



## Heart Disease and Stroke Prevention

### Why is this program important to Iowans?

In 2019, 7,957 Iowans died of heart disease, which has been the leading cause of death in Iowa since 1920. In the same year, stroke was the fourth leading cause of death for Iowans, and leading cause of disability in adults.

The mortality rates for African American Iowans has been higher than for white, Asian or Hispanic Iowans. In addition, despite the overall decrease in cardiovascular deaths in Iowa, the state ranks 29th nationally for cardiovascular disease.

A focus on health equity  
Even though there has been an evident decrease in heart disease and stroke mortality over the past 10 years, disparities do exist. IDPH works with health systems and their clinical staff to understand and reduce these health disparities through policy and system changes, enhanced services for targeted populations, the use of electronic health records data to seek out patients with undiagnosed hypertension, and other significant health needs that are not being met.

### Did you know?

Heart disease is the leading cause of death, and stroke is the fifth leading cause of death for Iowa men and women.

### What does the department do?

The IDPH Health Promotion and Chronic Disease Control Partnership, funded by the Centers for Disease Control and Prevention (CDC), allows IDPH to partner and support health systems to implement and operate programs from 2018 through 2023. IDPH is working with Iowa's health systems to:

- Prioritize work with patients to control high blood pressure and manage cholesterol through evidence-based care coordination and team-based care approaches, and appropriate utilization of electronic health records.
- Encourage and support patient self-monitoring and medication adherence.
- Report clinical performance measures that will demonstrate improvements over time.
- Coordinate patient care with pharmacists, nutritionists and other community-based programs to control high blood pressure and high cholesterol.

The [IDPH WISEWOMAN](#) program (**Well-Integrated Screening and Evaluation for **W**omen **A**cross the **N**ation**), also funded by the CDC, provides services to Iowa women through the Care For Yourself Breast and Cervical Cancer program in specific population areas. WISEWOMAN provides services to underinsured or uninsured women, ages 40-64 including:

- Health screenings for women (i.e., height/weight, blood pressure, glucose and cholesterol readings).
- Health coaching.
- Partnering with Weight Watchers to facilitate memberships.
- Providing blood pressure monitors to allow for self-measured blood pressure monitoring with clinical support.
- Provide medication therapy management to increase medication adherence and blood pressure control.

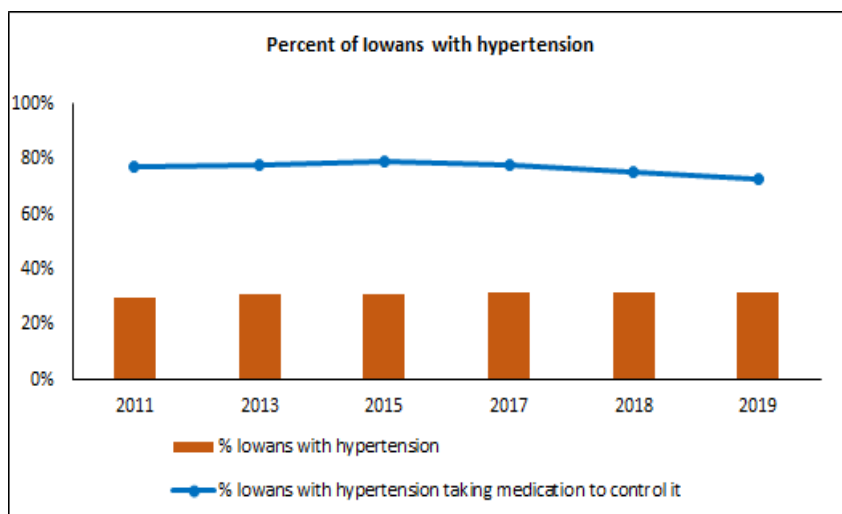
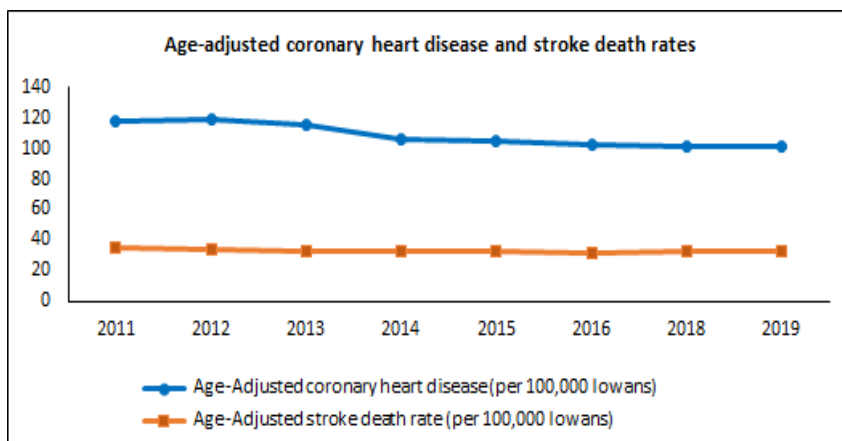


# Heart Disease and Stroke Prevention

What can Iowans do to help?

- Know their health numbers (blood pressure, blood cholesterol and blood glucose levels).
- Follow their physician's recommendations for taking medications for high blood pressure, high cholesterol and/or diabetes.
- Increase their daily amounts of physical activity.
- Eat moderate portions of fresh fruits, vegetables, whole grains, lean meats and low-fat dairy products.
- Reduce sodium intake, unless a physician recommends otherwise.
- Know the symptoms of heart attack and stroke and always call 9-1-1 immediately if either is suspected.

How do we measure our progress?



Resources	SFY 2019 Actual	SFY 2020 Actual	SFY 2021 Estimate
State Funds	\$0	\$0	\$0
Federal Funds	\$1,036,386	\$991,227	\$1,513,961
<b>Total Funds</b>	<b>\$1,036,386</b>	<b>\$991,227</b>	<b>\$1,513,961</b>
FTEs	3.71	4.31	4.47