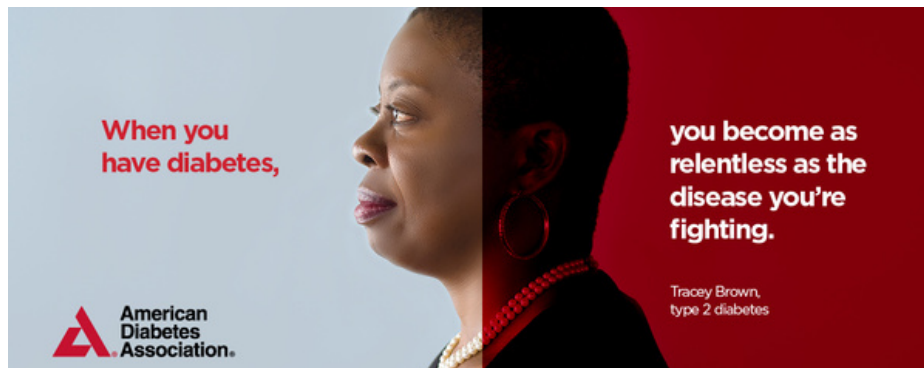


NOVEMBER 2022

# CHRONIC DISEASE CONNECTIONS

Chronic Disease Connections is an e-bulletin created for healthcare systems and providers working to prevent and manage chronic disease with a particular focus on blood pressure, diabetes and cholesterol control.



## American Diabetes Month

American Diabetes Month observed in November raises awareness about prevention, diagnosis, and treatment of diabetes. 37.3 million Americans have diabetes, and one in five don't know they have it. Two in five Americans are expected to develop type 2 diabetes in their lifetime. More than one in three American adults have prediabetes - blood sugar levels that are higher than normal but not high enough yet to be classified as type 2 diabetes.

In Iowa, 10.2% of adults have been told by a doctor that they have diabetes, while 9% of adult Iowans have been diagnosed with prediabetes. The state adult obesity rate of 36.4% puts one in every three Iowa adults at increased risk for developing type 2 diabetes and other health conditions.

Diabetes takes a toll on the physical, mental and emotional health of patients, and costs twice as much in average medical costs than without diabetes. Despite not having a cure, diabetes can be prevented and managed.

The Centers for Disease Control and Prevention (CDC) funds the Iowa Department of Health and Human Services (Iowa HHS) to support programs and activities to prevent or delay the onset of type 2 diabetes as well as improve health outcomes for people diagnosed with diabetes. Diabetes prevention programs are offered statewide through the National Diabetes Prevention Program (NDPP). The Diabetes Self-Management Education and Support (DSMES) Program helps Iowans across the state to prevent and manage diabetes. Enrollment and participation in diabetes prevention and management programs can not only improve the health of the patient but also lead to cost savings for insurers and employees. For information about local programs and resources, visit the [Iowa HHS Diabetes Prevention and Management website](#). ■

## HEALTH OBSERVANCES

### NOVEMBER

- American Diabetes Month
- Alzheimer's Disease Awareness Month
- Pancreatic Cancer Awareness Month
- Chronic Obstructive Pulmonary Disease Awareness Month
- Family Health Month

### DECEMBER

- World AIDS Day  
-December 1
- Natl Handwashing Awareness Week  
-December 1-7
- Intl Day of Persons with Disability  
-December 3
- Natl Influenza Vaccination Week  
-December 6-12

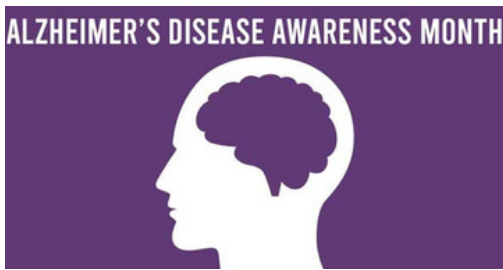
### JANUARY

- Cervical Cancer Awareness Month
- National Blood Donor Month
- Thyroid Awareness Month
- Radon Action Month

## Alzheimer's & Caregivers

November is recognized as National Alzheimer's Disease Awareness Month and National Family Caregivers Month. In Iowa, there are 73,000 family members and friends providing care to over 66,000 individuals living with Alzheimer's disease or other dementias. Compared with caregivers of people without dementia, twice as many caregivers of those with dementia indicate substantial emotional, financial and physical difficulties. The prevalence of chronic health issues (64% in Iowa) is also higher for caregivers of people with dementia versus other caregivers. Because of all of the challenges that caregivers face, it is important that they have access to support and resources to help them manage their own health and well-being while caring for their loved one. Start the conversation with caregivers today.

