



**Justus-Warren Heart Disease and Stroke Prevention Task Force
Minutes for January 7, 2021 meeting**

| Agenda Item | Discussion Points | Action Items |
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| Meeting Attendees | <p>Members: Stephanie Dorko Austin (daughter born with heart defect); Helen Brann (Hospital Administrator, Duke); Senator Jim Burgin; Representative Becky Carney (Co-Chair); Shonda Corbett (Area Agencies on Aging); Carolyn Dunn (NC State); Rebecca Freeman (NC Div. Aging and Adult Services); R. Nevill Gates (Internist, Greensboro); Representative Frank Iler; Kimberly Moore (Communications Professor, NC Central); Wanda Moore (Registered Nurse, Brunswick County); Ruth Gilliam Phillips (Director, NCCU Student Health & Counseling); Joey Propst (Stroke Survivor); Senator Vickie Sawyer (Co-Chair); Sherée Vodicka (Licensed Dietician; Eat Smart, Move More NC); Representative Larry Yarborough.</p> <p>Partners: Wally Ainsworth (NC Office of EMS); Susan Ashcraft (Novant Health); Andrew Asimos (Atrium Health); Mary Kay Ballasiotes (International Alliance for Pediatric Stroke); Nicol Brandon (Atrium Health); Anna Bess Brown (Task Force Exec. Dir.); Nicole Burnett (UNC Health); Tory Cairns (WakeMed); Alicia Clark (DPH Community and Clinical Connections for Prevention and Health [CCCPH]); Julie Cohen (Johnson & Johnson [J&J]); Sylvia Coleman (Wake Forest Baptist Health [WFBH] COMPASS Study); Tom Curley (New Hanover Regional Medical Center [NHRMC]); Rizza de la Guerra (J&J); Nada El Hussein (Duke University Medical Center); Michael Erwin (Stroke Survivor); Melissa Freeman (Duke University Hospital); Emily Gobble (Central Carolina Hospital); Ashley Graham Jones (Cape Fear Valley); Morgan Wittman Gramann (NC Alliance for Health); Amy Guzik (WFBH); Sally Herndon (DPH Tobacco Prevention and Control Branch [TPCB]); Larissa Hill (WakeMed); Shamika Howell (DPH Cancer Branch); Amy Ising (NC DETECT); Sarah Jacobson (American Heart Association [AHA]); Edward Jauch (Mission Health); Stuart Johnson (Vidant Health); Susan Kansagra (DPH CDI); Joanna Keeter (Vidant Health); Mary Jo Kelley (WakeMed); Diomelia Laues (Cape Fear Valley); Erin Lewis (UNC); Melissa Loranger (Novant Health); Ruth Marescalco (NHRMC); Jim Martin (DPH TPCB); Jennifer Massey (Alliant Health); Penelope McCabe (Onslow); Barb McGrath (FirstHealth); Phil Mendys (UNC, Pfizer); Nicolle Miller (UNC Asheville); Kathy Nadareski (Wake Med Cary Hospital); Peg O'Connell (Stroke Advisory Council Chair); Erica Palmer Smith (Care4Carolina); William Pertet (DPH CCCPH); Dawn Phipps (Davis Regional); Joey Propst (Stroke Survivor); Julia Retelski (Atrium Health); Sharon Rhyne (DPH CDI); Lois Roberts (Columbus Regional Healthcare); Christina Roels (Novant Health); Birtha Shaw (Diabetes Supply); Tish Singletary (DPH CCCPH); Denise Spaugh (Minority Women Health Alliance); Charles Tegeler (Stroke Advisory Council Vice Chair); Jackie Thompson (Stroke Program Coordinator, UNC Rex Healthcare); Sarah Van Horn (Blue Ridge Health); Martina Wagner (Harnett Health); Michael Wang (UNC); Marie Welch; Sharon Williams (UNC); Gwendolyn Wise-Blackman (Minority Women Health Alliance)</p> | List of members posted under Task Force Members |

