

Heart Disease & Stroke Prevention

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Protecting & Improving
the Health of Iowans



Iowa's WISEWOMAN program screened more than 600 women for cardiovascular disease (CVD) risk factors in state fiscal year 2016. From July 2015 through June 2016, the WISEWOMAN program screened 632 women for high blood pressure, high cholesterol, obesity and diabetes. Eighty-three were identified with uncontrolled hypertension (BP > 140/90), 63 were newly or previously diagnosed with diabetes, 79 presented with high cholesterol (total cholesterol > 240) and 527 were overweight or obese (BMI>25). The WISEWOMAN participants with CVD risk factors were referred to healthy lifestyle programs such as health coaching, a national weight loss program, smoking cessation programs, and physical activity and nutrition community resources. Participants with hypertension were also referred to a self-measured blood pressure monitoring program and/or a medication therapy management program. The WISEWOMAN program is funded by the Centers for Disease Control and Prevention and provides services for women ages 40-64 who are uninsured or underinsured in 50 counties throughout Iowa. Learn more about the WISEWOMAN Program at <http://idph.iowa.gov/cfy/public>.

Did you know?

Heart disease is the number one killer and stroke is the number four killer of Iowa men and women.

Why is Heart Disease and Stroke programming important to protecting and improving the health of Iowans?

Heart disease and stroke deaths remain leading causes of death.

- In 2015, 6,555 Iowans died of heart disease, the leading cause of death in the state.
- Another 1,354 Iowans died from stroke, the fourth leading cause of death in the state.
- Deaths from heart disease and stroke combined accounted for 28% of deaths in Iowa.
- In 2015, 4,245 deaths, 64.8% of heart disease deaths, were due to coronary heart disease (CHD):
 - ✓ This was a death rate (age-adjusted) of 139 per 100,000 for men and 71 per 100,000 for women; 96% higher for men than women.
 - ✓ In total, this was an age-adjusted CHD death rate of 101 deaths per 100,000 Iowans, and a stroke death rate of 31 deaths per 100,000 Iowans.
- The Healthy People 2020 goal is to reduce the CHD death rate to 101 per 100,000 and the stroke death rate to 34 per 100,000, respectively.

Which Iowa Public Health Goals are we working to achieve?

Strengthen the health infrastructure

Promote healthy living

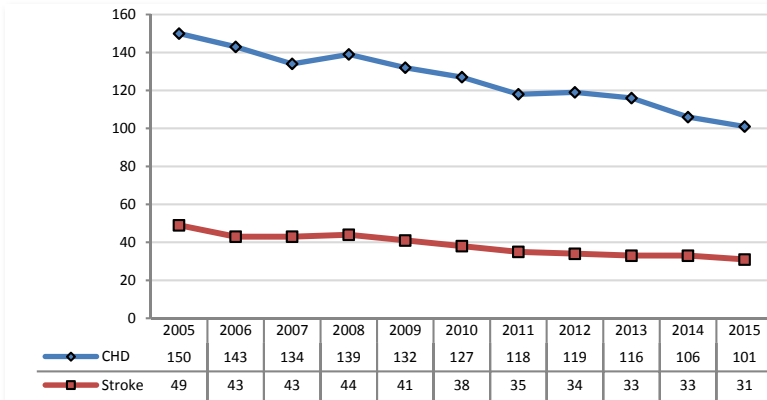
What do we do?

The **Health Promotion and Chronic Disease Control Partnership** partners the IDPH with many private and public organizations, health systems and community organizations to plan, implement and report on statewide heart disease and stroke prevention activities. With current CDC funding, IDPH is working with Iowa's health systems to improve the quality of patient screening, education and care. This entails prioritizing work with patients to control high blood pressure through care coordination, team-based care approaches, appropriate utilization of electronic health records, patient self-monitoring, and reporting of clinical and hospital performance measures that will demonstrate improvements over time.

WISEWOMAN (Well-Integrated Screening and Evaluation for Women Across the Nation) provides services to Iowa women through the *Care for Yourself* Breast and Cervical Cancer program in specific population areas. WISEWOMAN provides health screenings associated with heart disease and stroke risk factors (i.e., height/weight, blood pressure, glucose and cholesterol readings). A new grant period for WISEWOMAN began in 2013/2014 and will be available in eight regions covering over 44 counties across the state. The program will provide screening services for up to 900 women during Year 3. IDPH is partnering with Weight Watchers and other community organizations that are designed to promote lasting, healthy lifestyle changes.

