

Southwestern District Health Unit

2869 3RD AVENUE WEST
DICKINSON, NORTH DAKOTA 58601
TELEPHONE: (701) 483-0171
TOLL FREE: 1-800-697-3145
FAX: (701) 483-4097

Health & Human Services Committee Meeting March 23, 2010

COUNTY OFFICES

Adams County
Public Health Nurse
609 2nd Ave. N.
P.O. Box 227
Hettinger, ND 58639-0227
567-2720

Billings County
Public Health Nurse
70 1st St. S.E.
P.O. Box 185
Beach, ND 58621-0185
872-4533

Bowman County
Public Health Nurse
104 1st St. N.W. #6
Bowman, ND 58623-4342
523-3144

Dunn County
Public Health Nurse
215 Central Ave.
P.O. Box 111
Killdeer, ND 58640-0111
764-5513

Golden Valley County
Public Health Nurse
70 1st St. S.E.
P.O. Box 185
Beach, ND 58621-0185
872-4533

Hettinger County
Public Health Nurse
309 Millionaire Ave.
Mott, ND 58646-7267
824-3215

Slope County
Public Health Nurse
104 1st St. N.W. #6
Bowman, ND 58623-4342
523-3144

Stark County
Public Health Nurse
2869 3rd Ave. W.
Dickinson, ND 58601-2600
483-0171

Emergency Preparedness & Response
2893 3rd Ave. W.
Dickinson, ND 58601-2600
483-3765

Pathways to Healthy Lives
2893 3rd Ave. West
Dickinson, ND 58601-2600
483-3050

Tobacco Prevention & Control
2893 3rd. Ave. W.
Dickinson, ND 58601-2600
483-3760

WIC
2869 3rd Ave. W.
Dickinson, ND 58601-2600
483-1942

Women's Way
2893 3rd Ave. W.
Dickinson, ND 58601-2600
483-3052
1-800-44WOMEN

Chairman Weisz and members of the Health and Services Committee, for the record, I am Sherry Adams, Executive Officer for Southwestern District Health Unit, and this is Tammy Hovet, Project Coordinator for Pathways to Healthy Lives and the My Heart, My Health program. Thank you for your time and this opportunity to address you today on the history and primary focus of the Pathways to Healthy Lives program and the My Heart My Health Program.

History of the Pathways to Healthy Lives Program

The Pathways to Healthy Lives program has been a part of the Southwestern District Health Unit serving the Southwest region of North Dakota for seven years. This program was first designed to offer cancer prevention and screening services to rural communities who may not have access to health facilities or providers. Southwestern District Health Unit (administrating agency), St. Joseph's Hospital, and Community Action Partnership collaborated to make Pathways to Healthy Lives a reality for all residents of an eight county region. These regions are comprised of Stark, Dunn, Billings, Golden Valley, Bowman, Hettinger, Adams, Slope, and Billings County.

The primary components of the Pathways to Healthy Lives program have been lung, prostate, skin, colorectal, female breast cancer, and promotion of healthy lifestyles. In 2009, Pathways to Healthy Lives was awarded an unprecedented third HRSA grant, which will be funded until April 30th 2012. This grant will continue the previous focus areas, but added an additional focus on cardiovascular disease. The grant goals are to:

- Increase awareness of cancer and cardiovascular risk factors and promote healthy lifestyle behaviors to prevent cancer and cardiovascular disease
- Increase availability and expand the number of screenings to include cardiovascular disease
- Collect, analyze, and evaluate data to determine if project goals are achieved

Background

Dickinson has been a funded Go Red ND community since 2007. The Go Red For Women events and activities have been well received and well attended. A need was identified to provide low cost or free cardiovascular screenings to those without insurance coverage, underinsured and/ or low income. Knowing ones

heart health numbers is an important step in identifying and treating heart disease risk factors.

