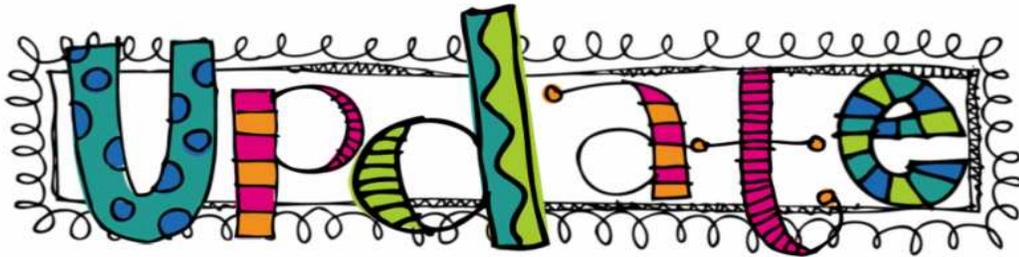


**From:** Every Woman Matters <dhhs.ewm@nebraska.gov>  
**Sent:** Thursday, May 02, 2019 12:49 PM  
**To:**  
**Subject:** News from DHHS - Women's & Men's Health Programs

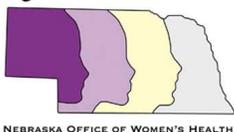
# Community Health Hub



May 2019

**NEBRASKA**  
Good Life. Great Mission.  
DEPT. OF HEALTH AND HUMAN SERVICES

*Every Woman Matters*



## Quick Links

[Every Woman Matters](#)

[Nebraska Colon Cancer Screening Program](#)

[Women's Health Initiatives](#)

[Community Health Worker Training](#)

[National Breast and Cervical Cancer Early Detection Program](#)

## Q/A CORRECTION:

In the February 2019 CHH Update we featured the following Q/A....

### Q: What is overhead?

During monthly TA calls, our TA's are fielding questions regarding how overhead is paid out. Here is an example of what it could look like in regards to navigation:

**A:** Here is an example explanation: CHH receive 20% overhead of the total navigation reimbursement, if you navigate (75% or above) women within our age parameters. For example, say you had 5 women at a community venue and you were able to navigate 4 or all 5 of the women. You would receive an additional \$208 in overhead, which is 75% of the total of \$1,040 (\$208 x 5 women).

### CORRECTION:

There is no "overhead" in the new subawards. The correct term is performance pay. CHH are getting paid for meeting a certain level of quality performance. This is an audit and legal requirement for fixed cost subawards.

Start Simple with MyPlate

[Community Health Hub Web Page](#)

[Community Health Hub Manual](#)

[Med-It Data Entry Instructions](#)

[Encounter Registry Data Entry Instructions](#)

[Health Coaching Templates](#)

[Success Stories](#)

[Resources](#)

[Community Health Hub Contact Information](#)

Helpful Links for #NebraskaStrong:

NE Family Helpline:  
1-888-866-8660

Nebraska Rural Response Hotline:  
1-800-464-0258

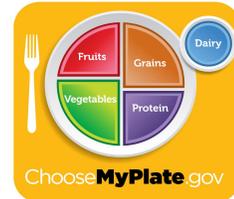
Substance Abuse & Mental Health Services Administration (SAMHSA) Helpline: 1-800-985-5990

National Suicide Prevention Lifeline: 1-800-273-8255

[Tips for Survivors of a Disaster or Traumatic Event](#)

[NebraskaStrong Recovery Brochure](#)

The USDA Secretary Sonny Perdue recently introduced the [Start Simple with MyPlate](#) campaign—the latest nutrition initiative from MyPlate.gov! This initiative is all about bringing it back to basics and focusing on **simple** ways you can improve your food choices from each of the five MyPlate food groups. Learn more in our [latest USDA blog post](#) and in this [press release](#).



There are several new resources, including:

- [YouTube video](#) featuring USDA Secretary Sonny Perdue
- [The Start Simple with MyPlate tip sheet](#).
- [The MyPlate Plan Menu template](#) to record what you eat and drink during the day from each of the five MyPlate food groups. Use it alone, or along with the [MyPlate Plan tool](#).
- [The Start Simple with MyPlate Toolkit for Professionals](#) - This comprehensive online toolkit features promotion ideas, sample social media, a tip library, graphics and more.
- You can also join us in our [#MyPlateChallenge on social media!](#) Share your healthy eating tips or ideas related to the five MyPlate food groups. Post your MyPlate inspired healthy eating tip with a photo or video and share it on your social media accounts. Once you post your healthy eating tip, challenge a family member, friend or co-worker to share their own healthy eating tip.

For updated MyPlate Tools and Resources visit [ChooseMyPlate.gov](#) or follow MyPlate on [Facebook](#), [Twitter](#), and [Pinterest](#).



### FREE: Nicotine Replacement Therapy Continues Through the Nebraska Quitline

Promotional fliers are available to download and share with partners:

[Free NRT Flier \(English\)](#)

[Free NRT Flier \(Spanish\)](#)

### REMINDER: Community Health Hub Website

The [Community Health Hub website](#) gets updated quite frequently. Be sure to check it out as often as you can.

In March 2019 the whole DHHS website underwent a change. Be sure to check it out.

Below is a link to an online tutorial to give you a quick look at how the site pages changed and where to find information that is important to you: [DHHS Website Review Recording](#)

After you review the site and get familiar with it, please let us know if you want us to add other helpful information on the site or if we are missing what you need. Be sure to communicate with your TA to let them know how the site could be better.

## Screen For Life Colon Cancer Media Campaign



The recent release of the Screen for Life Colon Cancer media campaign is available for all to utilize as they see fit. Radio spots will be played across Nebraska. The spots explain the facts about colorectal cancer and why screening is important for people aged 50 years and older.

More information and materials for the campaign are available at: <https://www.cdc.gov/cancer/colorectal/sfl/index.htm>.



Community Garden (:60)



### CHH UPDATE: Do you have something to contribute?

Do you have something that you would like to contribute to the quarterly Community Health Hub Updates?

We continually strive to have the CHH update in your email boxes during the first week of the month. If you have a submission or an idea please send them to your TA or you can also contact Tracey Bonneau at [Tracey.Bonneau@nebraska.gov](mailto:Tracey.Bonneau@nebraska.gov).

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