



Texas Heart Disease and Stroke Newsletter

June 2018 Edition

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Monthly Spotlight

Men's Health Month

Did you know that heart disease is the leading cause of death for men?

- Each year, more than 1 in 4 men in the United States die from heart disease.
- Heart disease affects men of all ages and all race and ethnic groups.
- Between 70 and 80 percent of sudden cardiac events occur in men.
- Half of the men who die suddenly of coronary heart disease have no previous symptoms. Even if you have no symptoms, you may still be at risk for heart disease.
- High blood pressure along with high LDL cholesterol, and smoking are key risk factors for heart disease. About half of Americans (49%) have at least one of these three risk factors.
- Engaging in heart healthy behaviors can help prevent heart disease:
 - Choose healthy meals and snacks. Be sure to eat plenty of fresh fruits and vegetables. Eat foods that are high in fiber and low in saturated fat and cholesterol. Limit salt or sodium in your diet.
 - Maintain a healthy weight. Exercise regularly.
 - Don't smoke. If you don't smoke, don't start.
 - Avoid drinking too much alcohol.

For more information please visit: [Heart Disease Facts in Men](#)

Healthy Behavior News and Resources

Evaluation of Healthy Fit: A CHW Model to Address Hispanic Health Disparities

This study evaluates the effectiveness of Healthy Fit in reaching Hispanic Americans facing health disparities, and helping participants access preventive health services and make behavior changes to improve heart health. From the Centers for Disease Control and Prevention.

[Link](#)

Student Consumption of Plain Milk Increase After Flavored Milk is Removed

Schwartz M, Henderson K, Read M, Cornelius T. Student acceptance of plain milk increases significantly 2 years after flavored milk is removed from school cafeterias: An observational study. *J Acad Nutr Diet.* 2018;118(5):857-864.

Objective: Plain milk selection and consumption were measured the first year flavored milk was removed in a school district (2010 to 2011 [Time 1]) and 2 years later (2012 to 2013 [Time 2]). Four behavioral economic interventions to promote milk were tested in one school at Time 2.

Conclusions: These data suggest that after flavored milk is removed from school cafeterias, school-wide per-student consumption of plain milk increases over time. In addition, the presence of 100% juice is associated with lower milk selection.

[Link to Article](#)

Impact of Healthy Lifestyle Factors on Life Expectancies in the US Population

Study aimed to estimate the impact of lifestyle factors on premature mortality and life expectancy in the US population

[Link to Article](#)

YRBS: Nutrition and Obesity Data Brief

A new Nutrition and Obesity Data Brief from the Texas Youth Risk Behavior Surveillance System (YRBS) is available from the Texas Department of State Health Services.

[Link](#)

Rural Health Promotion and Disease Prevention Toolkit

This toolkit, created in collaboration with the NORC Walsh Center for Rural Health Analysis and the University of Minnesota's Rural Health Research Center, has received an update. It is designed to help organizations identify and implement sustainable health promotion programs in their rural communities.

[Link](#)

Patient Engagement Survey: What Creates Behavior Change May Not Sustain It

Human interaction and social support are vital for sustaining patient behavior change and employee wellness programs, say Insights Council members. But clinicians often do not have the right tools or time to promote long-term change.

[Link to Article](#)

Community Clinical Linkages and Health Systems News and Resources

Systems of Care News and Resources

Delays in Door-to-Needle Times & Their Impact on Treatment Time and Outcomes

Despite quality improvement programs such as the American Heart Association/American Stroke Association Target Stroke initiative, a substantial portion of acute ischemic stroke patients are still treated with tissue-type plasminogen activator (alteplase) later than 60 minutes from arrival. This study aims to describe the documented reasons for delays and the associations between reasons for delays and patient outcomes.

[Link](#)

Blood pressure and in-hospital outcomes in patients with stroke

Post-stroke hypertension is associated with poor short-term outcome, although the results have been conflicting. Our objective was to evaluate the association of blood pressure (BP) and in-hospital outcomes in patients with acute ischaemic stroke.

