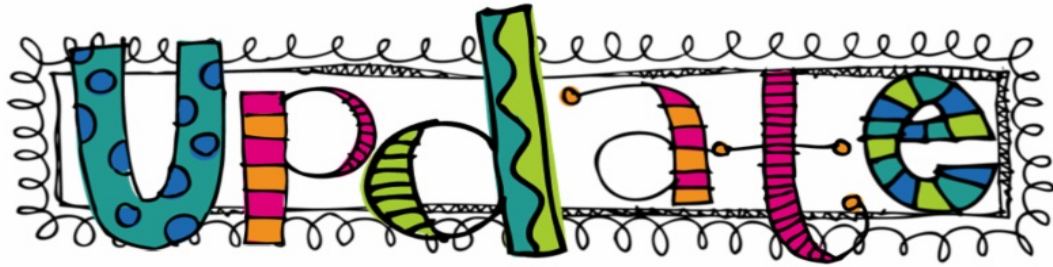


# Community Health Hub



November 2019

**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](#)

## TRAINING: Cholestech Training

The program sent out cholestech agreements to all local health departments effective October 1, 2019. The agreement outlines use of the equipment and supplies provided by the program.

Statewide trainings have been set up for the second week in November. Dates and times are:

- Tuesday, November 12<sup>th</sup> in Bridgeport, NE @ the Prairie Winds Community Center with the training from 10 am-12 pm (\*afternoon session is dependent on other local health departments attending aside from the Panhandle)
- Wednesday, November 13<sup>th</sup> in Hastings, NE @ South Heartland District Health Department from 10 am to 2 pm
- Thursday, November 14<sup>th</sup> in Norfolk, NE @ Elkhorn Logan Valley Public Health Department from 10 am to 2 pm
- Friday, November 15<sup>th</sup> in Lincoln, NE @ Nebraska Association of Local Health Directors (NALHD) from 10 am to 2 pm

More information pertaining to the cholestech programming can be found on the CHH webpage under the Special Projects tab.

## UPDATE: EWM Staff and BCCAC Members Strategically Plan Together

On September 26 EWM central office staff members took part in a strategic planning session in the morning discussing what the program structure could/should look like when the 2020 Medicaid Expansion takes shape. Colleen Svoboda was the facilitator and had the group in smaller groups brainstorming key required activities and then put together a plate diagram. (See pic)

On the [Community Health Hub Web Page](#) you'll find tabs that give you important information. The page is divided this way so that you can easily find what you're needing.

[Community Health Hub Contact Information](#)

Helpful Links for #NebraskaStrong:  
NE Family Helpline:  
1-888-866-8660  
Nebraska Rural Response Hotline:  
1-800-464-0258

