

Prevention

During the 1700's, Benjamin Franklin said the famous words, "An ounce of prevention is worth a pound of cure." Those words have never been truer than in today's world of medicine. As previously stated, heart disease and stroke are the first and fourth leading causes of death in Wyoming. In addition, data indicate little or no improvement in the control of risk factors in spite of previous efforts. Furthermore, the population in Wyoming is increasing in age. All these facts added together call for an increased focus on prevention. This is especially true in view of ample evidence documenting that the incidence of atherosclerosis*, heart attack, and premature death from cardiovascular events can be substantially improved by the control of risk factors already discussed in this report.

The BRFSS graphs in the burden report of this plan indicate that a significant portion of Wyoming adults have lifestyle behaviors that increase their risk for cardiovascular disease. Lack of physical activity and unhealthy eating patterns contribute to the growing problem of overweight and obesity. This in turn impacts diabetes, high blood pressure and high blood cholesterol; which are well established risk factors for cardiovascular disease. In a changing era when the public sentiment toward smoking is increasingly negative, an estimated 85,000 Wyoming adults continue to smoke (BRFSS 2006). Healthy lifestyles are clearly an important strategy for reducing the burden of cardiovascular disease.

The Prevention work group of the Wyoming Cardiovascular Prevention Coalition has worked diligently to prepare a list of goals and objectives to be completed by the end of the year 2010. These goals and objectives are not

only risk-factor based, but also serve to create avenues for obtaining up-to-date information on preventing and treating CVD*.



Goal #1

Increase the number of Wyoming citizens who choose to live a healthier lifestyle.

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Objective I

By 2010, increase the number of adults choosing to participate in 30 minutes of physical activity daily at least five times per week, and decrease the number of Wyoming adults reporting "no leisure time physical activity" by 3 percentage points.

HP2010 Baseline:

40% of adult respondents age 18 and older reported "no leisure time physical activity" (2005 Healthy People data).

Wyoming Baseline:

Nearly one-fourth, or 21.9% of Wyoming adults, reported "no leisure time physical activity" in the 30 days prior to questioning (2006 BRFSS).

Action Plan:

- Use community resources and the media to emphasize the importance of physical activity.
- Partner* with other programs promoting physical activity.
- Make available grants (from the HDSP program) to community and civilian groups that are actively increasing public awareness of the benefits of physical activity.

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- Continue to develop and promote a Worksite Wellness program to businesses and government agencies who employ more than 25 people in Wyoming. Worksite Wellness will encourage employers to become pro-active in the health of their employees by rewarding the maintenance of good health practices and behaviors.

Objective II

By 2010, increase the number of Wyoming youth who choose to participate in physical activity by 3 percentage points.

🇺🇸 HP2010 Baseline:

Only 27% of high school youth reported they had participated in moderate physical activity on 5 or more of the past seven days (2005 *Healthy People* data).

🇺🇸 Wyoming Baseline:

Only 28.6% of high school youth had participated in at least 20 minutes of vigorous physical activity on three or more of the past seven days of the survey (YRBS 2005).

Action Plan:

- Partner* with the Wyoming chapter of *Action for Healthy Kids* and other organizations to promote the need to increase physical activity in our youth.
- Partner* with educators in supporting their efforts to increase the cardiovascular health and health behaviors in our youth.
- Partner* with the American Heart Association in promoting *Jump Rope for Heart* and *Hoops for Heart*.
- Partner* with public health and school nurses to provide information to students and their parents regarding the cardiovascular health benefits of physical activity.

Objective III

By 2010, increase the number of Wyoming adults reporting having their blood cholesterol checked to 80%.

🇺🇸 HP2010 Baseline:

73% of adult respondents age 18 and older reported having their blood cholesterol checked within the past 5 years (2005 *Healthy People* data).

🇺🇸 Wyoming Baseline:

73.8% of Wyoming adults reported having their blood cholesterol checked in the past 5 years (2005 BRFSS).

Action Plan:

- Inform the public that low cost blood cholesterol checks are available through the Wyoming Health Fair blood draw events scheduled monthly throughout Wyoming.
- Encourage employers to offset the cost of annual cholesterol screenings as part of their worksite wellness program.
- Encourage hospitals and local clinics to offer reduced rate blood draws as part of their community outreach programs.

Objective IV

By 2010, increase the number of Wyoming citizens choosing to incorporate fruits and vegetables into their daily diet by 3 percentage points.

🇺🇸 HP2010 Baseline:

Only 28% of respondents age two and older report eating two or more servings of fruits daily, and 3% in the same group reported eating two or more servings of vegetables daily (2005 *healthy people* data).

Wyoming Baseline:

Only 21.8% of Wyoming adults report eating fruits and vegetables at least 5 times per day (2005 BRFSS). Only 17.3% of high school youth ate fruits or vegetables 5 or more times per day in the past 7 days (YRBS 2007).

