The American Heart Association proudly launched the 2005 Choose To Move program in an April 20 media tour with celebrity spokesperson Joan Lunden and AHA volunteer Dr. Rita Redberg. This free 12-week program to promote physical activity and healthy diet choices in women is now entering its eighth year; it enrolled about 100,000 women in 2004. In 2005, Choose To Move enrolled 23,000 women in March and April alone and is well on its way to a record-breaking enrollment this year. Feedback from past participants shows that Choose To Move has helped women increase their daily physical activity and make healthier nutrition choices. To learn more about the program or to recommend it to your patients, dial toll-free 1-888-MY-HEART or go to www.americanheart.org/choosetomove.
Lobby Day

April 16, 2005, was the American Heart Association’s Heart and Stroke Lobby Day in Washington, D.C. Many volunteers visited senators and representatives from all 50 states. The efficacy of the lobby effort was increased by an excellent preparatory program by AHA Advocacy staff and Soapbox Consulting. Volunteers were well armed with facts, figures, bill numbers and specific legislative requests. The AHA volunteers wore red and advocated for increased funding for the Center for Disease Control’s Heart Disease and Stroke Prevention Program and for increased funding for NIH heart and stroke research. They also urged support of the Stroke Treatment and Ongoing Prevention Act (Stop Stroke Act), programs to combat obesity and federal policies to prevent and treat obesity. It was an exciting and rewarding day for all, and we hope to see you at AHA Heart and Stroke Lobby Day 2006.

AHA Lobby Day Legislative Priorities

1) Increase funding for heart disease and stroke research and prevention. We asked members of Congress to sign our letter of support for increased funding for NIH and CDC heart disease and stroke research and prevention programs.

2) Enact federal policy to improve stroke care. To improve stroke care, we asked your member of Congress to sign-on as a co-sponsor of the Stroke Treatment and Ongoing Prevention Act (STOP Stroke Act).

3) Enact federal policies to prevent and treat obesity. We asked members of Congress to support the Safe Routes to School provisions in transportation reauthorization legislation.

4) Enact federal policy granting FDA authority to regulate tobacco products. We asked members of Congress to co-sponsor legislation to authorize FDA regulation of tobacco products.

Physician of the Year
Rao Musunuru, MD, FAHA

This award is conferred annually to one practicing physician who has rendered outstanding contributions to reduce disability and death from cardiovascular diseases and stroke by being a leader and pioneer in many initiatives.

The award was presented during the Volunteer Leadership Conference in Washington, D.C. on April 11, 2005.

Fellowship — Want to know more?

Visit the AHA Web site at my.americanheart.org and follow the links to Councils/Clinical Cardiology for criteria and benefits of being a Fellow of the American Heart Association.