

# Community Health Hub



April 2018

NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

*Every Woman Matters*



NEBRASKA OFFICE OF WOMEN'S HEALTH

## Quick Links

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

[Community Health Hub Web Page](#)

[Community Health Hub Manual](#)

[Med-It Data Entry Instructions](#)

[Encounter Registry Data Entry Instructions](#)

## REMINDER: Community Health Hub Website

The [Community Health Hub website](#) gets updated quite frequently. Be sure to check out some of the new hypertension resource that have been added.

Many of you have had questions pertaining to the Nebraska Colon Cancer Program and the proper way to label your FOBT kits. Review [Section 5: Colon Cancer](#) starting on page 81, as it may cover all the questions that you have. Once you link to the Adobe Connect site where all our trainings are housed, click on the Nebraska Colon Cancer Program Training Information.

**IMPORTANT TRAINING UPDATES:** Other areas that have been updated include the [Encounter Registry Data Entry Guides](#) and the [Med-It Data Entry Instructions](#). [Be sure to check them out.](#)

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

## NEW: 2018 Hypertension Control Challenge

CDC's Division for Heart Disease and Stroke Prevention and the Million Hearts® initiative are pleased to announce that the [2018 Million Hearts® Hypertension Control Challenge](#) is now open to receive applications from health professionals, practices, and health systems that show excellence in achieving hypertension control rates of 80 percent or greater over a 12-month period. We've had a few WISEWOMAN providers receive recognition as a hypertension control champion in the past and encourage more providers to apply for the next round.

Please help spread the word about this challenge and the importance of hypertension control:

- Submit your application. The Hypertension Control Challenge is open February 20, 2018, through April 6, 2018.
- Encourage other high-performing practices, small or large to compete in the 2018 Million Hearts® Hypertension Control Challenge at <http://bit.ly/2nKW5qA>.
- Place the Hypertension Control Challenge [badge](#) on your website's homepage or in your email signature between February 20 and April 6, 2018.

The 2018 Champions will be announced at <http://millionhearts.hhs.gov> in Fall 2018. For more information on rules and eligibility requirements, please visit <http://bit.ly/2nKW5qA>. Questions about the Challenge should be directed to [millionhearts@cdc.gov](mailto:millionhearts@cdc.gov), with "Million Hearts Hypertension Control Challenge" in the subject line.

## GRANT OPPORTUNITY: Apply for \$25,000

The Prevent Cancer Foundation's [community grants program](#) funds vital community-level projects in cancer prevention and early detection across

the United States. Applicants must demonstrate the potential of their programs to make a positive impact, with special consideration given to those making a difference in underserved communities.

Apply today for the 2018 community grants cycle. The Foundation expects to fund up to 10 one-year awards for \$25,000 each. [Review the guidelines and submission instructions.](#)

**Application Deadline: April 6, 2018, 6 p.m. ET**

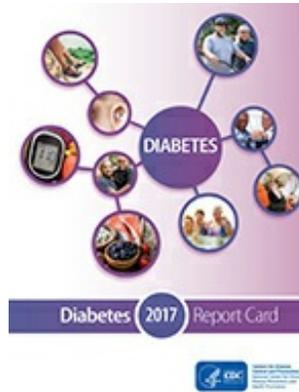
Only organizations located in the United States and outside the Washington metro area are eligible to apply. Proposals can be submitted online through [proposalCentral](#).

## ARTICLE: Prevalence of Self-Reported Hypertension and Antihypertensive Medication Use Among Adults

[This report](#) presents trends in self-reported hypertension prevalence and treatment among U.S. states and the District of Columbia during 2011-2015. Overall, the prevalence of hypertension as well as the use of antihypertensive medication among people with self-reported hypertension decreased slightly among U.S. adults. However, significant differences were observed by age, sex, race/ethnicity, level of education, and state of residence. This report provides the most current state-level data to support partners in the development and implementation of hypertension prevention and management initiatives within their populations and communities. As a major risk for heart disease and stroke, hypertension continues to be a high-burden condition with opportunities for improved prevention and management. Aggressive public-health actions are needed.

## NEW: CDC Releases 2017 Diabetes Report Card

The Centers for Disease Control and Prevention's Division of Diabetes Translation has released the [2017 Diabetes Report Card](#). The *Diabetes Report Card* provides the most current information and data available about diabetes and prediabetes, along with diabetes-related preventive care practices, health outcomes, risk factors, and national and state trends.



As the seventh leading cause of death in the United States, diabetes is one of the nation's most serious and urgent health concerns. However, the *Diabetes Report Card* shows some encouraging trends in diabetes management and prevention of type 2 diabetes:

- The rate of new cases of diabetes among US adults has decreased.
- Overall rates of diagnosed diabetes seem to be stabilizing (although not in all populations).
- The number of organizations that deliver the National Diabetes Prevention Program and the number of adults participating in the program has increased.

The *Diabetes Report Card* also recognizes ongoing challenges:

- Members of some racial and ethnic minority groups are more likely to have diagnosed diabetes than non-Hispanic whites.
- The rate of new cases of diabetes among children and adolescents has increased.
- Although an estimated 84.1 million US adults have prediabetes, only 11.6% of them are aware of having it.

To learn more about what CDC is doing to help control complications from diabetes and prevent type 2 diabetes, please visit the [Diabetes website](#).

