



American  
Heart  
Association.

# American Heart Association's Resources to Improve Rural Health in the Midwest March 2025

Good Morning! After American Heart Month, the health promotion opportunities continue in March with National Nutrition Month. While America has a whole struggles with healthy food access and consumption, it is a [particular challenge in many rural areas](#). Check out these resources for promoting better nutrition this month - and hopefully, creating a lasting environment for the same:

- In Washington, the AHA worked with a series of [food pantries to help them adopt healthy nutrition policies](#). Lessons learned from that work will be shared on March 12th at 12 pm CST. [Register here](#). (Also, for pantry friendly, healthy and tasty recipes, look at the [Healthy Shelves](#) project.)
- Access to good nutrition for students is often especially challenging during summer months. Rules about congregate meals sometimes make providing access especially challenging in rural areas. Fortunately, the [USDA Sun Meals 2 Go](#) program offers enhanced flexibility in [eligible rural areas](#). New programs must apply by [May 1st](#). (Here are [additional tools](#) for identifying / addressing food insecurity among students.)
- Healthcare organizations are increasingly being called on to screen for the Social Drivers of Health, but screening alone only reveals, rather than meets needs. Join us at 11 am (CST) on March 27th for a [GWTG Webinar: SDOH - Beyond the Questionnaire](#). Gain addl. perspective and take [FRAC's SNAP Challenge!](#)
- Finally, please consider joining our [You're The Cure Network](#). There will likely be plenty of opportunities to make your voice heard on things like SNAP benefits in the coming months.

Thank you for your support and collaboration! ~Tim

## Outpace CVD Updates

We have reached the halfway point of the [Outpace CVD](#) recognition window. It is exciting to see new organizations like Pender Clinic (NE) and Complete Health (SD) complete their data-submission and become eligible for recognition later this year, but even more exciting for us is the opportunity for process improvement. Here are a few tools that can help with that:

[Target: BPs Evidence Based Activities](#) offer guideline based suggestions on multiple aspects of BP Control. This [guide](#) provides further insights on operationalizing those strategies and A similar guide exists for [Target: Type 2 Diabetes](#).

These tools are further supported by events like our [April 24th Webinar: Partnering with Patients—Step 3 in HTN Control \(Lifestyle Modification\)](#).

For those interested in formal celebration of their success ahead of the [May 16th](#) deadline:

[New/Additional registrations](#)

[Data Submission Platform Access](#).

[Join March 13th Office Hours w/ ?'s!](#)

## Tools to Support Good Nutrition

Building on National Nutrition Month, here are some AHA - and other - resources to support better decisions regarding nutrition

Visit [Recipes.heart.org](#) to view hundreds of healthy recipes. Search by ingredient, "Budget-Friendly," "Quick & Easy," and more. Many available in [Spanish](#). Additional, kid-friendly recipes are also available from the [Alliance for A Healthier Generation](#).

Healthy For Good provides colorful, and [consumer-friendly infographics](#) on a variety of health topics including a focus on "Eating Smart." Many available in [Spanish](#).

Rising grocery prices mean that making the most of every dollar is increasingly important. These [meal planning tools](#) may help with shopping, preparing, storing, etc. ([More from American Diabetes Assoc.](#))

Visit [MyPLate.gov](#) to access presentations, quizzes, recipes, and other professional and consumer-facing resources. Finally the AHA's [Teaching Garden Network](#) provides resources - and occas. grants - for school and community gardens.

## The Latest



[AHA Presidential Advisory on the Importance of Biomedical Research](#).

[New Training: AMA Series on BP Measurement / SMBP](#)

[New Training: Hypertension Certificate for CHWs](#)

[3/12: Learn about the USDA Community Connect Prg. for Rural Broadband](#)

[NRHA Report: Importance of Rural Pharmacies](#)

[More vitamins during pregnancy may reduce risk of HBP](#)

[Iowa HHS: State of Heart Disease & Stroke 2023](#)

## National Walking Day

April 2 is [National Walking Day](#) and a great opportunity to encourage physical activity.

Download the

[Activation Guide](#)

to "move more" in your community!

