



State Health Improvement Plan and State Health Assessment

The final version of the [State Health Improvement Plan](#) (SHIP) was released in May 2016, and we are now in the implementation phase. At the time the SHIP was being developed, the health status data available consisted mostly of 2013 data. An update to the State Health Assessment revises these figures, using the most recent data to establish a baseline for the SHIP implementation. This will provide the opportunity for the task forces and the advisory committee to make recommendations to the Department of Health based on the successes of the strategic initiatives in the SHIP, or elsewhere as they may be needed. A preview may be found beginning on page seven in the Data and Statistics section of this newsletter, with a chart and map showing the progress made toward the achievement of a SHIP goal related to smoking.

Public Health Accreditation

The Pennsylvania Department of Health is engaged in the process of seeking national accreditation from the Public Health Accreditation Board (PHAB). PHAB is a nonprofit organization dedicated to improving and protecting the health of the public by advancing the quality and performance of public health departments. The accreditation process challenges the department to assess its roles and responsibilities and the quality with which we fulfill them. The core underlying process of accreditation is to use data to document continuous quality and performance improvement around the core public health services the department provides. Public health departments that have been accredited by PHAB report the following benefits of accreditation:



- Better identification of strengths and weaknesses of the health department;
- Stimulation of increased and ongoing transparency;
- Stimulation of quality improvement and performance management;
- Improved accountability to the public, stakeholders and policy makers;
- Improved communication with the health department's governing authority; and
- Improved competitiveness for funding.

More information about [PHAB](#) can be found at their website.

Public Health 3.0 Echo Events

Despite public health's increasing focus on how environments impact health and how we can improve them, our ZIP codes remain a more accurate determinant of health than our genetic codes. As a society, we have a collective responsibility to create conditions that allow all members of our communities to live healthy lives. The Pennsylvania Department of Health is holding four regional events across the commonwealth to bring together different sectors (e.g., business, education, housing, transportation, etc.) to have conversations about how we can create conditions that allow all members of our communities to live healthy lives. Event locations have been chosen based on health outcome data around five health priority areas of obesity, diabetes, oral health, substance use and tobacco use. Locations include: CENTRAL: Cumberland, Dauphin and Perry Counties; NORTHEAST: Carbon, Columbia, Northumberland and Schuylkill Counties; SOUTHEAST: Philadelphia County; and the WEST: Blair, Cambria, Fayette, Greene and Indiana Counties. Contact Stephanie Rovito, MPH, CHES, Director of Population Health at srovito@pa.gov for more information.

February/March is ...

American Heart Month (February)

African Heritage & Health Week (February 1-7)

Give Kids A Smile[®] Day (February 5)

National Donor Day (February 14)

National Colorectal Cancer Awareness Month (March)

National Nutrition Month[®] (March)

American Diabetes Alert Day (March 22)



HealthyWoman Program

Supporting cervical cancer awareness is just one service offered through the [HealthyWoman](#) program. Besides pelvic examinations, Pap smears and follow-up diagnostics for abnormal screening results, the program also offers clinical breast examinations and mammograms. The program is available to Pennsylvania residents, generally aged 40 through 64, whose family gross income is at or below 250 percent of the annual federal poverty guideline. For more information and an eligibility determination, call the HealthyWoman hotline at 1-800-215-7494.

Radon and Health

Radon is the second most important cause of lung cancer after smoking. According to the Pennsylvania Department of Health, Pennsylvania may have the most severe radon problem in the United States. The Pennsylvania Department of Environmental Protection has found that about 40 percent of homes tested in Pennsylvania have radon levels above the EPA action level. For information, statistics, prevention recommendations and links to resources, visit the Pennsylvania Department of Health [Radon Project](#) webpage.

Birth Defects

Approximately 3 percent of babies born in the United States have a birth defect. In order to better understand how birth defects might be related to environmental factors, the Pennsylvania Department of Health tracks these instances through the Environmental Public Health Tracking Network. Better data will help physicians to make recommendations on prevention. Known risks include pregnancy over the age of 35, taking certain drugs while pregnant, smoking and using alcohol while pregnant, a family history of a birth defect and vitamin B folic acid deficiency. For more information about birth defects, visit the Pennsylvania Department of Health [Birth Defects](#) webpage.

Health Equity Support Pledge

The [Office of Health Equity](#) is working to reduce the disproportionately high burden of illness, injury and premature deaths that affect racial and ethnic minorities and other underserved populations, and create better health outcomes for all Pennsylvanians. To support awareness of health disparities, will you and your organization consider taking the [Health Equity Support Pledge](#) during African Heritage and Health Week in February?



