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First Quarter : 2013



Welcome to CADI’s first newsletter (previously the “INControl” e-newsletter from ISDH). CADI’s mission to reduce the burden of cardiovascular disease, stroke, and diabetes in Indiana. We hope this newsletter will keep you informed about educational programs, partner update, epidemiological data, and better practices to adopt an effort to reduce the rate of cardiovascular disease, stroke, and diabetes in Indiana. We hope you will find it interesting and informative.

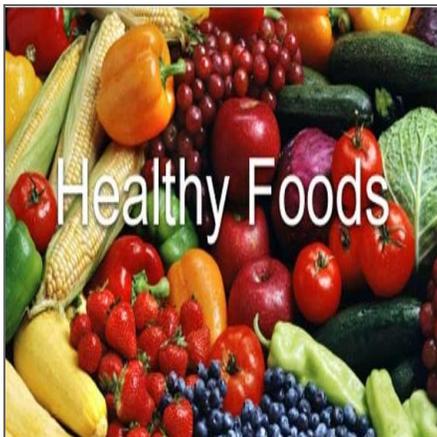
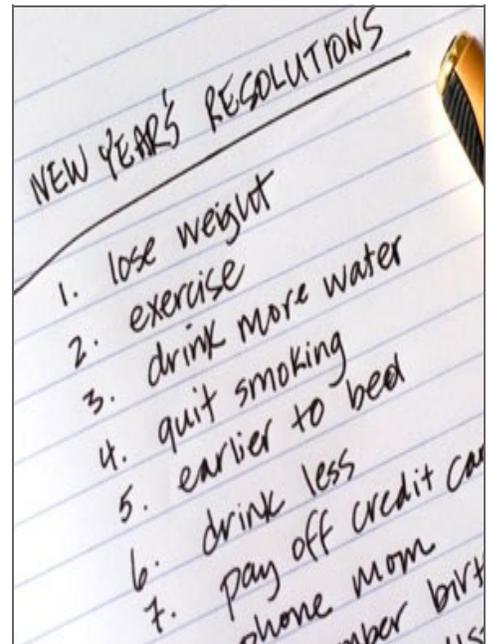
A New Year

to better manage chronic conditions

Notes from Temi:

It's that time of year when many people look forward to a fresh start in life and resolve to improve their health. Many Hoosiers began 2013 with the tradition of making a New year’s resolution. Most common resolution are either to lose weight, eat healthy, get fit, and or quit smoking.

For many people, keeping their resolution could have a profound impact on their health. Whether your goal is to lose weight, exercise regularly or stop smoking, the healthy lifestyle section on page 2 contains information and resources detailed to individual, community, worksite, and health care professionals to make new year’s resolutions stick.



Healthy Lifestyle

YMCA'S DIABETES PREVENTION PROGRAM

Program designed for anyone at-risk of developing type 2 diabetes



The **YMCA Diabetes Prevention program** is a 12 month group-based program consisting of 16 core sessions followed by monthly maintenance sessions. This program helps participants learn about and adopt healthy eating and physical activity habits that have been proven to reduce the risk of developing type 2 diabetes. Through the program participants will receive support and encouragement from both a trained lifestyle coach and fellow classmates in the program as they develop a plan for improving and maintaining healthy changes.

More information about program and availability:

Indianapolis -317-266-9622 or e-mail agraves@indymca.org

Fort Wayne-260-918-2148 or e-mail YDPP@fwymca.org

Monroe County- 317-332-5555 or e-mail swoods@monroecountyyymca.org

For general information visit: <http://www.ymca.net/diabetes-prevention/>

INShape Indiana



INShape Indiana motivates, educates, and connects Hoosiers to valuable resources that help them eat better, move more, and avoid tobacco.

INshape list many programs in Indiana to help reach healthy living goals. These programs include, Ready Set Walk, 10 in 10 challenge, Walk Indiana, INshape 150, and Summer Fit.

For more information visit : <http://www.inshapeindiana.org/>

It's time to quit!

The **Indiana Tobacco Quitline** is a free phone-based counseling service that helps Indiana smokers quit. Services include:

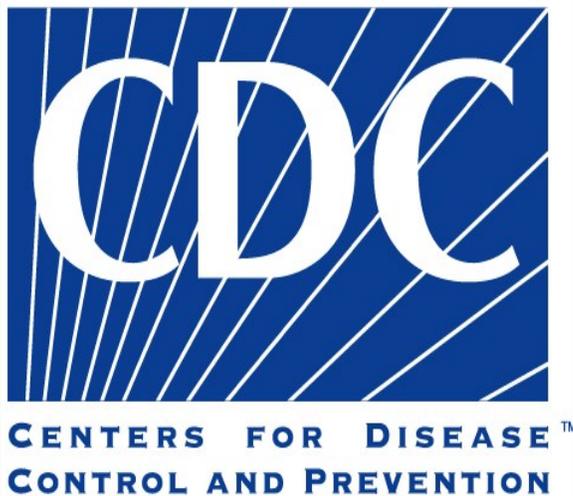
- One on one coaching for tobacco users who have decided to quit.
- Resources for healthcare providers who want to improve patient outcomes.
- Best Practices for employers who want to implement smoke-free policies.
- Support for family and friends who want to help loved ones stop smoking.
- Tools for tobacco control partners to complement their current programs.



