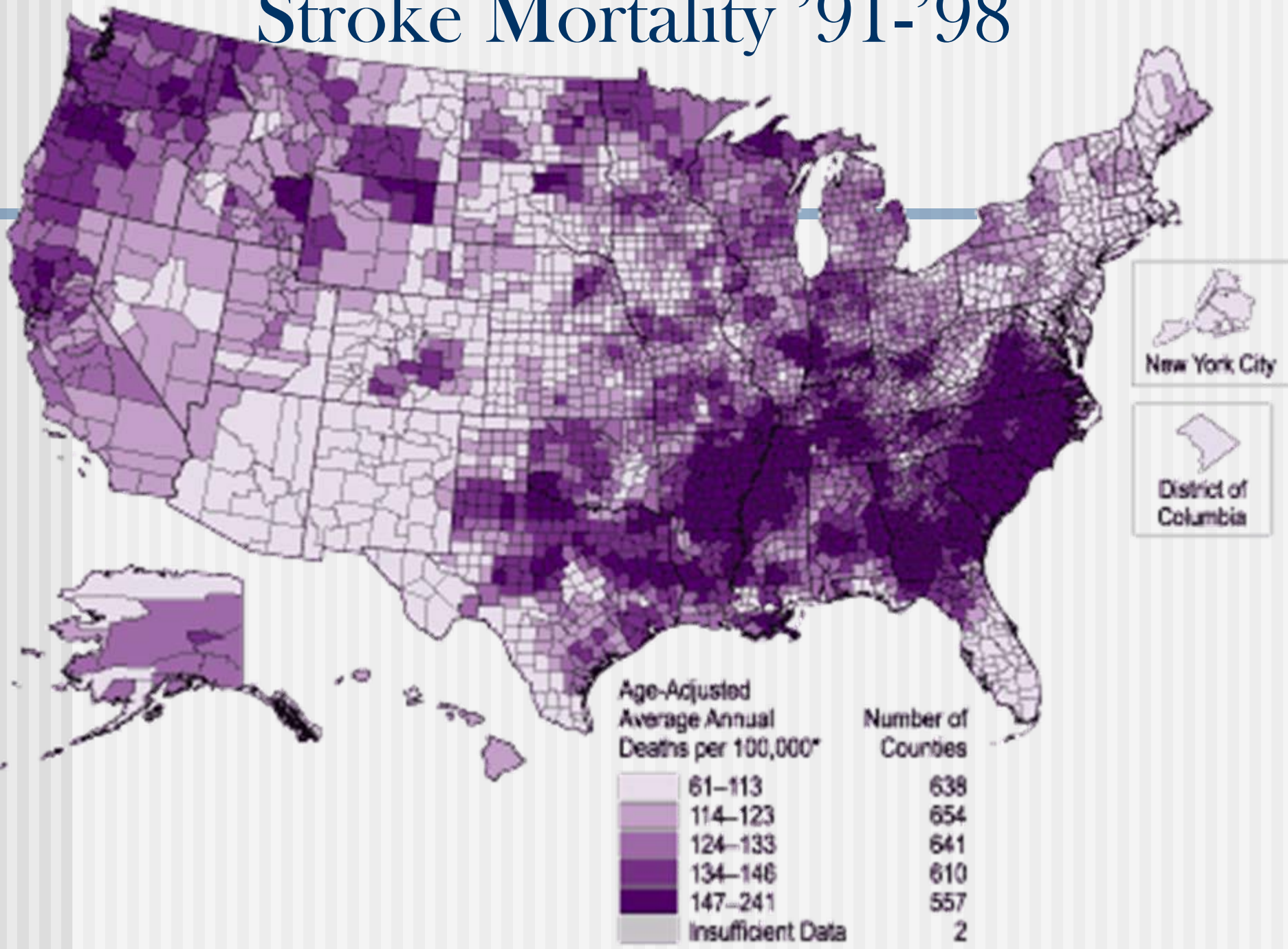


Stroke Mortality '91-'98



Chronic vascular disease education and analysis in rural east central Illinois populations

January – March 2005

Chronic vascular disease in rural east central Illinois populations

- 2003 CDC report notes that chronic disease accounts for 70% of American mortality
 - Nearly 40% of the 70% attributed to preventable causes of disease
- Current major causes of mortality:
 - #1 Cardiovascular disease,
 - #3 Cerebrovascular disease,
 - #6 Diabetes

Chronic vascular disease in rural east central Illinois populations

- Illinois ranked 36th in heart disease mortality, 19th in stroke mortality (1st being lowest).
- Regions of rural Illinois are affected worse by stroke mortality based on 1990s data
 - Shown on CDC map
- This discrepancy deserves attention through community education and explanation through population analysis for potential etiologies

Objectives for Project

■ Community Education

- Vascular Disease
- Disease Symptoms
- Current Health Recommendations
- Topics of Prevention
- Practical Dietary and Exercise Information

■ Population Research

- Determine the characteristics of people in the east central area which place them at increased risk for higher stroke mortality.

Methodology of “Recipes for Prevention” Project

- Approved by UICOM-Rockford Institutional Review Board
- Subjects recruited by ad and consented via initial phone call
- **Health Education**
 - 3 seminars given
 - Vascular Disease
 - Disease Symptoms
 - Disease Prevention
 - Pre-intervention quiz performed at each seminar
 - Recipes included at each presentation
- **Population Analysis**
 - Tool designed to collect data:
 - Demographics
 - Social History
 - Specific Vascular Disease Risk Factor Response
 - Medical History
 - Given to each participant

“Recipes for Prevention”



“Recipes for Prevention”

Findings and Outcomes

- Raised awareness of vascular disease in rural east central Illinois
- Instruction of 8 individuals during each of three seminars
- Anecdotal evidence about region-specific culture, perspectives, diet, and habits relegating increased risk

“Recipes for Prevention”

Findings and Outcomes

- CDC data showed this rural east central Illinois area to have a stroke mortality between 1 and 3 quartiles higher than Chicagoland counties.
- Recent Illinois Project for the Local Assessment of Needs (IPLAN) reports showed 20% of affected counties included stroke reduction and 15% included chronic disease reduction in their goals

Significance of Results and Conclusions

- Though no statistical measures able to be offered, it is suspected that there must be a causal relationship.
 - Knowing this etiology could change and improve the nature of prevention
- Based on the CDC data and the IPLAN goals, there is a disparity between the reality and the perception of stroke mortality as a problem and likely vascular disease in general.
 - Community education and improved awareness of the problem is necessary.

“Recipes for Prevention” Improvements

- Recommendations for future trial:
 - Utilize local Public Health Department and Univ. of IL Extension for networking, advertising, and structure of program.
 - Go directly to established organizations (social, religious, educational, health-related, etc.)
 - Offer incentives for attendance
 - BP screening, Blood glucose screening, BMI/body fat calculation, Recipe samples/examples, etc.
 - Revise IRB and educational seminars for use with school-aged populations.

References

- www.cdc.gov
- Illinois Health Care Cost Containment Council Report, 1998.
- Diabetes and Atherosclerosis: Epidemiology, Pathophysiology, and Management. JAMA 2002.
- Diabetes and Vascular Disease, Pathophysiology, Clinical Consequences and Medical Therapy: Parts I and II. Circulation 2003.
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