

# HEART DISEASE AND STROKE PREVENTION PLAN CONNECTION

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## GREETINGS

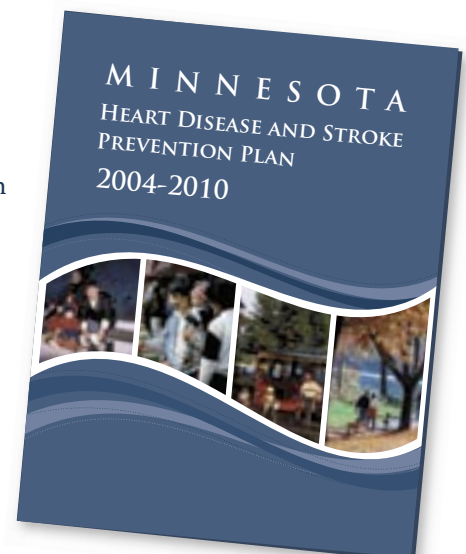
### DEAR COLLEAGUES:

Welcome to the first edition of the Minnesota Heart Disease and Stroke Prevention Plan Connection! Now that the Plan is written, printed and released, we look forward to working with all of you in the next phase – implementation and monitoring. The intent of this monthly electronic newsletter is to:

- Promote upcoming events and meetings
- Share information regarding resources, tools, grant opportunities, and articles of note
- Feature one CVH program in Minnesota in each issue
- Motivate and energize partners to collaborate with others to
- Keep and partners MDH regularly connected in addition to phone calls, e-mail and face-to-face encounters

To all of you who worked so hard in developing the statewide plan—**Thank You!** I encourage you to stay the course and continue to work collaboratively to see that implementation happens step by step. As stories and lessons learned are shared, we can then celebrate progress made in Minnesota of reducing cardiovascular disease and the complications and burden associated with it.

Best Regards,  
Maxine Norman, M.S.  
Project Coordinator, Minnesota Heart  
Disease and Stroke Prevention Program  
Minnesota Department of Health



## PLAN UPDATE

The Minnesota Heart Disease and Stroke Prevention Plan 2004-2010 was released on August 4, 2004 at the McNamara Alumni Center, University of Minnesota. Over 50 participants attended the morning training session on grant writing—Presenters were **Jerry Jaker** and **Sally Mandler**, Minnesota Institute of Public Health. Over 125 individuals participated in the afternoon celebration. To kick off the afternoon, **Mr. Murray Harber** and **Ms. Chris Kimber** led a lively walk-and-talk around campus. Featured afternoon presenters included **Dr. Tom Arneson**, Stratis Health, **Dr. Kathleen Annette**, Indian Health Services, **Ms. Nancy Watkins**, Centers for Disease Control and Prevention, and **Dr. Joseph Smith**, president of the Twin Cities American Heart Association Board. **Ms. Aggie Leitheiser** from the Minnesota Department of Health read the Governor's proclamation to designate August 4th as Heart Disease and Stroke Prevention Day. Plan endorsers signed a large copy of the Plan's cover to signify support from organizations around the state. Members of the various work groups, including **Ms. Ellen de la Torre**, **Ms. Bonnie Allard**, **Ms. Gretchen Griffin**, **Ms. Kimber**, and **Ms. Cindy Borgen**, briefly described programs already implementing strategies and next steps for the work groups. The afternoon concluded with round-table presentations by 18 organizations to showcase cardiovascular work currently happening in Minnesota.

*Look here for future developments with the Plan and how progress in this journey is being made to address heart disease and stroke!*

## Featured Article THIS MONTH: CHOLESTEROL

This past July, the National Cholesterol Education Program (NCEP) updated the guidelines known as the Adult Treatment Panel (ATP) III Report. Major updates to the recommendations included the following:\*

