



American Heart Association | American Stroke Association

Learn and Live.

Health and Human Services Committee Meeting

February 4, 2010

Chairman Weisz and members of the Health and Human Services Committee, for the record, I am June Herman, Senior Director of Advocacy and State Health Alliances for the American Heart Association. I would like to add comment to the information shared with you earlier on efforts to impact North Dakota's leading chronic diseases – Heart Disease and Stroke, and highlight key opportunities and concerns for addressing the burden of these diseases on our state.

In 2009, the North Dakota legislature appropriated the first dollars every directed to the state heart disease and stroke program, and as you learned, great strides have been made to improve the stroke systems of care in our state. With stroke as our leading admission to long term care, and new national study data showing stroke starting to emerge at an earlier age, the legislature has made an important investment in addressing the toll of stroke in North Dakota.

Attached to my testimony is a chart capturing the funding of heart disease and stroke program efforts in North Dakota through foundation, federal, and state resources. As you will note, the state program is relatively young, impacted greatly by the stop and start nature of the federal funding from the Center for Disease Control and Prevention.

We were greatly concerned with the looming date of 2012, when CDC could again determine an approved, but unfunded status for North Dakota, especially as the grant cycle hits midway between legislative sessions. That is, until we learned of the recent budget submitted by the President which cuts CDC Heart Disease and Stroke funding by the same amount that became available for a few additional states, including North Dakota, in 2008. The cuts, if approved, would trigger CDC changes to award grants for 2011.

It's important to note that a program within the state health department provides significant stewardship to address many aspects of the two diseases – and especially in the acute care arena. From educating on the signs and symptoms of stroke or heart attack, encouraging action and calling 9-1-1, to building EMS and healthcare capacity to respond quickly with the best available tools possible.

You've also heard the great outcomes of reaching North Dakotans through building awareness about their risk of disease, and to motivate them to undertake healthier lifestyles. Your committee's continued interest in maintaining the state's progress in these important areas is greatly appreciated.

Significant progress can be made through:

- Sustaining a Heart Disease and Stroke Program within the Department of Health
- Continuing the stroke quality initiative
- Expanding heart screenings to the clients served by Woman's Way
- Maintain a statewide Go Red initiative that engages women and explores how we can reach men

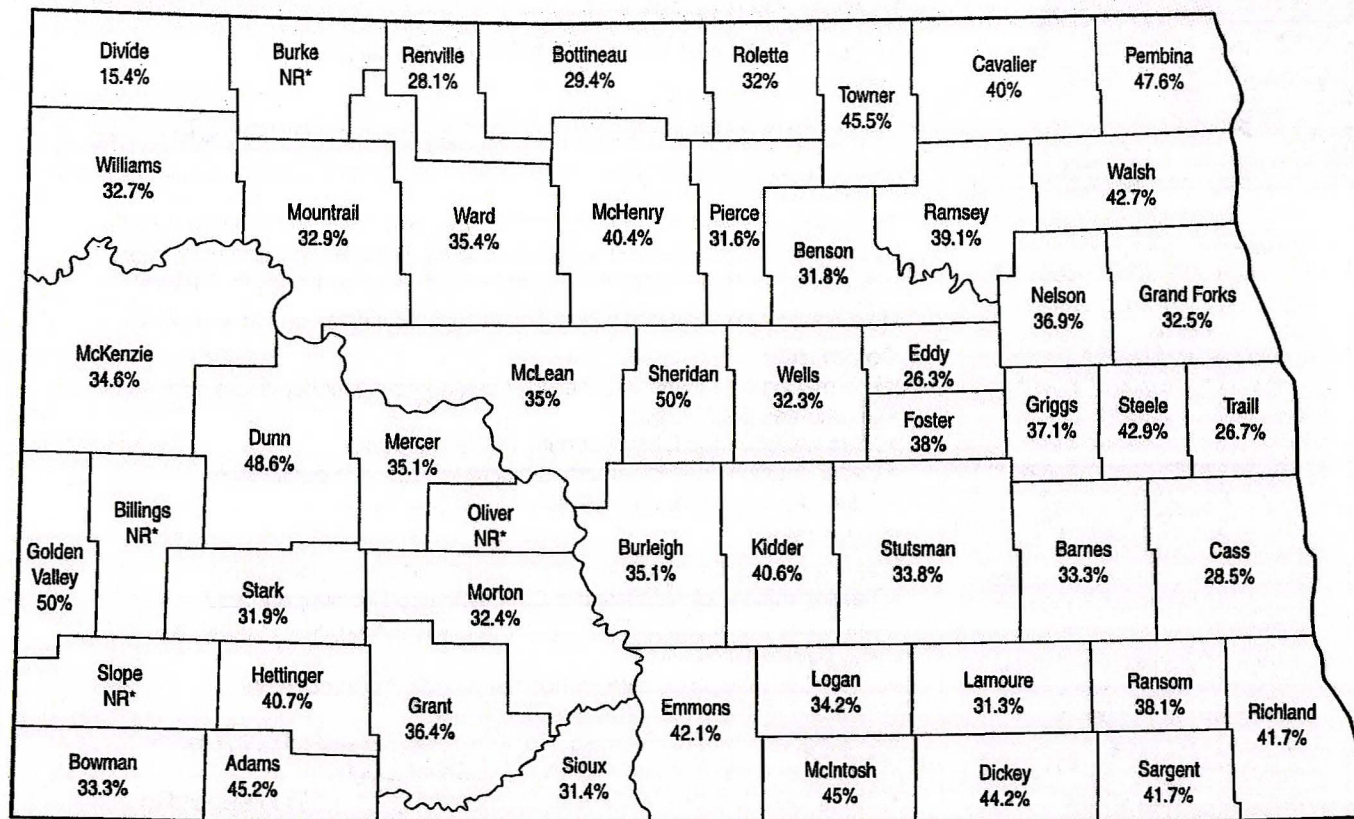
These areas of emphasis have proven to engage partners, communities, healthcare providers – and even more importantly individuals – who are aware of their risks, seeking how they can build a healthier lifestyle to reduce their risk of heart disease and stroke.

