



## ***Heart Disease and Stroke Prevention News E-Bulletin January 2009***

### **Upcoming Conferences, Trainings, and Events**

#### **[International Stroke Conference](#)**

Feb 18-20, 2008, San Diego, CA

#### **[20<sup>th</sup> National Conference on Chronic Disease Prevention and Control](#)**

Feb 23-25, 2009, Gaylord National Convention Center

#### **[Third National Leadership Summit on Eliminating Racial and Ethnic Disparities in Health](#)**

February 25-27, 2009, National Harbor, MD

#### **[Internet Broadcast: 30th Annual Minority Health Conference: Our World, Our Community - Building Bridges for Health Equality](#)**

February 27, 2009, 2:00-3:30 PM EST

#### **[Quality of Care and Outcomes Research in Cardiovascular Disease and Stroke Conference 2009](#)**

April 23-25, 2009, Wardman Park Marriott Hotel, Washington, D.C.

### **News Articles**

#### **[Level of Care for Women Suffering Severe Heart Attacks Found Lacking](#)**

Women are apparently still getting the short end of the stick when it comes to the level of care given them during hospitalization for a severe and deadly form of heart attack. In fact, women face almost double the odds of death compared to men with the same affliction. The results of a recent study of U.S. hospitals have shown that the survival rate for women who suffer from heart attacks and are under the care of a hospital generally compares closely to that of men.

#### **[Get With the Guidelines Program Aids Hospital Compliance with Stroke Guidelines](#)**

U.S. hospitals enrolled in a voluntary program to improve stroke patient treatment increased their adherence to national recommendations, according to a five-year study that included 790 hospitals that provided data on 322,847 stroke patients admitted from 2003 to 2007. The hospitals, which signed on to the American Heart Association/American Stroke Association's Get With The Guidelines (GWTG) -- Stroke program, were assessed on how often they followed seven treatment recommendations for eligible acute stroke patients. The study found that the number of stroke treatment recommendations performed in eligible patients increased from 83.5 percent in year one to 93.7 percent in year five of the study.

### [Jackson Heart Study Reaches Milestone](#)

The Jackson Heart Study, a federally funded \$32 million dollar study is ending the second phase of screenings, with the third phase to start in February 2009, and ending in 2013. The study seeks to determine why cardiovascular disease is more prevalent among African Americans than white Americans. More than 5,000 Jackson area residents participated in the first phase of screening. Dr. Herman Taylor is the principal investigator, stating that the study is looking at the "classic risk factors," along with how social environments, stress and depression might influence the heart health of African Americans.

### [AHA Surpasses Goal to Reduce Heart Disease, Stroke Mortality by 2010](#)

Analysts from the American Heart Association (AHA) released a 2009 heart disease and stroke statistical update, revealing that the association has exceeded its goal of reducing heart disease and stroke mortality by 25 percent by 2010, *HealthDay* reports.

### [Global Inequalities in Access to Cardiovascular Health Care: Our Greatest Challenge](#)

Cardiovascular disease contributes disproportionately to lost potential years of healthy life and productivity in low- and middle-income countries. What can be done to control this growing problem?

### [New Panic Attacks Linked to Increased Coronary Heart Disease in Younger People](#)

A cohort study shows that new panic attacks or disorders are associated with an increased risk for subsequent coronary heart disease and myocardial infarction in younger people.

## **Risk Factor News and Resources**

### [Study Suggests Few Americans Aware of Thirdhand Smoke Risks](#)

A study in the journal *Pediatrics* suggests that few Americans are aware of the health risks associated with thirdhand smoke, the *New York Times* reports.

### [Stress Increases Heart-Damaging Behavior](#)

Stress increases the risk of heart attack and other cardiovascular problems by pushing people toward bad habits, new British research suggests. "The study suggests that people with psychological stress had a 50 percent increased risk of a cardiovascular disease event over the follow-up period," said Mark Hamer, senior research fellow in epidemiology and public health at University College London, and lead author of a report in the Dec. 16/23 issue of the *Journal of the American College of Cardiology*.

