

Community Health Hub



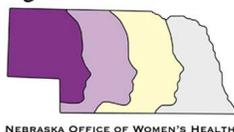
June 2018

NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

Every Woman Matters



NEBRASKA OFFICE OF WOMEN'S HEALTH

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](#)

[Community Health Hub Web Page](#)

[Community Health Hub Manual](#)

[Med-It Data Entry Instructions](#)

TRAINING: NDPP Lifestyle Coach Training

Broaden your organization's NDPP capacity and sustainability. Get your staff trained! There are three upcoming 2-day Lifestyle Coach Trainings to choose from across Nebraska. See [flyer](#) for more information.

- Norfolk - June 28-29, 2018
- Kearney - August 23-24, 2018
- Bridgeport - August 28-29, 2018



WEBINAR: Colorectal Cancer Screening Summer School - 2018 Webinar Series

There are three opportunities throughout the summer months to take part in the Colorectal Cancer Screening Summer School Webinar Series. See [flyer](#) for more information.

WEBINAR: Health Literacy Basics

Did you know that 9 out of every 10 adults in the US struggle to understand health information at one point or another? That's nearly everyone! Even people who are great readers or are highly educated face health literacy challenges when they need to...

- figure out new medical terms
- make sense of numbers or risk
- cope with a serious diagnosis (for themselves or a loved-one)
- deal with multiple health problems at once

Join NALHD on Monday, June 11 at 12:00 (noon) Central Time for a free, 45-minute webinar. Our health literacy experts will share health literacy basics and point you to tools and resources that can help you communicate clearly with clients and patients.

Whether you are new to these topics or need a refresher, this webinar is for you! [See More](#)

[Encounter Registry
Data Entry Instructions](#)

[Health Coaching
Templates](#)

[Success Stories](#)

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ACTIVITIES: Collaborative Impact Projects

As you are aware April 20 was the deadline for CHH to submit Collaborative Impact Plans. Not all CHH submitted plans. The ones that we did receive we thought we would at least share the Overall Goals of their project. Projects will be completed by June 2018 therefore results of these project will be shared at a later time.

Overall Collaborative Impact Project Goals:

- **Elkhorn Logan Valley Public Health Department** - navigate up to 25 women between 40-74 to have a breast screening and 1:1 education at a one day event, in partnership with Midtown Health Center, Norfolk, NE, in June. Additional women who attend the event without an appointment will receive 1:1 education regarding importance of screening and referral for screening.
- **Dakota County Health Department** - provide 1:1 education and navigate 10 women who are due for breast cancer screening. Activities will be implemented by partnering with Family Healthcare in South Sioux City, NE to identify women at risk and who are due.
- **Sarpy/Cass Health Department** - utilize a multicomponent approach that will connect women to necessary preventative screenings, 1:1 education opportunities and lifestyle supports necessary for positive health outcomes. In partnership with OneWorld Community Health Centers this project hopes to provide 1:1 education to 45 women. At least 30 will make an appointment for their mammogram and/or cervical screening. 30 women will received two additional education sessions which will remind them of their appointment and provide assistance to alleviate barriers to screening.
- **South Heartland District Health Department** - increase the number of population based women who are navigated to breast cancer screening and who will complete their mammogram and any diagnostic or treatments that are recommended. This project will be accomplished with partnerships from Hastings Imaging Center, Hastings Radiology, and Mary Lanning Hospital.

DID YOU KNOW?: Vector-borne Illnesses on the Rise

- Illnesses from mosquito, tick, and flea bites more than [tripled in the US](#) from 2004 to 2016, according to the latest [Vital Signs report](#).



- A recent study found that [84%](#) of local vector control organizations lack at least 1 out of 5 vector control competencies and need improvement.
- State, tribal, local, and territorial health departments can use a [coordinated strategy](#) to support vector control programs and protect people from vector-borne diseases, such as West Nile virus and Lyme disease.

UPDATE: CHH Update Survey Results

Thank you to everyone who filled out the 10 question survey regarding the CHH Update newsletter. Answers are compiled as of 5/22/18 and a summary report can be seen [here](#). Based on responses we will continue sending out the CHH Updates. Staff will discuss over the next few months whether or not we send it monthly, bi-monthly or quarterly. If we do make any changes, we will not make any changes to the timing of the update until the start of the next fiscal year which starts July 1.

There were a few people that responded to the survey indicating they have not ever received the newsletter. **Please check with your staff to see if they received this update. If they did not, please let Tracey Bonneau know so that she can check the Constant Contact listing specifically made for this newsletter update.**

EDUCATION: Blood Pressure Check Challenge



**130 is too high.
Do you know
where you stand?**

Join our Blood Pressure Check Challenge!

#CheckIt

heart.org/bplevels



ARTICLE: Eating Almonds and Dark Chocolate Lowers Cholesterol

Eating nearly one-third a cup of almonds a day - either alone or combined with almost one-quarter cup of dark chocolate and 2 1/3 tablespoons of cocoa a day - may reduce a risk factor for coronary heart disease,

according to a recent [study](#).



RESOURCES: CDC Pushing Father's to Put Down Their Cigarettes this Father's Day



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.

If you want us to add other helpful information on the site be sure to let your TA know.

CHH UPDATE: Do you have something to contribute?

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.



DHHS Every Woman Matters | 301 Centennial Mall South | PO Box 94817 | Lincoln | NE | 68509-4817