How do we measure our progress?

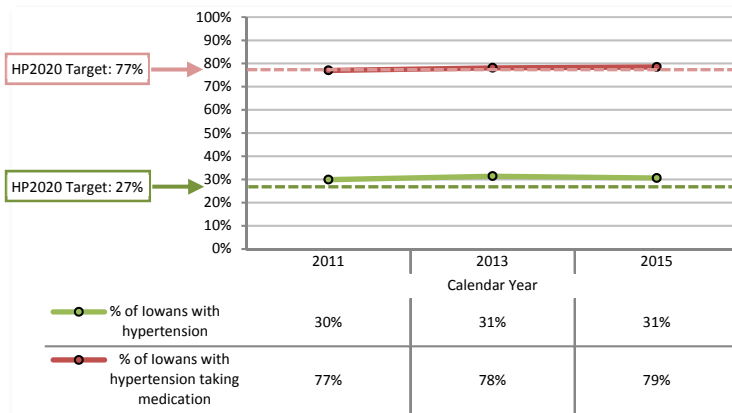
1 Age-Adjusted coronary heart disease (CHD) & stroke death rate (per 100,000 Iowans).



Data Source: Mortality Data, Vital Records, Iowa Department of Public Health. Data are available annually.

How are we doing? Coronary heart death rate decreased by 33% in the last ten years to 101 per 100,000 Iowans in 2015 from 150 per 100,000 Iowans in 2005. Stroke death rate decreased by 37% in the last ten years to 31 per 100,000 Iowans in 2015 from 49 per 100,000 Iowans in 2005.

2 Percent of Iowans with hypertension taking medication to lower it.



Data Source: BRFSS. Data is available every other year.

How are we doing? In 2015, 30.6% of all respondents reported ever being told they had high blood pressure. This hypertension figure is slightly lower than the 31.4% reporting high blood pressure found in 2013. *The Healthy People 2020* goal for high blood pressure is 26.9%. This is less than what is currently the case in Iowa (30.6%).

In 2015, 1.1% reported being told they had borderline or pre-hypertension, which is higher than the 0.5% reported in 2013.

Of those reporting high blood pressure in 2015, 78.5% reported taking medication for their condition. This is slightly higher than the 78.1% reported in 2013.

The Healthy People 2020 goal is for 77.4% of people with high blood pressure taking medication to lower it. Iowa's current figure is 78.1%, which is higher than the *Healthy People 2020* goal.

What can policymakers do?

1. Invest in evidence-based prevention which is less costly than treatment.
2. Use public policy to instill heart-healthy habits in children.
3. Limit tobacco use.
4. Promote early identification and treatment of high blood pressure and cholesterol.
5. Support sodium reduction efforts; engage food manufacturers and restaurants in voluntarily reducing sodium in their products.
6. Promote access to the health care system for all.

What can healthcare providers do?

1. Use electronic health records to identify and support patients who have high blood pressure or cholesterol and who need help quitting smoking.
2. Refer patients to community resources, such as smoking quitlines and blood pressure self-management programs.
3. Track patient progress on the **ABCS** of heart health—**A**ppropriate Aspirin Use, **B**lood Pressure Control, **C**holesterol Management, and **S**moking Cessation.

What can communities do?

1. Participate in coalitions and advisory groups that engage public health policy.
2. Seek policies and programs that help individuals make healthy lifestyle choices.
3. Promote or volunteer to increase rapid response and quality systems of care for heart attack and stroke.

What can Iowans do to help?

1. Know your health numbers (including blood pressure, blood cholesterol and blood glucose levels).
2. Increase your amount of physical activity each day.
3. Eat moderate portion sizes of fresh fruits, vegetables, whole grains, lean-meats and low-fat dairy products.
4. Reduce your sodium intake.
5. Know the symptoms of a heart attack and a stroke – and know when to call 9-1-1.

Expenditures

Federal funds: 0153-0420/0728(36%)

	State Fiscal Year 2016 Actual	State Fiscal Year 2017 Actual	State Fiscal Year 2018 Estimate
State funds	\$0	\$0	\$0
Federal funds	\$1,321,230	\$1,411,152	\$1,554,936
Total funds	\$1,321,230	\$1,411,152	\$1,554,936
FTEs	4.83	4.91	5.96

Note: Funding information is intended to provide an overview of funding related to the program area. It does not include all federal and state requirements and/or restrictions for the use of funds. Contact the program area for more detailed budget information.