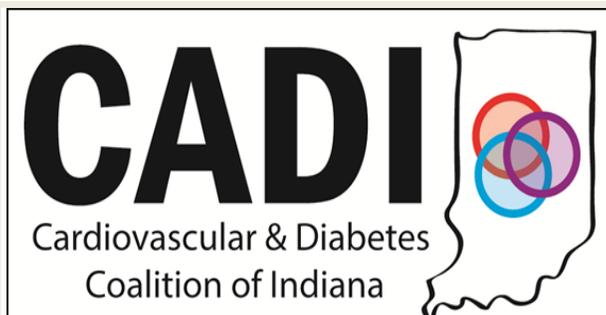


CADI News and Updates



Over the last couple of months, CADI has made a lot of progress in building its structure and moving forward with its mission to address the burden of diabetes, cardiovascular disease and stroke in Indiana. CADI currently has approved bylaws, newly elected officers, a steering committee, and five working committees. These committees are:

- **Community Linkage-** *educate health care providers and the community about the issues of cardiovascular health, stroke, and diabetes in Indiana.*
- **Systems of Care-** *Improve quality of care in Indiana*
- **Advocacy and Partnership-** *mobilize partnership and build constituencies that can identify advocacy/policy priorities and create effective solutions in Indiana*
- **Data, Evaluation and Surveillance-** *create a state health profile that provides gap analysis for data needs*
- **Resource Development-** *develop sustainability for the coalition*

These committees will carry out this mission through the development of a state plan and evidence based statewide programs to educate health care professionals and increase the awareness of cardiovascular disease, stroke, and diabetes in Indiana.

At the Strategic Planning Session June 26th CADI worked on developing indicators and strategies to help the coalition attain its main goal and mission to reduce the burden of cardiovascular disease, stroke, and diabetes in Indiana.

During the meeting, each of the work-group developed indicators to meet the over arching goal of the coalition as well as strategies to implement these indicators .

CADI is still recruiting partners and volunteers to serve as an organization member or an individual member in the coalition and its workgroups.

If you are interested in learning more or participating in CADI

Contact: CADI Coordinator - Temi Ekiran, MPH

cadicoordinator@gmail.com or 317-456-7567.

Healthy Lifestyle

Indiana University Health- Get Strong Walking Groups: IU Health's Get Strong Walking Group Program is designed to help increase physical activity and achieve better health by providing tools to track physical activity through monitored trails with fitness experts, monthly motivational programs, free health screenings, and opportunity to walk with community members.



Participating in a daily walking routine will help

- *Maintain a healthy weight*
- *Prevent or manage various health conditions, including heart disease, high blood pressure and type 2 diabetes*
- *Improve mood and emotional well-being*
- *Strengthen your bones*
- *Improve your balance and coordination*

Please join IU Health each week to **Get Walking, Get Strong, Get Healthy, Walking Groups.**

For information on routes and time, visit: <http://iuhealth.org/about-iu-health/in-the-community/obesity-prevention/get-strong-walking-groups/>

Indiana's Tobacco Outline

The Indiana Tobacco Quitline is a free phone-based counseling service that helps Indiana smokers quit. The Quitline is **NOW** available to youth tobacco users. This service is an evidence based telephone counseling program designed to help youths ages 13-17 quit using tobacco permanently.

Some of the services provided by the Indiana Tobacco Quitline are:

- *One on one coaching for tobacco users who have decided to quit.*
- *Resources for healthcare providers who want to improve patient outcomes.*
- *Best practices for employers who want to implement smoke-free policies.*
- *Support for family and friends who want to help loved ones stop smoking.*
- *Health education and information.*
- *Refusal and problem-solving skills development.*
- *Discussion of triggers, peer influences, environmental/household exposure to tobacco use, and stressors.*
- *Relapse prevention through planning and preparation.*



Services are available 7 days a week in more than 170 languages.

Ready to quit? Call 1-800-QUIT-NOW (800-784-8669) or visit : <http://www.in.gov/quitline/>

Epidemiological Updates :

By Gregory Budney, MPH– Epidemiologist, Division of Chronic Disease Prevention and Control

The Institute of Medicine (IOM) recently released a report regarding sodium intake in the United States that has challenged the American Heart Association's (AHA) daily sodium intake recommendations. The authors of the report, entitled "Sodium Intake in Populations: Assessment of Evidence," found that "the evidence from studies on direct health outcomes was insufficient and inconsistent regarding an association between sodium intake below 2,300 milligrams (mg) per day and benefit or risk of cardiovascular disease (CVD) outcomes (including stroke and CVD mortality) or all-cause mortality in the general United States population."¹ The AHA currently recommends a sodium intake level of 1,500 mg per day.²