For the past seven years, Pathways to Healthy Lives has been successful in providing cancer screenings to an eight county area thru funding from a HRSA grant. Again, it seemed logical to apply for funding for cardiovascular health screenings in 2009 to expand the scope of the program. Since the addition of cardiovascular disease to our program, the response has been overwhelming. The total number of screening participants for the 2006-2009 grant was 1,254. Currently, the number of participants for the first year of the grant is 560 with two screenings still not completed.

In the summer of 2009, we met with the Go Red ND Initiative director to discuss potential Go Red For Women projects for our community. It was at that time, we became aware of the bequest to the American Heart Association for Stark County. The idea for a pilot project to focus on women enrolled in the Women's Way program was born. We worked together to develop the project and secured the approval of HRSA in October 2009.

We modeled the pilot project, titled My Heart My Health, after the CDC Wise Woman program. Wise Woman is the sister program to what is known as Women's Way in North Dakota. CDC funds Wise Woman in only 21 states including Minnesota and South Dakota. Both programs shared their materials, which we used as resources for our program.

My Heart My Health Program Overview

My Heart My Health is a pilot project of Pathways in collaboration with the American Heart Association Go Red North Dakota Initiative to assist Women's Way clients in Stark County in accessing heart health screenings and lifestyle intervention services.

The vision is to provide women with the opportunity to "know their numbers" for heart health, and provide knowledge, skills, and opportunities to improve diet, physical activity and other lifestyle behaviors to prevent, delay and/or control cardiovascular diseases.

Key components

- Eligibility- Women's Way clients ages 40-64
- Heart Health Screenings to include: Body Mass Index (BMI), blood pressure, cholesterol (total, HDL, LDL, Triglycerides), tobacco use, personal medical history and family history for cardiovascular disease and diabetes, and current lifestyle.
- Individual risk reduction counseling by healthcare professional.
- Women are referred to physician for follow-up and medical treatment when indicated based on pre-established medical guidelines.

- Lifestyle intervention counseling, education, tools and strategies to help the women develop healthy lifestyle behaviors.
- Follow-up screenings to assess changes in risk factors and lifestyle.
- Funding: HRSA grant, bequest to the American Heart Association for Stark County, Go Red ND Initiative, and educational materials from the ND Department of Health Cardiovascular Health Program.
- The Pilot Project planned enrollment is 50 women. Enrollment was opened on January 21st, 2010. Current enrollment as of March 22nd, 2010 is 31 women.

Summary

Cardiovascular disease, including stroke is the leading cause of death of women in the United States and North Dakota. Every minute a woman dies in the United States from cardiovascular disease. (Almost 3 women a day in North Dakota) With more deaths from cardiovascular disease including stroke than the next four causes of death combined, we need to take action. Cardiovascular disease is largely preventable.

My Heart My Health pilot project in Stark County hopes to build on the success of the Women's Way program in North Dakota; reaching out to low income, underinsured or uninsured women ages 40 – 64 with heart disease risk factor screening, lifestyle assessment, education, lifestyle intervention and referral services in an effort to prevent cardiovascular disease.

We are excited about the possibilities this program provides to women in our service area and to serve as a model for the state of North Dakota. We would appreciate the opportunity to share results of the My Heart My Health pilot project with you later this year.

Together we can save lives – one heart at a time.

We're happy to answer any questions.



A Heart-Health Program for Women

Pathways to Healthy Lives is excited to introduce the *My Heart My Health* Program to Southwestern North Dakota!

My Heart My Health is a heart-health opportunity funded by the Pathways to Healthy Lives program. The mission of *My Heart My Health* is to provide eligible women with the education and opportunity to be assessed and screened for cardiovascular disease and risk factors along with advocating for a healthy heart lifestyle. To attain this mission, *My Heart My Health* will provide:

- **Free Individual Heart Disease Risk Reporting**
Includes a health profile which consists of blood pressure, lipid profile report (total cholesterol, LDL, HDL, triglyceride), tobacco status, weight, height, and BMI.
- **Free lipid profile re-screening in 6 months**
- **Free lifestyle assessment**
The patient's dietary habits, physical activity behaviors, and tobacco habits are reviewed.
- **Free lifestyle change coaching for diet, physical activity, and smoking cessation**
A lifestyle counselor will discuss screening results and its impact on life. Together, the counselor and the patient can arrive at an understanding of whether the patient is ready to make lifestyle changes.
- **Free education**
Brochures, "fact sheets," newsletters, and other materials are provided to educate patients about their heart and heart disease risk factors.

