



The Heart Disease and Stroke Prevention Program newsletter has been developed in response to coalition member requests for more information and communication. Please submit articles of interest, upcoming events, awards, honors and other announcements to laura.scott@state.co.us. Photos are welcome! All information should be submitted as Word documents and photos and graphics as jpg files.

If you find this information helpful, please feel free to forward to someone else who might enjoy it.



**Heart eNews
HDSP, Volume 2,
July 2009**

- Links!**
- [American Heart Association](#)
 - [Centers for Disease Control](#)
 - [National Stroke Association](#)
 - [National Heart, Lung and Blood Institute](#)
 - [Colorado Stroke Alliance](#)
 - [Heart Disease and Stroke Prevention Program](#)

This newsletter contains



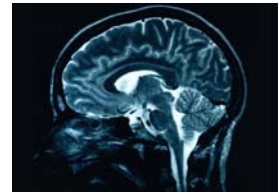
- ♥ [Links](#)
- ♥ [Calendar of Current Events](#)
- ♥ [Focus On Stroke](#)
 - [Stroke Toolkit](#)
 - [Gender Differences in the Colorado Stroke Registry](#)
 - [The Implementation of an Innovative Statewide Quality Improvement Initiative](#)
- ♥ [National Updates](#)
 - [Periodontitis and Atherosclerotic Cardiovascular Disease](#)
- ♥ [Local News](#)
 - [Too Much Salt Poses Health Risks for Coloradans](#)
- ♥ [Heart and Stroke Healthy Communities](#)
 - [Tools for Community Action](#)

- Calendar of Current Events**
- **July 16, 2009:** Colorado Physical Activity and Nutrition Coalition meeting at St. Joseph's Hospital in Denver from 9 to 11:30 a.m. More information can be found by accessing <http://www.co.train.org/> and searching for "COPAN Coalition."
 - **Sept. 15-16, 2009:** [Promoting Environmental and Policy Change to Support Healthy Aging - Chapel Hill, North Carolina.](#) A link to register can be found on the last page of this link.
 - **Sept. 28-30, 2009:** [Public Health in the Rockies Conference at Copper Mountain Resort](#)
 - **Oct. 17-20, 2009:** [American Dietetic Association Food and Nutrition Conference and Expo in Denver](#)
 - **Oct. 21, 2009:** [Colorado Culture on Health Worksite Wellness Conference at the Sheraton Denver Downtown](#) (The link for this conference will be operational by July 15.)



Focus On:

Stroke



Stroke Toolkit

All About Stroke, A Community Toolkit on Women and Stroke, is available free by e-mailing Linda.stopp@hhs.gov and requesting it. The Stroke Toolkit provides organizations everything needed to conduct an education presentation or develop and participate in a women's health event. It can be used to educate women on the stroke risk factors and what can be done to modify those risks. It delivers a message that helps women identify the early warning signs of a stroke and stresses the critical need for rapid response.

Organizations are encouraged to plan an event or educational program using this toolkit. Start with the women in your own organization, and then work with other organizations in your community. Prevention is the key to a stroke-free life!

- Submitted by Laurie Konsella, U.S. Department of Health and Human Services

Gender Differences in the Colorado Stroke Registry

This article was published in April 2009 issue of *Stroke*, an American Heart Association publication. Access the article at

<http://www.coloradostroke.org/documents/CSA.Publication.Stroke.April.2009.pdf>.

The Implementation of an Innovative Statewide Quality Improvement Initiative

This article was published in the April 2009 issue of the *Journal of Neuroscience Nursing*, a publication of the American Association of Neuroscience Nurses. Access the article at

<http://www.coloradostroke.org/documents/CSA.JNN.Publication.April.2009.pdf>.

National Updates

Periodontitis and Atherosclerotic Cardiovascular Disease

[*The American Journal of Cardiology and Journal of Periodontology*
Editors' Consensus: Periodontitis and Atherosclerotic Cardiovascular Disease](#)



This document provides health professionals a better understanding of the link between atherosclerotic cardiovascular disease and periodontitis.

Local News

Too Much Salt Poses Health Risks for Coloradans



Like most Americans, Coloradans consume too much salt. A recent survey by the Colorado Department of Public Health and Environment shows that approximately one of five adults, or 21.2 percent, have hypertension. Excessive sodium (or salt) intake is directly linked to hypertension, or high blood pressure, which is a leading risk factor for heart disease, stroke, diabetes and chronic kidney disease.