Thank you for the opportunity to present this information to your committee. I would be happy to respond to any questions you may have.

Heart Disease and Stroke in North Dakota

Cardiovascular diseases, including stroke, are the leading cause of death in North Dakota. This map shows the percent of deaths from these diseases in each county in 2007 (latest figures available). Statewide, they caused 2,095 deaths (37.9% of all deaths) that year. *The Dept. of Health reports events at the county level that occur 5 times or less as "NR."

These "total cardiovascular disease" statistics (ICD-10 codes I00-I39 and Q20-Q28) were provided by the North Dakota Department of Health. The percents show the relative importance of cardiovascular disease and stroke as causes of death. They are not a measure of the risk of dying of these diseases or a basis for comparing counties or measuring progress in lowering death rates.



Leading Causes of Death in North Dakota

Total Cardiovascular Diseases
including stroke & congenital defects 2,905 (37.9%)

| | |
|-----------------------|---------------|
| Cancer | 1,256 (22.7%) |
| Alzheimer's Disease | 393 (7.1%) |
| Accidents | 285 (4.7%) |
| Chronic Lung Diseases | 263 (4.7%) |
| Diabetes | 228 (4.1%) |

2007 (latest available)

Families in every

North Dakota community

benefit from research we've funded nationwide that has led to many lifesaving discoveries, including CPR, pacemakers, bypass surgery, artificial heart valves, microsurgery and life-extending drugs. But many medical challenges remain.

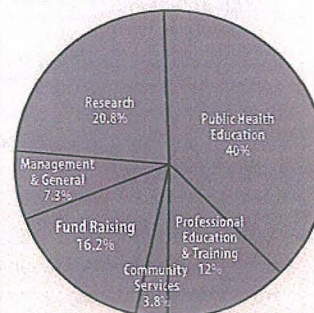
New research studies funded in the past 5 years (2005-2009) by the American Heart Association:

North Dakota State University, Fargo
6 studies – \$728,476

University of North Dakota, Grand Forks
2 studies – \$312,000

Total: 8 studies – \$1,040,476

How Your Donations Save Lives



Nationwide, fiscal year 2008-09 (latest figures available)

REGIONAL OFFICE

Jamestown (701-252-5122 • 800-437-9710)

Call us to reach the staff who serve your area of North Dakota.

Visit <http://local.americanheart.org> for programs/activities near you.

Visit americanheart.org or call 800-AHA-USA1 for information on heart disease and stroke prevention and treatment.



As president of a thriving manufacturing firm, mother of two teens and MBA student, my first thought on that June day in 2000 was, "I don't have time for heart disease."

But on the advice of a heart specialist, my daughters and I were tested for a disease that had claimed my mother at age 35.

Jenna and I were diagnosed with Long QT Syndrome (an electrical disorder of the heart), but Laura was not. Within weeks Jenna and I had defibrillators implanted.

