



Heart Disease and Stroke Prevention

News E-Bulletin

October 2009

Heart Disease & Stroke Risk Factor News

[IOM Report on Secondhand Smoke Exposure and Cardiovascular Effects: Making Sense of the Evidence](#)

A new report released by the Institute of Medicine, titled *Secondhand Smoke Exposure and Cardiovascular Effects: Making Sense of the Evidence*, provides a comprehensive review of the science on the relationship between secondhand smoke exposure and acute coronary events. The report was requested by CDC, but the review was conducted independently by the Institute of Medicine. Major conclusions of the report are:

- Exposures to secondhand smoke could cause acute coronary events, such as a heart attack.
- Evidence suggests that even brief secondhand smoke exposure might trigger a heart attack.
- Smoke-free bans decrease acute coronary events.
- More information is available at the [DHDSPP Web site](#).

[AHA Policy Statement on Worksite Wellness Programs Shows Savings, Outlines Benefits](#)

The American Heart Association published a policy statement on [Workplace Wellness Programs for Cardiovascular Disease Prevention](#) in *Circulation*, September 30. The statement includes a discussion on returns on investments in worksite wellness programs, recommends components of worksite wellness programs, and sections on regulatory oversight of programs, and vulnerable populations. The lead author, Mercedes Carnath states “Research shows that companies can save anywhere from \$3 to \$15 for every \$1 spent on health and wellness within 12 to 18 months of implementing a program.

[Importance of Compression-Only Cardiopulmonary Resuscitation \(CPR\)](#)

Dr. Sanjay Gupta, chief medical correspondent for CNN, presents an overview of the importance of bystander CPR to help save lives during cardiac arrest. Gupta highlights research findings and provides an anecdote regarding how compression-only CPR may be just as effective, if not more effective, than traditional CPR – mouth-to-mouth and chest compressions.

[Chest Compression CPR Helps Save Young Mother](#)

Chest compression only CPR helped save the life of a 33 year old Arizona school teacher, who suffered a cardiac arrest, described in an article on [cnn.com](#). Her husband happened to be a sheriff's deputy who had been trained as a first responder, and he used compressions on her until paramedics responded with a defibrillator to restore her heartbeat. Since 2004, emergency services personnel have been using chest compression in Arizona. Dr. Ben Bobrow, of the Arizona Dept. of Health stated that “it's hard to do a lot worse than 97% of the people dying, so we revamped everything from how we track cardiac arrest to how we train the public to do CPR and how we train dispatchers to give CPR instruction.”

[Most American Adults at Risk for Heart Disease](#)

A new study by Dr. Earl Ford and colleagues, in the September 14 online issue of *Circulation* found that only 7.5% of Americans have no risk factors for heart disease. They analyzed 2004 data from NHANES, looking for low-risk factors for heart disease; not smoking, low blood cholesterol (without drugs), normal blood pressure (without drugs), normal weight, and normal blood sugar levels. This is a regression in the numbers of Americans with all five healthy elements to avoid heart disease; in 1994, 10.5% of the U.S. population had no risk factors. “Everybody in the risk pool” appears in this [Cardiobrief](#).

[Transient Ischemic Attack Occurs Before 1 in 8 Strokes](#)

Canadian research published in *Neurology* showed that only 1 in 8 strokes are preceded by a TIA, leading the researchers to conclude that a TIA is not as great a warning sign of an impending full stroke as previously thought. Their study involved 16,409 people who had a stroke over a 4 year period in Ontario hospitals. 2,032, or 12.4% experienced a TIA before the stroke. Other researchers disagree with the conclusion, stating that 10 to 15% of strokes are preceded by TIAs.

[Preventing Second Stroke May Help Reduce Chance of Developing Dementia](#)

A *Lancet* study suggests that preventing a second stroke by focusing on major stroke risk factors may reduce the possibility of developing dementia. The stroke authors conclude that there is a relationship between having multiple strokes and the risk of dementia developing. In an accompanying editorial, treatment of one major risk factor—hypertension, is viewed as the most treatable risk factor for dementia and stroke, along with reduced salt intake, and exercise.

[Women with Atrial Fibrillation More Likely To Suffer a Stroke and Have Lower Quality of Life](#)

A literature review done by researchers at the Heart Center for Women at Rush University Medical Center found that women with atrial fibrillation are more likely to have a stroke or die than men with the condition. The study in the September issue of *Gender Medicine* notes that women with atrial fibrillation receive less medical care than men, and recommends specific treatment approaches for women, emphasizing prevention also.