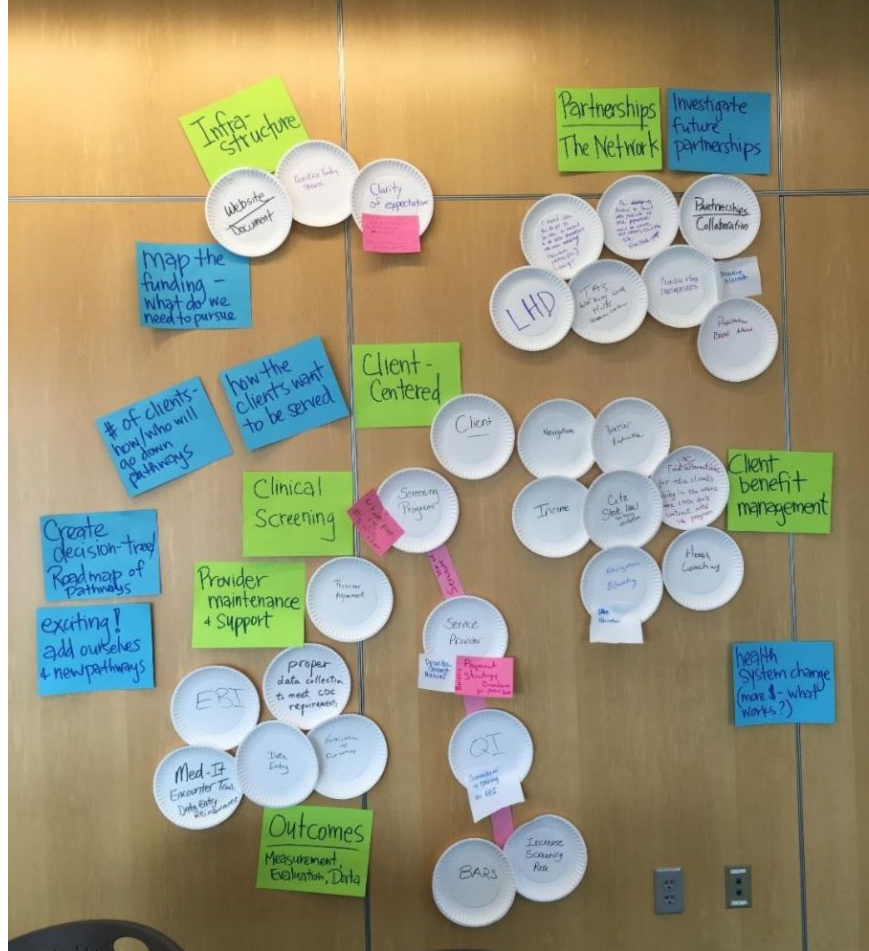
Substance Abuse & Mental Health

National Suicide Prevention Lifeline: 1-800-273-8255  
Available 24/7; Spanish line:  
1-888-628-9454

<https://suicidepreventionlifeline.org/talk-to-someone-now/>

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

[NebraskaStrong Recovery Brochure](#)



During the afternoon time together the Breast and Cervical Cancer Advisory Committee members joined the group in person and on the phone in order to give feedback on the plate diagram. It was a fruitful afternoon with lots of great discussion and brainstorming. As Medicaid Expansion gets closer and the program works out programming details we will definitely let you all know what to expect.

## NEW TOOL: South Heartland Health Coaching Tool

South Heartland recently created a tool that helps them with health coaching. Helpful tips on getting started with health coaching includes:

1. Organization.
2. Scheduling or blocking out a devoted time on your calendar for health coaching.
3. Persistence. Vary the times you call clients in order to reach the client. If they don't answer in the morning, maybe try the afternoon or evening hours.
4. Utilization of the [Health Coaching Tracking Tool](#).

## ARTICLE: New Report Shows Progress in Skin Cancer Prevention

Skin cancer is the most common form of cancer in the United States, but there is progress in some prevention efforts. CDC's fifth annual Skin Cancer Prevention Progress Report provides the latest national data on skin cancer, highlights success stories from communities across the country, and identifies areas for improvement. The report shows indoor tanning has continued to decrease among U.S. high school students, down from 15.6% in 2009 to 5.6% in 2017. Among adults, indoor tanning decreased from 5.5% in 2010 to 3.5% in 2015. However, sunburn remains common among high school students (57.2%) and adults (35.3%). New cases of melanoma have steadily increased over time, particularly among non-Hispanic white older adults. Read more [here](#).

## PROMOTION: NE 2019 Tobacco Cessation Week

## Campaign

There is a group of organizations working on a Nebraska Cessation Week, November 17-23, 2019. The goal for the week are o engage partners around tobacco cessation, increase awareness about quitting tobacco and to encourage Nebraskans to quit.

Participants are asked to commit to activities or events that they are able and willing o do that would support there goals. Ideas include:

- Host an event or training
- Include information in newsletters and social media posts
- Distribute tobacco cessation materials to clients/patients
- Provide training and tobacco cessation to staff
- Promote the Nebraska Tobacco Quitline and the free nicotine replacement therapy (patch, gum or lozenge)
- Promote resources like the [Million Hearts Tobacco Cessation Change Package](#), a valuable resource for clinical teams in outpatient, inpatient, and behavioral healthcare setting

There are a lot of great resources that can be used to make participation easy including sample social media posts and newsletter blurbs about the Quitline. Tobacco Free Nebraska also has some Quitline promotional materials that you can request for your event or to distribute.

If interested please fill out the [invitation](#). Please send form to June Ryan ([juneryan71@gmail.com](mailto:juneryan71@gmail.com)) as she is helping to coordinate efforts and putting a calendar of events together for that week.

## ARTICLE: CDC Program Makes a Difference

CDC's National Breast and Cervical Cancer Early Detection Program (NBCCEDP) provides breast and cervical cancer screenings and diagnostic services to low-income, uninsured, and underinsured women across the United States. For over 25 years, the program has connected [women in communities](#) to cancer screening services to help improve access to care for at-risk populations. Special attention is placed on reaching women who face geographical or cultural barriers, or members of racial or ethnic minorities with a higher disease burden.

In 2017, clinical services for breast cancer reached 285,504 women and services for cervical cancer reached 138,590 women. These services led to 2,521 invasive breast cancers diagnosed, 765 premalignant breast lesions found, 168 invasive cervical cancers diagnosed, and 5,990 premalignant cervical lesions found. Learn more about NBCCEDP and free or low-cost cancer screening. Read more [here](#).

## 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 on quarterly basis. 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).