Today, my life is much less stressful. I work as a financial advisor, and my passion is educating people about LQT. Jenna is training to be a physician assistant, a career choice cemented by the amazing care we received after our diagnosis.

She and I have taken separate roads to enhance others' quality of life, much as the American Heart Association uses many avenues to enhance the quality of life for us all.

We join the association in putting action to Ralph Waldo Emerson's words, "to know that even one life has breathed easier because you have lived. This is to have succeeded!"

— Karla Aaland, Fargo

Our Mission

in communities throughout North Dakota

Building healthier lives, free of cardiovascular diseases and stroke.

The American Heart Association is making an extraordinary impact on your life by empowering you and your loved ones to live healthier lives and enjoy more peace of mind about heart disease and stroke, our No. 1 and No. 3 killers.

Here are some ways we're building healthier lives where you live and work:

Community

We're making your community healthier by advocating for key issues such as:

- Smoke-free public places
- More walkable and bikable streets, roads and parks
- Better nutrition and high-quality physical education in our schools
- Adequate, affordable and available health care for all

Health Care

We're improving the quality of care for heart and stroke patients by:

- Training millions of Americans in CPR, advanced life support, AED (defibrillator) use and first aid; promoting AED placement in businesses and public places
- Improving emergency care for heart attack victims through our Mission: Lifeline community-based initiative
- Helping hospitals treat cardiac and stroke patients according to proven guidelines using our Get With The Guidelines® program
- Strengthening stroke systems of care, teaching the public to respond to warning signs, and providing resources for stroke survivors and caregivers

Education

We're reaching at-risk populations through cause initiatives and online tools:

- Go Red For Women®: fighting heart disease, women's #1 health threat
- Alliance for a Healthier Generation: preventing childhood obesity
- Power To End Stroke®: reducing African Americans' high risk of stroke
- Start!: getting America walking!
- Heart Hub: our patient portal (www.hearthub.org) has information, tools and resources about cardiovascular disease and stroke

Research

Nationwide, we invest over \$132 million a year (\$3.2 billion since 1949) in heart and stroke research that has led to recent breakthroughs such as clot-busting drugs and drug-eluting stents. Healthcare providers learn about medical advances and new treatment guidelines through our journals, conferences and online courses.

You Can Save Lives...

...by **making** healthy lifestyle choices, **learning** CPR, **donating** to support research and education programs, **volunteering** through advocacy and at events and **sharing** information to promote prevention and wellness.

Our lifesaving work is funded by events such as Start! Heart Walks, Heart Balls, Go Red For Women Luncheons, Jump Rope For Heart and Hoops For Heart; by memorial gifts and by donations to our workplace giving and mail campaigns. Individuals, corporations and foundations support our work with generous donations. Planned giving vehicles include wills, trusts, gift annuities and gifts of appreciated assets.

North Dakota's Heart Disease and Stroke Funding and Initiative Work

| | | | | | | | | | | |
|----------------------------------|--------------------------------------------|------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|--------------------------------------------------------|------------------------------------|
| | | | | Go Red North Dakota Initiative \$1.25 million | | | | | | |
| | | | | | | | My Heart, My Health Dickinson Demonstration Project Heart screenings/Woman's Way | | | |
| 2002-03 | 2003-04 | 2004-05 | 2005-06 | 2006-07 | 2007-08 | 2008-09 | 2009-10 | 2010-11 | 2011-12 | 2012-13 |
| CDC Appr'd but Unfunded | CDC Year 2 of 5 \$300,000 | CDC Year 3 of 5 \$300,000 | CDC Year 4 of 5 \$300,000 | CDC Year 5 of 5 \$300,000 | CDC Appr'd but Unfunded -0- | CDC Funds for ND Awarded \$350,00 | CDC yr 3 of 5 \$350,000 | CDC yr 4 of 5 \$350,000 | Proposed Federal Budget Cuts \$350,000 | New CDC Funding Cycle Starts |
| | | | | | | | ND Stroke Funding \$472,700 | | ND Dept of Health Budget Stroke Funding | |
| | Staff Hired | <ul style="list-style-type: none"> Council Formed; Environmental Scan in Worksites | <ul style="list-style-type: none"> Burden Document Developed Defined Priority populations | <ul style="list-style-type: none"> Draft State Plan Medication adherence study Acute Stroke Treatment System Survey Portraits of Health AEDs in Schools | No ND HDSP | <ul style="list-style-type: none"> Program Start Up MediQHome Project Stroke Signs Education | <ul style="list-style-type: none"> Stroke TF Work; Stroke QI Registry MediQHome Project GoodHealth TV project (reservations) | | | |