## DID YOU KNOW?: Shingles

- [One in three people](#) in the US will develop [shingles](#)-a painful rash disease-in their lifetime.
- CDC has updated its [shingles vaccine recommendations](#): adults aged 50 or older should get the new, highly protective shingles vaccine called [Shingrix](#).
- [Healthcare professionals](#) should recommend that patients aged 50 or older get two doses of Shingrix, 2 to 6 months apart.



## AVAILABLE: Inflatable Colon

Have you ever wondered what the inside of your colon looks like? Well don't wait...the Nebraska Colon Cancer Screening Program has a 20 foot inflatable colon you can utilize at your next event.

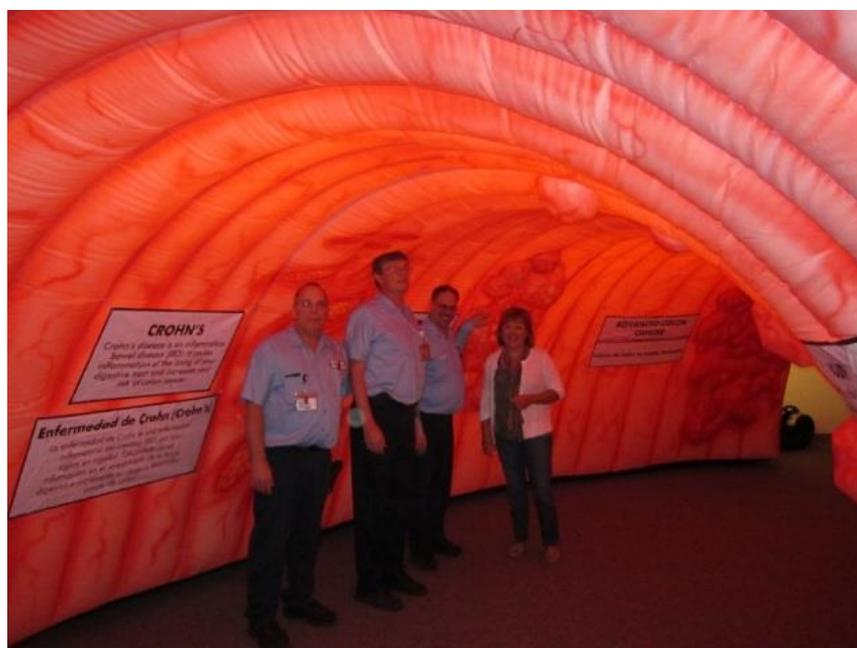
This exciting educational tool is a great way to learn about the importance of scheduling regular colon screenings to reduce one's risk of colon cancer. Walking inside the colon one can see what normal colon tissue looks like, what a polyp looks like, and the transformation of an unremoved polyp into colon cancer. Information provided with the Inflatable Colon educates visitors with information about the importance of early screening, explains risk factors and symptoms, and outlines prevention tips. What an enlightening way to teach people that colon cancer is preventable, treatable and beatable!

If you desire to have the Inflatable Colon at your next event, please forward, as soon as possible to secure your reservation, the following information to [deborah.dailey@nebraska.gov](mailto:deborah.dailey@nebraska.gov): Name, Email, Phone Number, Event Date, Event Description, Event Location.

**General Information:** The Inflatable Colon exhibit requires approximately 25x25 of floor space and takes approximately 30 minutes to set up and break down. The Inflatable Colon is transported on a 4-wheel cart that weighs about 200 lbs. It cannot do stairs. The agency renting the Inflatable Colon is responsible for all handling, lifting and transportation of the colon.

□  
**Deposit:** For all events we require a refundable damage fee of \$200. If no damage occurs to the Inflatable Colon, this fee will be returned to you within 10 days of your event. Please send all fees to Nebraska Colon Cancer Screening Program, P.O. Box 94817, Lincoln, Nebraska 68509-4817. Once you submit a reservation, you will receive an e-mail with a Letter of Agreement (LOA) to sign. The signed LOA and your deposit are due within thirty (30) days of the date of your reservation. Late deposits may cause you to forfeit your event date.

**Questions:** Contact Michelle Heffelfinger at 402-471-0595 or [michelle.heffelfinger@nebraska.gov](mailto:michelle.heffelfinger@nebraska.gov) or [dhhs.nccsp@nebraska.gov](mailto:dhhs.nccsp@nebraska.gov).

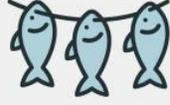


## BEWARE: Portion Creep

American Heart Association reminds us that portion creep is a fact of modern life. It's also a big reason why it's important to know the difference between a **portion** and a **serving**.

A portion is how much you choose to eat at one time. A serving is the amount of food listed on a label's nutritional facts, or as outlined by the American Heart Association. They should be the same, but the creep likes to make your portion size bigger when you aren't watching. **Don't think the creep affects you? Consider this:**

**EVERYDAY SERVING SIZES**  
You may be surprised to learn that  
each of these is 1 serving size:

 <b>1 slice of bread</b>	 <b>½ cup rice or pasta</b> (cooked)
 <b>1 small piece of fruit</b> (super-large apples are 2+ servings)	 <b>1 wedge of melon</b>
 <b>¾ cup fruit juice</b>	 <b>1 cup milk or yogurt</b>
 <b>2 oz. cheese</b> (about the size of a domino)	 <b>2-3 oz. meat, poultry or fish</b> (about the size of a deck of cards)

Remember, the goal is to eat a recommended serving at every meal. So, block the portion creep and start eating healthier tonight!

## 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](mailto:Tracey.Bonneau@nebraska.gov).