

Division of Chronic Disease

North Dakota Department of Health
Community Health Section

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Heart Disease & Stroke Prevention Program

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Mission:

To prevent chronic diseases and improve quality of life for North Dakota residents by promoting healthy behaviors, supporting health care improvement measures, developing community policies and practices and increasing disease risk awareness.

Programs within the division include:

- **Coordinated Chronic Disease Prevention Program** – Builds capacity to address chronic disease prevention and health promotion in a coordinated, collaborative approach to change policies, practices and environments. This will lead to improved quality of life and health outcomes and promote education and management skills for those diagnosed with or at risk for chronic diseases.
- **Heart Disease and Stroke Prevention** – Works to improve cardiovascular health of North Dakotans by facilitating effective collaborations and partnerships, monitoring critical aspects of cardiovascular disease and developing effective strategies to reduce heart disease, stroke and related risk factors. The overarching statewide emphasis focuses on preventing and controlling blood pressure and reducing sodium intake using population-based strategies. The program provides training, education, resources and technical assistance to communities, health care providers and health organizations.



Tobacco Prevention and Control Program:

Provides grants, training and technical assistance for tobacco prevention and control efforts in communities, including American Indian tribes.



Our Goal is to reduce disease, disability and death related to tobacco use by:

- Preventing initiation among youth and young adults.
- Promoting quitting among adults and youth.
- Eliminating exposure to secondhand smoke.
- Identifying and eliminating tobacco-related disparities among specific population groups.

Tobacco Cessation Services – Provides grants for city, county and state employee cessation programs and supports a statewide tobacco cessation quitline and Internet-based cessation service (NDQuits) for all tobacco users who want to quit.

Tobacco Surveillance – Commissions multiple surveys designed to measure a variety of factors related to tobacco use among North Dakota citizens and assess how these factors change over time. The Tobacco Prevention and Control Program also provides input and funding for the tobacco-related portions of the following surveys:

- **Behavioral Risk Factor Surveillance System (BRFSS)** – The BRFSS is an ongoing state-based telephone surveillance system that collects data about the behaviors and conditions that place people at risk for chronic diseases, injuries and preventable infectious diseases. Results are reported annually.
- **Youth Risk Behavior System (YRBS)** – The YRBS monitors priority health-risk behaviors among youth and young adults. The North Dakota Department of Health partners with the North Dakota Department of Public Instruction to conduct this survey biennially.



Health Equity:

The Division of Chronic Disease promotes the elimination of health disparities based on age, gender, race and ethnicity, income and education, disability, rural locality and sexual orientation. Our goal is to identify culturally appropriate actions to promote health within these priority populations.



Contact Information:

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