Million Hearts™ Initiative

The Pennsylvania Department of Health is a partner of the [Million Hearts™](#) initiative developed in 2012 by the U.S. Department of Health and Human Services. To support this effort, Pennsylvania is working to increase the number of patient-centered medical homes and to utilize health care extenders, including pharmacists, reduce sodium consumption, tobacco use and exposure to second-hand smoke. For more information and a link to a Heart Health Mobile app, visit the Pennsylvania Department of Health [Million Hearts](#) webpage.



Organ Donation Awareness

February 14 is well known as Valentine's Day, but it is also National Donor Day. The Department of Health actively promotes voluntary organ donation. The [Organ Donation Awareness](#) webpage includes information on family support for organ donation, grief counseling, myths and facts about organ donation, and links to resources, including registering as an organ donor through the [PennDOT registration](#) website. It is not necessary to wait to renew a driver's license to sign up as an organ donor. The [Donate Life Pennsylvania](#) website includes real life stories about organ donations.

OTHER NEWS

Get Healthy with Get Outdoors PA

Get Outdoors PA is a joint initiative among community and statewide partners, including the Pennsylvania Department of Health, committed to connecting Pennsylvania residents and visitors to the outdoors through fun, healthy and educational outdoor activities. Get Outdoors PA was originally developed by DCNR's Bureau of State Parks as a way to better connect people to the outdoors. Today, the program is administered by eight flagship partners (state agencies and statewide organizations) and boasts 143 community partners, including park/recreation departments, land trusts, environmental education centers and other nonprofits.

Over 1,000 events are offered statewide and year-round to help promote interest and involvement in a variety of outdoor activities, including hiking, fishing, hunting, camping and biking. These low-cost, high-quality recreation outings are intended to increase participants' appreciation and active use of our parks and forests, while imparting messages of environmental stewardship and healthy living. Learn more about [Get Outdoors PA](#) and becoming a community partner by visiting the website.



Partnership for Better Health works with local partners to offer multi-week walking series. These family friendly events are particularly beneficial, as they offer participants the ability to socialize, exercise outdoors and enjoy remote areas that they otherwise may not visit on their own.

Bullying Prevention Consultation Line

The Office for Safe Schools' Bullying Prevention Consultation Line is a toll-free number that will allow individuals experiencing chronic and unresolved bullying to discuss effective strategies and available resources to deal with school-based bullying.

This response plan was developed with outreach from the Pennsylvania Department of Education (PDE) Safe Schools office and the Pennsylvania Human Relations Commission (PHRC) along with support from the Center for Health Promotion and Disease Prevention (CHPDP). A phone number is available at no cost to students, parents/guardians and school districts across the state of Pennsylvania. The consultation line number is 866-716-0424. A [video](#) about the program is available at the governor's website to share.





BrainSTEPS

[BrainSteps](#) stands for Strategies Teaching Educators, Parents, and Students and is an initiative of the Brain Injury Association of Pennsylvania Inc., the Pennsylvania Department of Education and

the Pennsylvania Department of Health. It supports school districts in providing educational services for students who have experienced any type of acquired brain injury. The BrainSTEPS website includes detailed information on the program, as well as how to make a [referral](#) to the program.

2015 Pennsylvania Youth Survey (PAYS)

PAYS was administered to 229,000 sixth, eighth, 10th, and 12th graders across 356 school districts during the fall of 2015. It provides information about what our youth think, know and believe about alcohol, tobacco and other drug use, and other problem behaviors. Data from the report revealed about Pennsylvania youth:

- Higher lifetime use of alcohol than the nation, though lifetime and 30-day use dropped from 2013.
- Lifetime and 30-day use of cigarettes declined for the third straight administration. Thirty-day use of e-cigarettes is much higher than the nation (27 percent of Pa. 12th graders compared to 16.2 percent).
- Tenth and 12th graders reported higher lifetime and 30-day use of marijuana than of tobacco.
- Symptoms of depression continue to rise, with over 40 percent of 10th and 12th graders feeling sad or depressed most days.
- Only 65.1 percent of students reported adults stop bullying when they see it.

The entire report can viewed at the [PAYS website](#), on the **2015** page.



PA Oral Health Workforce Innovation Summit

Dental providers, oral health advocates, managed care organizations, dental and dental hygiene schools, public health professionals, government officials, funders, and educators met for a two-day summit in November with the goal of promoting a sufficient and effective oral health

workforce. The summit provided an opportunity to take a collaborative, cross-sector approach to improve the oral health workforce in Pennsylvania. The first day of the summit provided the participants an opportunity to hear from an array of speakers to provide the context necessary to understand the workforce issues, and the possibilities for a sufficient and effective oral health workforce. Participants of day two worked together to launch promising, scalable prototypes that will ultimately impact the underserved individuals and families that need oral health care. As a result, 17 prototypes emerged and are moving forward. For more information about PCOH or the PA Workforce Oral Health Innovation summit prototypes, contact paoralhealth@gmail.com or visit our [website](#).

