

# Take Heart Alaska

Steering Committee Meeting  
Tuesday December 8, 2009  
Meeting Minutes

## ATTENDANCE

X	Janice Gray (State of AK HDSP)	X	Martha Pearson (SEARHC–Wisewoman)	X	Brenda Shelden (MSRMC)	X	Georgie Reese (SEARHC)
	Sandra Carroll-Cobb (UAA)		Michelle Cassano (ADA)		Gary Ferguson (ANTHC)	*	Nancy Knapp (SEARHC)
*	Linda Shepard (PAMC-Parish Nurses)	X	Diana Redwood (ANTHC)		Stan Watkins (Alaska Heart Institute)		John McCleary (MOA)
	Deborah Corker (Alaska Health Fairs, Inc.)		Sarah Paddock (SEARHC)	X	Christie Artuso (PAMC)		Kelly Heithold (BP & WIN)
	Stacy Kelly (ANTHC)		Karen Friedl (ANMC)		American Heart		Vacant
GUESTS:		X	Andrea Fernaughty (State of AK-Epidemiology)	X	Russ Stevens (State of AK HDSP)		

\* excused

### 1. Steering Committee Business (Brenda Shelden)

- Janice Gray is the new Program Manager for the Heart Disease and Stroke Prevention Program.
- Brenda Shelden and Lakota Murray are done with their co-chair assignments. The Steering Committee thanks Brenda and Lakota for their service.
- Gary Ferguson and Martha Pearson as chair-elects should transition into co-chair roles. Lakota's position needs to be filled as well as several committee chair positions.
- We need to get a quorum approval vote to confirm Gary F. and Martha P. as co-chairs of THA Steering Committee

### 2. Committee/Subcommittee Reports

#### Healthy Lifestyles (Russ Stevens)

- Eat Smart is working on traditional food issues and meet monthly
- APPA is working on Safe Routes to School, Physical Education certifications, and developing the website to be a physical activity resource.

#### Public Education (Martha Pearson)

- Know Your Numbers – Goal is to increase awareness of HDSP risk. Is looking to complement not duplicate past efforts for KYN campaigns. Looking at developing a comprehensive wallet sized card to be included in a larger toolkit. Struggling with what to put on the cards and how many versions. Next step is to create a couple of drafts and send them out for comments.

#### Professional Education

- Hasn't met recently and needs a chair to lead future efforts. This group was working on assessing the number of providers who follow national guidelines for blood pressure and cholesterol.

### Stroke Systems of Care (Christie Artuso)

- Surveyed every hospital & clinic. Is working on a map of Alaska to identify key stroke care centers so that we can connect people to each other and utilize telemedicine. Looking to expand telemedicine with a few more carts left to give out. Identify connectivity gaps. Updated info on CT scans, TPA, and telemedicine.

### Treatment & Secondary Prevention

- Hasn't met in a while. Is looking for a project. CHF? Do we need to revisit the usefulness of this committee? Isn't this work being done in other committees?

### **3. 2009 Cardiovascular Health Improvement Plan**

- The latest version of the statewide cardiovascular health improvement plan that we have been working on updating all year is near completion. The goals and objectives identified by our work groups are done but the S.M.A.R.T objectives still need to be cleaned up and finalized as well as the introduction and other small sections. Look for the release in early 2010.

### **4. Coalition Evaluation presented By Andrea Fernaughty**

- The Take Heart Alaska coalition has recently undergone a comprehensive evaluation. The full report will be sent to all steering committee members. A request to complete an online survey via Survey Monkey was sent to all THA members and key informant interviews were completed. Members reported on positive attributes as well as things to improve.
- Recommendations for improvement include recruitment, needs assessment, more face to face meetings, improved integration/coordination, and improved collaboration with other coalitions.
- Recommendations to improve effectiveness include: achieve one or two things, signs and symptoms, treat stroke as emergency, assessment & secondary prevention, primary prevention message, differences between rural and urban.
- Next steps include using feedback to finalize strategic plan.

### **5. 2009 Heart Disease and Stroke Burden Report**

- The Burden Report is due to be updated and will be published both electronically and in a limited printing. It has been completed and is waiting final formatting. It includes data from 2007-2008. It will be published electronically by the end of 2009.

### **6. Coalition Development**

- Website – A “Join Now” button is coming soon. The proposed members only section will take a while longer to develop. Janice and Russ are working with Julie Sanbei on getting things posted to the website in the proper form.
- We should consider using projects to target recruitment. Pick one or two that people can get excited about and fit into the goals of the plan.

- Working on getting meeting minutes on the website as well as committee member lists at the head of each minutes form.
- Coalition at large lists have been updated but need to follow up with past members and add a “Join Now” button to the website.

#### **7. Worksite Health Promotion Committee?**

- Should THA revive the worksite health promotion committee? Right now there are no Alaska specific web-based resources for WHP. LiveWell Alaska was a website developed for State employees that had good info but is sitting dormant. We need to make sure any content stays up to date. This info may be able to be integrated in to other committee work. The decision from the committee was to wait for now to create another committee, but they would like to have the Worksite Wellness pamphlets and literature available through the Take Heart Alaska website if possible.

#### **8. Next Meetings:**

- March 17 – teleconference; May 10 – Anchorage; September 15<sup>th</sup> - teleconference