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| Welcome Co-Chair Senator Vickie Sawyer | Senator Sawyer recognized Co-Chair Representative Becky Carney and welcomed all in attendance. She thanked all health care personnel who are working hard to keep us safe and provide treatment during the pandemic. | |
| Roll Call and Approval of members December 9, 2020 Minutes Anna Bess Brown, Task Force Executive Director | Anna Bess conducted a verbal roll call and asked each member to vote to approve the minutes of the December 9, 2020 meeting. The minutes were approved by members present with none abstaining from voting. | December 9, 2020 minutes posted to Task Force meeting minutes 12.9.2020 |
| The Burden of Cardiovascular Disease in North Carolina Anna Bess Brown | <p>Senator Sawyer noted that Peg O'Connell, Chair, gave the Stroke Advisory Council update at the December 9, 2020 meeting. She thanked hospital and health care staff, which includes many who attend these meetings, for their extra efforts to treat COVID-19 and to keep us all safe.</p> <p>Anna Bess, Executive Director of the Task Force, shared the updated cardiovascular disease burden presentation. The Task Force is charged with creating and promoting a burden profile of cardiovascular disease in our state and to consider it as we make recommendations to prevent heart disease and stroke. This information on the incidence and prevalence of heart disease and stroke will guide our work. The 2019 data has just been released and we are grateful to Essete Kebede, Lead Evaluator with the Community and Clinical Connections for Prevention and Health Branch, who compiled the 2019 data and created the slides.</p> <p>See the slide presentation; listen to the meeting recording; and find the burden document, fact sheets, and resource listings on the website.</p> <p>Q and A: Representative Iler asked how the resources are promoted and how public health educational campaigns are funded. Anna Bess explained that DPH tracks website traffic and that educational campaigns drive the public to these websites which contain information on multiple resources and programs. Health education campaigns, such as the Stroke Prevention Campaign which ran in eastern NC in 2019 and statewide in 2020, are funded by state and federal funds depending on the effort. For example, the CDC is funding diabetes prevention efforts in the current funding cycle.</p> | Speaker presentations posted at startwithyourheart.com/Meetings |
| Action Agenda items: <ul style="list-style-type: none"> • Tobacco Use Prevention Strategies • The Impact of COVID-19 • Additional Issues (as time allows) Co-Chair Senator Sawyer | <p>Senator Sawyer introduced the Action Agenda items and opened the floor for discussion on relevant issues that may arise in the upcoming legislative session. Please see the list of Evidence-Based Strategies for the Prevention of Heart Disease and Stroke posted on our website in the Action Agenda section.</p> <p>Tobacco Use Prevention Strategies At our December meeting we had several questions arise about tobacco use prevention strategies and the Tobacco Master Settlement Agreement. The responses</p> | Action Agenda and Evidence-Based Strategies posted https://www.startwithyourheart.com/justus-warren-heart-disease-and-stroke-prevention-task-force/action-agenda/ |