EVENTS AND TRAININGS

EPIC®: Pediatric Obesity Program

A free live [webinar](#), Update on Pediatric Obesity and Promoting Family Wellness, presented by the Pennsylvania Chapter, American Academy of Pediatrics, will be held on Thursday, Feb. 9, 2017, from 12:15-1:30 p.m. Content will include an expert physician and registered dietitian team offering the latest evidence-based findings on what you can do today with your overweight and obese patients and their families to promote wellness. Other material will include current science and clinical implications for practice regarding food, diet, beverages, sugar, sleep, mental health, screen time, activity and outdoor activity. CME/CEUs are available for continuing education.





Save the Date: 2017 Pennsylvania Public and Community Health Annual Conference

The Pennsylvania Public Health Association (PPHA), the Pennsylvania Office of Rural Health (PORH), and the Penn State College of Medicine's Public Health Program are offering a one-day conference called Addressing the Health Care and Public Health Needs of Vulnerable and Underserved Populations: Issues and Solutions for the Delivery of Quality Community-based Services. It will highlight community and public health issues and initiatives for diverse and underserved populations. This conference will be held April 6, 2017, at Eden Resort and Suites, Lancaster, Pa.

RESOURCES AND TOOLS



Cultural Competency Program for Oral Health Providers

A free e-learning program on National Standards for Culturally and Linguistically Appropriate Services (CLAS) in Health and Health Care targeted to dentists, dental assistants, dental hygienists, dental specialists and other oral health professionals is available through the U.S. Department of Health and Human Services. The program consists of three courses and is eligible for six continuing education credits. More information about the program and a link to take the classes is at the [Think Cultural Health](#) website.

Health Professionals Advancing LGBT Equality

A series of [free webinars](#) promoting cultural competence in addressing the health concerns and health care of the LGBT population and is available to anyone interested in understanding the social determinants that influence how LGBT people seek and receive care and the impact those influences have on health. The intended audience of the series includes clinicians, administrators, researchers and academics, and topics include understanding the health needs of LGBT people, creating a welcoming and safe environment, and clinical skills for the care of transgender individuals.



Ready! Set! Write! Grant Writing from A to Z

A seven-session grant writing [webinar series](#) will be offered from 9 to 10:15 a.m. beginning Jan. 19, 2017, with sessions on Feb. 9, March 2, March 23, April 13, May 4 and May 25. Topics include the logic model, researching funding sources, completing applications, reporting and an overview of the federal grants process. The program is sponsored by the Pennsylvania Office of Rural Health. Registration fee is \$299 for the series.

FUNDING OPPORTUNITIES



BUILD Health Challenge

The BUILD Health Challenge awards are designed to support the advancement of community collaborations. To be eligible, a partnership should consist of a hospital or health system, local health department, and nonprofit community organization or coalition of organizations in cities of 150,000 residents or more. The hospital or health system must demonstrate a 1:1 match met through direct cash support or a combination of cash and in-kind support. A total of eight awards of \$250,000 for a two-year period will be available. More information including the application and examples of activities covered are available on the [website](#). Submissions are due by Feb. 21, 2017. Sponsors of this program include the de Beaumont Foundation, The Kresge Foundation and the Robert Wood Johnson Foundation.



The Kresge Foundation sponsors the Emerging Leaders in Public Health program, which is an opportunity for a team of two local public health leaders to develop and implement a new public health model for its community. Proposals for a team grant of up to \$125,000 are being accepted at the [Kresge Foundation Emerging Leaders in Public Health](#) website through Feb. 6, 2017.

Center for Sharing Public Health Services is offering small grants to organizations to explore, plan, implement or improve some aspects of cross-jurisdictional sharing (CJS) of public health.



Eligible applicants must include a minimum of three jurisdictions of any size or two jurisdictions if the combined population is 50,000 or greater. Awards will be up to \$10,000 for up to six months. Applications will be considered until March 31, 2017. The program is supported by the Robert Wood Johnson Foundation. For more information on CJS and to obtain application materials, visit the [Center for Sharing Public Health Services](#) website.

PARTNERSHIP SPOTLIGHT

The YMCA Diabetes Prevention Program

The YMCA Diabetes Prevention Program helps adults at risk of developing type 2 diabetes reduce their risk by taking steps that will improve their overall health and well-being. Research by the National Institutes of Health has shown that programs like the Y's Diabetes Prevention Program can reduce the number of new cases of type 2 diabetes by 58 percent overall and 71 percent in adults over the age of 60. The program is a one-year, classroom-based, small group supportive environment where participants learn about healthier eating and increasing physical activity to help reduce their risk. The goals are twofold: 1) to reduce body weight by 5 to 7 percent and 2) to increase physical activity to 150 minutes per week. Presently, 15 YMCA associations in Pennsylvania offer the Y's Diabetes Prevention Program. For more information, please contact the Pennsylvania State Alliance of YMCAs at 717-805-1300 or visit the [YMCA Diabetes Prevention Program](#) website.



