

Matters of the Heart



Take Heart Alaska's Quarterly Newsletter

December 2011 Vol. 3, Issue 3

Million Hearts: Preventing Heart Attacks and Strokes

The [Million Hearts](#) Initiative is a national effort to prevent 1 million heart attacks and strokes over the next five years. The Centers for Disease Control and Prevention and Centers for Medicare and Medicaid Services are the co-leaders of Million Hearts within the U.S. Department of Health and Human Services, working alongside other federal agencies including the National Institutes of Health, the Agency for Healthcare Research and Quality, and the Food and Drug Administration. Key private-sector partners include the American Heart Association, and YMCA, among others.

Million Hearts will focus, coordinate, and enhance cardiovascular disease prevention activities across the public and private sectors and will aim to demonstrate to the American people that improving the health system can save lives. It will scale-up proven clinical and community strategies to prevent heart disease and stroke across the nation.

Some of Million Hearts' wide-ranging activities may include:

- Educational campaigns to increase awareness about heart disease prevention and empower patients to take control of their heart health.
- Use of health information technology and quality improvement initiatives to standardize and improve the delivery of care for high blood pressure and high cholesterol.
- Community efforts to promote smoke-free air policies and reduce sodium in the food supply.



Click on logo to view Million Hearts video

**Take Heart
Alaska**

Alaska's Cardiovascular
Health Coalition

Takeheart.alaska.gov

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Committee Minutes

Click to link to documents....

[Steering Committee](#)

[Healthy Lifestyles Committee](#)

[Alaskans Promoting Physical Activity \(APPA\) Subcommittee](#)

[Eat Smart Alaska Subcommittee](#)

[Public Education Committee](#)

Heart Attack Warning Signs

Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort. Here are some of the signs that can mean a heart attack is happening.

Chest discomfort—Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body—Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

Shortness of breath—This may occur with or without chest discomfort.

Other signs—These may include breaking out in a cold sweat, nausea, or lightheadedness.

If you or someone you're with has any of these symptoms, call 9-1-1 immediately. Don't wait longer than five minutes before calling for help. You need to get to a hospital right away. Calling 9-1-1 is almost always the fastest way to get lifesaving treatment!

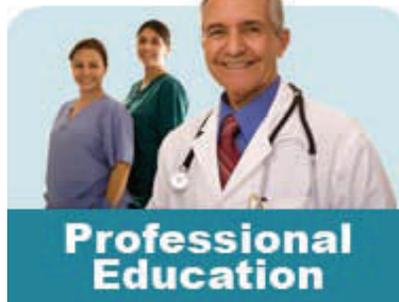
2012 Take Heart Alaska Meeting Set

Take Heart Alaska Coalition All Member Meeting — Anchorage
Friday, January 27 at the Frontier Bldg. Ste. 890 from 10:00a.m.— Noon.
This meeting will be the reveal for the statewide heart disease and stroke prevention plan “Take Heart Alaska”.

Work plans will be developed for each of the main goals that will shape our work for 2012 and beyond! Please attend if at all possible - new members welcome! Also, please forward this information to any interested parties.

Take Heart Alaska Mission:

Increase cardiovascular and cerebrovascular health for Alaskan individuals and communities by encouraging healthy lifestyles and better access to proven preventive and treatment services.



Stroke Warning Signs

- Sudden numbness or weakness of the face, arm, or leg—especially on one side of the body.
- Sudden confusion, or trouble speaking or understanding;
- Sudden trouble seeing in one or both eyes;
- Sudden trouble walking, dizziness, or loss of balance or coordination;
- Sudden severe headache with no known cause.

If you or someone with you has one or more of these signs, don't delay! Immediately call 9-1-1 or the EMS number in your area so an ambulance can be sent for you. Also, check the time so you'll know when the first symptoms appeared. Its very important to take immediate action. If given within three hours of the start of symptoms, a clot busting drug can reduce long-term disability for the most common type of stroke.

Alaska Health Coalitions Information

Take Heart Alaska (THA)

Take Heart Alaska is a statewide coalition of agencies, organizations, and individuals working together to improve cardiovascular health in Alaska.

Eat Smart Alaska (ESA)

Upcoming Meetings: The teleconference number is 800-791-2345 and the pass code is 78421#. Please join us for updates on exciting nutrition-related activities in Alaska!

- Wednesday, December 21st @ 2:00 – DHSS Oral Health Program Update with Dr. Brad Whistler
- Wednesday, January 18th @ 2:00 – The New Alaska DHSS Active Kids Communication Campaign

Alaskans Promoting Physical Activity (APPA)

Alaskans Promoting Physical Activity (APPA) is a coalition representing a wide variety of organizations interested in promoting the benefits of regular physical activity.

Alaska Food Policy Council (AFPC)

The Alaska Food Policy Council works to strengthen Alaska's food systems to spur local economic development, increase food security, and improve nutrition and health.

Alaska Comprehensive Cancer Partnership (ACCP)

The Alaska Comprehensive Cancer Partnership (ACCP) is a diverse group of individuals and organizations representing many key stakeholders in cancer prevention, control and treatment.

