

# Matters of the Heart

## Take Heart Alaska's Quarterly Newsletter



Issue #1

June 2008

Dear Take Heart Alaska members, partners, and listserv recipients,

Welcome to the premiere edition of "Matters of the Heart," a quarterly newsletter for the Take Heart Alaska Coalition. The format and contents of this newsletter have been produced by the staff of the State of Alaska Heart Disease and Stroke Prevention Program (more about us later).

It is hoped that this e-newsletter will provide you with significant information about upcoming Take Heart Alaska events, work in progress, and links to other relevant sites.

It is also hoped that this newsletter will temporarily supplement information on the Take Heart Alaska Website, while steps towards updating and redesigning the website are underway.

*(For upcoming editions of "Matters of the Heart," (September, December, March) members of the THA coalition are invited to offer input and suggestions regarding content and format. Any staff member of the Heart Disease and Stroke Prevention Program would be happy to receive your suggestions.)*

Many thanks — Heart Disease and Stroke Prevention Staff

### 10th Anniversary Meeting in Anchorage September

**Please mark your calendars:**

designated facilitator and a dynamic agenda.

The next face-to-face meeting of the Take Heart Alaska Coalition will be held on Monday, September 29, at the BP Energy Center in Anchorage. This will be a day-long event, and include a general meeting of all Take Heart Alaska members, as well as breakout sessions for various subgroups, such as the steering committee, THA task forces, and stroke task force workgroups. Each meeting will have a

It is hoped that this will be a revitalizing and refreshing gathering for all attendees. This year marks the tenth anniversary of the Take Heart Alaska Coalition, and an anniversary theme will be woven throughout our meeting day.

The basic agenda for the all-member group meeting will include a brief review of past

projects and history of THA, an update on current projects, and a planning and strategizing session for the future work of Take Heart Alaska.

The agendas for the meetings of the other break-out groups will be focused on topics and activities relevant to each group.

**MORE DETAILS REGARDING THIS MEETING WILL BE AVAILABLE IN THE EARLY SEPTEMBER EDITION OF THIS NEWSLETTER.**



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#### Subcommittee Minutes

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## Heart Disease and Stroke Prevention Program Updates

The State of Alaska Heart Disease and Stroke Prevention Program (HDSP) is funded by a grant from the Centers for Disease Control and Prevention. The program staff are employees of the State of Alaska Division of Public Health's Section of Chronic Disease Prevention and Health Promotion. The HDSP is located in Juneau, except for the program's epidemiologist, who is located in Anchorage.

In addition to performing other work required of a state Heart Disease and Stroke Program, the HDSP program provides support for the Take Heart Alaska Coalition. The support provided to THA includes administrative assistance with scheduling, recording, and reporting of THA workgroup meetings, involvement with various workgroup projects, and wellness expertise in relation to cardiovascular disease.

The HDSP program staff members are:

[Lee Peterson](#), RN, MS, FNP- Lee is the Nurse Consultant and Program Manager for HDSP. In addition to these roles, Lee works with the stroke task force section of Take Heart Alaska.

[Russell Stevens](#), BS - Russ is the program's Public Health Specialist. Russ continues the capacity-building work in the Heart Disease sections of the Take Heart Alaska Coalition, and will be leading the newest aspect of the HDSP program, worksite wellness initiatives.

[Tami Bell](#), Administrative Clerk-Tami provides administrative support to the HDSP. This includes assisting with Take Heart Alaska meetings and workgroups, travel arrangements, and communications and publications efforts.

[Andrea Fenaughty](#), PhD- Andrea provides epidemiological and evaluation support to the Heart Disease and Stroke Prevention Program. This includes such efforts as: developing heart disease and stroke burden reports and fact sheets; assisting in the design and implementation of the evaluation of the HDSP program; consulting with HDSP partners on issues of surveillance data and evaluation; and providing general surveillance and evaluation consultation for the HDSP staff.



From Left - Right:  
Tami Bell, Russ Stevens,  
Lee Peterson



Andrea Fenaughty, PhD

## Take Heart Subcommittee Spotlight

TakeHearters,

In future editions of "Matters of the Heart", this section will highlight the wonderful work of one of our great Take Heart Alaska subcommittees. Each quarter we will focus on a different group and let everyone know the details of what was accomplished and how they are progressing with their goals and objectives.

If your subcommittee has recently accomplished something you would like to see reported in this section, please send Russ Stevens an update so he can begin work on writing the article!



# Heart Disease Prevention News

## Subcommittee Updates

**Steering Committee**

Chair: VACANT

As you may have heard, Steve Johnson resigned his Steering Committee Chair position in January. We wish Steve the best in his new duties as the Municipality of Anchorage’s Cities Readiness Initiative Coordinator.

Losing Steve means that we are temporarily without a Chair. One of the main objectives for the face to face meeting in September will be to elect a new chair, so if you have worked with someone in the past that you think would be good candidate, please contact either Russ Stevens or Lee Peterson to submit a nomination. We will contact that person to assess their interest in accepting a nomination.

The THA Steering Committee will be holding a planning meeting to set the agenda for the face to face meeting on September 29th. In June, staff from the Heart Disease and Stroke Prevention Program will be contacting each member of the Steering Committee to solicit agenda items and get a sense of the priorities for this meeting.