Current federal dietary guidelines recommend that most adults reduce their daily sodium intake to less than 2,300 mg per day, and 1,500 mg per day for adults 51 years of age and older, African Americans of any age or any adult who has hypertension, diabetes or chronic kidney failure.³ In Indiana, 69.1% of adults indicated their recommended maximum daily intake of sodium is 1,500 mg, and 15.3% of adults indicated their recommended maximum daily intake of sodium is 2,300 mg.⁴

Just because an individual knows their recommended maximum daily intake of sodium, however, does not necessarily mean they follow that recommendation. Even with efforts during the past several decades to reduce sodium intake in the United States, adults still consume an average of 3,400 mg per day.¹ There is much evidence that "excessive sodium intake increases blood pressure, a risk factor for CVD, stroke, and mortality."¹ In 2011, 89.4 per 10,000 Indiana residents were hospitalized for heart disease, and 21.5 per 10,000 Indiana residents were hospitalized for stroke.⁵

The Institute of Medicine committee reviewed relevant scientific literature from 2003 to 2012, as well as summaries of the scientific information from authoritative sources and its open public workshop.

Although this report's recommendations for daily sodium intake differs from that of the AHA's recommendations, the authors stated that they both agree that excess sodium intake should be reduced which in turn will have significant public health effects.⁶

To read the pre-publication book, please visit <http://www.iom.edu/Reports/2013/Sodium-Intake-in-Populations-Assessment-of-Evidence.aspx>.

¹National Research Council. *Sodium Intake in Populations: Assessment of Evidence*. Washington, DC: The National Academies Press, 2013.

²Lloyd-Jones DM, Hong Y, Labarthe D, Mozaffarian D, Appel LJ, Van Horn L, Greenlund K, Daniels S, Nichol G, Tomaselli GF, Arnett DK, Fonarow GC, Ho PM, Lauer MS, Masoudi FA, Robertson RM, Roger V, Schwamm LH, Sorlie P, Yancy CW, Rosamond WD; on behalf of the American Heart Association Strategic Planning Task Force and Statistics Committee. Defining and setting national goals for cardiovascular health promotion and disease reduction: the American Heart Association's Strategic Impact Goal Through 2020 and Beyond. *Circulation*. 2010;121: 586–613.

³U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.

⁴Indiana State Department of Health. (2013). 2011 Behavioral Risk Factor Surveillance Survey. Internal Data.

⁵Indiana State Department of Health. (2013). 2011 Inpatient Hospitalizations. Internal Data.

⁶Strom, BL, Anderson, CAM, Ix, JH. Sodium Reduction in Populations: Insights from the Institute of Medicine Committee. *Journal of the American Medication Association, 2013; (): 1-2*

CDC Initiative



CDC's 2013 *Tips from Former Smokers* Ad Campaign Initiative Encourages Smokers to “Talk With Your Doctor”

Now is an especially great time for health care providers to talk with patients about quitting smoking. The Centers for Disease Control and Prevention (CDC) is running the *Tips From Former Smokers* national media campaign to educate the public about the harmful effects of smoking

and secondhand smoke, and to encourage smokers to quit. The campaign features real people living with serious diseases caused by smoking. The ads provide encouragement to quit and offer free help from 1-800-QUIT-NOW (1-800-784-8669) or www.cdc.gov/tips.

The CDC is calling on doctors to help smokers quit. In an effort to engage health care providers, the CDC is conducting a new initiative with five national physician groups that are already working in tobacco cessation (the American Medical Association, the American Association of Family Practitioners, the American Academy of Pediatrics, the American College of Physicians, and the American College of Obstetrics and Gynecology). As part of this initiative, some of the 2013 *Tips* ads will feature a call to action encouraging tobacco users to “Talk With Your Doctor” for help quitting. **This initiative is designed to help physicians intervene with patients who use tobacco. CDC hopes this effort will lead the way to future cessation initiatives with other clinicians.**

Health care providers can help patients quit. Tobacco use is still the number one cause of preventable death and disease in the United States. By asking about tobacco use and advising patients to quit, **health care providers can double the chances that patients will quit successfully.**

Tim McAfee, MD, MPH, director of CDC’s Office on Smoking and Health and a primary care physician, says, *“Physicians, other health care providers, and their staff can play an incredibly important role in helping smokers move from thinking about quitting to taking real steps toward successful quitting. I hope the CDC Tips campaign will be helpful in supporting those efforts.”*

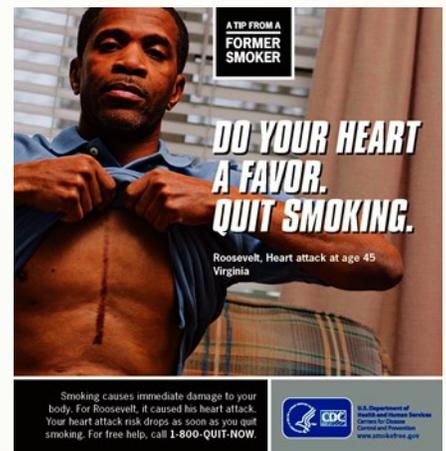
Smokers may ask you for help. Four in five smokers have already seen the *Tips* ads. Because the ads are hard-hitting, they are motivating many smokers to try to quit. Some of these smokers are likely to approach their health care providers for help quitting. CDC has tools available to help providers talk to patients about tobacco use (see www.cdc.gov/tips).

