

CHRONIC DISEASE CONNECTIONS

This quarterly e-bulletin from Iowa HHS was created for healthcare systems and providers working to prevent and manage chronic disease.

Health Observances

AUGUST

- Atrial Fibrillation Awareness Month
- Natl Immunization Awareness Month
- Natl Health Center Week (4-10)
- Ovarian Cancer Awareness Month

SEPTEMBER

- Cholesterol Education Month
- Healthy Again Month
- Hispanic Heritage Month (9/15-10/15)
- Newborn Screening Awareness Month
- Suicide Prevention Week
- World Alzheimer's Month
- World Heart Day (29)

OCTOBER

- American Pharmacists Month
- Breast Cancer Awareness Month
- National Mammography Day (18)
- World Mental Health Month



Contact Us: To submit webinars, events, funding opportunities, or health promotion news, contact mckyla.carson@hhs.iowa.gov.

View previous Chronic Disease Connections E-Bulletin issues [here](#).

Newborn Screening Awareness Month

Every September, we celebrate and raise awareness for newborn screening (NBS) in the United States and the impact it has had on millions of families. Each year, approximately 36,000 Iowa babies are screened for serious disorders that are present at birth. Of those 36,000, the Iowa Newborn Screening Program (INSP) identifies over 130 infants annually with a condition that, if left undiagnosed and untreated, would cause severe disability or death. Some of these conditions are “time critical,” meaning that if the newborn does not receive immediate intervention, they could die within a few days of life. These conditions cannot be detected with even the best physical examination, and can be present in the newborn even if there is no family history of the condition.

NBS traces its origins to the 1950's and 1960's, when Dr. Robert Guthrie developed a blood test to screen for a condition called phenylketonuria (PKU) shortly after birth and subsequently began conducting pilot studies to identify pre-symptomatic newborns with PKU. The success of this effort led other states to begin screening newborns, and in a few short years, NBS took off. Iowa began statewide newborn screenings in 1965 and nearly all states were testing for PKU by the mid-1960's. NBS has evolved into one of the most effective, equitable public health programs in the US. By screening nearly every American child born, this program is inclusive of every demographic group and ensures screening is done equitably. As the program has evolved, more conditions have been evaluated and added to testing panels to save or improve the lives of more infants.

There are programs in all 50 states and the territories ensuring almost every single child in the US is tested within 24-48 hours of being born. Currently, Iowa's newborn screening program tests for at least 35 of the 37 core conditions on the Recommended Uniform Screening Panel (RUSP). These conditions have been formally recommended by the Health Resources Services Administration (HRSA) within the federal government for states to add to their screening panels. Iowa will expand its screening panel to include all 37 conditions over the next two years. Newborn Screening Saves Lives. Spread the word.

Upcoming Training:

“Better Choices, Better Health” Peer Leader Training - Learn to co-facilitate the Chronic Disease Self-Management Program (CDSMP). Free, virtual trainings on October 17, 21, 24, 28, 31, and November 4, 7, 12, 24, 18, 21, 25, and 26 from 1:30-4pm. Email Hanna.deGeest@hhs.iowa.gov to register or learn more! Must attend all training dates to receive certification.

Cholesterol Education Month

September celebrates National Cholesterol Education Month encouraging all health care professionals to make sure patients know their cholesterol levels and take steps to prevent or reduce high cholesterol. High cholesterol is one of the most common and commonly misunderstood health risks in the nation. It can be caused by an unhealthy diet and exacerbated by smoking and a lack of exercise and since it is symptomless it can be hard to diagnose. High cholesterol is a serious condition that affects more than 800,000 individuals living in Iowa.

How to talk with patients about cholesterol:

- Share what cholesterol is and why it is important to know your numbers.
- Tell your patients about the difference between good and bad cholesterol.
- Ask if the patient has a family history with high cholesterol.
- Talk about lifestyle modification which could benefit the patient and if medications may be right for the patient.

Learn more about Cholesterol Education Month and [cholesterol tools and resources](#). Looking to spread the word? CDC has a [communication toolkit](#) to share on social media with your patients.

Understanding R.Á.P.I.D.O. - Acronym Saves Lives

Hispanics in the United States have some of the highest rates of high blood pressure, diabetes, and obesity, which are leading risk factors for stroke, but up to 80% of strokes can be prevented if identified and treated early. Last year, the American Heart Association launched [R.Á.P.I.D.O.](#), a Spanish language campaign to help raise awareness about stroke, one of the top causes of death in Hispanic men and women.

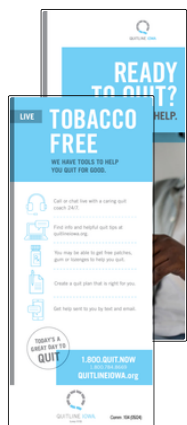
The easy-to-remember acronym stands for:

- R** - Rostro caído (Face drooping)
- Á** - Alteración del equilibrio (Loss of Balance, or Lack of Coordination)
- P** - Pérdida de fuerza en el brazo (Arm weakness)
- I** - Impedimento visual repentino (Sudden vision difficulty)
- D** - Dificultad para hablar (Slurred or Strange Speech)
- O** - Obtén ayuda, llama al 911 (Get help, call 911)

Learn more and download [RÁPIDO resources or toolkit](#).

FREE Iowa Tobacco Promotional Materials Available

The Iowa tobacco cessation programs, Quitline Iowa (18+) and My Life My Quit (12-17 year olds), have free promotional materials that are available to order and share at your different locations. When talking with individuals who use tobacco/nicotine products, you can provide them with anything from small quit cards to educational brochures to help educate them on resources available to help with cessation. Please reach out to tbcontactus@idph.iowa.gov to order free materials today!



Quitline - Business Card



MLMQ Ready to Quit Vaping? - Business Card
<https://hhs.iowa.gov/media/13341>



My Life My Quit - Stand Up to Addiction - Brochure
<https://hhs.iowa.gov/media/13338>



Vaping: Not Safe. Not Smart. Not Harmless - Rack Card
<https://hhs.iowa.gov/media/13339>

Ready to Quit? We We Can Help - Rack Card
<https://hhs.iowa.gov/media/13340>

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Mark Your Calendar - Breast & Cervical Cancer Screening

Mark your calendar for several important dates in October 2024 related to Breast and Cervical Cancer Screening and the Iowa HHS Breast and Cervical Cancer Care For Yourself Program.

- September 15 – October 15 is Hispanic Heritage Month
- October 18 – National Mammogram Day
- October 1-31 – Breast Cancer Awareness Month or “Pink October” to raise awareness about breast health

CDC recently reported interesting news and alarming statistics about many women falling behind on critical preventative cancer scans as well as facing challenges including social isolation and cost to access health care. The article [“Health-Related Social Needs Can Keep Women from Getting Lifesaving Mammograms,”](#) found the following:

- About 1 in 4 women ages 50 to 74 had not received a mammogram in the past 2 years in 2022.
- About 3 in 10 women ages 50 to 74 years with 3 or more health-related social needs had not received a mammogram.
- Women who reported cost as a barrier to access health care were nearly two times as likely to not have received a mammogram.

The CDC estimates that only 65% of women ages 50-74, with three or more health-related social needs which (i.e. lack of transportation) are up to date with their mammograms. Fortunately, Iowa has the Iowa Care for Yourself (CFY) program, which assists individuals who have no insurance, under insured, or barriers; to provide low or no-cost life-saving mammogram and cervical screenings. Visit our [website](#) for more information about the CFY Program.