[Disparities in Blood Pressure Control](#)

African Americans and Hispanics who have had a stroke or have coronary artery disease had higher blood pressure than whites, in a study presented at the AHA High Blood Pressure Research Conference recently. NHANES data on blood pressure was used in the study. Researchers found that 63 percent of whites, 58 percent of Hispanics, and 40 percent of blacks had blood pressure levels falling within national guidelines. The study also found that Hispanics were less likely to receive medications to control hypertension. Lifestyle or economic factors, genetics and differences in the quality of medical care were suggested as reasons for the disparities.

[Reducing Salt Intake Could Save the U.S. Billions in Health Care Costs](#)

An analysis appearing in the September/October issue of the *American Journal of Health Promotion* finds that if the average American intake of salt went down to 2,300 mg per day, there would be 11 million fewer cases of hypertension each year, cutting the costs of treating hypertension and concomitant heart disease and stroke by \$18 billion. Further, if salt consumption went down to 1,500 mg, \$26 billion could be saved. The study mentions that it is hard for individuals to reduce sodium intake, since the majority of salt consumed comes from processed foods and restaurant meals.

[Seasonal and H1N1 Flu May Raise Risk of Heart Attack](#)

A report published in the October issue of the *Lancet Infectious Diseases* found that people with heart disease and diabetes may be at higher risk for having a heart attack after getting the flu. This study showed an increase in deaths from heart disease and heart attacks during flu season, and that getting a flu shot reduced the risk of dying from heart disease or having a heart attack.

[Restaurant Calorie Labeling Not Changing Habits Yet](#)

Researchers at NY University and Yale studied customer habits at 4 fast-food chains, in poor neighborhoods in New York City to see if the new NYC law about posting calories for food items in restaurant chains has changed decisions on what to order. They found that people actually ordered items with slightly more calories than a typical customer had before the labeling law went into effect in July 2008, according to the article published in *Health Affairs*. 27.7 percent who saw calorie labeling in New York said the information influenced their choice of food. NYC public health staff commented that the study was conducted immediately after the law went into effect, so more gradual changes in consumption may not be shown. The NYC health department will be doing an analysis which will be released in a few months.

Resources

[Compendium of Proven Community-Based Prevention Programs](#)

A new report from the Trust for America's Health (TFAH) and the New York Academy of Medicine (NYAM) lists evidence-based chronic disease prevention programs that have shown improved health and reduced costs in the communities they were implemented in, based on an extensive literature review. The full report is available [here](#).

[A Profile of American Indians and Alaska Natives and Their Health Coverage](#)

Kaiser Family Foundation released an issue brief that provides data and implications on insurance status and type of health insurance coverage among American Indians and Alaska Natives.

[Updated Statistics on Youth Tobacco Use](#)

The Campaign for Tobacco-free Kids recently updated estimates for the number of kids who try cigarettes and those who become daily smokers. Each day, more than 3,500 kids try cigarettes, and about 1,000 under 18 become new, regular smokers, based on data from the most recent National Survey on Drug Use and Health.

[Evaluating the Effectiveness of Smoke-free Policies](#)

A new publication from the International Agency for Research on Cancer evaluating published evidence from smoke-free policies finds that: smoke-free policies do not cause a decline in the business activity of the restaurant and bar industry, implementation of smoke-free policies leads to a substantial decline in exposure to SHS, implementation of smoke-free legislation decreases respiratory symptoms in workers.

Health News Articles

[Bone age in children and high blood pressure](#)

Thursday, October 22nd, 2009

A study published on-line in *Hypertension* found a link between children with advance bone age and hypertension. For example, a child with with high blood pressure had a "bone age" of nearly two years older than their chronological age.

See the [healthfinder.gov news story](#) or the [abstract from Hypertension](#)

[Importance of Compression-Only Cardiopulmonary Resuscitation \(CPR\)](#)

Tuesday, October 20th, 2009

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Available at: <http://www.parade.com/health/2009/09/20-survive-a-heart-attack.html>

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Accessible at: <http://www.kff.org/minorityhealth/7977.cfm>

Upcoming Conferences, Trainings, and Events

[American Heart Association Scientific Sessions](#) November 14 – 18 2009, Orange County Convention Center, Orlando FL

[SOPHE 60th Annual Conference](#) November 5-7, 2009, Philadelphia PA

[APHA 2009 Annual Meeting & Exposition](#) November 7-11, 2009, Pennsylvania Conventions Center, Philadelphia, PA

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