Helping your patients to quit is simple: Ask, Advise, Refer. Providers can refer smokers who are ready to quit to 1-800-QUIT-NOW, Indiana Tobacco Quitline, for free assistance.

For more information about the campaign and how to support your patients, visit: <http://www.cdc.gov/tips/hcp/>

Indiana providers are encouraged to enroll as Preferred Providers of the [Quit Now Indiana Preferred Network](#) which will give you access to resources to help patients conquer their addiction to tobacco.

Any tobacco users can be referred to the free phone-based professional counseling service, Indiana Tobacco Quitline **(1-800-QUIT-NOW)** for a variety of tobacco cessation services. Learn more at www.quitnowindiana.com



Conferences :



2013 IRHA Annual Meeting & 16th Annual Rural Health Conference:

The Indiana Rural Health Association Conference is designed to bring physicians, nurses, pharmacists, public health professionals, and other rural health practitioners together to educate them about community networking, rural health care delivery, and information regarding the start-up and on-going management of rural health care delivery models.

This year's conference themed "**Adapting for a Healthier Future**" will focus on the following objectives:

- *Understand how rural areas are affected by trauma, how those areas can be helped through a developed statewide trauma system, and how rural areas can help themselves benefit.*
- *Understand the benefit of inter-professional education (IPE) in health care training.*
- *Review the major challenges and potential health strategies to address the growing problem of prescription drug abuse in Indiana and the United States.*
- *Understand how the provision of the Affordable Care Act might impact oral health in rural Indiana.*
- *Apply contemporary knowledge about health care quality to the smaller rural provider setting.*
- *Identify practices and technologies that can improve the care of patients and can be implemented by rural providers.*

Please join IRHA for a three day conference packed with valuable information, From **August 6-8, 2013** at **JW Marriott, 10 S. West Street, Indianapolis, IN., 46204.**

For more information about the conference or for registration visit www.indianaruralhealth.org

2013 Indiana Emergency Response Conference: The Indiana Emergency Response Conference will allow attendees to experience a wealth of information through the sharing of ideas, discussion on the best and latest innovations in rescue, law enforcement, and promotion of kinship with fellow first responders (EMS and fire fighter).

This year's conference will be held **August 21-24** at the Sheraton Indianapolis Hotel at Keystone Crossing.

With over 125 classes and 25.5 credit hours approved by the state for continuing education, make a note to be part of this conference.

Attend this conference and support our local heroes!

For more information visit the conference website at :

www.indianaERC.com

IERC

**Sheraton
Indianapolis
Hotel**

at Keystone Crossing

Conferences :

Indiana Center for Parish Nursing (ICPN) State Conference 2013:

Parish Nurse/
Health Ministry



The Indiana Center for Parish Nursing invites you to their state conference for Church and Health leaders. The theme for this conference is *"Intentional Care of the Spirit"*.

This conference is targeted towards health ministers, clergy, health care providers, parish nurses/FCN (church & health volunteers, and caregivers), and everyone interested in improving health.

Sessions for the conference are :

- *Overview Health Ministries and FCN: Cheryl Howard, RN, BSN*
- *From a Jewish Perspective: R. Schweitzer, RN, PhD/Rabbi Nadia-tbd*
- *Through our Dreams and Imagination: Sr. Olga Wittekind, OSF*
- *Through Nature and Its Story: Mark Steiner, Louisville*

The conference will take place **September 27, 2013** from 8:30am –3:30am at St. Paul's Episcopal Church (6050 N. Meridian St., Indianapolis, IN 46208)

Cost to attend is \$40 (includes lunch) *CEU Available for nurses at an additional charge of \$10

Questions? Contact Sue Buchanan/Registrar at sursxb@aol.com or 765-477-6150



SAVE THE DATE: Tuesday October 22, 2013

IPHA Fall Conference " Advocate, Educate, Integrate: Uniting to Impact Policy for a Healthier Indiana"

Conference Objective: To strengthen coalitions' awareness/ability to impact public policy.

