

## Who Are We?

The Cardiovascular Health, Nutrition and Physical Activity Section provides leadership, technical assistance and resources in cardiovascular disease and obesity prevention and control that reaches schools, communities, businesses, healthcare organizations and faith-based organizations.

This section has public health professionals with competencies in nutrition, health education, nursing, physical activity, statistics, and other disciplines.

- The Heart Disease and Stroke Prevention Unit focuses on early identification and control of cardiovascular disease.
- The Physical Activity and Nutrition Unit focuses on chronic disease prevention through nutrition, physical activity and obesity prevention efforts.

## Website Resources

► [www.michigan.gov/cvh](http://www.michigan.gov/cvh) visit our Section's website to get the latest cardiovascular reports, statistics, evidence-based recommendations, program initiatives, and conferences.

► [www.mihealthtools.org](http://www.mihealthtools.org) communities, faith-based organizations, schools and worksites can access free on-line tools to assess the health of their members, locate program resources, and receive direction on improving the overall wellness of their environment, and policies.

► [www.michiganstepsup.org](http://www.michiganstepsup.org) fun, easy-to-use website offering free tools to improve health; includes personal health assessment and information on healthy eating, physical activity, and smoking cessation.

► [www.michiganstrokeinitiative.org](http://www.michiganstrokeinitiative.org) view this website for a listing of Primary Stroke Centers in Michigan and stroke specific reports, recommendations, and resources.

## Contact Information

This brochure provides a brief overview of the Cardiovascular Health, Nutrition and Physical Activity Section of the Michigan Department of Community Health (MDCH).

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[www.michigan.gov/cvh](http://www.michigan.gov/cvh)

*"I participated in a community program and learned about CPR. Two weeks after this program, I witnessed a girl choking and performed the Heimlich maneuver and saved her life. It was worth it."*

**Program participant**

*"Our worksite can show that our workers lowered blood pressure and fewer were smoking. We can also show that our job absence rate has improved, and our healthcare costs have decreased."*

**Worksite Program Participant**

*"I was very happy to see that I could incorporate nutrition and healthy living into my daily lessons! The students love the reinforcing activities."*

**Classroom Teacher**



# Cardiovascular Health, Nutrition and Physical Activity Section

**Public health initiatives to prevent and control heart disease, stroke, obesity, related risk factors, and improve access to healthy eating and physical activity.**



## What Do We Do and How Is It Done?

**PROVIDE LEADERSHIP** in policy and environmental change. Statewide programs offer a range of resources; including toolkits and technical assistance to improve healthy options in communities, faith-based settings, schools, and worksites.

**SUPPORT SERVICES TO PRIORITY POPULATIONS** in faith-based settings, worksites and other community sites to reach underserved and populations at higher risk for obesity and cardiovascular disease (CVD). Programs in schools reach families and children with an emphasis on healthy school environments.

**CONVENE AND COLLABORATE** with advisory and partnership groups such as the Healthy Weight Partnership, Michigan Stroke Initiative, Michigan Cardiovascular Alliance, Michigan Cardiovascular Business Alliance, and Healthy Kids Healthy Michigan.

**PROVIDE CONSULTATION AND TECHNICAL ASSISTANCE** in a range of cardiovascular disease and obesity prevention and control programs. Current groups include local health department staff, hospitals, healthcare providers, emergency medical system personnel, professional organizations, and community based organizations.

**DISSEMINATE REPORTS AND DATA** that describe the cardiovascular disease and obesity problem in Michigan. Fact sheets, consensus reports, surveillance reports, and briefs are regularly published.

**TRAIN AND EDUCATE** health professionals in evidence-based standards, best practices, and skills to improve cardiovascular care, nutrition and physical activity opportunities in Michigan. Provide awareness initiatives to the public.

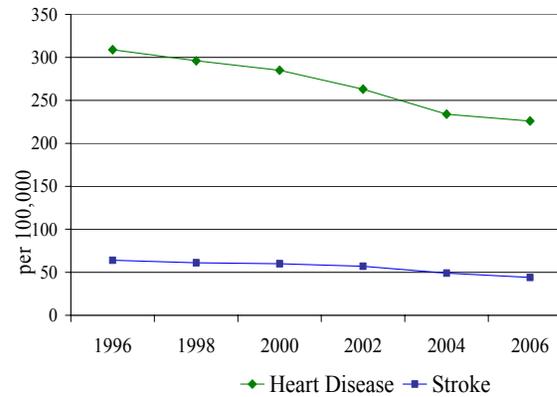
**CAPACITY BUILDING** through strategic planning and funding projects to provide needed services in Michigan to test new models, stimulate positive change and learn more about best practices.

## Why Are These Services Needed?

In 2006, cardiovascular disease (commonly referred to as heart disease and stroke) was the number one cause of death in Michigan. It was responsible for 36% of deaths; of those, 78% were due to heart disease and 15% were caused by stroke. About 2.3 million Michigan adults have cardiovascular disease.

The economic burden of heart disease and stroke in Michigan is \$14 billion per year.

Age-Adjusted Mortality Rate for Heart Disease and Stroke, Michigan 1996-2006



Source: Michigan Department of Community Health Vital Statistics

We have made progress in decreasing heart disease and stroke deaths but more progress is needed.

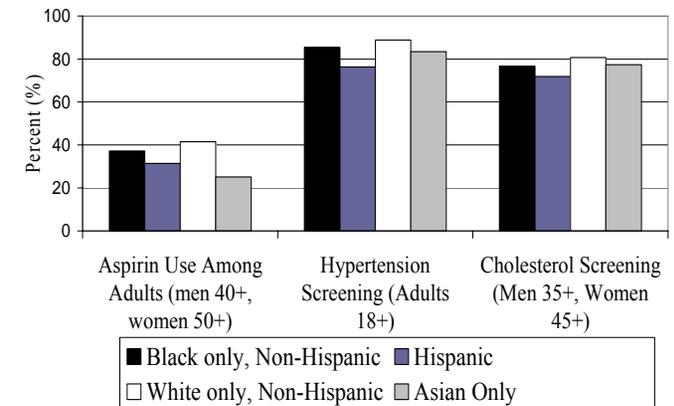
Prevalence of CVD Risk Factors, BRFSS\*, 2007

Risk Factor	Michigan	US
High Blood Pressure	28.6%	27.5%
Smoking	21.1%	19.7%
No Physical Activity	20.8%	23.0%
Obesity (BMI $\geq$ 30)	28.2%	26.3%
Diabetes	8.8%	8.1%
High Cholesterol	39.9%	37.5%

Sources: Michigan Behavioral Risk Factor Survey (BRFS) and CDC Behavioral Risk Factor Surveillance System (BRFSS) \*.

These CVD risk factors demonstrate the continuing need for attention. Nine out of ten Michigan adults have one or more of these risk factors. In 2007, only 4% of Michigan adults reported engaging in all 4 healthy lifestyles (healthy weight, adequate fruit and vegetable intake, not smoking, and engaging in adequate physical activity).

Utilization Rates for Preventive Services by Racial/Ethnic Group



Source: Partnership for Prevention. Preventive Care: A National Profile on Use, Disparities, and Health Benefits, 2007.

Preventive services are underutilized, as shown in the chart above. Programs targeting quality improvement in healthcare settings aim to improve use of preventive services and control of risk factors, in an effort to reduce and control heart disease and stroke.

## Potential Program Impact

- Preventing 1% of cardiovascular disease could save Michigan \$139 million per year.
- Programs in local health departments improve access to physical activity and healthy eating options within the communities.
- Programs targeting healthcare organizations increase prevention and management of risk factors, which is impacting 10,000 patients.