Any women who are eligible for Women's Way will be eligible for *My Heart My Health*. Women need to be between 40-64 years of age. Certain income and insurance guidelines also apply.

My Heart My Health 2010 Net Income Guidelines

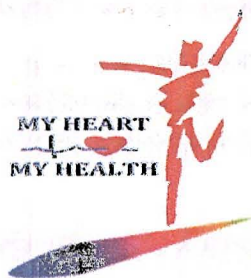
# In House	Yearly Income	Monthly Income
1	\$ 21,660	\$ 1,805
2	\$ 29,140	\$ 2,428
3	\$ 36,620	\$ 3,052
4	\$ 44,100	\$ 3,675
5	\$ 51,580	\$ 4,298
6	\$ 59,060	\$ 4,922
7	\$ 66,540	\$ 5,545

Each Additional \$ 7,480 per year or \$ 623 per month

Insurance Guidelines

- No Health Insurance or
- Unable to pay insurance deductibles and/or co-payments

Please contact the Pathways to Healthy Lives office at
701-483-3050 or 1-800-697-3145 to enroll today!



Pathways to Healthy Lives is excited to introduce the My Heart My Health Program to Southwestern North Dakota!

My Heart My Health is a heart-health opportunity funded by the Pathways to Healthy Lives program.

The mission of My Heart My Health is to provide eligible women with the education and opportunity to be assessed and screened for cardiovascular disease and risk factors along with advocating for a heart-healthy lifestyle.

Partners

Community Action Partnership

St. Joseph's Hospital

Southwestern District Health Unit

Pathways to Healthy Lives is a community based program aimed at early detection and reducing the risk of cancer and cardiovascular disease.



Heart Disease is the #1 Killer of Women

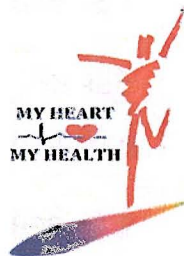
- In North Dakota 1 in every 3 women will die from heart disease
- Nearly twice as many women in the United States die of heart disease, stroke and other cardiovascular diseases than from all forms of cancer, including breast cancer

Why Women Don't Take Action Against Heart Disease

- Women don't put their health first, focus is on the family
- Believe heart disease is a mans disease
- Believe heart disease affects only older women
- Don't take symptoms seriously

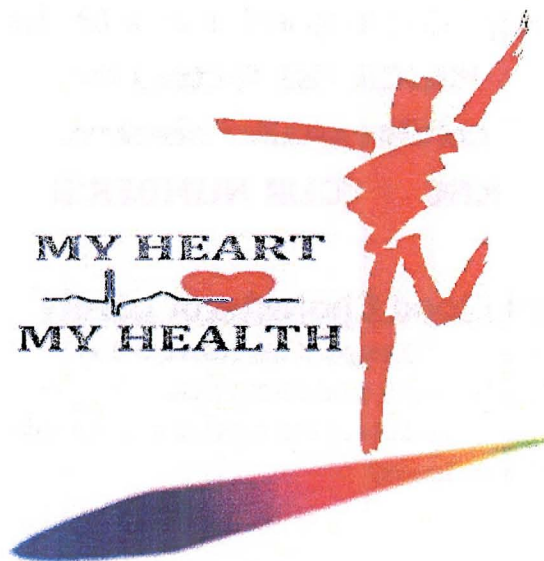
Treat your heart as if YOUR

life depends on it!



Tammy Hovet-Project Coordinator
Leah Madler-RN
Southwestern District Health Unit
2893 3rd Ave West
Dickinson, ND 58601
701-483-3050 or 1-800-697-3145

This program is funded by the Rural Healthcare Services Outreach Grant Program.