- **High-risk people:** The general goal of cholesterol-lowering treatment remains the same. However, in order to reduce LDL cholesterol levels to under 100 mg/dL, the panel makes an LDL goal of less than 70 mg/dL a therapeutic option for people at very high risk of heart attack or death. Patients are considered at very high risk if they already have cardiovascular disease plus diabetes, persistent cigarette smoking, poorly controlled hypertension, or multiple risk factors of the metabolic syndrome (high triglycerides, low levels of "good" HDL cholesterol, obesity), and immediately after a heart attack.
- **Moderately high risk:** Moderately high-risk people are those who have multiple risk factors and are estimated to have a 10 to 20 percent chance of heart attack or cardiac death within 10 years. The new guidelines reinforce the need for treatment if LDL cholesterol levels are 130 mg/dL or higher, and add an optional consideration of drug therapy if levels are between 100-129 mg/dL.
- **In general,** if drug therapy is used in people at high or moderately high risk, it should be aimed towards achieving a 30 to 40 percent reduction in LDL cholesterol.
- **Lower or Moderate risk:** Recommendations for treatment in people at lower or moderate risk are unchanged.
- **Older people:** Evidence from the new studies bolstered the idea that it is never too late to benefit from intervention to lower cholesterol levels.

The update was published in the July 13 issue of the journal *Circulation*. The National Heart, Lung, and Blood Institute of the National Institutes of Health coordinates the NCEP.

\* Text taken directly from the American Heart Association Journal Report 7/12/04.

# Spotlight

Future editions will feature organizations around the state that are fighting heart disease and stroke in Minnesota. This column is intended to help acquaint partners with one another, provide ideas for implementing strategies in local communities and provide contact names for further information.

# In The News

Media coverage for the August 4th launch, "Join the Journey" was a pleasant surprise and included:

- Dennis Douda of WCCO-TV news produced a story for the WCCO "Lifeline" news feature. **Ms. Kathleen Miller**, National Stroke Association, Minnesota Chapter, and **Ms. Maxine Norman** and **Dr. Albert Tsai** from the Minnesota Department of Health were interviewed for the piece.
- WCCO radio conducted an interview with **Dr. Tsai** on the day of the launch.
- **Dr. Tom Arneson** was interviewed by Minnesota News Network radio station.
- **Mr. Murray Harber** was "live" on the WCCO Sunday Morning News show talking about the Plan.
- MedFax, an electronic newsletter published by Minnesota Physician Publishing, Inc., featured the Plan in the August 9 issue as the lead story.

# By the Numbers

High cholesterol remains one of the most important predictors of heart disease and stroke. In Minnesota, 25% of adults have not had their cholesterol checked within the last five years. Nearly 29% of Minnesota adults who had been screened within five years reported that they had been told by a health-care provider that they had high blood cholesterol. (Behavioral Risk Factor Surveillance Survey, 2003)

# Joining THE JOURNEY

Several organizations and individuals have signed on to endorse the Plan. Welcome to all of you!

- American Heart Association
- Be Active Minnesota
- Blue Cross and Blue Shield of Minnesota
- Bois Forte Medical Clinic of Bois Forte Band of Chippewa
- Central Minnesota Heart Center
- Division of Epidemiology, Univ of MN
- Fergus Falls Medical Group, PA
- Folsom, Aaron M.D.
- Gronseth, Tina R.N., P.H.N., B.S.N.
- Health Partners
- Hennepin County Human Resources
- Hennepin County Human Services Dept--Public Health Promotion
- Indian Health Service
- Lake Region Healthcare Corporation
- Medica Health Plans
- MeritCare Faithfully Fit Forever Program
- Minneapolis Heart Institute Foundation
- Minnesota Chapter, National Stroke Association
- Minnesota Department of Education
- Minnesota Diabetes Program of MDH
- North Central Region Health Ministries Network
- Parkers Prairie Medical Clinic
- Stairstep Foundation
- Stratis Health
- Washington County Department of Public Health/Environment



# Announcements

## Steering Committee Meeting

Wednesday, October 6, 8:30 am  
Snelling Office Park

## Health Care Work Group Meeting

Friday, October 8, 8:30 am  
Snelling Office Park



# Upcoming Events

## Regional Forums

The main purpose of these community forums on chronic disease is to disseminate information about chronic disease plans for Minnesota statewide, and to facilitate building and maintaining relationships with partners outside of the Twin Cities Metro Area. For more information, call (651) 281-9830.

SW = St. James  
October 20, 2004

NE = Grand Rapids  
December 8, 2004

SE = Winona  
October 18, 2004

NW = Fergus Falls  
December 10, 2004

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To submit story ideas or to provide feedback, please visit the Connection at [www.health.state.mn.us/cvhplan](http://www.health.state.mn.us/cvhplan).  
To unsubscribe, email [cvhplan@health.state.mn.us](mailto:cvhplan@health.state.mn.us) or call (651) 281-9830.