



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.

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Heart eNews Heart Disease and Stroke Prevention Program September 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](#)

Calendar of Current Events

- **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:** [3rd Annual Colorado Culture of Health Conference at the Sheraton Denver Downtown](#)
- **Oct. 23, 2009:** [Culture of Data Conference in Arvada, Colorado](#)

Focus On:

Preparing for Flu Season and H1N1



Prevention Tips

Be sure to get your seasonal influenza vaccination! Some pharmacies already are advertising clinics. Additionally, it is important to do the following to prevent illness, including both seasonal and novel H1N1: Wash hands frequently and thoroughly, cough/sneeze into your elbow or a tissue that gets thrown away, stay home from work or school if you are sick and don't return until 24 hours after a fever goes away.

For health care provider tips for those with heart disease, see the link below:
[H1N1 Flu and Patients With Cardiovascular Disease](#)

H1N1 Vaccination Information from the Centers for Disease Control

The following link provides recommendations and rationale from the CDC's Advisory Committee on Immunization Practices regarding prioritization for administration of H1N1:
[Novel H1N1 Vaccination Recommendations](#)

Information that was provided during the Influenza Summit call on Aug. 19:

- The 2009 H1N1 influenza vaccine supply distribution is slightly different from what was previously announced. Instead of 120 million doses at the end of October, it is now anticipated that 45 to 53 million doses will be available in the middle of October, with about 20 million doses becoming available weekly following that.
- About 75 percent of state health department Web sites now have instructions to providers on how to place an order for an allocation of 2009 H1N1 influenza vaccine. It is anticipated that all states will be up within the week, and the CDC will compile all this information onto its own Web site at that time.
- There will be a minimum shipment order size to receive vaccine directly from the McKesson distribution channel. Requests for smaller allocations of the vaccine will be shipped to, and held at, centralized storage areas within the states. States will be responsible for ensuring that the 2009 H1N1 vaccine then gets distributed to the ordering provider from this centralized location. The threshold minimum dose has not yet been determined.

- Submitted by Erica Bloom, Immunization Program, Colorado Department of Public Health and Environment



Local News



State Budget Cuts

On Tuesday, Aug. 18, 2009, Governor Ritter addressed the Joint Budget Committee and the media outlining \$320 million in budget reductions to balance the 2009-2010 state budget. These reductions have a tremendous impact on all Colorado residents. According to the governor, the budget cuts will allow Colorado to maintain infrastructure so we can emerge more quickly and stronger from these tough economic times. Along with other state budget cuts, the Tobacco, Education, Prevention and Cessation Grant Program and the Cancer, Cardiovascular Disease and Pulmonary Disease Competitive Grants Program each will receive a \$7-million cut. The Office of Health Disparities will receive a \$1-million reduction. The review committees for both the Tobacco, Education Prevention and Cessation Program and the Cancer, Cardiovascular Disease and Pulmonary Disease Competitive Grants Program will meet within the next few weeks to determine how the budget cuts will be made. The department will continue to keep grantees informed in the weeks ahead.

Funding for the Heart Disease and Stroke Prevention Program is through the federal government and is therefore not subject to state budget reductions.

State Employee Furlough Days

Due to the budget shortfall, state employees are required to take four furlough days (days off without pay). Except for critical life and safety positions, state employees will not be available the following days, and all state offices will be closed:

Tuesday, Sept. 8, 2009

Friday, Oct. 9, 2009

Friday, Nov. 27, 2009

Thursday, Dec. 31, 2009

Centers for Disease Control Selects Two Colorado Programs for Further Evaluation

The CDC has initiated an evaluation program designed to identify "Promising Practices for Heart Disease and Stroke Prevention" focusing on control of hypertension. Last year, the CDC sent out requests for applications to organizations throughout the country for consideration to participate in this focused evaluation. The CDC expert panel recently selected three programs in the country for consideration for further evaluation. Two of these programs are in Colorado, and the third is in Michigan. One of the Colorado programs is Kaiser Permanente's Hypertension Control Program, and the other is the Colorado Community Health Network's Heart Smart Navigation Program.

A site visit with both of these programs was held in mid-August with contractors from CDC. The contractors will take their findings back to the expert panel, and one of the three programs will be selected for further evaluation. The anticipated outcome is that the program will be disseminated to all of the CDC state-funded programs as a best practice for statewide implementation.

Congratulations to both Kaiser Permanente and the Colorado Community Health Network for recognition of the excellence of their programs to help control hypertension.

National Updates

Comparing Impact and Cost-Effectiveness of Primary Prevention Strategies for Lipid-Lowering

According to an article in the *Annals of Internal Medicine*, at costs of less than 10 cents per pill, treating all people with low-density lipoprotein cholesterol levels greater than 130 mg/dL would yield net cost savings.

The ATP III guidelines are relatively cost-effective and would have a large public health impact if implemented fully in the United States. Alternate strategies may be preferred, however, depending on the cost of statins and how much society is willing to pay for better health outcomes.

Since most generic statins cost \$4 for a 30-day supply and tablets can be split, that comes out to a little more than 6 cents per pill - well below the threshold to save this country (and Colorado) a tremendous amount of money from reduced numbers of heart attacks and strokes. Click below to link to the entire article:

<http://www.cdphe.state.co.us/pp/cvd/Articles/ComparingImpactandCostEffectivenessofPreventionStrategiesforLipidLowering.pdf>

Heart and Stroke Healthy Community Progress Report

Since the introduction of the Heart and Stroke Healthy Community initiative at the Heart Disease and Stroke Prevention coalition meeting in May, we have been busy preparing to put our plan into action. We have assembled four work groups that have been tasked with developing a workable program to be implemented in pilot communities before being rolled out across Colorado.



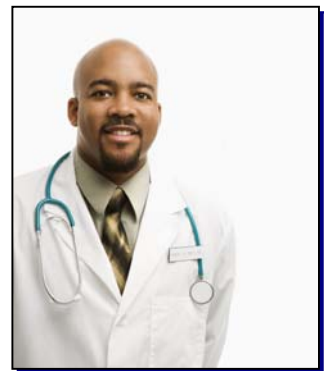
Indicators Work Group

This group is in the process of putting together the final draft of the criteria communities need to meet to be designated "Heart and Stroke Healthy."



Resources Work Group

This group is compiling a resource directory to assist communities in meeting all criteria. This includes, but is not limited to, community mobilization strategies, assistance with policy implementation, school and/or work site wellness programs, data sources, social determinants and media assistance. The group also will make recommendations for formatting and delivering the information, including the development of a Web site for the initiative.



Regional Meetings/Launch Work Group

This group has identified four potential communities (Colorado Springs, Otero/Crowley counties, Fremont County and Stapleton) with whom we will pilot the initiative. The group is determining the goals and objectives for the kick-off meetings, seeking methods for holding the meetings with limited resources, planning the agenda and logistics for the meetings, and working with partner agencies to host meetings.

Applications/Awards Work Group

This group is putting together the application process and the process for reviewing applications and determining award levels. It is assisting with the development of the awards and how they will be given/announced, etc.

Major Cardiovascular Disease Mortality Rates by Colorado Counties: Identifying Areas of Need

This map shows where the needs are the greatest for prevention and treatment of cardiovascular disease in Colorado.

[Click here for larger view of map.](#)

