

**Emerging Issues in Maternal and Child Health**  
**Getting to the Heart of the Matter: LPHA Cardiovascular Disease  
Prevention Efforts for Women**

**Resource List**

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**National Women's Health Week**

<http://www.4woman.gov/whw/2004/>

The US Department of Health and Human Services will celebrate National Women's Health Week on May 9-15, 2004, and its signature event, National Women's Check-Up Day, on May 10, 2004. The celebration complements and supports our efforts to help promote the health and development of children in child care, as well as the health of those who care for them.

**The Heart Truth Campaign Materials**

DHHS NIH: National Heart Blood and Lung Institute

<http://www.nhlbi.nih.gov/health/hearttruth/material/>

Make a difference in women's lives by spreading *The Heart Truth* in your community. The campaign materials are easy to use in a wide variety of settings, whether you represent a health care facility, business, non-profit organization, government agency, or community group. In fact, anyone who wants to make a difference in women's lives can help spread *The Heart Truth*. The website has a variety of resources, such as speaker's kit's, brochures, radio and print PSA's, and factsheets.

**For Your Heart Website**

Department of Health and Human Services: Office of Women's Health

<http://www.4women.gov/hhs/>

This interactive website escorts the user through a confidential survey of questions about their health and lifestyle. Based on the information provided, a series of articles detailing the latest information on exercise, nutrition, smoking, diabetes, cholesterol, high blood pressure and other factors that affect the individual and her risk for heart disease are given.

**The National Coalition for Women with Heart Disease**

<http://www.womenheart.org>

WomenHeart was founded by three women who had heart attacks while in their 40s and faced many obstacles, including misdiagnosis and social isolation. They were each amazed how little information about or services for women with heart disease were available, and also how the issue seemed invisible within the women's health community. The website provides information on national news, community initiatives, and research regarding the cardiovascular health of women.

### **Women and Heart Disease: Recent Research Finding Regarding Women and CVD**

The Agency for Health Care Research and Quality

<http://www.ahrpr.gov/research/womheart.htm>

This website provides a list of ongoing and recently completed research on heart disease and women.

### **Choose to Move Program**

American Heart Association

<http://www.s2mw.com/choosetomove/>

Choose to Move is a free 12-week physical activity program for women. The program provides tips and instruction on regular exercise and healthy eating habits.

### **The Heart Healthy Handbook for Women**

<http://www.nhlbi.nih.gov/health/public/heart/other/hhw/>

The 2003 edition of "The Healthy Heart Handbook for Women" provides new information on women's heart disease and practical suggestions for reducing personal risk of heart-related problems. It includes updated information on preventing and controlling high blood pressure, keeping blood cholesterol levels healthy, and postmenopausal hormone therapy. There are also new tips on maintaining a healthy weight, following a nutritious and tasty eating plan, and finding enjoyable ways to get more physical activity. The handbook also includes information about the warning signs of heart attack in women, as well as how to act quickly to get help. For a free copy from the Office of Women's Health call 800-994-WOMAN.

### **Cardiovascular Health Website**

National Center for Chronic Disease and Health Promotion

<http://www.cdc.gov/cvh/>

This website contains a number of resources to assist state and local public health practitioners to improve cardiovascular health for all.

### **Heart Disease and Stroke Maps**

National Center for Chronic Disease and Health Promotion

<http://www.cdc.gov/cvh/maps/index.htm>

The atlases have been published through collaboration between CDC, West Virginia University, and the University of South Florida. They provide critical data on geographic, racial, and ethnic inequalities in women's and men's heart disease death rates for the five major racial and ethnic groups. The interactive maps offer heart disease and stroke mortality rates, county-by-county, for the state, racial/ethnic group, and gender of your choice.

### **Behavioral Risk Factor Surveillance Survey (BRFSS)**

National Center for Chronic Disease and Health Promotion

<http://www.cdc.gov/brfss/>

The BRFSS, the world's largest telephone survey, tracks health risks in the United States. Information from the survey is used to improve the health of the American people.