Services are available to you 7 days-a-week in more than 170 languages.

Ready to quit, call 1-800-QUIT-NOW (800-784-8669) or visit : <http://www.in.gov/quitline/>

CDC Resources



New research from the CDC's Division for Heart Disease and Stroke Prevention finds Americans' cardiovascular health varies greatly from state to state. This first of its kind report titled **Status of Cardiovascular Health among Adult Americans in 50 States and the District of Columbia** featured in the *Journal of the American Heart Association* on December 19, 2012.

Purpose of the study: Determining how the metrics vary by state is important to the individual states as well as to researchers and policy makers nation wide.

Methods: Data was taken from the Behavioral Risk Factor Surveillance System (2009) and a state-based telephone survey with 356, 441 eligible participants. The study examined the seven metrics defined by the American Heart Association: hypertension, high cholesterol, smoking, body mass index, diabetes, physical activity, and consumption of fruits and vegetables.

Results: The three primary outcomes of this study were (1) The percentage of the population achieving ideal health status on all 7 factors, (2) The percentage of the population with only 0 to 2 of the 7 metrics (poor cardiovascular health); and (3) The mean overall score (number of ideal metrics). Overall, 3.3% of the study's population was in ideal cardiovascular health, and 9.9% was in poor cardiovascular health.

This report provides valuable information on the population of each state based on seven major heart health risk factors: hypertension, high cholesterol, smoking, body mass index, diabetes, physical activity and fruit and vegetable consumption.

To read the full report and learn about Indiana rates: <http://jaha.ahajournals.org/content/1/6/e005371.full>

Epidemiological Updates : By Champ Thomaskutty, MPH, Chronic Disease Epidemiological Director.

The American Diabetes Association (ADA) is recommending changes in blood pressure goals for individuals with diabetes. In the 2013 [clinical practice recommendations](#), The ADA's Professional Practice Committee recommends raising the treatment goal for systolic blood pressure in individuals with diabetes from <130mmHg to <140mmHg.

This decision was based on evidence from new meta-analyses that support better targeting of blood pressure goals, and point out the limited benefit from achieving lower target measures for all individuals with diabetes. Clinical research indicates that achieving the <140mmHg goal reduces heart attacks, sudden cardiac arrest, strokes and nephropathy. When balanced with the added medications and side-effects associated with achieving <130mmHg, reaching the lower goal had limited additional benefit. The lower target was not associated with a significant reduction in mortality or non-fatal heart attacks.¹

The leading cause of death and disability in Indiana is cardiovascular disease, including heart disease and stroke. In 2010 the mortality rate for major cardiovascular disease was 253 deaths per 100,000 people, or 13,374 individual deaths.² Individuals with some form of insulin resistance or diabetes, in combination with risk factors such as hypertension, dyslipidemia, obesity, inactivity, or smoking, are more likely to have heart disease or a stroke. Even when blood glucose levels are optimally managed, risk remains elevated. For individuals with type 2 diabetes, almost two-thirds die of some form of heart disease or stroke.

For these reasons, the management of risk factors in addition to blood glucose in individuals with diabetes is an integral part of diabetes management. In 2011, 32.7% of adults in Indiana reported having high blood pressure. During the same time period, 71.9% of Indiana adults with diabetes reported having high blood pressure.³

"Raising the recommended blood pressure target goal, however, is not meant to downplay the importance of treating high blood pressure in people with diabetes," said Richard Grant, MD, MPH, incoming chair of the Professional Practice Committee and research scientist with the Kaiser Permanente Division of Research. "Untreated hypertension can be very dangerous. Nor should this be taken to mean that lower target rates are inappropriate. They may be appropriate for some patients, particularly those who are younger and have a longer life expectancy, or for those who have a higher risk of stroke, if the lower goal can be achieved without excessive amounts of treatment and without a heavy burden of side effects from medication."⁴

1. American Diabetes Association. Standards of medical care in diabetes —2013. *Diabetes Care*. 2013; 36:s1-s110. Retrieved from http://care.diabetesjournals.org/content/36/Supplement_1.toc.
2. Indiana State Department of Health, Data Analysis Team. 2012. *Indiana Mortality Report: State and County Data—2010*.
3. Indiana State Department of Health, Data Analysis Team. 2012. *Behavioral Risk Factor Surveillance System—2011*.
4. American Diabetes Association. 2012. New standards of care suggest less intensive blood pressure goals for people with diabetes. [Press Release]. Retrieved from <http://www.diabetes.org/for-media/2012/ADA-2013-SoC.html>.