A Heart-Health Program for Women brought to you by the Pathways to Healthy Lives Program

- Free Individual Heart Disease Risk Report
- Free lipid profile re-screening
- Free lifestyle assessment
- Free lifestyle change coaching
- Free education

Southwestern District Health Unit
Serving Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope and Stark Counties

High Cholesterol is one of the MAJOR risk factors for cardiovascular disease.

KNOW YOUR NUMBERS!

Total Blood Cholesterol Levels

- Less than 200mg/dl is the desirable level
- 200-239 mg/dl is borderline high
- Total cholesterol of 240 mg/dl and above reflects high cholesterol

HDL ("good cholesterol")

- Less than 50 mg/dl in women reflect having a low HDL (high risk)
- Goal is higher than 50 mg/dl in women

LDL ("bad cholesterol")

- Less than 100 mg/dl is considered optimal
- 100 to 129 mg/dl is above optimal risk
- 130 to 159 mg/dl is borderline high risk
- 160 to 189 mg/dl is considered high risk
- 190 mg/dl or higher is very high risk

Triglyceride Risk Levels

- Less than 150 mg/dl is normal
- 150 to 199 mg/dl is borderline high
- 200 to 499 mg/dl is high
- 500 mg/dl and above is very high

*mg/dl stands for milligrams per deciliter.

Who Qualifies?

A Women Who

- * Lives in Southwestern North Dakota
- * Is between ages 40 through 64
- * Meets income guidelines
- * Doesn't have insurance
- * Can't afford to pay her deductible or co-pay

Income Guidelines

*Income before taxes

Household #	Income Yearly	Income Monthly
1	\$ 21,660	\$ 1,805
2	\$ 29,140	\$ 2,428
3	\$ 36,620	\$ 3,052
4	\$ 44,100	\$ 3,675
5	\$ 51,580	\$ 4,298
6	\$ 59,060	\$ 4,922
7	\$ 66,540	\$ 5,545
8	\$ 74,020	\$ 6,168
9	\$ 81,500	\$ 6,792

Each Additional \$ 7,480 per year or \$ 623 per month

Insurance Guidelines

- *No health insurance **OR**
- *Unable to pay insurance or deductibles and/or co-payments

What is Cardiovascular Disease (CVD)?

Cardiovascular disease (CVD) is an abnormal function of the heart or blood vessels. It can increase your risk for heart attack, heart failure, stroke, and other heart conditions.

How Can I Prevent CVD?

You can help prevent CVD by simply making healthy choices.

- Know Your Numbers: Total cholesterol, LDL, HDL, and triglyceride
- Eat a healthy diet
- Maintain a healthy weight
- Exercise regularly
- Don't use any form of tobacco
- Limit alcohol use

My Heart My Health Supports the Go Red for Women Movement



It is educational, motivational, and it is free!
visit www.gorednd.com
Join Go Red and help prevent heart disease!



What We Do

Pathways to Healthy Lives is a community based program aimed at early detection and reducing the risk of cancer and cardiovascular disease. Through education and screenings, residents have an opportunity to learn about cancer and cardiovascular disease prevention and about early detection. We offer free cancer and cardiovascular disease screenings. We also provide public education focusing on making healthy dietary choices, being physically active, cancer and cardiovascular prevention, and intervention.

Partners

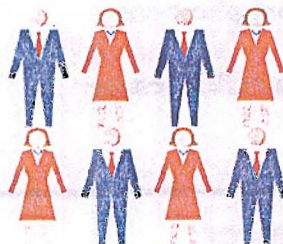
Community Action Partnership

St. Joseph's Hospital

Southwestern District Health Unit

*Early Detection
Saves Lives!*

3 people die
each day in
North Dakota
from cancer.



8 people a day
are diagnosed
with cancer in
North Dakota.

You can protect yourself and your family by reading the information in this pamphlet. For additional information on cancer and cardiovascular disease prevention and early detection please call our office listed below.



