

CHRONIC DISEASE CONNECTIONS

American Diabetes Month

Quarterly e-bulletin from Iowa HHS for healthcare systems and providers working to prevent and manage chronic disease.

Health Observances

NOVEMBER

- American Diabetes Month
- Pancreatic Cancer Awareness Month
- Chronic Obstructive Pulmonary Disease Awareness Month
- Family Health Month

DECEMBER

- World AIDS Day (Dec 1)
- Handwashing Awareness (Dec 1-7)
- Day of Persons with Disability (Dec 3)
- Influenza Vaccination (Dec 2-6)

JANUARY

- Cervical Cancer Awareness Month
- National Blood Donor Month
- Thyroid Awareness Month
- Radon Action Month

November is Diabetes Awareness Month! A perfect time to raise awareness about the risks of prediabetes and type 2 diabetes and to highlight key programs to support your patients.

More than **1 in 3 adults** has been told they have prediabetes. With obesity rates exceeding 35%, many lowans are at increased risk for developing type 2 diabetes, which can lead to serious physical, mental, emotional, and financial health challenges.

Beyond the personal toll, diabetes imposes a significant financial burden on our healthcare system, with billions spent annually in diabetes-related care. The Centers for Disease Control and Prevention (CDC) funds the Iowa Department of Health and Human Services (Iowa HHS) to support three key programs aimed at preventing or delaying the onset of type 2 diabetes and improving health outcomes for those diagnosed.

National Diabetes Prevention Program (NDPP): Help participants with prediabetes make lasting changes to improve their health, like healthier eating, increasing physical activity, and fostering long-term behavior change, all of which help prevent the progression from prediabetes to type 2 diabetes. Participants who fully engage in the program can reduce their risk of developing type 2 diabetes by 58%, and for those aged 60 and older, by 71%.

Diabetes Self-Management Education and Support (DSMES) Program: Provides tools and support to help individuals diagnosed with diabetes manage the daily care of their condition by learning strategies for healthy eating, being active, monitoring blood sugar levels, managing medications, and coping with the emotional aspects of diabetes.

Better Choices, Better Health: Empowers adults living with various chronic conditions, including diabetes, to take control of their health. Participants learn practical strategies for building healthy habits, including goal setting, problem-solving, decision-making, managing medications, and improving communication with family and healthcare providers.

For more information on these programs and how they can benefit your patients, visit the [Iowa HHS Diabetes Prevention and Management website](#). Let's work together to reduce the burden of diabetes in our community and improve the health and well-being of those we serve!



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

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

January is Cervical Cancer Awareness Month

Cervical cancer is one of the most preventable and successfully treatable forms of cancer if it is detected and diagnosed early. Although cervical cancer screening has dramatically reduced new cases and deaths from the disease over the past 50 years, a National Cancer Institute study found that the percentage of people who are overdue for screening has increased from 14% in 2005 to 23% in 2019.



One of the most important things a provider can do is to recommend a routine screening for your patients. Per the preventive care guidelines published by the U.S. Preventive Services Task Force and the National Institutes of Health: screening should happen every three years for people 21 to 64 years with a cervical cytology (Pap test) and every five years for people 30 to 64 years of age with a cervical high-risk human papillomavirus (hrHPV) test or hrHPV and Pap co-testing. People who have been vaccinated against HPV should still be screened for cervical cancer.

Respiratory Virus Vaccine Partner Toolkit - Risk Less. Do More.

U.S. HHS launched a new national campaign to inform the public about common respiratory viruses and available vaccines. The campaign, Risk Less. Do More., aims to increase awareness of vaccines that reduce serious illness from influenza (flu), COVID-19, and respiratory syncytial virus (RSV) in high-risk populations and to limit the spread of these viruses among all Americans.

This partner toolkit includes resources from the HHS campaign as well as other resources from HHS and the Centers for Disease Control and Prevention. Help amplify the importance of respiratory vaccines by sharing the materials.



Lung Cancer Screening Learning Collaborative Series

The American Cancer Society and the Iowa Cancer Consortium invite key lung cancer screening partners in Iowa to meet for a Lung Cancer Screening Learning Collaborative Series (LCS^2). The goal of LCS^2 is to provide the space and resources for lung cancer screening programs in Iowa to create and implement an action plan to increase screenings at their respective organizations.

To take part in this free learning collaborative, partners must commit to the following:

- Identify one, preferably more, key representatives who can initiate change at the organization.
- Have key representatives attend a virtual know-before-you-go webinar (or watch the recording) to be held on November 1. REGISTER
- Send key representatives to an in-person workshop in Ankeny, IA, on November 18. REGISTER
 - Come prepared with existing lung cancer screening data and targets for your centers.
 - Be ready to learn, collaborate, and create an individualized action plan for your organization.
- Have key representatives attend follow-up LCS^2 virtual meetings to share successes and challenges and take follow-up progress surveys throughout the year.

If you have any questions, email Brianna McNulty at mcnulty@canceriowa.org.

Upcoming Healthy Heart Ambassadors Training - November 13 & 20

Join the next cohort of Healthy Heart Ambassadors in Iowa! The Iowa Heart Foundation and Iowa HHS will be hosting the next free blood pressure self-monitoring program training virtually on November 13 and 20 from 8:30 a.m. to 12:30 p.m. email mckyla.carson@hhs.iowa.gov or lezie@iowaheartfoundation.org to register. Both sessions are required for certification.



The Healthy Heart Ambassador Blood Pressure Self-Monitoring (HHA-BPSM) program supports adults with hypertension to lower and manage their blood pressure at home and with one-on-one consultations with a trained Ambassador. No clinical background is required.

One key aspect of the HHA-BPSM program is to model and teach proper technique for measuring blood pressure. Research has shown that small, misplaced body positions can cause inaccurate blood pressure readings along with cuff size, leg position, stress, or a full bladder. Small increases in millimeters of mercury (mmHg) can lead to a misdiagnosis for the patient and cascade through a process of decision making.

While it is more difficult to implement proper technique in every clinic with every patient, the HHA-BPSM programs gives patients the opportunity to learn and demonstrate technique on their own and build confidence in their health journey.

For more information about the program and training, email mckyla.carson@hhs.iowa.gov or lezie@iowaheartfoundation.org. To learn more about proper blood pressure technique, visit the American Heart Association website.

Iowa Quitline Vaping Campaign and Clinical Training

Quitline Iowa is excited to recently collaborate with Iowa and Iowa State collegiate athletes. Lucy Olsen (Iowa Hawkeyes Women's Basketball) and Cade Kelderman (Iowa State Cyclones Men's Basketball) are featured in the upcoming Quitline Iowa campaign that will run throughout the upcoming basketball season.



Videos: 6 seconds, 15 seconds



Videos: 6 seconds, 15 seconds

Healthcare providers are encouraged to check out the trainings offered on Quitlogix, especially the online training "Implementing a Brief Intervention for Tobacco in Clinical Settings" under the all courses section. The Quitlogix site can be found [here](https://www.quitlogix.com). Physicians, nurses, and other healthcare providers can get valuable information and earn CEUs.