Alaska Tobacco Control Alliance (ATCA)

ATCA is a statewide network of health advocates who develop, support and sustain comprehensive tobacco control programs.

Upcoming Health Conferences

2011 Alaska Native Diabetes Conference — November 30, 2011 - December 2
Hotel Captain Cook — Anchorage, Alaska

Alaska Public Health Association Conference (ALPHA)—January 23-26, 2012,
Hotel Captain Cook — Anchorage, Alaska

Million Hearts: Preventing Heart Attacks and Strokes

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Million Hearts will achieve its goal by emphasizing cardiovascular health across patients, providers, communities, and other stakeholders. Million Hearts will bring together a number of programs, policies, and campaigns designed to make a positive impact across the spectrum of prevention and care, promoting the “ABCS” of clinical prevention (appropriate aspirin therapy, blood pressure control, cholesterol control, and smoking cessation) as well as healthier lifestyles and communities.

Million Hearts will promote innovations to identify people now at cardiac risk, ensure that they receive appropriate treatment, reduce the need for blood pressure and cholesterol treatment, promote healthy diet and physical activity, and support smoke-free environments to reduce current and future cardiac risk.

Million Hearts website. U.S. Department of Health and Human Services - 2011.

Million Hearts Resources

Million Hearts Home Page

<http://millionhearts.hhs.gov/>

Million Hearts Press Release

http://millionhearts.hhs.gov/docs/MH_Partners_Press_Release_11-3-2011.pdf

Million Hearts Social Media

<http://millionhearts.hhs.gov/about-mh-socialmedia.shtml>

Million Hearts Buttons and Badges

<http://millionhearts.hhs.gov/buttons-badges.shtml>

Million Hearts Partner List

<http://millionhearts.hhs.gov/partners.shtml>

Million Hearts QR Codes

<http://millionhearts.hhs.gov/qr-codes.shtml>



Heart Disease & Stroke Resources

National Resources

National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP)

Centers for Disease Control and Prevention

For more information, go to:

<http://www.cdc.gov/chronicdisease/>

<http://www.cdc.gov/dhdsp/>

<http://www.cdc.gov/stroke/>

<http://www.cdc.gov/heartdisease/>

<http://www.cdc.gov/bloodpressure/>

<http://www.cdc.gov/cholesterol/>

<http://www.cdc.gov/salt/>

<http://www.cdc.gov/WISEWOMAN/>

Mission

The mission of the NCCDPHP is to lead efforts that promote health and well-being through prevention and control of chronic diseases.

NCCDPHP supports a variety of activities that improve the nation's health by preventing chronic diseases and their risk factors. Program activities include one or more of our major functions: supporting states' implementation of public health programs; public health surveillance; translation research; and developing tools and resources for stakeholders at the national, state and community levels.

National Association of Chronic Disease Directors (NACDD)

Centers for Disease Control and Prevention

www.chronicdisease.org

NACDD is a national public health association founded in 1988 to link the chronic disease program directors of each U.S. state and U.S. territory to provide a national forum for chronic disease prevention and control efforts. Since its founding, NACDD has made impressive strides in mobilizing national efforts to reduce chronic diseases and associated risk factors.

State of Alaska Chronic Disease Prevention Programs and Program Resources

Alaska Heart Disease and Stroke Prevention Program

<http://www.hss.state.ak.us/dph/chronic/chp/default.htm>

The goal of Alaska's Heart Disease and Stroke Prevention Program is to maintain and build the state's capacity to improve the cardiovascular and cerebrovascular health of all Alaskans.

Alaska Chronic Disease Prevention and Health Promotion Section

<http://www.hss.state.ak.us/dph/chronic/default.htm>

The Section of Chronic Disease Prevention and Health Promotion seeks to improve the health and well being of all Alaskans.

Alaska Behavioral Risk Factor Surveillance System (BRFSS)

<http://www.hss.state.ak.us/dph/chronic/hsl/brfss/default.htm>

The Alaska Behavioral Risk Factor Surveillance System (BRFSS) working with the National Centers for Disease Control and Prevention (CDC), gathers information about the health related lifestyle choices of Alaskan adults. Each year, results are analyzed to improve the understanding of health habits and measure progress towards health objectives at the state and national level.

Alaska Diabetes Prevention and Control Program

<http://www.hss.state.ak.us/dph/chronic/diabetes/default.htm>

The Diabetes Prevention and Control Program's efforts to reduce the burden of diabetes in Alaska are consistent with national strategies and place special emphasis on communities and populations at risk for diabetes.

Alaska Obesity Prevention and Control Program

<http://www.hss.state.ak.us/dph/chronic/obesity/default.htm>

The Obesity Prevention and Control Program's mission is to prevent and reduce obesity among Alaskans through the promotion of physical activity and good nutrition.

Alaska Tobacco Prevention and Control Program

www.hss.state.ak.us/dph/chronic/tobacco/default.htmh.

The mission of the Alaska Tobacco Prevention and Control Program is to provide leadership, coordinate resources, and promote efforts that support Alaskans in living healthy and tobacco-free lives.