



ANNUAL REPORT

The Women's Heart Foundation (WHF) is witnessing a revolution in women's health and care. Medscape and WebMD teamed up June 2009 to begin a new professional education series with videotaped discussions on women's heart disease, now being looked upon as a unique disease entity with ischemic syndrome in women. Small vessel disease defies traditional angiographic diagnosis and research has intensified in this area of health. WHF continues to administer its Teen Esteem healthy lifestyle program for prevention at the Trenton Central High School through generous grant support from The Horizon Foundation for New Jersey and from the Princeton Area Community Foundation. The customized all-girl gym-alternative serves vulnerable minority adolescent girls in an inner-city school. Even with this high-risk population, positive trending continues each and every year with the lowering of risk factors related to early heart disease and reduction of inflammatory markers for metabolic syndrome, a precursor of type 2 diabetes. WHF welcomed a new partner to Teen Esteem — The College of New Jersey School of Nursing, Health and Exercise Science to assist with administering segments of the Teen Esteem program. Under the leadership of Dr. Avery Faigenbaum, an intern was assigned to the Teen Esteem program from the School of Exercise Science. During the four-month assignment, Rahbba taught the students special fun hip hop dance routines for cardio-fitness. Her mentoring support was extremely well received. Additional support came from the School of Nursing. Under the direction of Dr. Kathleen Philbin, twenty five nursing students took part in a pilot to test their Motivational Interviewing skills one-on-one with the Teen Esteem students. Four one-hour sessions took place.

Outreach

September 2008 began the fifth year at Teen Esteem. Personal Trainer Elise McEvoy joined the health team as lead fitness instructor. Boxing professional Lindsey Page, Jr. was hired part-time to instruct the girls on self-defense moves and also how to use a punching bag and a speed bag.

Graduate students from the Rutgers University-Camden School of Nursing delivered exceptional programs on pregnancy/pregnancy prevention, STDs/STDs prevention, and on date rape/date rape drugs. The Tornado Resource Center at the high school furthered the program as well, purchasing a new curriculum on Intimate Partner Violence – an 8-week program that was delivered by the school's mental health counselor, Mary Dhwarfski.

October, WHF presented to two hundred women attending the Women's Heart Symposium that took place at the Morristown Museum, sponsored by the Healthcare Institute of New Jersey.

February 1, 2009, WHF held its annual Red Dress Luncheon at the Trenton Marriott Hotel. One hundred and twenty women leaders of New Jersey attended. Three Teen Esteem students were honored and recognized for winning essay submissions on "What Teen Esteem Means to Me"

March, WHF partnered with ACME and Marrasso's to implement its *Shopping for a Healthy Heart*® program administered as a collaborative with the UMDNJ and the Trenton Central High School. The field trip to the grocery store was in commemoration of National Nutrition Month.

May heralded mom's heart health with our 6th annual Mother's Day RUN FOR MOM (formerly titled "Run for Your Heart"). Over 380 participants came to Mercer County Park 5k race. All enjoyed the post-event buffet and lively music by DJ Robert. WEGMANS provided 350 bottles of water. ACME provided fresh fruits.

June, WHF consulted with the AHRQ on a new pamphlet on radiofrequency treatment of atrial fibrillation.

Research

The Teen Esteem outcomes research continues to trend positively each year for effecting healthy lifestyle choices in vulnerable minority teen girls.

Advocacy

WHF e-newsletter is sent to 1,400 e-subscribers and is a primary resource for educating the public about gender-specific healthcare and prevention programs that work well for women. Women's Heart Week February 1-7 serves as an educational platform to advocate for women's care and to recognize milder heart disease symptoms in women and how to respond should they occur.

Future

WHF will be seeking partners in academia with the goal to increase access to online continuing education as part of *The Gender Care Initiative*®. It will also better define critical health messages and action steps in commemoration of Medication Safety Week April 1-7.