[Article](#)

Association between Time of ECG Administration and in-Hospital Clinical Outcomes Among Acute Myocardial Infarction (AMI) Patients

A patient presenting with chest pain needs an electrocardiogram (ECG) and certain blood tests to diagnose Acute Myocardial Infarction (AMI). Among patients arriving via an ambulance and presenting with ST-Elevation Myocardial Infarction (STEMI),

administration of a pre-hospital ECG may help bypassing the emergency department and advancing directly to treatment in a catheterization lab. This can decrease the time from symptom onset to treatment and may reduce complications and improve patient outcomes. The aim of our study was to explore whether in-hospital outcomes differed among STEMI and non-STEMI patients by the time of receiving an ECG.

[Abstract](#)

Comparison of Heart Failure and Cardiac Arrest Events As Presenting Symptoms and Complications Among STEMI and Non-STEMI Patients

Heart failure (HF) and cardiac arrest (CA) are two of the most common in-hospital complications post myocardial infarction (MI). They are also some of the most common presenting symptoms between first medical contact (FMC) and hospital admission in acute myocardial infarction (AMI) cases. Heart failure is the leading cause of readmissions among AMI patients in Texas. The purpose of this study was to compare the occurrence of HF and CA as presenting symptoms and as in-hospital complications between STEMI and non-STEMI patients. We also examined if these two presenting symptoms were associated with increased in-hospital mortality among AMI patients.

[Abstract](#)

Other News and Resources

Research Shows Home-Based Cardiac Rehab Increases Participation

Home-based cardiac rehab programs may be an effective tool for increasing cardiac rehab participation among patients hospitalized with ischemic heart disease (IHD), according to a research letter published Jan. 22 in *JAMA Internal Medicine*.

[Article](#)

Lead exposure linked to premature deaths from heart disease

Low-level lead exposure could be linked to 265,000 premature deaths from cardiovascular disease among U.S. adults each year, according to a study published in the March issue of *The Lancet Public Health*.

[More Information](#)

Training Opportunities

Linking Education and Health Data to Improve Adolescent Health in Los Angeles

Wednesday, June 6th, 11:00 - 12:00 p.m. (CT) - webinar

[For more information and to register](#)

Archived Webinar: Diabetes and Heart Failure

[Link to Webinar](#)

The Current Understanding of Pre-Pregnancy Weight, Gestational Weight Gain, and the Impacts on Maternal and Child Health Among Women with Obesity: A Virtual Workshop (Webinar)

Obesity affects many women, children, and adolescents in the United States. In 2009, the Institute of Medicine and the National Research Council published *Weight Gain During Pregnancy: Reexamining the Guidelines*, which recommends gestational

weight gain guidelines based on pre-pregnancy BMI and considers maternal and child health outcomes.

The Roundtable on Obesity Solutions is hosting a 1-hour webinar that will discuss new evidence since the 2009 report, focusing on women with class II and III obesity. The webinar will: explore new evidence on trends and associated health outcomes; discuss promising interventions, including patient-centered counseling; and highlight limitations of the current evidence and research gaps.

June 13, 2018 11am CST

[Link to Register](#)

Walkable Transformations: Healthy, Active, and Engaged Communities

Every community has the potential to be one where walking and physical activity are available to all members. This webinar will highlight three communities who have undergone transformations to create spaces that put people first.

June 21, 2018 1pm

[Register](#)

East Texas Systems of Care Conference

June 12, 2018 – Longview, TX

7:30 AM – 3:30 PM CDT

[Link to Register](#)

Virtual Stroke Coordinator Boot Camp

June 7 - September 27, 2018

The American Heart Association's SouthWest Affiliate's Quality & Systems Improvement Department is pleased to launch a virtual Stroke Coordinator Boot Camp. This exciting series will consist of 15 weekly, one-hour lectures. CEUs will be awarded for each session completed. The goal of this series is to educate Stroke Coordinators in key components of their role, provide tools and resources to build and maintain successful programs, and to assist in building a large network of peers.

[More information and registration](#). Access Code: **swasbc18**

Funding Opportunities

Racial and Ethnic Approaches to Community Health (REACH) Funding Opportunity

The Centers for Disease Control (CDC) Division of Nutrition, Physical Activity, and Obesity is now accepting applications for the next Racial and Ethnic Approaches to Community Health (REACH) program cycle. The 5 - year cooperative agreement will "provide funding to communities to improve health, prevent chronic diseases, and reduce health disparities among racial and ethnic populations with the highest risk, or burden, of chronic disease."

[CDC Grant Link](#)

Deadline, July 16th.

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