

*Take Heart
Alaska*



10 Years of Heart Health!



Take Heart Alaska



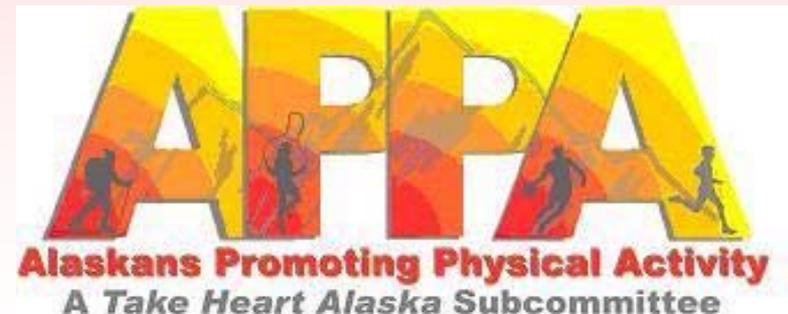
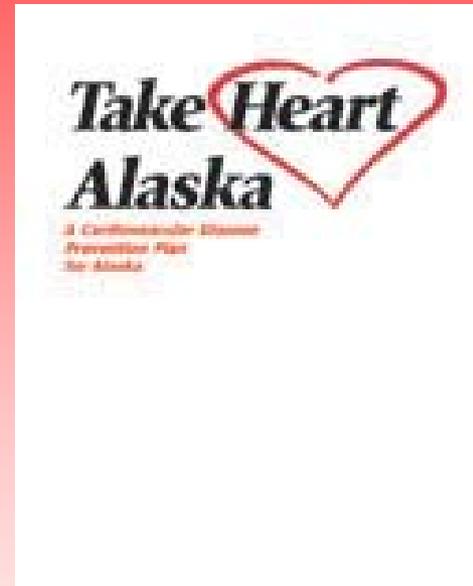
Purpose:

To increase Heart Health among all Alaskans through advocating for individual, worksite, community – based commitment to healthy lifestyles and improving access to preventive services.



1998 - 1999

- *Take Heart Alaska CVD Prevention Coalition formed;*
- *Physical activity sub-committee "Alaskans Promoting Physical Activity" formed;*
- *Facilitated statewide physical activity planning session;*
- *Physical activity track at the Alaska Health Summit;*
- *First CVD plan completed;*
- *500 Physical Activity Resource Kits developed and distributed.*



2000 - 2001

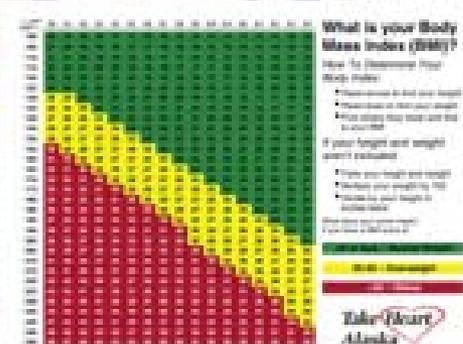
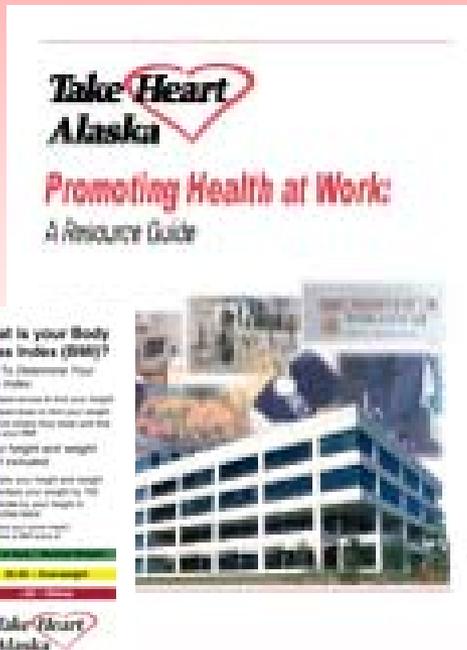
- Developed “30 Active Minutes” brochures, posters and pyramid;
- The Take Heart Alaska website online;
- Promoting Physical Activity at Work – A Resource Guide;
- Developed 2 radio and television PSA on physical activity.