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| | <p>were sent to members and posted along with the meeting minutes on our website startwithyourheart.com.</p> <p>We have two evidence-based tobacco use prevention and cessation strategies currently on our Action Agenda: 1) additional funding for the Quitline for tobacco use cessation to support all who want to quit and 2) funding for tobacco use prevention. Peg O'Connell noted that tobacco prevention strategies have been core to the Task Force since its inception 25 years ago. At one time there was a robust youth tobacco prevention program funded by a large tobacco master settlement agreement (MSA). That money does not go toward tobacco use prevention any longer; it goes into the general fund. Tobacco MSA money comes to NC every year, and Peg noted that this group would definitely want to look at using this money for youth tobacco prevention. Representative Iler commented that he would like to have more information on this history, that we must not forget vaping. He added that he is interested in working on this issue. Peg added that many people who vape move on to smoking cigarettes. Sarah Jacobson, American Heart Association, explained that a small amount of money for tobacco use prevention was in the budget; however, the budget didn't pass. She expressed interest in working with Representative Iler and others. Anna Bess read a comment from Morgan Wittman Gramann, NC Alliance for Health, who stated that NC will need funds in order to come into compliance with the federal Tobacco 21 law which passed in 2019. Representative Yarborough commented that in a recent trivia game he heard that quitting smoking is not among top five New Year's resolutions any longer, adding that we have made progress in the tobacco cessation arena. Yet, vaping is on the rise.</p> <p>The impact of COVID-19 on cardiovascular health There was no discussion on COVID-19.</p> | |
| <p>Stroke in Young Adults Cheryl Bushnell, Professor, Neurology Chief, Stroke Division Wake Forest Baptist Health</p> | <p>Senator Sawyer introduced Dr. Bushnell, Stroke Division Chief at Wake Forest Baptist Health, to present on a concerning trend we have been following: the increase in strokes among young adults. Dr. Bushnell is also a member of the Stroke Advisory Council.</p> <p>Dr. Bushnell presented the epidemiology, causes and consequences of stroke in young adults (age range 15-50, depending on the study; accounts for 10-15% of everyone who has had a stroke).</p> <p>Take Home Messages</p> <ul style="list-style-type: none"> • Stroke in young adults is increasing worldwide • The causes of stroke in the young are more diverse and often lead to more diagnostic tests and a wider differential diagnosis list • The risk of recurrence can be quantified • Stroke can impact lifespan, employment, disability, quality of life, and the development of other comorbidities | <p>Speaker presentations posted at https://www.startwithyourheart.com/justus-warren-heart-disease-and-stroke-prevention-task-force/jwtf-meetings/</p> |

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| | <p>Q and A: Anna Bess read a comment from Phil Mendys which stated that black Americans tend to develop a range of cardiovascular risk factors including hypertension and diabetes earlier in life; and, while AFib is less common, cases of atrial cardiomyopathy are related to increased stroke risk.</p> <p>Dr. Bushnell agreed and noted that she and others who treat stroke are seeing more people with stroke that they'd expect to see in people 20, 30 and 40 years older. It does seem to be increasing. How to prevent stroke? Lower blood pressure, lower cholesterol, take prescribed meds (aspirin or blood thinner), get physical activity, and eat healthy food.</p> <p>Prevent recurrence by taking prescribed medications.</p> <p>Dr. Ed Jauch asked: What shall we focus on from a policy perspective to prevent strokes in this younger population? Dr. Bushnell responded: access to health care, education and literacy would make a difference. Expanding health care coverage is on our Action Agenda and is top of mind for managing chronic conditions. Dr. Bushnell said over and over we see folks who lose health care coverage, stop taking meds, and come in with a stroke.</p> <p>Sherée Vodicka asked if there are studies on systemic racism and the high rate of stroke in African Americans. Dr. Bushnell explained that it is widely accepted that the high incidence of stroke is due to the allostatic load, an accumulation of life stressors which leads to chronic conditions. Many studies are exploring this; yet, this may not be well-known general knowledge.</p> <p>Denise Spaugh asked how many strokes are caused by lifestyle factors. Dr. Bushnell responded that she is not sure it's been quantified; and she stated that sedentary behavior and diet increase risk of hypertension, high cholesterol, and diabetes. She added that when you look at these factors, you'd say the risk is significant.</p> <p>Melissa Freeman noted that lack of insurance also prevents rehabilitative therapies thus preventing reintroduction to the work force. Dr. Bushnell said that 65% of people get no rehab, no follow-up care which is unacceptable.</p> <p>Presentation slides are posted on our website.</p> | |

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| Closing Remarks Senator Vickie Sawyer, Task Force Co-Chair | <p>Senator Sawyer thanked presenters, members and guests for participating in the meeting and for their work to prevent heart disease and stroke.</p> <p>If you have any questions or issues you would like to see covered in a future Task Force meeting, please contact Senator Sawyer; Representative Becky Carney; or Anna Bess.</p> <p>Senator Sawyer wished everyone a Happy New Year and reminded all: wash your hands, wear a mask, and keep six feet away from anyone outside your household.</p> <p>The next Task Force meeting will be announced after the legislative session ends.</p> | <p>Info on future meetings posted at https://www.startwithyourheart.com/justus-warren-heart-disease-and-stroke-prevention-task-force/jwtf-meetings/</p> |