

Chronic Disease Connections

Chronic Disease Connections is an e-bulletin created for healthcare systems working with patients to control chronic disease and high blood pressure and help manage prediabetes, diabetes, and high cholesterol.

The Latest Health Promotion is Newsworthy

Obesity may help tumors survive and grow - A study in mice has shown that obesity changed the relationship between cancer cells and nearby immune cells in ways that helped tumors survive and grow. But changing how cancer cells make and use energy helped immune cells once again find and get into tumors.

Hypertension symptoms in women often mistaken for menopause – Pregnancy complications and early menopause increase women's future risk of heart disease. Cardiologists, gynecologists and endocrinologists recommend how to help middle-aged women prevent later heart problems.

Study finds Americans avoiding heart care, other checkups during pandemic – A Cleveland Clinic survey finds that just 52% of Americans reached out to a doctor or sought medical care after experiencing a concerning health issue during the COVID-19 outbreak. When it comes to patients with heart disease, that number increased to 63%.

AI abdominal fat measure predicts heart attack and stroke – Automated deep learning analysis of abdominal CT images produces a more precise measurement of body composition and predicts major cardiovascular events, such as heart attack and stroke, better than overall weight or BMI.

Subjective cognitive decline and functional limitations increase as physical activity decreases – Subjective Cognitive Decline among adults aged 45 years and older increased as physical activity decreased, according to a study published in December 2020.

Plan Clinic Awareness Activities for Upcoming Health Observations

February



American Heart Month

Black History Month

National Wear Red Day – February 5

National Children's Dental Health Month

National Caregivers Day – February 19



March

National Hospitalist Day – March 5

Colorectal Cancer Awareness Month

National Nutrition Month

National Registered Dietitian Nutritionist Day – March 10

LGBT Health Awareness Week – March 22-26

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Funding Opportunities

The Iowa Department of Public Health is seeking applicants for **RFP 58822003 Technical Assistance to Identify Blood Pressure & Cholesterol Disparities**. The most qualified applicant will receive funding provide technical assistance (TA) to five clinics or health system sites to adopt evidence-based clinical quality measures to monitor health care disparities and implement activities to eliminate health care disparities related to high blood pressure and high cholesterol. Visit **iowaGrants.gov** to view the Request For Proposal and apply. Applications close **March 18, 2021**.

American Heart Month and Cognitive Health

February provides an opportunity to increase attention to the cognitive health aspects of heart health. Hypertension is a major risk factor for cognitive decline. The Alzheimer's Association has resources available to guide public health in reducing risk of cognitive decline across populations by preventing and managing high blood pressure.

The **Alzheimer's Association action brief** offers evidence, data, resources, and actions to guide the public health response for managing hypertension to protect cognitive health. The **Hypertension and Risk of Dementia fact sheet** offers data on hypertension, including rates among different racial/ethnic populations, and public health strategies for addressing disparities.

Webinars

- **Using Telemedicine to Deliver Diabetes Care to Vulnerable Populations** – Watch now
- **Racial Disparities at Every Stage of COVID-19** – February 8
- **Let's Talk Maternal Hypertension** – February 11
- **Promoting Health Literacy in Older Adults** – February 16
- **Strategies for System Change** – February 18
- **The Challenges of Aging During COVID-19** – Watch Now



Advancing Best Practice in Health Coaching & Care Management

Advancing Best Practice in Health Coaching and Care Management is the newest training being offered by The Iowa Chronic Care Consortium. **The course targets those who have completed either Clinical Health Coach Fusion or v-Fusion**. It expands upon the skills of motivational interviewing and provides a roadmap to creating a sustainable care management model and building performance capacity. This is a 7-week course, with weekly 90-minute virtual classes and intimate small group health coaching skills practice sessions. Virtual classes will include a mix of didactic and practice activities. **The next session begins April 15**. Contact Kathy Kunath at **kathy.kunath@iowacc.com** or call (515) 971-3234 with questions and to register.