The image shows a screenshot of the Take Heart Alaska website. At the top right, there is a large graphic titled "Activity Pyramid" with the subtitle "CUT DOWN ON inactivity watching TV computer games Everybody needs it!". The pyramid is divided into four levels of activity frequency:

- 30 Active Minutes Everyday:** Play Active Games, Pick Berries, Walk the Dog.
- 2-3 TIMES A WEEK:** garden/yard work, hunt, fish, pick berries, golf or bowl, chop wood, yoga, lift weights, push-ups/curl-ups, scrub windows, floors.
- 3-5 TIMES A WEEK:** bicycle, run/jog, rollerblade, cross country ski, swim, walk/snowshoe, climb stairs, hike, soccer, dance, tennis, hockey, basketball, kayak, martial arts.
- EVERYDAY:** walk the dog, walk to the store/mailbox, park your car farther away, clean house, push the stroller, carry your groceries, hide the remote control, stretch, walk whenever you can, take the stairs, play active games.

The website interface includes a Microsoft Internet Explorer browser window showing the URL <http://takeheart.alaska.gov/takeheart/Default.t>. The main navigation bar contains links for [THA Home](#), [About Us](#), [Meetings](#), [Join THA](#), and [Contact Us](#). A sidebar on the left lists various committees: [THA Steering Committee](#), [WHP Worksite Health Promotion](#), [Public & Professional Education](#), [Eat Smart](#), [Secondary Prevention](#), [APPA Alaska Promoting Physical Activity](#), [THA Membership](#), and [Stroke Task Force](#). The main content area features a welcome message, a link for [EMS Workgroup Recruitment - Join Today!](#), a section for the [Blood Pressure Campaign](#), and a [Take Heart Alaska TV Commercial](#). A photo of a smiling woman in a hat is visible on the right side of the page.

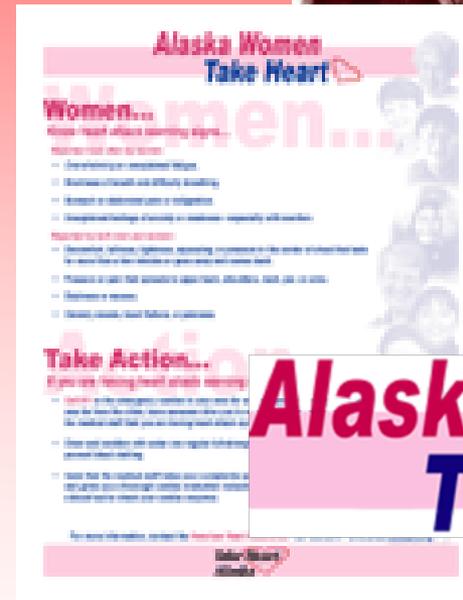
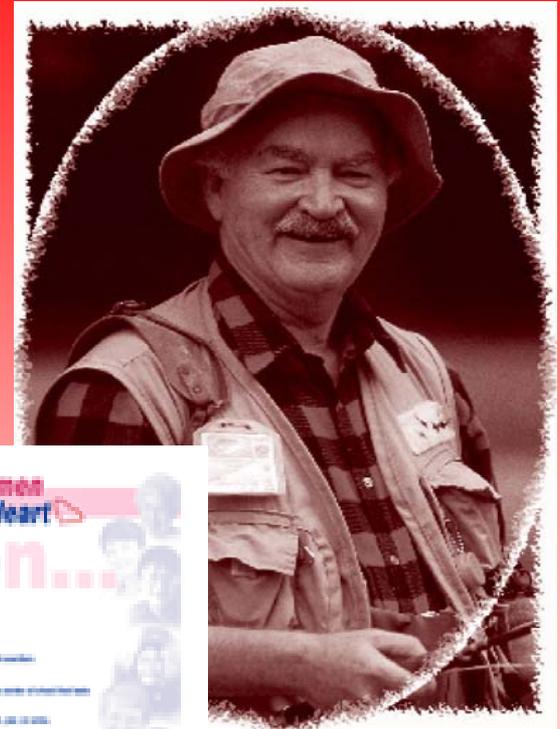
2002 - 2003



- *BMI Charts;*
- *Promoting Health at Work: A Resource Guide;*
- *Worksite Health Promotion: And Investment in Human Capital.*

2004 - 2005

- Preventing Cardiovascular Events in Persons at Risk or with Established CV Disease - Quick Reference Card;
- Secondary Prevention for Heart Attack in Alaska: A Summary of Present Practices and Future Considerations;
- Healthy People Build Healthy Businesses: A Worksite Health Promotion Workshop;
- Alaska Women: Take Heart Campaign;
- Control Your Blood Pressure for Life Campaign.



