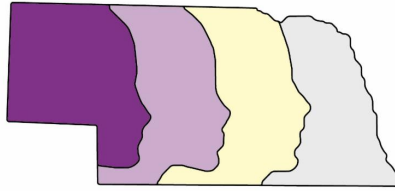


*Every Woman Matters*



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

November 2022

### **Health Coaches for Hypertension Training**

Central, South Heartland and Southwest local health department staff recently participated in 20 hours of Clemson University's Health Coaches for Hypertension (HCH) training. The training was held virtually over the course of the past five weeks. Elkhorn Logan Valley staff were previously trained directly a few months back by Clemson in efforts to develop capacity for ELVPHD Master trainers and fit other program needs within their district.

The recent HCH training was facilitated by our DHHS Chronic Disease Program. It provided a great professional development opportunity for health coaching in the areas of:

- Session 1: Health Risk Appraisal (HRA) Results and Developing Short-term Action Plan
- Session 2: Hypertension
- Session 3: Nutrition
- Session 4: Tobacco Use Cessation
- Session 5: Physical Activity
- Session 6: Medication Management
- Session 7: Stress Management
- Session 8: Developing Long-Term Action Plan

The WMHP is assessing whether this evidence based program should be added to our WISEWOMAN Healthy Behavior Support Services (HBSS).

### **Elkhorn Logan Valley Public Health Department Flu Shot Collaborative Impact Project Highlights**

Elkhorn Logan Valley Public Health Department (ELVPHD) compiled an original list of 232 individuals plus an additional 15 women added throughout

the project, that met the Flu Shot project parameters. These women participated in ELVPHD events during the designated period and had an intake form indicating they were due/overdue for mammography and/or cervical services. Therefore, the original list was 247 to start and was narrowed down to 87 women who were deemed as still in need of mammography and/or cervical screening after the initial contact.

Two Media pieces entitled “March is for Mammograms” and “May is for Mammograms” were created to not only be utilized in a reminder/recall capacity among the 87 women on the “short list” for navigation but also to be utilized in a general manner to educate women in the general public on mammography and invite women to reach out to ELVPHD (i.e., a call to action) to participate in ELVPHD’s mammography campaign.

ELVPHD Public Health Nurses reached out to all 87 potential individuals noted for being due/overdue for mammography and/or cervical screening several times via either phone, text, email (a combination of all in most cases). From those 87 potentials, it was deemed that 36 of those women met navigation criteria due to their circumstances. Ultimately, ELVPHD was able to navigate 17 of the 36 women. The 17 women were navigated to 24 total services. There were 19 women who ELVPHD was not able to navigate after multiple attempts and unable to confirm completion and result.

Check out more CHH [success stories online](#).

## **Health Coaching Highlights.....**

### **Central District Health Department National Diabetes Prevention Program**

Central District Health Department staff was challenged to identify a centrally located venue to accommodate group size and host 16 weeks of National DPP class for Spanish speaking clients. Ease of access for participants to get to was a priority, in addition to a location where there would be no fee. The Grand Island City Library was identified and has become a great partner to have for hosting DPP group classes.

Personal feedback from one DPP class participant stated she needed the weekly support to continue learning and making changes. The client was excited to lose weight every week. According to her Lifestyle Health Coach, Alma Low De Fuentes, the client learned if she continued to challenge herself to make healthy food choices, she saw results in the way of weight loss, which overall has helped reduce the client’s risk of developing diabetes. Alma reiterated the client’s success came from her positive attitude and active participation in the weekly sessions.

### **Elkhorn Logan Valley Public Health Department Walk & Talk Toolkit**

Step Into Fall is the second series in which ELVPHD promoted weekly walking, health coaching and physical activity. The series was initiated to help individuals set aside an hour in their busy schedules to initiate

walking with others and to help educate/health coach with them while at the same time getting the benefit of physical activity.

There were 21 overall participants in the Step Into Fall series and of those 21 participants, seven were returning participants from the Shape Up for Summer Walk and Talk toolkit series. This ability to retain participants was a positive reinforcement that people are interested in not only completing the primary series but also continuing on.

Additionally, several of the seven that returned for this series brought a friend to share the new series with. This is seen as a positive trend and as an evidence based practice as those individuals can be a support system to one another and provide a level of accountability among peers for physical activity beyond the conclusion of the Step Into Fall program.

## **Summer 2022 Capstone Project Highlight**

A current CHW student of the 2022 course is working in rural health care as a WIC nurse, and has seen an increase first hand in premature deliveries due to preeclampsia and hypertension related issues. It is because of this she selected this focus as her Capstone. The women that attend their WIC clinics will benefit greatly as well as their families. By educating and assisting with screening for hypertension, she can help identify concerns sooner and assist families to get the care they need. The ultimate goal is to help women have a healthy full-term pregnancy by identifying possible concerns early and referring to appropriate services for treatment.

For her Capstone Project, the proposed plan is to provide free blood pressure screenings for pregnant women and women who are planning on becoming pregnant. Her employer/organization is partnering with their local WIC agency, Head Start Program, Immunization Program, Telehealth Program and their Medical director's family practice office. The CHW student reached out to the Preeclampsia Foundation in regards to their "Cuff Kit Project". This project helps provide blood pressure cuffs to high risk populations. The BVCA Telehealth Program will supply the medical grade blood pressure cuffs to be used to screen clients during the project period. They will also help provide telehealth services for clients in order for them to receive services from their healthcare provider. The telehealth equipment will be made available for clients to use free of charge.

## **Colon Cancer Screening Program Updates**

### **CDC Presentation on FIT Kit Distribution and Return Rates**

Recently CDC had a presentation on FIT kit distribution and return rates. We are currently talking with CDC about how we can best share that presentation with our partners. Please stay tuned for more information.

**CRC Awareness Month 2023**

March 2023 will be here before we know it. As the CRC program continues to receive data from the CRC Ag Project in relation to distribution and return rates, as well as positivity rates, we will be sure to share this information and any lessons learned.

### **Possible Educational Tools to Use During March 2023**

The CRC program has many tissue boxes and dispensers still available from a few years ago when we used during a large statewide educational awareness campaign. If anyone is interested in incorporating tissue boxes with "45 is the new 50" message please let your TA know. We will be sure to get them in the mail to you in the new year. Tissue dispensers are available in both English and Spanish.



## **is the NEW 50**

### **Are you looking for Continuing Education or just want to learn more about the Nebraska Tobacco Quitline?**

Nebraska Tobacco Quitline Adds Continuing Education Opportunity for Healthcare Providers

Accredited courses are now available online, through the Nebraska Tobacco Quitline, for providers looking to receive CME, CNE, or CPE credits. To access tools, resources, and education modules, plus the web and fax referrals for providers ready to help patients quit, go to: [QuitNow.ne.gov/providers](https://QuitNow.ne.gov/providers)

**A simpler way to help patients quit is now online!**

[QuitNow.ne.gov/Providers](https://QuitNow.ne.gov/Providers)

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

301 Centennial Mall South | P.O. Box 94817 | Lincoln, NE  
68509-4817

Toll Free: 800-532-2227 | In Lincoln: 402.471.0929

Email: [dhhs.ewm@nebraska.gov](mailto:dhhs.ewm@nebraska.gov)

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