Tammy Hovet– Project Coordinator
Southwestern District Health Unit
2893 3rd Avenue West
Dickinson, ND 58601
701-483-3050 or 1-800-697-3145

*This program is funded by the Rural Healthcare
Services Outreach Grant Program.
Early Detection Saves Lives!

*Pathways
to
Healthy
Lives*

“A cancer and
cardiovascular disease
prevention and early
intervention program”

- Breast Cancer
- Prostate Cancer
- Lung Cancer
- Colorectal Cancer
- Skin Cancer
- Cardiovascular Disease

Southwestern District Health Unit

Serving Adams, Billings, Bowman, Dunn, Golden
Valley, Hettinger, Slope and Stark counties.

Breast Cancer:

1. **Breast Self Exam (BSE):**

- If you are over 20, conduct a BSE the week following your menstrual period.
- If you are no longer menstruating, examine yourself on the same day every month.

If you find any changes in your breasts that are unusual, contact your health care provider right away.

2. **Clinical Breast Exam (CBE):**

- Between ages 20 and 39, request a CBE once every three years.
- Beginning at age 40, have a CBE every year. Your doctor may recommend a CBE more often depending on your medical history.

3. **Mammogram:**

- Beginning at age 40, have a mammogram every year.

A mammogram can discover tumors long before they can be felt in a physical exam. Depending on your medical history, your doctor may have different recommendations for you.

Skin Cancer:

Each year there are about 60 new cases of skin cancer in North Dakota. However, if detected early enough, nearly all skin cancers can be cured.

Check your skin...

- Perform monthly skin self-examinations. Examine all skin surfaces. If you find any suspicious growth or changes, especially in the size or color of a mole, see your health care provider.
- Have a doctor examine your skin once a year.

Cardiovascular Disease (CVD)

CVD is the No. 1 killer of men and women in the United States. CVD is a disease that involves the narrowing or blocking of blood vessels. It can increase your risk for heart attack, heart failure, stroke and other heart complications.

Talk to your doctor about CVD testing.

Lung Cancer:

Lung cancer is the leading cause of cancer death in both men and women. Developing slowly, symptoms can go undetected for as long as 10-20 years.

Tobacco Use:

Tobacco use is the leading cause of lung cancer. Active smoking is responsible for close to 90% of lung cancer cases. Second hand smoke also increases your risk of cancer. Each year 1,400 North Dakota youth (under age 18) become new smokers. If you don't smoke, don't start. If you do smoke, quit. Quitting smoking early in life helps decrease your risk for cancer.

Radon Exposure:

Radon is a radioactive gas that rises through the ground and into homes. Prolonged exposure to radon can lead to lung cancer. Elevated levels of radon have been found in 63% of North Dakota homes. If you live in an area where natural uranium deposits in soil release radon gas, you may want to consider testing radon levels in your home.

Prostate Cancer:

1. **Prostate-specific Antigen (PSA):**

Starting at age 50, request a PSA test annually. The PSA test detects a substance manufactured in the prostate. Higher levels of PSA indicate changes in the prostate, but not necessarily cancer.

2. **Digital Rectal Exam (DRE):**

Starting at age 50, request a DRE annually from your healthcare provider. The DRE is an effective way to detect cancer. It is quick and painless and can save your life.

Men at a higher risk for prostate cancer should talk to their doctor about beginning these tests at age 45.

Colorectal Cancer:

About 400 new cases of colorectal cancer are diagnosed in North Dakota each year. Often symptoms won't appear until the cancer has spread, so successful treatment depends on early detection.

Beginning at age 50, you should have screening tests conducted by your health care provider. The exams include:

- **Fecal occult blood test**— annually
- **Sigmoidoscopy**— every five years or
- **Colonoscopy**— every 10 years or
- **Double contrast barium enema (DCBE)**— every 5-10 years.

If you are concerned that you are at risk, speak to your health care provider. You may need screening tests more often or at an earlier age.