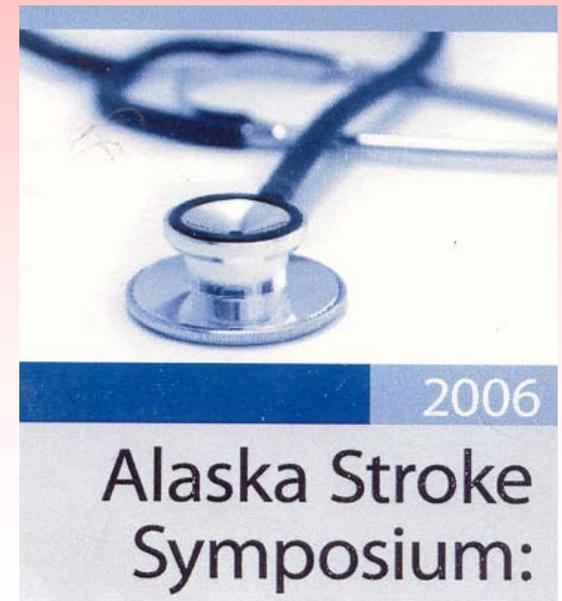
**Alaska Women
Take Heart** 

HEALTHY PEOPLE *build*
HEALTHY BUSINESSES
A WORKSITE HEALTH PROMOTION WORKSHOP

2006



- Eat Smart Alaska - Fruit & Vegetable PSA's;
- Eat Smart Alaska - Five a Day the Alaskan Way Campaign & Food Demo Training Manual;
- Eat Smart Alaska - Canned, Frozen or Fresh trifold;
- Eat Smart Alaska - Alaska Recipes;
- Public Education - Trails and Health...A Natural Connection;
- Stroke Task Force - Stroke Symposium



More 2006

- Stroke Task Force – Stroke survey completed June 2006;
- Secondary Prevention - Patient “Heart Health” tracking card;
- Secondary Prevention - Alaska Hospital MI/Acute Coronary Syndrome (ACS) Orders;
- Secondary Prevention - Acute Myocardial Infarction/ACS Care Checklist;
- APPA - Walk to School Day Action Kit.



Medication		Manager				
Antiplatelet Agents/	Yes / No					
Date/Dose						
ACE Inhibitors	Yes / No					
Date/Dose						
Beta Blockers	Yes / No					
Date/Dose						
Statins/Lipid Lowering	Yes / No					
Date/Dose						
Other Medication	Yes / No					
Date/Dose						
Cardiac Rehabilitation	Yes/No	Compliant?				

Emergency Plan

- ▶ Call 911 or the emergency number in your area for an ambulance. If you live in a rural area that is far from the clinic, have someone drive you to meet the ambulance enroute.
- ▶ Chew, swallow with water one regular full-strength Aspirin to prevent blood clotting.
- ▶ Know the signs & symptoms of heart attack:
 - Discomfort, fullness, tightness, squeezing or pressure in center of chest that stays for more than a few minutes or comes and goes.
 - Pressure or pain that spreads to upper back, shoulders, neck, jaw, or arms.
 - Dizziness or fainting.
 - Clummy sweats, heart flutters, or palpitations.
 - Unexplained feelings of anxiety, fatigue, or weakness—especially with exertion.
 - Stomach or abdominal pain.
 - Shortness of breath and difficulty breathing.
 - Are you or your family CPR trained?

Heart Health Tracker

Share this card with your health care provider at every visit.



