

**From:** Every Woman Matters <dhhs.ewm@nebraska.gov>  
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**Subject:** News from DHHS - Women's & Men's Health Programs

# Community Health Hub



December 2017



*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](#)

## REMINDER Matching Client Cycles is IMPORTANT

It is very important to match the client cycles when you receive your list each month and when doing data entry. If the cycles do not match then it causes quite a bit of data entry fixing and research.

If a client has an existing LSP/HC record(s), you will see them listed on the screen below.

LSP/HC Date	LSP/HC	Session Type	Session Setting	Session Completion
10/19/2016	Health Coaching with Community Reports	Phone	Individual	Yes - Lifestyle Program/Health Coaching is Complete
09/14/2016	Health Coaching with Community Reports	Phone	Individual	No - Lifestyle Program/Health Coaching is still in progress
09/14/2016	Health Coaching	Evidence that mailed materials were opened and reviewed	Individual	No - Lifestyle Program/Health Coaching is still in progress
09/09/2016	Health Coaching	Phone	Individual	No - Lifestyle Program/Health Coaching is still in progress

You will need to locate the client cycle on the EWM/WW Health Coaching list in the column titled "cycle\_number". This list is sent from your TA on a bi-monthly basis. You will need to match the cycle on your list with the cycle that is located in the right column of the screen above titled "WW Cycles". If it doesn't match, you need to click on the cycle that matches your list. After matching, you will need to click "Add" to bring up the LSP/HC screen.

[Community Health Hub  
Web Page](#)

[Community Health Hub  
Manual](#)

[Med-It Data Entry  
Instructions](#)

[Encounter Registry  
Data Entry Instructions](#)

[Health Coaching  
Templates](#)

[Success Stories](#)

[Resources](#)

## NEW Success Story Submission Process

All Community Health Hubs are required to submit two (2) success stories per quarter. Success Stories help your agency gain additional support for the work that you do and contribute to others things that are working in your community. Success Stories are a way to tell others about what's happening in Nebraska where people live, learn, work and play.

To make this easier to submit and to track an online template has been developed. Here is the process:

- Write your success story.
- Submit your success story to your TA for approval
- Once our TA reviews and approves the success story your TA will communicate to you that you can submit the success story online
- Go to the HUB website and [submit your success story](#)
- After you "submit" your success story you will receive a message that says "Submission Complete"
- An email will be sent to EWM staff that a new success story has been submitted
- The success story is then routed to your TA and other staff for final review and approval
- Once there is final approval it will be posted online in the [Success Stories library](#)

If you're struggling and need some help there is [Success Story Resources](#) on the CDC site. Think about the success story as an avenue to tell others about the important work that you do. If it helps think of it in the sense that if you were receiving a reduction in funds and you had to justify and validate the important work that you do. The story that you write should have enough information in it so the reader can understand what you do and what the success was. Look at other submissions from your peers and get some ideas. Take some time and review some of the Tobacco Free Nebraska success stories they have in their [Success Stories Clearinghouse](#) if you're still needing some inspiration.

## NEW High Blood Pressure Redefined for First Time in 14 Years: 130 is the New High

High blood pressure should be treated earlier with lifestyle changes and in some patients with medication - at 130/80 mm Hg rather than 140/90 - according to the first comprehensive new high blood pressure guidelines in more than a decade. The guidelines are being published by the American Heart Association (AHA) and the American College of Cardiology (ACC) for detection, prevention, management and treatment of high blood pressure. Previous guidelines classified 140/90 mm Hg as Stage 1 hypertension. This level is classified as Stage 2 hypertension under the new guidelines. To read the full article, [click here](#).

**PLEASE NOTE:** Per CDC guidance, the Every Woman Matters Program will **NOT** be changing any blood pressure guidelines until the 2018-2019 fiscal year. Program staff will let you know once

guidelines are changed. Until then, please utilize the current blood pressure guidelines.

### Resource: Workplace Wellness Toolkit

Thank you to everyone that responded to the Workplace Wellness Survey. We are currently compiling the results. We received a great response. We did notice that not very many of you knew about the DHHS Workplace Wellness Toolkit so we decided to make that link available to you:

<http://dhhs.ne.gov/publichealth/WorkplaceWellnessToolkit>

### NEW 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>

### Did You Know?



## Did You Know?

- More than [114 million people](#) in the United States have diabetes or prediabetes-that's more than a third of our nation.
- People with [diabetes or prediabetes](#) are at higher risk for heart disease, stroke, and other significant [complications](#).
- By addressing diabetes and prediabetes, healthcare providers can also help [prevent many other serious health problems](#) or lessen their impact.

### Joan Lunden Shares Her Breast Cancer Story in CDC Videos

Nationally recognized news personality Joan Lunden is a survivor of triple-negative breast cancer (a cancer that doesn't respond to hormone

therapy). In [two new, short videos](#), she shares advice on choosing the right treatment and keeping a positive attitude. "Focusing on the little joys each day helped me maintain a positive attitude throughout my battle," she says.

In [two other new videos](#), Ms. Lunden explains how colorectal cancer screening can save lives because it can find cancer early, or even stop it before it starts. Her three-step plan for preventing colorectal cancer: "Know your family history. Talk to your doctor. Choose the screening test that's right for you."



### Five-Year Relative Survival for HPV-Related Cancer Sites

Human papillomavirus (HPV) vaccines can potentially prevent greater than 90% of cervical and anal cancers as well as a substantial proportion of vulvar, vaginal, penile, and oropharyngeal cancers caused by certain HPV types. Because more than 38,000 HPV-associated cancers are diagnosed annually in the United States, current studies are needed to understand how relative survival varies for each of these cancers by certain demographic characteristics, such as race and age.

Continue reading the [full article](#).

### Swing in Blood Pressure Can Pose Long-Term Danger

Everyone knows that sustained high blood pressure does no favors for your heart or life span. But new research suggests that up-and-down shifts in blood pressure may be equally hazardous to your health.

"The takeaway from the study is, if you allow your blood pressure to be uncontrolled for any period of time, or notice big changes in your blood pressure between doctor visits, you increase your risk of stroke, heart attack, kidney or heart failure or even death," said study author Dr. Brian Clements. He's an internal medicine specialist at Intermountain Medical Center Heart Institute in Salt Lake City.

[Click here](#) to find out more.

### Happy Holidays from Women's & Men's Health Staff:



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