Awareness Months

February is American Heart Month

Make a Difference Indiana Day at the Statehouse Heart on the Hill: Tuesday, February 5, 2013 from 9 a.m. to 4 p.m. at the Indiana Statehouse.



Join other advocates to speak with Indiana legislators in a strong, unified voice about the importance of fighting heart disease and stroke.

This year's policy priorities including improving the community's ability to utilize school facilities and grounds for increased physical activity through the passage of joint use language and supporting the creation of complete street in the state. Breakfast and lunch included. Students are encouraged to attend.

There is no cost to attend but advance registration is required. Register today at: **Heart on the Hill 2013**. For more information, please contact Mary Weitzel at mary.weitzel@heart.org or 317.732.4724.



February 1, 2013, marks the 10th Year of the American Heart Association's **Go Red For Women** movement — 10 years of fighting to save women's lives from heart disease.

March 14th is World Kidney Day (WKD). WKD is a global health awareness campaign focusing on the importance of the kidneys and reducing the frequency and impact of kidney disease. 1 in 9 adults in the United States has Chronic Kidney Disease (CKD) and most are unaware of it. Be screened for CKD today, particularly if you have diabetes and / or high blood pressure. Visit www.kidneyindiana.org for information on a free screening near you.



The Northwest Kidney walk will take place on **March 23rd** at the Westfield Southlake Mall in Merrillville, Indiana. Check-in begins at 10:00 AM and walk starts at 11:00 AM. The Kidney Walk is a fun, inspiring community fundraiser for the National Kidney Foundation of Indiana. Join us for a scavenger hunt also at the mall and check to see if you are at risk of Kidney Disease. Any questions please contact Janine Moore at [260-456-0654](tel:260-456-0654) or register at www.kidneywalk.org

Diabetes Alert Day is March 26th

Seven million Americans at risk for diabetes. March 26 is American Diabetes Association Alert Day. The Diabetes Risk test is free at www.stopdiabetes.com to learn your chances of developing type 2 diabetes and preventing type 2 diabetes. Early intervention through weight loss, increased physical activity and lifestyle changes can lower the risk of developing type 2 diabetes. Visit www.stopdiabetes.com or call 1-800-DIABETES for more information. Take part in Diabetes Alert Day and know your risk!



Upcoming Events, News, & Announcements

American Heart Association's Community Action Grant

The Community Action Grant is intended for non-profit organizations. The type of project funded should indicate how the intended program will address the American Heart Association 2020 impact goal *to improve cardiovascular health of all Americans by 20% and reduce death of cardiovascular and stroke by 20%*. Projects should broadly serve the community, and focus on one or more of "Life's Simple 7" outlined on www.mylifecheck.org or align with one of AHA's strategic focus areas: advocacy; CPR & first aid; quality and systems improvement; or health equity. Projects must be open to the public (not designed for internal audiences). We encourage innovative approaches and the use of social media as a communications tool.

For more information about application process: Download the [Community Grant Application](#).

All applications must be submitted electronically and e-mailed to communitygrants@heart.org. Deadline for all applications is Thursday, February 14th. For more information visit: http://www.heart.org/HEARTORG/Affiliate/Midwest-Affiliate-Community-Action-Grants_UCM_322851_Article.jsp or call Tina Steinway at [312-476-6685](tel:312-476-6685) or Liz Andrews at [312-476-6604](tel:312-476-6604) with any questions.

American Indian Center of Indiana receives the State Master Research Funded Grant

The American Indian Center of Indiana received a \$20,000 grant to conduct surveys in the Native American population in Indiana. The first phase of the grant is on access to care data on demographics and health conditions as well as identifying individuals who either have diabetes or are a care giver for a person for diabetes. They are doing 400 surveys for the access to care portion. They are asking the participants in phase one if they have diabetes or are a care giver of a diabetic. From the list of participants who acknowledged that they meet those requirements, they will follow up with 20 each of the diabetics and diabetic care givers with a phone interview with the focus on developing a follow up care program for newly diagnosed patients with diabetes within the Native community.

An additional \$14,000 was received to conduct a phase three portion of the grant to focus on participants with heart related conditions or a care giver of a person who has a heart condition. This phase will focus on developing programs for Natives who reside in Indiana.

All participants must be 18 or older and identify themselves as a Native American.

For more information contact Doug Poe at [317-917-8000](tel:317-917-8000) or dpoe@americanindiancenter.org

Upcoming Events, News, & Announcements

ABC's of Diabetes—Free diabetes self-management classes from Marion County Health Department.

