's Dental Health Month
- National Caregivers Day
 - February 18

March

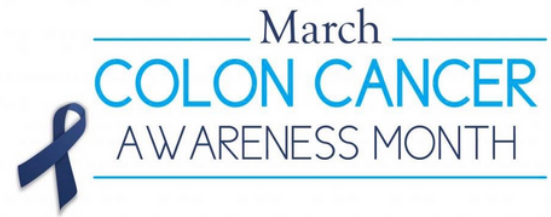
- Colorectal Cancer Awareness Month
- National Nutrition Month
- National Kidney Month
- LGBTQ Health Awareness Week
 - March 21-27
- American Diabetes Alert Day
 - March 22

April

- Minority Health Month
- National Public Health Week
 - April 4-10
- Parkinson's Awareness Month
- World Health Day
 - April 7

Caregivers Have Increased Risk of Chronic Disease

Caregivers provide care to people who need some degree of ongoing assistance with everyday tasks on a regular or daily basis. While some aspects of caregiving can be rewarding, it can also take a toll on caregivers' health, well-being and productivity. Caregivers often neglect their own health needs while providing care to others, increasing their risk of having multiple chronic conditions. Nearly two in five caregivers have at least two chronic diseases such as heart disease or stroke. If you are a caregiver, it is important to prioritize your own health and well-being. [Read more about how to support caregivers.](#)



Colorectal Cancer Awareness Month: Get Screened

One in 24 Iowans will be diagnosed with colorectal cancer (CRC) during their lifetime. It is estimated that this year, 1640 Iowans will be diagnosed with CRC and almost 600 Iowans will lose their lives from it. In addition to being one of the most commonly diagnosed cancers, CRC is also the second most deadly cancer in the United States when combining men and women, despite being highly treatable. We recognize March as Colorectal Cancer Awareness Month to raise awareness and increase screenings. The Centers for Disease Control and Prevention's [Screen for Life: National Colorectal Cancer Action Campaign](#) provides information about how to prevent colorectal cancer, the importance of screening, screening test options, and when to begin screening. Screenings for CRC have decreased during the COVID-19 pandemic. In response to the challenges that COVID-19 has presented, [resources](#) have been created to increase CRC screening efforts.

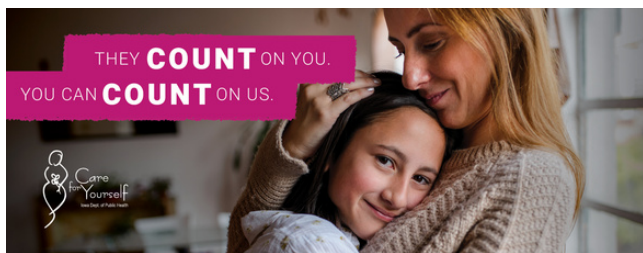


Chronic Disease Programming at IDPH:

This issue includes information about the following Chronic Disease Programs at IDPH:

- Diabetes Management Program
- Care For Yourself
- Iowa Well-Integrated Screening and Evaluation for WOMen Across the Nation (WISEWOMAN)
- Alzheimer's Disease and Related Dementias Program
- Iowa Comprehensive Cancer Control Program

The goal of the **Diabetes Management Program** is to decrease the impact of diabetes in Iowa by increasing access to, participation in, and insurance coverage of Diabetes Self-Management Education and Support (DSMES). DSMES programs across the state are supported by education, resources and state certification for Medicaid and other third-party reimbursement. The state program also works to increase pharmacists' participation in medication therapy management (MTM) and education programming for people with diabetes. For more information, visit our [website](#). Diabetes Management is supported by the CDC 1815 grant.



The Care for Yourself breast and cervical cancer screening program offers free cancer screening services and local patient navigation to assist eligible individuals in gaining access to these life-saving services.

With the Care for Yourself Program, individuals are eligible for:

- Breast cancer screenings, including clinical breast exams and mammograms
- Cervical cancer screenings, including pap and HPV tests

Individuals qualify if they:

- Are between 21-64 years of age
- Have a monthly income of \$2,683 (take home pay) or less; *Add \$946 for each additional household member

Your loved ones want you to be around for countless hugs, game nights and birthdays to come. They Count on You. You can Count on Us. Call 1-866-339-7909 or [contact us](#) today to set up your cancer screening.



**Alzheimer's Disease &
Related Dementias Program**

Iowa Department of Public Health

The Alzheimer's Disease and Related Dementias Program is in the midst of its second year of a three-year cooperative agreement with the CDC. The program has built a coalition of nearly 40 experts with an aging services focus to assist in the creation of a state plan for dementia. The coalition is still growing and will continue work throughout 2022. Additionally, Alzheimer's education programs are being delivered in libraries across Iowa, and this year will have an increased focus on messaging in underserved populations. Learn more by visiting the [ADRD website](#).



The Iowa Well-Integrated Screening and Evaluation for WOMen Across the Nation (WISEWOMAN program) is funded through CDC's Division for Heart Disease and Stroke Prevention and administered by the Iowa Department of Public Health (IDPH) through seven regional programs. The Iowa WISEWOMAN program, which is integrated with the Iowa's CDC National Breast and Cervical Cancer Early Detection Program (NBCCEDP), offers cardiovascular risk factor screenings, readiness to change assessments, and access to a number of healthy behavior support services (HBSS), in addition to the NBCCEDP screening services. HBSS include health coaching, medication therapy management, home blood pressure monitoring and more. Eligible individuals need to be between 40 to 64 years, have a monthly income of \$2,683 (take home pay) or less, and who are either uninsured or underinsured. Visit the [Iowa WISEWOMAN Program website](#) to learn more.



**Iowa Cancer
Consortium**

www.canceriowa.org

The Iowa Comprehensive Cancer Control Program (CCCP) is a program focused on preventing cancer whenever possible and reducing the burden of cancer in Iowa. The CCCP supports Iowa's cancer coalition, which is called the [Iowa Cancer Consortium](#), and the implementation of the Iowa Cancer Plan, which is intended to be a guiding document and resource for anyone interested in cancer prevention and control. The current Iowa Cancer Plan is available [here](#); this plan is revised every five years and the newly revised Iowa Cancer Plan will be unveiled in fall 2022. The current Iowa Cancer Plan (2018-2022) has five priorities: prevention, screening, treatment, quality of life (for cancer survivors), and health equity, and 15 goals that span the cancer control continuum.

Contact Us

To submit webinars, events, funding opportunities, or health promotion news, contact Heart Disease and Stroke Coordinator, McKyla Carson at mckyla.carson@idph.iowa.gov. View previous Chronic Disease Connections Newsletter issues [here](#).