**Eat Smart Alaska**

Chair: Vacant  
Meetings: TBA

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**APPA**

Chair: Diana Redwood  
Meetings: 2nd Tuesday

APPA has been working on promoting “Bike to Work Day” and will recess over the summer and then focus on “Walk to School Day” this October.

**Secondary Prevention**

Chair: Stan Watkins, MD  
Meetings: Second Friday @8a.m.

The Secondary Prevention Task Force met on Friday, June 13th to catch up and discuss the usage of their Heart Healthy Tracking Card. The card was designed to be both an empowerment tool for heart disease patients and a way for providers to track patient compliance with lifestyle changes and adherence to medication regimens.

**Public & Professional Education**

Chair: Martha Pearson  
Meetings: 2nd Thursday @ 12

The Public and Professional Education subcommittee recently added success stories and links to PSA’s on the website. They will continue to add resources and organize PSA’s as well as a photo bank and healthy recipe links.

**Worksite Health Promotion**

Chair: Russ Stevens  
Meetings: 4th Wednesday @ 9a.m.

Last fall the WHP subcommittee completed an employer survey to assess the level of interest in different types of wellness programs and interventions. This year we hope to use that data to target employers and provide assistance in implementing wellness programs. Russ is currently working on reconvening this group for a meeting during the summer.

## Heart Disease and Stroke Prevention Program Sponsors Speakers at Bartlett Regional Hospital

Dr. Estrada Bernard, a Neurosurgeon with Anchorage Neurosurgical Associates, was in Juneau on May 6 to present to Bartlett Hospital Medical Staff about the latest in prevention and treatment of strokes.

Prior to his visit, on April 1<sup>st</sup>, Christie Artuso, RN, MN, Neuroscience Nurse Specialist at Providence Medical Center Anchorage, had visited Bartlett Hospital and presented to Nursing, Medical, and Allied Health professionals about stroke care. These visits were sponsored by the Alaska Heart Disease and Stroke Prevention Program.

The following is an excerpt from Juneau's Capital City Weekly regarding Dr. Bernard's visit:

*"Dr. Bernard states that the tendency for most people experiencing stroke symptoms is to ignore or delay getting help. "Act*

*F.A.S.T. and call 911. Knowing the symptoms of stroke and acting quickly may save your life.*

*Studies show that stroke patients who arrive at the hospital by ambulance receive quicker treatment than those who arrive by their own means....*

*Justine Muench, RN, MN, who has worked at Bartlett Regional Hospital for a number of years and for the State of Alaska in the Heart Disease and Stroke Prevention Program, indicates that Bartlett Regional Hospital is currently developing a systematic treatment protocol to rapidly diagnose and treat strokes as an emergency according to National Institute Neurological Disorders. This includes using state of the art CT scans, medications and consultation with stroke neurology experts via telemedicine."*



From left: Estrada Bernard, MD, neurosurgeon, Anchorage Neurosurgical Associates and Justine Muench, RN, MN, staff development coordinator, Bartlett Regional Hospital

### Northwest Stroke Network Created

In 2007, the U.S. Centers for Disease Control and Prevention awarded the Washington State Department of Health funding to form the Northwest Regional Stroke Network, which includes Washington, Alaska, Idaho, Montana, and Oregon.

The network was formed so that states could more easily collaborate to address their common challenges, one of which is stroke death rates above the national average.

Website: [www.doh.wa.gov/cfh/NWR-Stroke-Network/default.htm](http://www.doh.wa.gov/cfh/NWR-Stroke-Network/default.htm)

### Heart Disease and Stroke Prevention at UAA Geriatric Institute



Lee Peterson, HDSP program Manager, spoke at the annual conference of UAA's Geriatric Institute on June 5. The topic of her presentation was "Heart Disease and stroke Prevention as we age."

### A Message from the American Heart Association

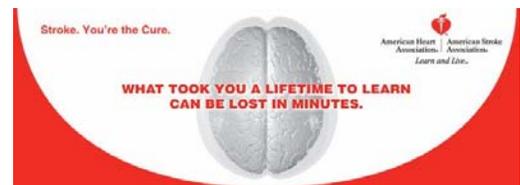
Our legislators on Capitol Hill have a role to play in raising awareness about stroke- but they need to hear from you that this health issue is a priority.

Right now, the Senate is considering the STOP Stroke Act- legislation which aims to ensure that stroke is more widely recognized by the public as a medical emergency and treated more effectively by healthcare providers. Join us in sending a message to our Senators today, urging them do their part to pass the STOP Stroke Act at:

[www.capitolconnect.com](http://www.capitolconnect.com)

### Providence Hospital Receives Stroke Center Certification

Providence Alaska Medical Center received Advanced Primary Stroke Center Certification from the Joint Commission effective 5/20.



# Take Heart Calendar

## June 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## July 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	Public & Prof. Education 10	Secondary Prevention 11	12
13	14	15	16	17	18	19
20	21	22	Worksite Health Promotion 23	24	25	26
27	28	29	30	31		

## August 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Stroke Task Force Rehab Workgroup – TBA		1	2	3	4	5
6	7	8	9	Public & Prof. Education 10	11	12
13	14	15	16	17	18	19
20	21	22	Worksite Health Promotion 23	24	25	26
27	28	29	30	31		

Don't Forget.....Take Heart Alaska Face-to-Face Meeting  
September, 29 2008 in Anchorage!