

Community Health Hub



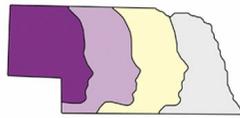
February 2018

NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

Every Woman Matters



NEBRASKA OFFICE OF WOMEN'S HEALTH

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SHARING: EWM Client Mailing

CDC is contracting with NORC at the University of Chicago to conduct a survey with some of our clients. Throughout the next week or so approximately 2,600 EWM clients will be receiving a consent letter to see if they want to participate in the survey. If your clients have any questions they can call 1-800-532-2227.

AWARENESS: American Heart Month

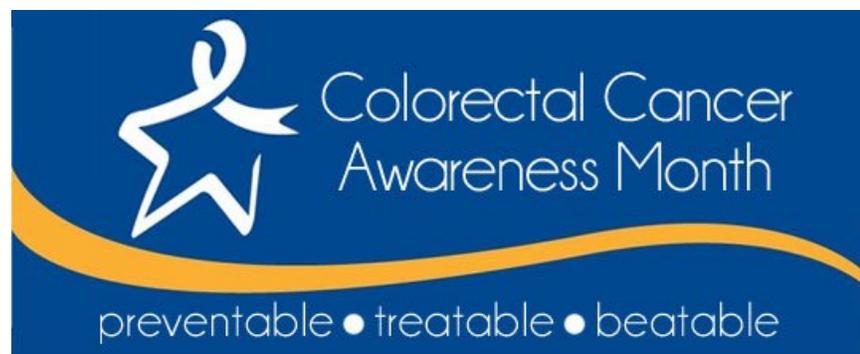
The American Heart Association wants to help everyone live longer, healthier lives so they can enjoy all of life's precious moments. And we know that starts with taking care of your health. American Heart Month is a great way to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved.

Did you know?

- The first American Heart Month, which took place in February 1964, was proclaimed by President Lyndon B. Johnson.
- The Congress, requested the President to issue annually a proclamation designating February as American Heart Month.
- At that time, more than half the deaths in the U.S. were caused by cardiovascular disease.
- Cardiovascular disease knows no borders. Cardiovascular disease, including heart disease and stroke, remains the leading global cause of death with more than 17.3 million deaths each year.
- That number is expected to rise to more than 23.6 million by 2030.



AWARENESS: Colon Cancer Awareness Month



How can Colorectal Cancer Awareness Month make a difference?

Use the month of March to raise awareness about colorectal cancer and take action toward prevention. Communities, organizations, families and individuals can get involved and spread the word. Here are a few ideas:

- Encourage families to get active together - exercise may reduce the risk of colorectal cancer
- Talk to family, friends and people in the community about the importance of getting screened for colorectal cancer starting at age 50
- Ask doctors and nurses to talk to patients age 50 and older about the importance of getting screened.

How can I help spread the word?

Here is a toolkit full of ideas to help you take action today. For example:

- Add information about colorectal cancer to your newsletter
- Tweet about Colorectal Cancer Awareness Month
- Host a community event where families can be active while learning about local health resources.

AWARENESS: Cervical Cancer Awareness Month

Every year, about 4,000 women die from cervical cancer in the United States and more than 300,000 women endure invasive testing and treatment for lesions (changes in the cells) on the cervix that can develop into cancers. Testing and treatment for these "precancers" can have lasting effects. Spread the word about the importance of HPV vaccination to help prevent cancers and cervical cancer screening!

Just because January it's over doesn't mean you can't continue to do simple things to spread the word about cervical cancer, screening and HPV vaccination. Here's how:

- Place our new Cervical Cancer Awareness Month [feature article](#) on your website or in your next newsletter.
- Link to our [HPV vaccination videos and PSAs](#) on your website or e-newsletter.
- Share [powerful stories](#) from cervical cancer survivors.
- Learn more about the [two screening tests](#) that can help prevent cervical cancer or find it early.
- Syndicate the most [up-to-date HPV vaccine information](#) from the Centers for Disease Control and Prevention.

5 reasons why the HPV vaccination is recommended for pre-teens



cervivor
informed. empowered. alive.
www.cervivor.org

#5

Better immunity

After receiving HPV vaccine pre-teens make more infection fighting antibodies than older teens. That is why they need only 2 doses of the vaccine are recommended at this age, instead of 3.

#4

More chances to vaccinate

Every visit on or after the 9th birthday is an opportunity to provide the vaccine.

#3

Low risk of exposure

HPV vaccine only works if the series is complete before a person is infected. Almost no 9-12 year olds have HPV.

#2

Long lasting

Current evidence shows that the HPV vaccination does not wear off!

#1

More effective

Early vaccination prevents substantially more pre-cancer than late vaccination.

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American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™

RESOURCE: Helping Clients Quit Tobacco?

Do you have clients that are ready to quit tobacco? Now is the time! Starting in January, the [Nebraska Tobacco Quitline](#) is providing a two-week supply of over-the-counter nicotine replacement at **no cost** for medically qualified participants.

To qualify, the participant must be:

- Nebraska resident over the age of 18 who is ready to quit tobacco
- Registered with the Quitline and complete one coaching session.

For more information, visit:

QuitNow.ne.gov or call
1-800-QUIT-NOW (784-8669).

Translation services are available in more than 170 languages. For Spanish call, 1-855-DÉJELO-YA (335-3569).

