

North Dakota Department of Health Reaches OUT to Reach YOU!

Whether you are....

- Dropping your kids off at child care or school
- Going into the office to work
- Talking to your doctor about blood pressure or diabetes
- Figuring out what to cook for dinner
- Searching the internet to learn about health programs in your community

We want to help you make good decisions and create healthier places around you so the healthy choice is the easy choice. We partner with various organizations to make this happen!

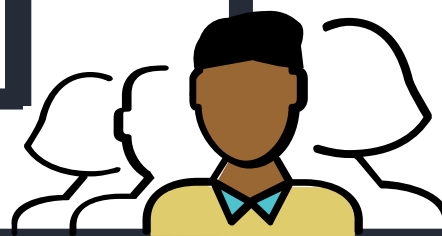
Here is a peek into the places we've been with some of our partners.



Think you, a friend or loved one may be headed for type 2 diabetes? The National Diabetes Prevention Program (NDPP) is helping people with prediabetes prevent or delay type 2! Lifestyle coaches help participants learn skills that make lasting changes and better health a reality. Losing weight, being more physically active, managing stress and feeling better are all part of this year-long program.



One recent participant needed to lose weight and control her cholesterol, which she couldn't get under control even with medication. With help from the Lifestyle Coaches and the NDPP she and her husband lost weight! Her doctor first lowered her blood pressure medicine and then took her OFF the cholesterol medication! She says the NDPP is "a great program... It was a great eye opener. There were things I didn't even realize I was doing wrong...weighing in makes me accountable. Thanks for the class!"



**In Your
Community**

Take It Home!

Prediabetes means your blood glucose is higher than normal but not yet type 2 diabetes. Over 200,000 North Dakotans are estimated to have prediabetes! Find out if you are one of them: take the risk test today at www.prediabetesnd.org. If you score at high risk, see your doctor for a blood test.

| | Prediabetes | Diabetes |
|-----------------------|--------------------|-------------------|
| Fasting Blood Glucose | 100-125 mg/dl | 126 mg/dl or more |
| Random Blood Glucose | 140-199 mg/dl | 200 mg/dl or more |
| Hemoglobin A1C | 5.7 – 6.4 % | 6.5% or more |



A long time ago, when you were sick your doctor came to YOU, perhaps riding on a horse and eventually in a car. Although times, technology, and medicine have changed, the need for help to come to you hasn't. Essentia Health is a health system that understands how important this need still is, and they are making it happen through their Community Paramedic Program. Through this program, a health care provider can request a certified Community Paramedic (CP) to go to a patient's home following a hospital stay or to treat a wide range of health care needs.



A 78-year-old male patient from Essentia's Heart Failure clinic was referred to this program for help with managing his hypertension (also known as high blood pressure). He had recent medication changes and his at-home blood pressures varied quite a bit from day to day. The CP educated the patient on the importance of the correct blood pressure cuff size, as well as on diet and exercise. Although it took a few weeks, by working together the patient reached his blood pressure goal! His most recent blood pressure was 116/64.

In Health Care

Take It Home!

High blood pressure typically does not have any warning signs or symptoms. That's why it is important to check your blood pressure regularly. Normal blood pressure is <120/<80. High blood pressure is 130/80 or higher.

Blood Pressure Levels (for Adults*+)

| Category | Systolic | AND/OR | Diastolic |
|--------------|---------------|--------|--------------|
| Normal | Less than 120 | AND | Less than 80 |
| Elevated | 120-129 | AND | Less than 80 |
| Hypertension | 130 or higher | OR | 80 or higher |

* For adults ages 18 and older who are not on medicine for high blood pressure and do not have a short-term serious illness.

+ If systolic and diastolic pressures fall into different categories, overall status is the higher category. Source: 2017 Guidelines for Diagnosing, Treating and Living with High Blood Pressure, American Heart Association (AHA) Published: Nov. 13, 2017

While we continue to reach out to reach you, you can always reach us at:

 NORTH DAKOTA
DEPARTMENT of HEALTH

 Heart Disease & Stroke
prevention program

For more information, please contact:
Heart Disease & Stroke Prevention Program
Division of Health Promotion
North Dakota Department of Health
Phone: 701.328.2367 or 800.280.5512 (in ND)
<https://heartstroke.health.nd.gov>

 NORTH DAKOTA
DIABETES
PREVENTION & CONTROL PROGRAM

For more information, please contact:
Diabetes Prevention and Control Program
Division of Health Promotion
North Dakota Department of Health
Phone: 701.328.2698
<http://www.diabetesnd.org>