For more information contact:
Alaska Department of Health & Social Services
Heart Disease and Stroke Prevention
1-888-465-3140
www.takeheart.alaska.gov

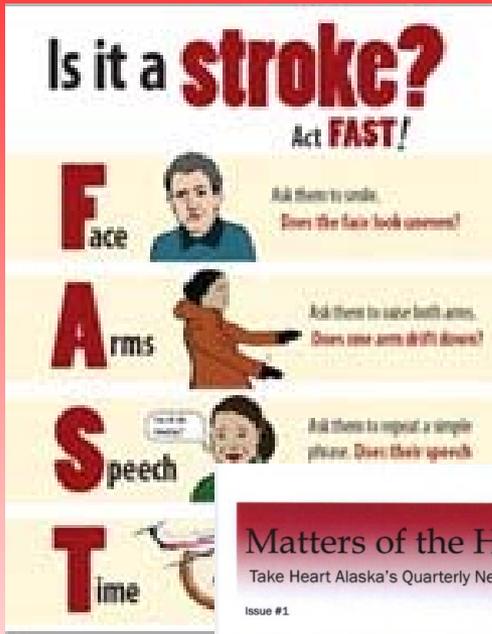
Walk to School 2006

12 schools participated across AK, including:

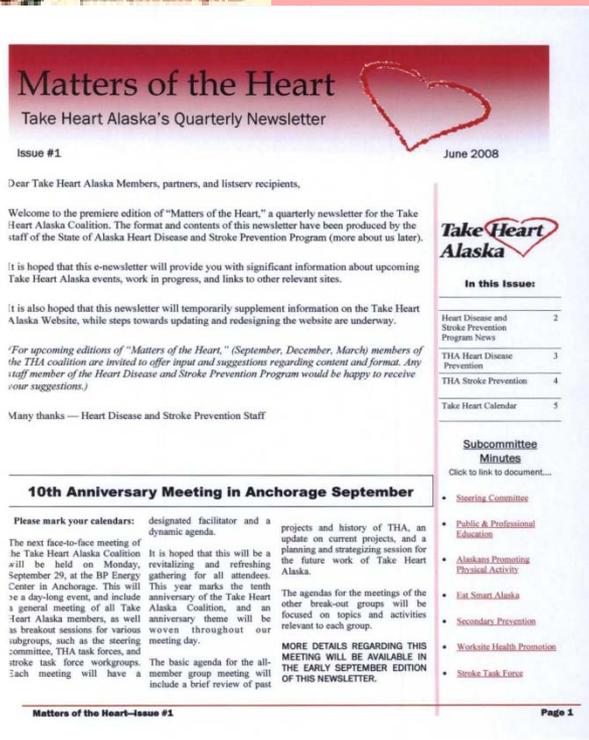
- Anchorage
- Fairbanks
- Kodiak
- Wasilla
- Nanwalek
- Port Graham
- Tok
- Seward
- St. Albans



2007 - 2008



- 2007 EMS Stroke survey;
- Alaska Stroke Signs and Symptoms Campaign: F.A.S.T brochure/flyer;



- First edition of "Matters of the Heart" Newsletter;
- Stroke Rehabilitation Survey.

Know Your Numbers!

	<u>1998</u>	<u>2008</u>
Physically Active	56.9% (2001)	60.8%
5 – A - Day	23.2%	24.2%
High Blood Pressure	22.6%	24.9%
High Cholesterol	25.5%	37.6%
Obesity	21.4%	28.2%
Diabetes	3%	6.1%
Current Smokers	26.1%	22.2%

Source: Behavioral Risk Factor Surveillance System (1997 – 2007)

	<u>2005</u>	<u>2007</u>
Ever told you had a heart attack?	3.1%	2.3%
Ever told you had a stroke?	1.7%	1.9%
Ever told you had angina or coronary heart disease?	3.2%	2.5%

Source: Behavioral Risk Factor Surveillance System (1997 – 2007)

Take Heart
Alaska

Big News **1998 - 2008**



- *Alaska's Governors Support CVD Promotion through Heart Month Proclamations*

1998 - 2008

- **AED Civil Liability Law (AS 09.65.087) Passed;**
- **Anchorage Ranked #2 Nationally for Cardiac Arrest Out-of-Hospital-Survivor-Rates;**
- **Alaska Regional Certified as Primary Stroke Center;**



- **Federal Funding for Heart Disease and Stroke Prevention Programs are Requested;**
- **Northwest Regional Stroke Network Created;**
- **Providence Alaska Medical Center received Advanced Primary Stroke Center Certification from the Joint Commission;**
- ***Anchorage Registers as a Regional Mission Lifeline System;***
- ***Providence Alaska Medical Center Receives five-star ratings for clinical excellence in heart surgery.***



Thank You For Your Work!

Happy Birthday

Take Heart Alaska!