ARE YOU READY TO QUIT TOBACCO?

What you can do:

- CALL 1-800-QUIT-NOW (784-8669)
- ENROLL in the Nebraska Tobacco Quitline
- COMPLETE one coaching session with a trained Quitline Coach
- RECEIVE free Nicotine Replacement Therapy (NRT) in the mail starting January 1, 2018.*

What the Quitline will do:

- Provide free, confidential support and counseling
- Work with you to develop a personalized Quit Plan
- Be available 24/7 in more than 170 languages
- Mail Free NRT directly to your address

What callers are saying about the Quitline:

"I appreciate what you do! You are saving lives and helping people every day."

* Beginning January 1, 2018 the Nebraska Tobacco Quitline is providing a two-week supply of over-the-counter nicotine replacement therapy of no cost (one of the following: gum, patches or lozenges) while supplies last. To qualify the caller must be a Nebraska resident over the age of 18 who is ready to quit tobacco, register with the Quitline and complete one coaching session. Callers will be screened for medical eligibility to receive the free NRT.



For additional information about the Quitline, NRT promotion or educational resources visit: QuitNow.ne.gov

1-800-QUIT-NOW (784-8669)
1-855-DÉJELO-YA (335-3569)

Funding for this effort is provided by the Nebraska Department of Health and Human Services as a result of the Tobacco Master Settlement Agreement.

REMINDER: Online Healthy Lifestyle Questionnaire

Every Woman Matters has a link on the website now for anyone who is interested in filling out the online version of the Healthy Lifestyle Questionnaire (HLQ). There is a big blue button on the left hand side of the screen that says "ENROLL NOW". We are currently researching the capabilities of having the online HLQ in Spanish.

If you would like to refer clients to the online version here's the link:

<https://cip-dhhs.ne.gov/redcap/surveys/?s=8XRRLKTPYR>

Working with Public Housing?

If you're working with your local public housing to promote screening services we just wanted to let you know that there are tobacco cessation posters that you can utilize. Public housing can use these posters in their common areas to encourage smokers to call the Nebraska Tobacco Quitline. The Nebraska Tobacco Quitline offers free tobacco cessation counseling and support services to anyone in Nebraska. For more information about these services, go to QuitNow.ne.gov.

If you would like some posters or have questions about Tobacco Free Nebraska, please contact Tobacco Free Nebraska at dhhs.SmokeFree@nebraska.gov

Did You Know?

- [Antibiotics](#) treat only bacterial infections; they don't work on viruses like the ones that cause [colds or the flu](#).
- When antibiotics aren't needed, they won't make patients [feel better](#), and side effects could be harmful.



Healthcare providers can prevent infections and slow the spread of [antibiotic resistance](#) by advising patients to cover coughs, [clean hands](#), stay home when sick, and get recommended vaccines.

Weight Management throughout Cancer Care

This [review](#) summarizes key topics addressed in a recent National Academies of Science, Engineering, and Medicine workshop entitled, "Incorporating Weight Management and Physical Activity Throughout the Cancer Care Continuum." Discussions related to body weight and physical activity among cancer survivors include current knowledge and gaps related to health outcomes.

Exercise Among Adults with Arthritis

A new MMWR on [Health Care Provider Counseling for Physical Activity or Exercise Among Adults with Arthritis - United States, 2002 and 2014](#) discusses the importance of physical activity recommendations for those with arthritis and supports heart disease physical activity recommendations outlining needed modifications to support this group.

TRAINING: Spring 2018 CHW Training



Register
NOW

Help build healthy communities by becoming a Community Health Worker (CHW)

This **FREE** online course has been designed for individuals working in communities who can connect people to health services. Participants will attain confidence and credibility in the communities that they serve along with general knowledge on health topics, communication and organizational skills.

Course Time Frame:

- 5 weeks of Online Training Modules
- Online Orientation Wednesday, March 7, 2018
- In-Person Training Tues, April 17, 2018 - Weds, April 18, 2018*
- 4 weeks of Online Training Modules
- In-Person Training Tues, June 13, 2018 - Weds, June 14, 2018*

*In-person sessions will be held in Central Community College-Kearney Center

The course will conclude as you gain practical experience through a Community Health Worker Capstone Project.

Registration Deadline: January 31, 2018



For more information call 1-800-532-2227 or visit:

www.dhhs.ne.gov/healthnavigation

email: dhhs.chw@nebraska.gov

This course is offered by Nebraska Health & Human Services Women's & Men's Health Programs and the Office of Health Disparities and Health Equity



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Quarterly KUDOS: Southwest District Health Department

This past quarter, Southwest District Health Department performed so well that EWM would like to give them a shout out! **KUDOS** to SWDHD's Myra Stoney, Director, Crystal Lake and Joy Trail for all their hard work!

They did a great job connecting with their Med-It clients around health coaching, breast navigation and colon cancer FOBT kit distribution. They also excelled at connecting with venues in their coverage area.



Check out the Success Stories section on the Health Hubs website to see what they've been up to:

<http://dhhs.ne.gov/publichealth/WMHealth/Pages/SuccessStories.aspx>

Monthly CHH Update Submissions

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

We strive to have the update in your email boxes during the first week of the month. If you have a submission or an idea please send them by the 2-3 week of the month to your TA or you can also contact Tracey Bonneau directly at Tracey.Bonneau@nebraska.gov.