For detailed information about conference and registration visit: <http://inpha.org/>



Upcoming Events, News, & Announcements



Indiana Rural Health Association : Indiana Rural Health Association's upcoming

Lunch and Learn Events are follows:

- **July 9 (12:00pm- 1:00pm)**- LEAN 6 Sigma: Quantifying Relationships Between Inputs & Outcomes: Correlation & Regression Overview
- **July 18 (12:00pm-2:00pm)**- Belt Roundtable- Applying Lean at the Indiana Blood Center
- **August 13 (12:00pm- 1:00pm)**- LEAN 6 Sigma - "Sustainable Improvement"
- **August 15(12:00pm- 2:00pm)**- Belt Roundtable- Patient Engagement Strategies

For more information about location and how to registration visit :

<http://www.indianaruralhealth.org/index.php?src=events&category=Main%20Events%20Lister>

or contact Becky Sanders at bsanders@indiana.org

ABC's of Diabetes—Free diabetes self-management classes from Marion County Public Health Department.

The ABCs of Diabetes program is a free four-part series program offered by the Marion County Health Department to teach people with diabetes about medication, nutrition, exercise, monitoring, complications, and available community resources. Class members will participate in individual consultations with a registered dietitian, registered nurse, and health educator free of charge. The class

is open to anyone with diabetes, prediabetes, family members and friends. For more information please call: 317-221-2094. You must register to participate. View and register for 2013 free classes at www.mchd.com/diabetes.



**MARION COUNTY
PUBLIC
HEALTH
DEPARTMENT**

Prevent. Promote. Protect.

The YMCA Diabetes Prevention Program is a 12 month group-based program consisting of 16 core sessions followed by monthly maintenance sessions. This program helps participants learn how to **adopt healthy eating and physical activity habits** that have been proven to reduce the risk of developing type 2 diabetes. Through the program participants will receive support and encouragement from both a trained lifestyle coach and fellow classmates in the program as they develop a plan for improving and maintaining healthy changes.

For more information about program and availability:

Indianapolis -317-266-9622 or e-mail agraves@indymca.org

Fort Wayne-260-918-2148 or e-mail YDPP@fwymca.org

Monroe County- 317-332-5555 or e-mail swoods@monroecountyymca.org

**DIABETES
PREVENTION
PROGRAM**



For general information visit: <http://www.ymca.net/diabetes-prevention/>

Upcoming Events, News, & Announcements



2013 Cardiometabolic Health Congress (CMHC): The Indiana Three Rivers Association of Diabetes Educators (ITRADE) is supporting the 2013 CMHC. The goal of this event is to provide clinicians with practical treatment approaches and effective strategies to identify and manage patients at increased cardiometabolic risk with the aim of improving treatment outcomes, as well as prevention of diabetes and cardiovascular disease.

The 2013 CMHC will take place October 2-5, 2013 in Boston, MA.

For more information about this event and registration, contact MaryEllen Fame at 732.758.0233 or e-mail: Maryellen@cardiometabolichealth.org

Step Out: Walk to Stop Diabetes: Lace up your walking shoes and register to walk in Step Out: Walk to Stop Diabetes on **Saturday, September 21**, at the Celebration Plaza, Downtown Indianapolis (*Across from NCAA headquarters, 700 W. Washington St. Indianapolis, IN 46204*). Join more than 2,800 other walkers and raise funds to support diabetes research, education and advocacy in Indiana through the work of the American Diabetes Association.



Register online starting at www.diabetes.org/indywalk or contact Tina Kaetzel at 1-888-DIABETES, ext. 6738, or tkaetzel@diabetes.org.

INShape Indiana Black & Minority Health Fair: The Office of Minority Health at Indiana State Health Department (ISDH) would like to invite you to the **2013 INShape Indiana Black & Minority Health Fair**.

The health fair will take place on **Thursday, July 18th through Sunday July, 21st** in Exhibit Hall D at the Indiana Convention Center during the Indiana Black Expo's Summer Celebration. This year's theme is **"Good Health for All Generations"**

If you have any questions or would like to know more about the health fair, please contact the Office of Minority Health at 317-233-7685, INOMH@isdh.in.gov, or visit the website at <http://www.in.gov/isdh/25116.htm>



Thanks to our partners



Parish Nurse/
Health Ministry



Newsletter Contributions : CADI's Newsletter is published on a quarterly basis. The intent of this newsletter is to inform health professionals around the State of current programs, opportunities, and information on cardiovascular health, stroke, and diabetes in Indiana. If you have any questions, suggestions, articles, programs, events, or other information you would like to include in the next newsletter, Please contact [CADI Coordinator](#). The deadline to submit information for the third quarter newsletter is **September 20th, 2013**.

CADI is recruiting partners and volunteers to be part of the coalition and to serve on one of the following committees: systems of care, community linkages, advocacy & partnership, data, surveillance and evaluation, and resource development. **If you are interested in learning more or participating in CADI**, contact the Coalition Coordinator. [Temi Ekiran](#)

CADI meets quarterly; the next meeting will be September 11th

Temi Ekiran, MPH
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