

Community Health Hub



March 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](#)

[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.

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

SHARING: EWM Client Mailing

CDC is contracting with NORC at the University of Chicago to conduct a survey with some of our clients. The mailing has been delayed but we do know that sometime in March approximately 2,600 EWM clients will be receiving a consent letter to see if they want to participate in the survey. If your clients have any questions they can call 1-800-532-2227.

SAVE THE DATE: March 5

[Health Coaching
Templates](#)

[Success Stories](#)

[Resources](#)

Leave colon cancer
behind.

GOVERNOR'S PROCLAMATION

MARCH 5, 2018 | 11:00 AM - 12:00 PM
STATE CAPITOL BUILDING 1445 K ST, LINCOLN, NE 68508

Join us in Lincoln for the Governor's Proclamation of March as Colorectal Cancer Awareness Month in Nebraska.

Please wear BLUE!

www.coloncancertaskforce.org

Please RSVP to
tamara.robinson@cancer.org



AWARENESS: Colon Cancer Awareness Month

Colorectal Cancer Awareness Month

preventable • treatable • beatable

How can Colorectal Cancer Awareness Month make a difference?

Use the month of March to raise awareness about colorectal cancer and take action toward prevention. Communities, organizations, families and individuals can get involved and spread the word. Here are a few ideas:

- Encourage families to get active together - exercise may reduce the risk of colorectal cancer
- Talk to family, friends and people in the community about the importance of getting screened for colorectal cancer starting at age 50
- Ask doctors and nurses to talk to patients age 50 and older about the importance of getting screened.

How can I help spread the word?

Here is a toolkit full of ideas to help you take action today. For example:

- Add information about colorectal cancer to your newsletter
- Tweet about Colorectal Cancer Awareness Month
- Host a community event where families can be active while learning about local health resources.

Did You Know?

- [Flu activity](#) is widespread in [48 US states and Puerto Rico](#), causing 53 pediatric deaths so far and high [influenza-like illness](#) activity levels in 42 states.
- CDC continues to [recommend flu vaccination](#) at this time-there are still weeks of flu activity to come this season and more than one flu virus is circulating.



State and local health departments and partners can help spread the word about the importance of flu vaccinations with CDC's free [digital campaign toolkit](#), which includes [infographics](#), [PSAs](#), [print materials](#), [videos](#), and [other free resources](#).

National Cancer Prevention Month

February is National Cancer Prevention Month but there's no reason to not raise awareness all year. CDC has many great resources available and advice on living a healthy life.

Learn about ways to make cancer prevention a reality with the [CDC blog series](#).

Follow them on Twitter at [@CDC_Cancer](#) for links to share with friends and loved ones.

Click [here](#) for more information.



Primary Care Providers' Physical Activity Counseling and Referral Practices and Barriers for CVD Prevention

The US Preventive Services Task Force (USPSTF) recommends offering or referring adults who are overweight or obese and have additional cardiovascular disease (CVD) risk factors to intensive behavioral counseling interventions to promote a healthful diet and physical activity for CVD prevention. This study determined the proportion of primary care providers (PCPs) who discussed physical activity with most of their at-risk patients and referred them to intensive behavioral counseling, and reported barriers to counseling. Overcoming barriers related to attitudes and beliefs about physical activity counseling could help improve low levels of counseling and referrals to intensive behavioral counseling for CVD prevention. Full article available [here](#).

Tips for Taking Blood Pressure Medicines as Directed

The *Consumers: Tips for Taking Blood Pressure Medicines As Directed* video won the Platinum award in the 2018 AVA Digital Awards international competition, which recognizes excellence in the planning, concept, direction, design, and production of digital communication.



Monthly CHH Update Submissions

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.