### [Decline in Heart Attack Hospitalizations Attributed to Smoke-Free Policies in Pueblo, Colorado](#)

The city of Pueblo, Colorado experienced a 41 percent decline in heart attack hospitalizations following the enactment of smoke-free policies in workplaces and public places, according to a *MMWR* report. During the 18 months prior to the smoke-free ordinance, which took effect on July 1, 2003, there were 399 hospitalizations for heart attack in Pueblo. Meanwhile, during the period from 18 months to three years after the smoke-free law's effective date, there were 237 heart attack hospitalizations. The team of researchers from the Office of Smoking and Health (OSH), medical centers in Colorado, local Pueblo government and academic institutions also investigated two comparison sites without smoke-free ordinances. These two areas did not

experience significant declines in heart attack hospitalizations during the same time periods studied in Pueblo. Janet Collins, Ph.D., director of the National Center for Chronic Disease Prevention and Health Promotion touted the study's findings, saying that "This study adds to existing evidence that smoke-free policies can dramatically reduce illness and death from heart disease."

### [More Americans Getting Chronic Illnesses](#)

More Americans are burdened by chronic illnesses such as diabetes and high blood pressure, often having more than three at a time, and this has helped fuel a big rise in out-of-pocket medical expenses, a study released on Tuesday showed.

### [America Losing the Fight with Type 2 Diabetes](#)

The type 2 diabetes epidemic that continues to sweep across the United States has left an estimated 24 million Americans struggling with the disease, up more than 3 million people since 2005. And, of course, with the epidemic comes the wave of illnesses and disabilities brought on by diabetes -- heart disease and stroke, blindness, amputations, kidney disease and nervous system damage.

### [AHA Heart Disease and Stroke Statistics 2009 Update](#)

The annual report shows that death rates for heart disease and stroke have dropped almost 30% between 1999 and 2006, reaching a 2010 goal of a 25% reduction in deaths. For 2005 to 2006, death rates dropped about 5%. Heart disease and stroke remain the number 1 and 3 causes of death in the U.S.

### [IOM Report: HHS in the 21st Century: Charting a New Course for a Healthier America](#)

The Institute of Medicine has released a new report, *HHS in the 21<sup>st</sup> Century: Charting a New Course for a Healthier America*. Commissioned by requested of the U.S. House of Representatives, the IOM's report analyzes whether HHS is "ideally organized" to meet the health challenges facing the nation. The committee identified many factors, including "divergence in the missions and goals of the department's agencies, limited flexibility in spending, impending workforce shortages, difficulty in retaining skilled professionals, and challenges in effectively partnering with the private sector.

### [Blueprint for a Healthier America: Modernizing the Federal Public Health System to Focus on Prevention and Preparedness](#)

America is facing a health crisis. Even though America spends more than \$2 trillion annually on health care -- more than any other nation in the world -- tens of millions of Americans suffer every day from preventable diseases like type 2 diabetes, heart disease, and some forms of cancer that rob them of their health and quality of life.<sup>1</sup> In addition, major vulnerabilities remain in our preparedness to respond to health emergencies, including bioterrorism, natural disasters, and emerging infectious diseases. The current public health system is broken. It is chronically underfunded and outdated. Modernizing public health is urgently needed to protect and improve the health of Americans. Prevention, preparedness, and public health are vital to the wellbeing of families, communities, workplace productivity, U.S. competitiveness, and national security. The U.S. is falling behind as Americans become more unhealthy and less protected, and health care costs skyrocket.

### [Promoting Health Equity: A Resource to Help Communities Address Social Determinants of Health](#)

This workbook is for public health practitioners and partners interested in addressing social determinants of health in order to promote health and achieve health equity.

[Almanac of Chronic Disease 2008 Edition: Statistics and Commentary on Chronic Disease and Prevention](#)

Report produced by the Partnership to Fight Chronic Disease that includes statistics and commentaries on the costs and opportunities for prevention of chronic disease.

## Legal Corner

[Public Health Advocacy Institute Policy Recommendations on Obesity](#)

The Public Health Advocacy Institute published a series of policy recommendations for the transition team resulting from the Fifth Conference on Public Health, Law, and Obesity.

[Study Finds Smoke-Free Policy Reduced Heart Attack Hospitalizations in Colorado City](#)

A new study conducted by researchers at the Centers for Disease Control and Prevention suggests smoking bans can significantly reduce hospitalization rates for heart attacks, Reuters reports.

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