

Matters of the Heart



Take Heart Alaska's Quarterly Newsletter

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Obesity and Diabetes

November is American Diabetes Month. The American Diabetes Association devotes this month to raising awareness about this growing disease and its complications. Nearly 26 million people in the United States have diabetes and another 79 million have pre-diabetes and are at risk of developing type 2 diabetes¹. A much less known fact is that heart disease and stroke are the number 1 causes of death and disability among people with type 2 diabetes. At least 65% of people with diabetes die from some form of heart disease or stroke.

Diabetes is a group of diseases characterized by high blood glucose levels that result from defects in the body's ability to produce and/or use insulin.² There are three main types of diabetes: type 1, type 2, and gestational. In type 1 diabetes, the body does not produce insulin - only about 5% of people with diabetes have this type. In type 2 diabetes, either the body does not produce enough insulin or the cells ignore the insulin - this is the most common type of diabetes. Gestational diabetes happens when pregnant women who have never had diabetes before have high blood sugar (glucose) levels during pregnancy. It is estimated that gestational diabetes affects 18% of pregnancies³.

Each type of diabetes involves elevated blood sugar (glucose) levels. When glucose builds up in the blood instead of going to the cells, it can lead to diabetes complications. Eye, skin, foot, hearing, and oral health issues can arise in people with diabetes. In addition, people with diabetes are at elevated risk for peripheral arterial disease (PAD), stroke and heart failure¹.

Some studies suggest that if you are middle-aged and have type 2 diabetes your chance of having a heart attack is as high as someone without diabetes who has already had one heart attack! High glucose levels over time can lead to increased deposits of fatty materials on the insides of the blood vessel walls. These deposits may affect blood flow, increasing the chance of clogging and hardening of blood vessels (atherosclerosis)⁴.

**Take Heart
Alaska**

Alaska's Cardiovascular
Health Coalition

In this Issue:

Obesity and Diabetes	1
Sodium Reduction	2
Obesity and Diabetes (continued)	3
Diabetes Resources	
Heart Disease & Stroke Resources	4

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](#)

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.

Sodium Reduction

Is sea salt better?

Not necessarily - research published in the journal Food Research International found that despite texture and taste differences, people did not use less sea salt than table salt. The researchers concluded that sea salt is not a viable option for reducing sodium in the diet, based on their findings.

Salty Six

The American Heart Association is warning consumers of surprisingly high sodium levels in the “salty six” foods: bread, cold cuts, pizza, poultry, soup, and sandwiches. Researchers say the average American takes in about 3,400 milligrams (mg) of sodium a day, more than twice the AHA's recommended limit of 1,500 mg.

But little of that excess salt comes from the salt shaker. Experts say more than 75% of people's salt comes from eating processed or restaurant foods.

Million Hearts

The [Million Hearts](#) Initiative recently launched the “Team Up. Pressure Down” initiative that seeks to lower blood pressures and prevent hypertension through patient-pharmacist engagement.

For Patients

[Videos](#)

[Resources](#)

[What is Hypertension](#)

[What Do Your Blood Pressure Readings Mean?](#)

For Pharmacists

[Videos](#)

[Resources](#)

[Continuing Education Program](#)

Obesity and Diabetes

~Continued from Page 1 ~

In addition to the direct affects of diabetes on your heart and cardiovascular system, many people with diabetes also have other risk factors that elevate their risk for heart disease and stroke. As many as 2 out of 3 adults with diabetes have high blood pressure¹. High blood pressure – also called hypertension – raises your risk for heart attack, stroke, eye problems, and kidney disease. Both diabetes and high blood pressure increases your risk of heart attack, stroke, and eye and kidney disease.

Because of this, people with diabetes have a lower blood pressure target than the general public. The American Diabetes Association (ADA) and the National Institutes of Health recommend a target blood pressure of less than 130/80 mmHg for people with diabetes. When you keep your blood pressure below 130/80 mmHg, you'll be lowering your risk for diabetes problems¹.

Many people with diabetes also suffer from obesity. According to a survey by the Centers for Disease Control and Prevention, the prevalence of obesity among persons diagnosed with diabetes was 53% in men and 58% in women. Even higher percentages were classified as overweight – 86.3% in men and 84.2% in women. Overweight was defined as a body-mass index (BMI) of 25.0 to 29.9, and obesity as a BMI > 30⁵.

People with diabetes can reduce their risk for cardiovascular disease by achieving and maintaining a healthy weight, participating in regular physical activity, reducing sodium intake, eating more fiber, quitting smoking, and taking medications as directed.

1. American Diabetes Association - website. 2. "What is Diabetes". Juvenile Diabetes Research Foundation - website. 3. "What is Gestational Diabetes?". Diabetes.org - website. 4. "What is the connection between diabetes, heart disease, and stroke?". NIDDK - web article. 5. "Adressing Obesity via Diabetes Self Management Education & Training". American Association of Diabetes Educators - Position Statement. 2010.

Diabetes Month Resources

[Diabetes Month Fact Sheet](#)

[Diabetes Month Poster 11x17](#)

[Diabetes Month Web Banner](#)

[Healthy Holiday Recipes](#)

[Step Out - Walk to stop Diabetes](#)

[Diabetes Myths](#)



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/>

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

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

(links updated 11/2012)

Alaska Heart Disease and Stroke Prevention Program

<http://dhss.alaska.gov/dph/Chronic/Pages/Cardiovascular/default.aspx>

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://dhss.alaska.gov/dph/Chronic/Pages/default.aspx>

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://dhss.alaska.gov/dph/Chronic/Pages/brfss/default.aspx>

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://dhss.alaska.gov/dph/Chronic/Pages/Diabetes/default.aspx>

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://dhss.alaska.gov/dph/Chronic/Pages/Obesity/default.aspx>

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

<http://dhss.alaska.gov/dph/Chronic/Pages/Tobacco/default.aspx>

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.