

Texas Heart Disease and Stroke Resource Digest

May 2020 Edition

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Monthly Spotlight

Nurses Month: American Nurses Association

Honoring our nation's nurse heroes is more profoundly significant than the American Nurses Association (ANA) anticipated when we extended the traditional National Nurses Week to a month of recognition in May. The global COVID-19 pandemic quickly shifted the focus from the Year of the Nurse and Midwife, but now more than ever we must support and recognize nurses who work with courage and compassion and under extremely challenging circumstances. To learn more [click here](#).

American Stroke Month: Patient and Consumer Resources

May is American Stroke Month. Please use these resources to learn more about preventing, beating and treating stroke in your community. Resources include general resources, marketing materials, social media assets, and cryptogenic stroke materials. To access these resources developed by the American Heart Association [click here](#).

High Blood Pressure Education Month: Hypertension Communications Kit

With the support of health professionals like you, the CDC Division for Heart Disease and Stroke Prevention is better able to educate the public about the risks of hypertension. The social media messages, graphics, and resources below can help your networks understand the basics of hypertension, including how it increases risk for heart disease and stroke, why self-measured blood pressure monitoring is important, and treatment options. To help share these resources [click here](#).

Healthy Behavior News and Resources

Know Diabetes by Heart Podcast: The Patient Journey

Listen to Dr. Jorge Plutzky, a cardiologist, and Dr. Joshua Joseph, an endocrinologist, discuss with patients the challenges and barriers they face living with type 2 diabetes and cardiovascular disease, and how health care providers can best support them. To listen to the podcast or read the transcript [click here](#).

World Health Organization: #HealthyAtHome

The COVID-19 pandemic means that many of us are staying at home and doing less in terms of social interactions and exercise. This can have a negative effect on your physical and mental health. Included is advice to help you and your family to stay healthy at home during this period of confinement. For more on this [click here](#).

Adult Physical Inactivity Prevalence Maps by Race/Ethnicity

According to new state maps of adult physical inactivity, all states and territories had more than 15 percent of adults who were physically inactive and this estimate ranged from 17.3 to 47.7 percent. Inactivity levels vary among adults by race/ethnicity and location. To access these CDC maps [click here](#).

Community Clinical Linkages and Health Systems News and Resources

Guidelines for Early Management of Acute Ischemic Stroke: Key Points

Included in this article from the American College of Cardiology are key points to remember from the 2019 Update to the American Heart Association/American Stroke Association (AHA/ASA) 2018 Guidelines for the Early Management of Acute Ischemic Stroke. To review this resource [click here](#).

Chronic Disease and COVID-19: What You Need to Know

The National Association of Chronic Disease Directors (NACDD) has prepared several resources to assist State Health Department Chronic Disease Units and other public health professionals as they respond to the COVID-19 pandemic. To access this factsheet in [English click here](#), for [Spanish click here](#).

Systems of Care News and Resources

COVID-19 Content: An AHA Compendium

The American Heart Association is working to ensure optimal care for patients with cardiovascular disease who contract coronavirus (COVID-19). Patients with underlying cardiovascular diseases appear to have an increased risk for adverse outcomes with COVID-19. Included are some helpful resources for health systems, clinics, care providers, patients and the public. To access these resources [click here](#).

Other News and Resources

AHA Names Top Heart Disease and Stroke Research Advances of 2019

Researchers fight the war against heart disease and stroke in a series of battles on multiple fronts. The American Heart Association has been compiling an annual list of major advances in heart disease and stroke science since 1996. Included are the biggest victories for 2019, grouped into 10 subject areas. To learn more [click here](#).

Discussing COVID-19 and Hypertension

Hypertension, or high blood pressure, is highly prevalent in the United States and beyond. As the COVID-19 pandemic continues, researchers are keen to understand whether hypertension or the drugs that treat it might interact with the virus. To learn about the link between COVID-19 and hypertension [click here](#).

Training Opportunities

Women and Heart Disease Series: Peripartum Cardiomyopathy

This activity was planned with the goals of increasing recognition of peripartum cardiomyopathy and improving competence in the management of these patients, including counseling patients regarding future cardiovascular risk in subsequent pregnancies. To access this on-demand training offered by the American College of Cardiology [click here](#).

Community Workshop Model to Promote Active Living and Improve Public Health

Over the past five years, public health partners in Indiana have collaborated on an Active Living Program, designed to raise awareness about how communities can create healthy places and support active living through strategic planning, policies, programs and projects. This webinar will highlight the components and impacts of the Active Living Program, discuss the need to build civic infrastructure, and explain how this model can advance public health skills and practice. To register for this on-demand training [click here](#).

Funding Opportunities

2020 AARP Community Challenge

Applications due May 15, 2020

The AARP Community Challenge provides small grants to fund "quick-action" projects that can help communities become more livable for people of all ages. Applications are being accepted for projects to improve housing, transportation, public space, technology ("smart cities"), civic engagement and more. To learn more about this funding opportunity [click here](#).

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