The typical American consumes nearly twice the 2,300 milligram/day (1 teaspoon) of sodium recommended by health experts. Studies prove that reducing sodium intake helps lower blood pressure and ultimately saves lives.

"Reducing sodium in your diet is more difficult than just putting down the salt shaker," said Marsha Wilde, director of the Heart Disease and Stroke Prevention Program at the department. "That is because there are high amounts of salt in fast foods and processed foods. In fact, a 2004 survey by the Institute of Medicine shows that 77 percent of a person's daily intake of salt comes from processed and restaurant food."

So what are the best steps to take to lower salt intake and ward off heart disease, strokes and kidney disease?

"Prepare your own meals and fill up your plate with more fruits and vegetables," said Eric Aakko, director of the Colorado Physical Activity and Nutrition Program at the health department. "Research shows that, in addition to reducing salt intake, eating potassium-rich foods such as fruits and vegetables can prevent or reduce high blood pressure."

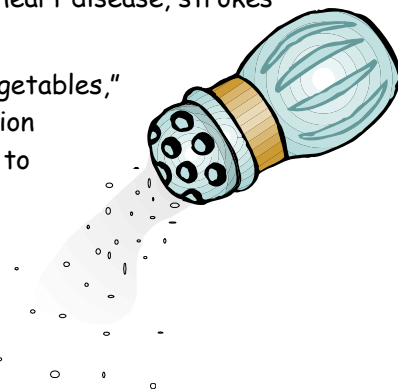
Experts recommend daily potassium levels for adults of 4,700 milligrams/day. Aakko suggests adding foods such as a baked potato with the skin (926 milligrams of potassium), a handful of raisins (600 milligrams of potassium) or a banana (422 milligrams of potassium).

Aakko recommends tracking your salt intake and staying under 2,300 milligrams of salt per day. For African-Americans and middle-aged and older adults, the daily recommendation for salt is 1,500 milligrams/day. He also suggests making a habit of reading the sodium level listed on nutrition labels of all packaged foods, soups, cereal, salad dressing, rice mixes, and frozen entrees and pizza.

Other lifestyle changes to improve blood pressure and overall wellness include maintaining normal body weight, increasing physical activity and eating a healthy diet.

For further information on salt and healthy foods, visit the Web site of the Center for Science in the Public Interest at <http://cspinet.org/new/pdf/cspirerestaurantsaltreport.pdf>.

- Colorado Department of Public Health and Environment Press Release



Heart and Stroke Healthy Communities

Heart disease and stroke are major causes of death and disability in Colorado. Heart disease remains the No. 1 killer of women. Stroke incidence and mortality in African-Americans is twice that of Caucasians for those between the ages of 35 and 74.

To reduce the burden of heart disease and stroke, the Centers for Disease Control (CDC) has established six priority areas of focus for State Heart Disease and Stroke Prevention Programs:

- 1) Increase the number of adults who have their high blood pressure under control.
- 2) Increase the number of adults who have their high blood cholesterol under control.
- 3) Improve emergency response.
- 4) Increase the number of people who know signs and symptoms of stroke and heart attack and the importance of calling 9-1-1.
- 5) Improve quality of care for heart disease and stroke patients.
- 6) Eliminate health disparities.

The Colorado Department of Public Health and Environment's Heart Disease and Stroke Prevention Program introduced the Heart and Stroke Healthy Community initiative at the May 14, 2009, coalition meeting. The basis of this program is to take what we know about reducing the morbidity and mortality of heart disease and stroke - from primary prevention, to risk assessment activities, to emergency services and recognition of signs and symptoms, to practices designed to prevent the recurrence of a second heart attack or stroke - and combine those activities into one program that will address the needs of all people in the community.

The Heart and Stroke Healthy Community Initiative is based on the Action Framework for a Comprehensive Public Health Strategy to Prevent Heart Disease and Stroke, developed by the CDC, American Heart Association, American Stroke Association and the Association of State and Territorial Health Officials.

Information about the initiative will be available on the Colorado Department of Public Health and Environment Web site as it is developed. In addition, updates on the initiative will be included in each edition of the Heart Disease and Stroke Prevention Program newsletter.

Tools for Community Action

[Media Access Guide: A Resource for Community Health Promotion \(2008\) \(PDF-1.5MB\)](#)

This action guide, produced by CDC's Healthy Communities Program, is designed to assist communities with developing effective working relationships with the media and gaining valuable news coverage for health-related issues. Topic sections include instructions, tips and templates for writing press releases; media advisories and other media-related materials; methods for monitoring media coverage; and strategies for placing public service announcements and hosting press conferences.