For more information, visit the [Iowa HHS Alzheimer's Disease and Related Dementias Program website](#).



## Cervical Cancer Awareness

In 2022, an estimated 110 new cervical cancer cases were detected in Iowa. This January, Cervical Cancer Awareness Month reminds us how important it is to talk to your patients about cervical cancer prevention and screening. Cervical cancer is almost always caused by the human papillomavirus (HPV) and can be prevented through HPV vaccination starting at age 9. Staying up to date on regular cervical cancer screenings can help identify some cases in early stages. If patients have concerns about paying for their cervical cancer screenings, please direct them to the Iowa Care for Yourself Program. This program assists individuals starting at age 21 to access free or low-cost cervical cancer screenings. Patients can contact Care for Yourself at 1-866-339-7909 or visit [Care For Yourself](#) on the Iowa HHS website.

Looking for resources to guide follow up testing of abnormal cervical cancer screenings? The American Society for Colposcopy and Cervical Pathology (ASCCP) has developed a free [app and web application](#) to guide management of cervical cancer screening results. Visit [National Cervical Cancer Coalition \(NCCC\)](#) for education materials and more information about HPV and cervical cancer.

## Save The Date: Heart Month Webinar Series

All healthcare professionals are invited to the 2023 Heart Month Webinar Series "Adopting and Implementing Protocols for Hypertension Control Webinar Series". Presented by the Iowa HHS Heart Disease and Stroke and WISEWOMAN Programs, this two part webinar series will discuss health care protocols and interventions related to identifying undiagnosed hypertension and team-based care for controlling high blood pressure. Join us for:

**Adopting and Implementing Protocols to Identify Undiagnosed Hypertension**  
**Wednesday February 8, 2023, from 12-1pm**

and

**Adopting and Implementing Protocols on Team Based Care for Hypertension Control**  
**Tuesday February 21, 2023, from 12- 1pm**

**Registration  
 coming soon!**

## Knowing Family Health History Can Save Lives

The U.S. Surgeon General has declared November Family History Month. Family health history is a record of the diseases and health conditions in one's family. In addition to sharing genes, family members may also have behaviors in common, such as exercise habits and diet. Knowing one's family health history can help improve health by:

- Informing the patient about their risk for specific diseases and health conditions;
- Empowering the patient to engage in conversations about health; and
- Helping healthcare providers identify appropriate diagnostic screenings, treatments and therapies.

The "My Family Health Portrait" is a free, online tool from the Centers for Disease Control and Prevention (CDC) to record and share one's health history with family members. The tool organizes family health information into sharable printouts for family and health care professionals. It takes less than 20 minutes to enter each family member's health history information about common diseases and allows users to return and enter additional information as it becomes available. To ensure privacy, no user information is saved on any computer of the U.S. federal government.

Additional family health history toolkits in Spanish and English are available from [The Genetic Alliance](#).

Understanding the link between our family's health and our own, can help us take steps to live longer, healthier lives. A peek into the past can reveal a lot about your future.

## Iowa Diabetes + Wellness Summit: Register Now!

The 7th Annual Iowa Diabetes + Wellness Summit on Friday, November 4th will provide an engaging forum to discuss the latest practices, opportunities, resources, and tools for diabetes prevention, control, and management. National, state, and local experts will share innovative and best practice strategies to reduce the burden of diabetes and empower patients and their families to live healthier lives.

Individual registration and exhibitor registration is now open. [Register here](#).



## Better Choices, Better Health Peer Leader Training

The Iowa Department of Health and Human Services is offering a free virtual Peer Leader Training for the Self-Management Resource Center's Chronic Disease Self-Management Program, referred to as "Better Choices, Better Health" in Iowa. Once trained, you are able to co-facilitate this program in person or virtually in your community.

Better Choices, Better Health helps adults of all ages and caregivers manage the symptoms of chronic diseases, such as heart disease, arthritis, diabetes, depression, asthma, bronchitis, emphysema, and any other physical or mental health condition. This evidence-based program is held weekly for 2 ½ hours for six weeks in person or virtually. Two trained leaders facilitate the workshops. Peer Leader Training will take place virtually over the course of seven weeks (13 sessions) starting on Tuesday, January 5 and ending on Thursday, February 16.

To inquire about additional information or to register for this training, contact the Program Coordinator at [ali.grossman@idph.iowa.gov](mailto:ali.grossman@idph.iowa.gov) or 515-371-7768.

## CONTACT US

To submit webinars, events, funding opportunities, or health promotion news, contact Heart Disease and Stroke Coordinator, McKyla Carson, at [mckyla.carson@idph.iowa.gov](mailto:mckyla.carson@idph.iowa.gov). View previous Chronic Disease Connections E-Bulletin issues [here](#).