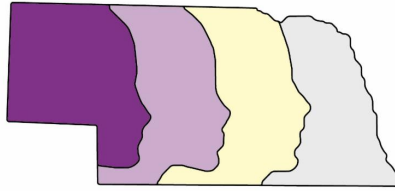


Every Woman Matters



Women's & Men's Health Programs Community Health Hub Newsletter

November 2021

CHW Virtual Trainings

The upcoming Community Health Worker virtual trainings are being held this week. Click [here](#) to see the agenda.

Tuesday, November 16th:

- Motivational Interviewing 1.0
- Breastfeeding
- Tobacco Cessation & the Nebraska Tobacco Quit Line

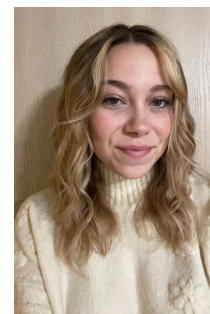
Wednesday, November 17th:

- Trauma 101 & Recovery 2.0
- Community Asthma Management
- Medicaid Managed Care Plans

Please reach out to Natalie Kingston Natalie.Kingston@nebraska.gov for the Zoom links to join any session.

NEW Health Coach has Joined EWM

This summer EWM hired a new health coach to assist with Healthy Behavior Support Services. Keeley has been a great addition to the team as she will spend the majority of her time with clients and counties that do not have community health hub coverage.



"Hello, my name is Keeley Hagge. I graduated from the University of Nebraska-Lincoln with a Bachelor's of Science in Nutrition and Health Sciences with a Dietetics Option. My passion lies in helping others live their best life with the power of nutritional education and lifestyle coaching. After discovering my passion for nutrition, I immersed myself into the nutrition field and have pursued numerous nutrition-related opportunities. In my free time, I enjoy walking my dog, hanging out with

friends, painting, and being outside. I am so excited to be a part of the team here at Nebraska Department of Health and Human Services!"

Need Quitline Materials?

Did you know you can print Nebraska Tobacco Quitline brochures and marketing materials as you need them?

Visit: <http://quitnow.ne.gov/QuitlineOrderForm> and click on Downloadable Resources to see what options are available!

REMINDER: DHHS Blood Pressure Tracker

We would like to encourage CHH to use the online blood pressure tracking tool when health coaching clients on self-monitoring blood pressure and Check. Change. Control. You can access the tool on our website or directly by going [here](#).

Online Blood Pressure Tracker Monitoring System

[Blood Pressure Tracker Monitoring System Guidance](#) 

[Blood Pressure Tracker Monitoring System Flyer](#) 

[Blood Pressure Tracker Monitoring System Webinar](#) 

[Blood Pressure Tracker Monitoring System](#) 

The tool is set up to allow either the client to enter and track their own blood pressure online or as the Health Coach, you can set it up to track blood pressures for your clients. It helps the program gather relevant BP data on our clients and assess how the tool is working and being utilized.

Please reach out to your TA if you experience any issues or have any questions using the tool.

**Training and an overview of the tracker system was given to all CHH Staff in February 2021. The overview of the new tracking system can be found [here](#) under the Healthy Behavior Support Services tab. Reach out to your TA in the office if you have any questions.

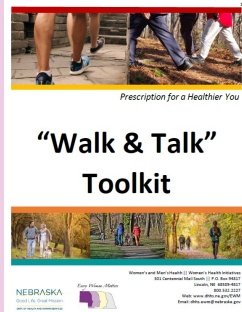
Resuming Cholesterol Screenings?

The Women's & Men's Health Program is beginning to see an uptick of cholesterol screening resuming within Health Hubs.

In order for your Cholestech machine to be ready to go, Optics Check Cassettes were ordered and sent to the Hub Coordinators last month. The cassette you received replaces the one you initially were provided and had a two year expiration date. Controls and test cassettes will need to be ordered through the WMHP once you are ready to screen and/or have screening scheduled.

Please allow a couple weeks for the processing of your supply orders to insure you have what you need for an upcoming event or post screening of a client with a cholesterol of 240 mg/dl or above.

UPDATED: "Walk & Talk" Toolkit



In the Walk and Talk Toolkit, revisions were made to make the information pertinent to our client demographic. We have broken out the toolkit into a 12 week walking session.

In the beginning, a description of SMART goals and a how-to create SMART goals was included. Creating effective goals is the first step to generating positive change.

The healthy eating section was revamped to include more information on MyPlate. Myplate is a great visual guide that depicts each food group and approximately how much of each to include in a meal. Key points when making food choices from each food group was addressed. There are so many choices when it comes to choosing what we eat, it is important to simplify.

In another section, healthy weight was discussed, and it was emphasized that this can look different for everyone. A section on mindful eating was also added as this is a great tool for portion control and weight management.

In addition, information on how to manage stress was added. Stress can be a major deterrent to our health. As this toolkit reflects, there are many dimensions to our health. It is important to encompass all aspects to live a healthy life.

Client Educational Tools

Health Hubs in need of blood pressure monitors/cuffs, pedometers, lunch bags and key holders for tennis shoes to aid in the health coaching EWM/WW clients, please email Natalie Kingston at Natalie.Kingston@nebraska.gov with the quantity you need.

First come, first serve while supplies last.

Nebraska Department of Health and Human Services Women's & Men's Health Programs

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