

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

Community Heath Hub



November 2017

NEW and UPDATED Community Health Hub Web Page

If you haven't had a chance lately, you may want to check out the [Community Health Hubs web page](#). Throughout the month of October it was updated.

Once there you'll find:

- Community Health Hub Manual
- Med-It Data Entry Instructions
- Encounter Registry Data Entry Instructions
- Health Coaching Templates
- Colon Cancer Screening Forms and Instructions
- Success Stories
- Resources

Be sure to bookmark the page as this will be the main site that HUBS need to go to for the most updated templates and information.

NEW Success Story Submission Process

All Community Health Hubs are required to submit two (2) success stories per quarter. To make this easier to submit and to track an online template has been developed. Within the Community Health Hub Manual (page 89) you'll find important information on success stories as well as the instructions on how to submit a success story. It is always best to send a draft to your TA first prior to submitting a success story online.

Once success stories have been approved they will be listed in the [Health Success Stories](#) library.

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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](#)

[Health Coaching Templates](#)

[Success Stories](#)

[Resources](#)

Please let your TA know if you have any questions.

Important Follow-Up Assessment Reminders

- It is very important to be sure to have your clients fill out a Follow-Up Assessment once they have completed health coaching.
- Be sure to include the Client ID on the survey. If the Client ID is not correct we cannot give proper credit to the HUB for the assessment. We had 4 assessments returned to the office that did not have correct Client IDs therefore we cannot give proper credit to the appropriate HUB.
- Just this week we added Client County to the box that must be filled in. This was added as another mechanism to capture where the client is located so that it can tie back to the HUB.

Paper copies of the Follow-Up Assessment can be downloaded from the [CHH web page](#) and the link to the online version is also located on the site.

NEW Online Healthy Lifestyle Questionnaire

Every Woman Matters has been working on an online version of the Healthy Lifestyle Questionnaire (HLQ). The link is available on the EWM website. If you would like to refer clients to the online version here's the link: <https://cip-dhhs.ne.gov/redcap/surveys/?s=8XRRLKTPYR>

CDC Vital Signs Report: Cancer and Obesity

Overweight and obesity are associated with at least 13 different types of cancer. These cancers make up 40% of all cancers diagnosed. About 2 in 3 occur in adults 50-74 years old. Most types of these cancers are associated with overweight and obesity increased from 2005-2014. More than half of Americans don't know that overweight and obesity can increase their risk for cancer.

Many things are associated with cancer, but avoiding tobacco use and keeping a healthy weight are among the most important things people can do to lower their risk of getting cancer. Some states and communities are providing support that can help people get to and keep a healthy weight. Read more on this topic [here](#).



Can Processed Foods be a part of a Healthy Diet?

What is processed food? You may be thinking deli meat, fast food, chips and snacks, or sugary soda. Some processed foods are not good for you. But you don't have to avoid them all if you're trying to eat healthy or "clean."

Most foods are processed - changed, prepared or packaged - in some way before we eat them. They fall somewhere on a spectrum from minimally processed (like salad mix, bagged dry beans, roasted nuts or frozen fruits and vegetables) to what some nutrition experts refer to as highly or ultra processed (like ready-to-eat meals and snack foods).

Some processed foods have ingredients added, like sweeteners, oils, colors and preservatives. Some are fortified to add nutrients like fiber, calcium or vitamin D. Some are simply prepped for convenience (washed or chopped) or packaged to last longer. Processes such as pasteurizing milk, canning fruits and vegetables, and vacuum packing meats help prevent spoilage and increase food safety. Even foods labeled "natural" or "organic" can be processed.

For the full article click [here](#).



Factors Driving High Blood Pressure Differ by Gender



The factors that drive blood pressure in middle age differ in men and women, suggesting that gender-specific treatments for hypertension may be of benefit, a new study shows. An increase in any one of the three factors that determine blood pressure—heart rate, stroke volume, and total peripheral resistance—can lead to an increase in blood pressure.

"The key takeaway from this study is that, for young and middle-aged women, stroke volume was the main determinant of blood pressure, while, in men, vascular resistance was the main determinant of blood pressure," study author Dr. Catriona Syme (Hospital for Sick Children, Toronto, ON) said in a statement.

For the full article click [here](#).

Reminder: Worksite Wellness Survey Due November 17

Recently your TA should have sent you a link to a Worksite Wellness survey. Per grant objectives, EWM is to identify Local Health Departments (LHD) who are currently working on worksite wellness initiatives that assist program priority populations (women, rural, low income, African American, or non-English speaking). Based upon this objective EWM has developed a Worksite Wellness Survey to better assess what's happening across the state.



Thank you to those of you who already filled out the survey. We appreciate it. For those of you who have not had a chance please click the link below in order to answer 14 questions so that we can better understand what type of activities LHDs are involved in related to worksite wellness.

Survey Link: <https://www.surveymonkey.com/r/LHDWorksiteWellness>

Survey responses from each health department would be appreciated no later than **Friday, November 17**.

Komen Funding Opportunity

Komen Great Plains will award community grants to organizations that will provide breast cancer projects that address specific funding priorities, which were selected based on data from the 2015 Komen Nebraska and South Dakota Community Profile Report. The 2015 Community Profile Report can be found on our website at www.komengreatplains.org.

Applications will be accepted for programs providing services within the Affiliate service area which includes all counties in Nebraska, with the exception of Thurston and Dakota counties. Priority consideration will be given to applicants that demonstrate benefit in one or more of the following target communities:



- N ebraska
 - o Custer County
 - o Dawson County (specifically Hispanic/ Latina women)
 - o Douglas County
- Specifically African American women in North Omaha
- Specifically Hispanic/ Latina women in South Omaha
 - o Lincoln County
 - o Sanders County

Projects are to be held between April 1, 201-March 31, 2019. The application deadline is December 1, 2017. Award notification will take place in March 2018. For more information here is a copy of the [Komen RFA Information](#).

Resource: Diabetes Prevention Impact Toolkit

The CDC National Diabetes Prevention Program (DPP) has a [Diabetes Prevention Impact Toolkit](#) for states, employers, and insurers to project the health and economic effects of providing a CDC-recognized lifestyle change program on a population at risk for diabetes. There are separate modules for states, employers, and insurers, each with instructions on how to use the input dashboard and its results. Check it out!

Resource: Self-Care for Health Outreach

Health Outreach Partners (HOP) has developed [Self-Care: Taking Care of Ourselves So We Can Take Care of Others](#), a resource for health center outreach workers, though the information applies to many types of outreach. This guide shares:

- the benefits of self-care
- the need for self-care
- the role organizations play
- how to develop a self-care practice
- and other rich self-care resources to help "foster a healthy work-life balance"

The [project](#) was supported by a Health Resources and Services Administration (HRSA) Grant. HOP is a national non-profit health organization providing training, consultation, and information services to community-based organizations.

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