The ABCs of Diabetes program is a free four part series program offered by the Marion County Health Department to teach people with diabetes about medication, nutrition, exercise, monitoring complications, and available community resources. Class members will participate in individual consultations with a registered dietitian, registered nurse, and health educator free of charge. The class is open to anyone with diabetes, pre-diabetes, family members and friends. For more information please call: 317-221-2094. You must register to participate, click to view and register for 2013 free classes.

www.mchd.com/diabetes.

NEW Indiana Community Health Website.

The Indiana State Department of Health, Indiana Hospital Association and Indiana Business Research center unveiled a website called Indiana Indicators, designed to help hospitals, local health departments, non-profits organizations and public access health-related data at the state and county level. This website provides the most current Indiana health information based on more than 90 key indicators including community health, the economy, education, environment, and public safety.

For more information visit the Indiana Indicators website at www.indianaIndicators.org

Indiana Rural Health Association

Indiana Rural Health Association's upcoming event

March 15 – Spring Into Quality Symposium (Primo West, Plainfield)

August 6 – Leadership Seminar (JW Marriott, downtown Indianapolis)

August 7 and 8 – Indiana Rural Health Association Annual Conference

(JW Marriott, downtown Indianapolis)

For more information and registration visit :

<http://www.indianaruralhealth.org/index.php?src=events&category=Main%20Events%20Lister>



Upcoming Events, News, & Announcements

Evidence Based Public Health: A Course in Chronic Disease Prevention: Hosted by the Indiana Public Health Training Center and the Indiana State Department of Health, March 11-13, 2013 8 am to 5 pm each day, IU Ruth Lilly Medical Library at IUPUI, Indianapolis.

EBPH is a national three-day course developed for public health practitioners. The key aim is to increase the use of scientific approaches in “real world” public health programs and policies. Highlighting the linkages between data systems and program/policy initiatives, participants will learn how to access and interpret existing data systems and methods of using data to affect specific policies or decision-makers.

The course is designed to assist participants in integrating new and existing skills to make evidence-based program and policy decisions. The tools offered are also vital to good grant writing. The course takes a “hands-on” approach and emphasizes information that is readily available to busy practitioners. Sessions include:

- *Community Assessments*
- *Quantifying Issues*
- *Developing Statements of the Issue*
- *Searching Scientific Literature*
- *Developing and Prioritizing Options*
- *Economic Evaluations*
- *Developing Action Plans*
- *Evaluating Programs and Policies*

The course fee of \$100 covers materials, food and beverage each day, and daily parking. Register early, as space is limited! To register, visit www.publichealthconnect.org and click on “IPHTC Events.”

Save the Date!

2013 Indiana Joint National Public Health Week Conference, April 2, 2013 Sheraton City Center, Indianapolis.

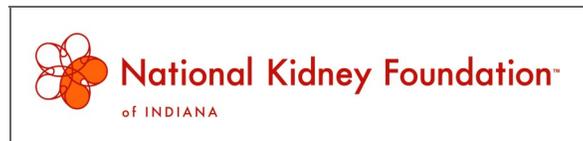
Conference Title: *“Public Health is ROI: Save Lives, Save Money”*

Public Health is ROI: “Save Lives, Save Money” calls for us to consider the value of public health, and not just in dollars and cents. The value of public health is far-reaching and life-changing and calls for investments that reap these rewards. The conference is a partnership of Indiana Minority Health Coalition, Indiana Public Health Association, Indiana Public Health Training Center, Indiana State Department of Health, Indiana Society for Public Health Education, Indiana University School of Public Health Bloomington, Indiana University Richard M. Fairbanks School of Public Health at IUPUI, Purdue University Department of Health and Kinesiology. The event will feature many sessions on finding, sharing, and demonstrating the value of public health.

For more information visit: www.publichealthconnect.org.

Thank you to our partners !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Thank you to all our partners for their contribution towards the newsletter this quarter.



Newsletter Contributions : The CADI Newsletter will be published on a quarterly basis in 2013. The intent of this newsletter is to inform health professional around the State aware of current programs, opportunities, and information on cardiovascular health, stroke, and diabetes in Indiana. If you have any questions, suggestions, articles, programs events, or other information you would like to include in the next newsletter, Please contact [CADI Coordinator](#). The deadline for the second quarter newsletter is **March 22, 2013**.

CADI is recruiting partners and voluntaries to serve on one of the following committees: systems of care, community linkage, advocacy & partnership, data, surveillance & evaluation, and resources development. **If you are interested in learning more or participating in CADI**, contact the Coalition Coordinator. CADI meets quarterly, the next meeting will be March 13th (1-4pm) at Indiana State Department of Health., Rice Auditorium, 2N Meridian Street, Indianapolis, IN. 46204.

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