



# ANNUAL REPORT

Breakthrough technology to quickly and easily diagnose heart disease without any risk whatsoever is about to rock the healthcare industry. Since the advent of the Multifunction Cardiogram™ or “MCG” October 2009, the WHF has worked tirelessly to advocate for its acceptance by insurers nationwide. The device represents the new science of computational electrophysiology boasting 90-95% accuracy rates at diagnosing heart disease, and at only a fraction of the cost. MCG promises to save healthcare dollars while saving lives.

The WHF entered its 6th year co-administering the Teen Esteem healthy lifestyle intervention project at the Trenton Central High School, thanks to the continued support of The Horizon Foundation for New Jersey and the Princeton Area Community Foundation. Vulnerable minority adolescent girls are the benefactors with the lowering of some of the risk factors associated with heart disease and type 2 diabetes. Setting its sights on expansion to the middle school, WHF consulted with health advisors and fitness trainers to devise a strategy to deliver a consistent health message and maintain a quality program. WHF is a noted expert in tracking children's health in the school setting, and has instituted a methodical approach. Seminars for school nurses and P.E./Health teachers are being planned to introduce this system and WHF will be offering a service to more efficiently monitor risks associated with childhood obesity and other health concerns. The WHF-designed tracking systems provides quantitative analysis with in-school referrals based on parameters set forth by school counselors and nurses so that the health of no child will be left to chance.

## Outreach

July 2009, WHF president Bonnie Arkus, RN presented on its Teen Esteem program: “Raising the Bar for Girl Health” to 120 nurses at the biannual School Nurse International Conference that took place at Monmouth University September began our sixth year at Teen Esteem. WHF welcomed Katie Najjir as the Personal Trainer for the girls during the first semester, and Mikael Miller for the second semester. Lead teacher and Karate Black Belt expert Ms. Kelley introduced martial arts to the girls with self-defense moves. She also instructed the students on use of the punching bag and speed bag. The College of New Jersey School of Nursing, Health and Exercise Science continued its pilot at Teen Esteem: “Motivational Interviewing” with nursing student-interns testing their skills at guiding health choices of adolescent girls, conducted under the leadership of nursing professor Dr. Kathleen Philbin. Graduate students from the Rutgers University-Camden School of Nursing delivered exceptional programs on date rape/date rape drugs, and on cutting and eating disorders under the leadership of nursing professor Dr. Nanette Sulik. The Tornado Resource Center at the high school held classes on Intimate Partner Violence. Many of the teens must deal with violence on a daily basis. School mental health counselor Mary Dhwarfski delivered this program. School nurse Barbara Palmer provided instruction on STDs /STD Prevention, and Pregnancy /Pregnancy Prevention. March is National Nutrition Month and dietitian interns of the UMDNJ School of Health Professionals teamed with WHF Teen Esteem once again for another successful *Shopping for a Healthy Heart* that took place at ACME food market under the leadership of clinical coordinator Gerri McKay. Fifty five Teen Esteemers participated with seventeen dietetic interns implementing the program at five food stations.

February 2010, WHF hosted its annual Red Dress Luncheon with ninety two participants learning about the role of MCG in the diagnosis of heart disease. Dr. John E. Strobeck presented. The Women's Heart Advocate award winners were honored, including MCG inventor Dr. Joseph Shen (Science and Medical Excellence), Dr. Strobeck, The Horizon Foundation for New Jersey (Healthcare Leadership), Robin Heston (Volunteer of the Year), and women survivors: Terri Barlow, Marcia Davis and Marianne DiMola, each who delivered a vital message on heart health.

April, WHF president Bonnie presented on “Women's Heart Health and Prevention” at the Somerset Medical Center Women's Day outreach to 200 women. Famed author and writer for the Dr. Oz show, Lisa Oz also presented.

May, WHF held its 7th annual RUN FOR MOM on Mother's Day with 420 participants. Kids and parents alike were thrilled to have a surprise visit from SPARK, mascot for the Trenton Devils Hockey Team. We were blessed with beautiful weather at Mercer County Park for the 5k Race and the Kids Fun Runs. Lawrenceville Acme provided a bounty of fresh fruit for the post-event buffet with bagels donated by JR's in Ewing and water from WEGMANS.

June, WHF consulted with the AHRQ on non-invasive and minimally invasive tests in diagnosis of heart disease.

## Research

WHF will report on results of its healthy lifestyle intervention program later this year with some exciting findings.

## Advocacy

Women's Heart Week Feb 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. In April and again in May, WHF met with government officials in the Washington Metropolitan area to urge Medicare and Medicaid coverage of the Multifunction Cardiogram test. WHF contributed to several reports with compelling evidence to support immediate action.

## Future

WHF is developing two new school programs to address the health of both boys and girls attending the 6th grade at the Grace Dunn Middle School in Trenton, and concomitantly, working towards sustainable sources of income, irrespective of grants and contracts as we institute school-based wellness and prevention that serves the community.