Action Plan:

- Partner with the Wyoming chapter of *Action for Healthy Kids* to support their efforts in encouraging the school districts to provide balanced meals that meet minimum nutrition guidelines.
- Provide educational materials (developed by non-profit organizations) to public health organizations for distribution to patients.
- Incorporate nutrition educational materials into the Worksite Wellness starter kits and continue to support participating businesses by making educational materials and information resource sites available.

building healthy communities and lifestyles.

Wyoming Baseline:

Currently in Wyoming, a centralized clearing house specific to heart disease and stroke related services for use by the private and public sector does not exist.

Action Plan - Public:

- Develop a “Wellness Website” that provides a listing of resources that can be easily accessed.
- Assess and identify “recommended practices” for CVD prevention in communities, worksites, and schools.
- Continue to provide accurate information related to heart disease and stroke facts, risk factors, signs and symptoms, and the need to call 9-1-1. Place information in easy accessible public places for distribution.
- Promote the use of the Wellness Website to citizens utilizing various available media sources.

Action Plan - Professionals:

- Develop and/or locate a “Recommended Practices Guide/Resource” for the management and care of atherosclerosis*, heart disease, stroke, and peripheral artery disease*. Physicians and other health care providers around the state will be invited to contribute, edit, and comment on the contents of the guide/resource before distribution to providers around Wyoming.
- Update the “Recommended Practices Guide/Resource” every two years to ensure the latest and most accurate information is available.
- Partner* with physicians, hospitals, and clinics across Wyoming to promote the available treatments and management options for atherosclerosis*, heart disease, and stroke.



Goal #2

Provide resources for professionals and citizens regarding prevention services related to CVD.

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Objective I

By 2010, develop an online/website resources clearinghouse where heart disease and stroke prevention information is available for use by the public and professionals.

HP 2010 Baseline:

HP2010* has a website and has worked with the U.S. Department of Health and Human Services and CDC (Centers for Disease Control and Prevention) in providing information to the public and professionals in

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Goal #3

Collaborate with tobacco prevention programs to reduce the burden of smoking related conditions in CVD.

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Objective I

By 2010, decrease the use of all tobacco products by Wyoming youth (grades 9-12) to 19%. HP2010 categorizes this objective accordingly: Reduce cigarette smoking in our youth to 16%, spit (chewing) tobacco to 1%, and cigar smoking to 8%.

🇺🇸 HP2010 Baseline:

28% of our nation's youth grades 9-12 reported using tobacco products within the past month in 2005. Within the survey result: 23% of our nation's youth used cigarettes; 8% used spit tobacco; and 14% had smoked cigars within the previous 30 days (2005 Healthy People data).

🇺🇸 Wyoming Baseline:

According to the Youth Risk Behavior Survey (YRBS), in the past twelve years the percentage of students who smoked cigarettes one or more times in the 30 days preceding the survey has decreased by 19 percentage points. In 2007, 20.8% of Wyoming student's grades 9-12 reported having smoked cigarettes one or more times in the previous 30 days. Meanwhile, 7.8% of Wyoming's middle school aged youth reported smoking cigarettes in the past 30 days (2007 YRBS).

Action Plan:

- Partner* with other chronic disease prevention programs in providing educational materials that promote tobacco-free lives.

- Partner* with Wyoming physicians in promoting tobacco cessation aids and medication with public information campaigns.
- Partner* with public interest groups, as well as other state programs, in their efforts to establish a smoke-free state.
- Partner* with the media to educate families about the dangers of tobacco use.

Objective II

By 2010, decrease the adult use of cigarettes to 12%; spit (chewing) tobacco to 0.4%; and cigar smoking to 1.2%, in accordance with Healthy People 2010 (www.healthypeople.gov).

🇺🇸 HP2010 Baseline:

21% of adults surveyed actively smoked cigarettes, while 2.3% used spit tobacco, and 2.2% smoked cigars. No distinction was made to total tobacco use (www.healthypeople.gov).

🇺🇸 Wyoming Baseline:

In 2005, 28.3% of the adults surveyed reported regularly using a tobacco product to include cigarettes (21.3%), smokeless tobacco, pipe smoking, cigars, and bidi*. In 2006, 21.6% of Wyoming adults reported smoking cigarettes (2005, 2006 BRFSS).

Action Plan:

- Partner with the American Heart Association, American Stroke Association, National Stroke Association, Smoke Free Wyoming, and other state programs dedicated to promoting a smoke-free state.
- Partner with Wyoming physicians in promoting the use of tobacco cessation aids and medication.
- Partner with the media to educate families about the link between cigarette smoke and CVD.
- Encourage tobacco-free work sites through the Worksite Wellness program.

References: Prevention

<http://www.healthypeople.gov/data/midcourse/html/focusareas/FA12Objectives.htm>

<http://wonder.cdc.gov/data2010/obj.htm>

http://www.k12.wy.us/HS/yrbs/yrbs_2005/Executive_Summary.pdf

<http://wdh.state.wy.us/brfss/brfssdata.aspx>



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