



Heart and Stroke Healthy Community

Heart and stroke health is part of a complex chronic disease system that has numerous points at which we can make a significant difference in health outcomes. Health activities that impact heart and stroke health also impact other chronic diseases such as diabetes, and kidney disease. Current public health approaches focus on the primary prevention of chronic diseases as a long-term strategy to reduce both the physical burden on the individual as well as the economic burden on our medical/economic system.

Primary prevention is only one strategy in the overall approach to heart and stroke health. The Heart and Stroke Healthy Community initiative is designed to address four goals with multiple strategies that will be accomplished on a community level and will impact both individual and systems outcomes.

What: The Colorado Heart and Stroke Prevention program and the coalition steering committee have been working on the development of a comprehensive and cohesive approach to achieving cardiovascular health for all Coloradans. The Heart and Stroke Healthy Community initiative is designed to bring together all aspects of heart and stroke health into one community-focused program.

Heart and Stroke Healthy Communities covers the following four goals:

- 1) primary prevention,
- 2) risk factor reduction,
- 3) early identification and treatment of heart disease and stroke and
- 4) the prevention of recurrence and complications of heart disease and stroke.

All of these goals will be addressed through four sectors: community programs, schools, worksites and health care systems. This format focuses on the community and its various components as the organizational hub of activity.

The HDSP Steering Committee has created a list of criteria for the four goal areas and the four sectors that must be met in order for the community to be designated as a **Heart and Stroke Healthy** community.

When: May 14th, 2009
8:00 am – 4:30 pm

Where: Antlers Hotel, Colorado Springs

Room rate of \$88.00 per night (for reservation call: 719-955-5600, ext 409 or toll free at 866-299-4602). Make reservations by April 14th. Reservation under: CDPHE Heart Disease and Stroke Prevention Coalition Meeting.

For those attending from outside of the immediate region, there will be scholarships available to pay for lodging and transportation. If you will need travel funding please contact Laurie Scott at 303-692-2604.

Agenda items include:

- Overview of heart and stroke healthy community program.
- Information regarding state and local organizations that can provide assistance and or resource information.
- CCPD grantee programs that have experience with community activities
- Discussions about implementation.

Participants will take away an action-planning format for implementation of the HSHC in their community.

There will be four regional meetings over the late summer and early fall to follow-up on this general meeting. The purpose of the regional meetings will be to complete the action planning started at the coalition meeting.

Dates and locations for the four regional meetings will be announced at the coalition meeting.

For more information, please contact Marsha Wilde at mwilde@cdphe.state.co.us or 303-692-2608.