RESOURCES

PA Health Connection

The Department of Health also publishes a general information newsletter called PA Health Connection. For an email subscription, please visit the [subscriber webpage](#).

MyCOMPASS PA Mobile App

The Department of Human Services has launched a benefits app called myCOMPASS PA. Individuals who have registered a COMPASS account will now be able to view and manage their benefits from a mobile device. An informational video and links to download the app are available at the [myCOMPASS PA Mobile App](#) website.



HIPP Newsletter Archives

Archived copies of previous editions of the Health Improvement Partnership Program newsletter are at the [HIPP webpage](#).

Progress toward goals in reducing smoking

Pennsylvania is making progress toward the SHIP goals established for changing the smoking habits of residents. The goals that were established for December 2020 were:

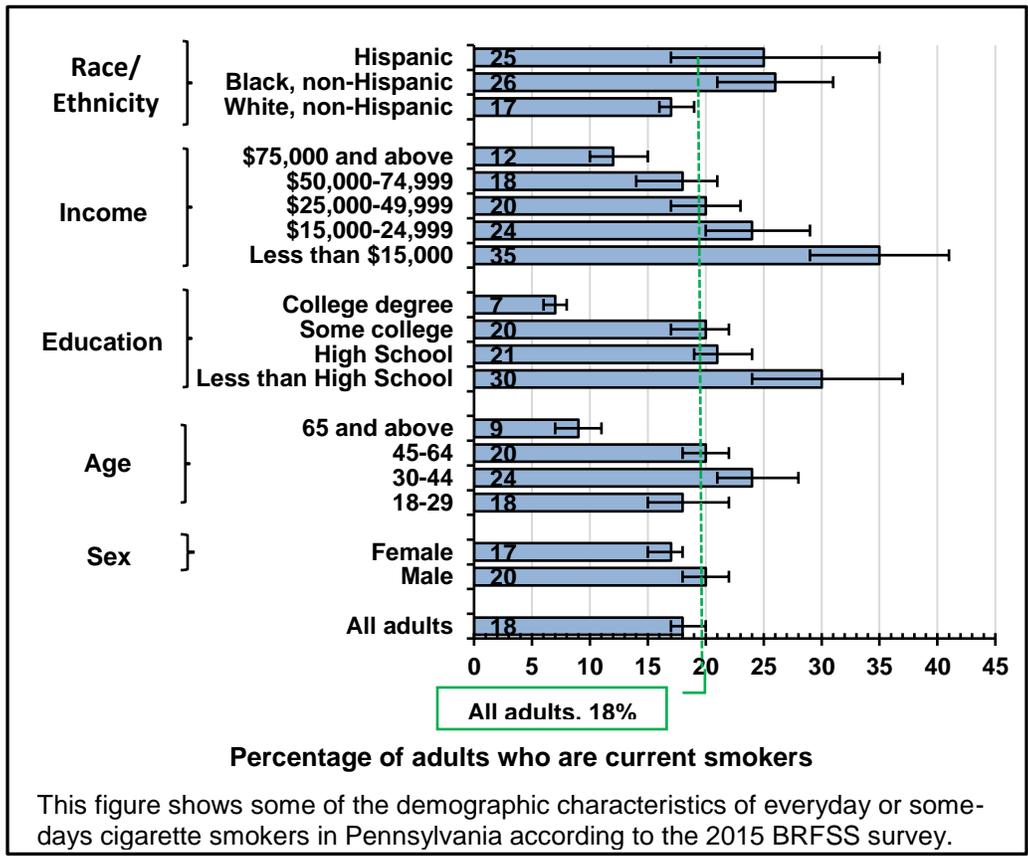
- Decrease adults who smoke every day from 16 percent in 2013 to 11.3 percent;
- Decrease adults who smoke some days from 5.7 percent in 2012 to 4.4 percent;
- Increase adults who are former smokers from 26 percent in 2013 to 31.8 percent; and
- Increase adults who have never smoked from 53 percent in 2013 to 57.6 percent.

Here is the progress made according to the 2015 Behavioral Risk Factor Surveillance System (BRFSS):

- Daily smokers are down to 13 percent;
- Some-day smokers are down to 5 percent;
- Former smokers are level at 26 percent; and
- Those who have never smoked are up to 56 percent.

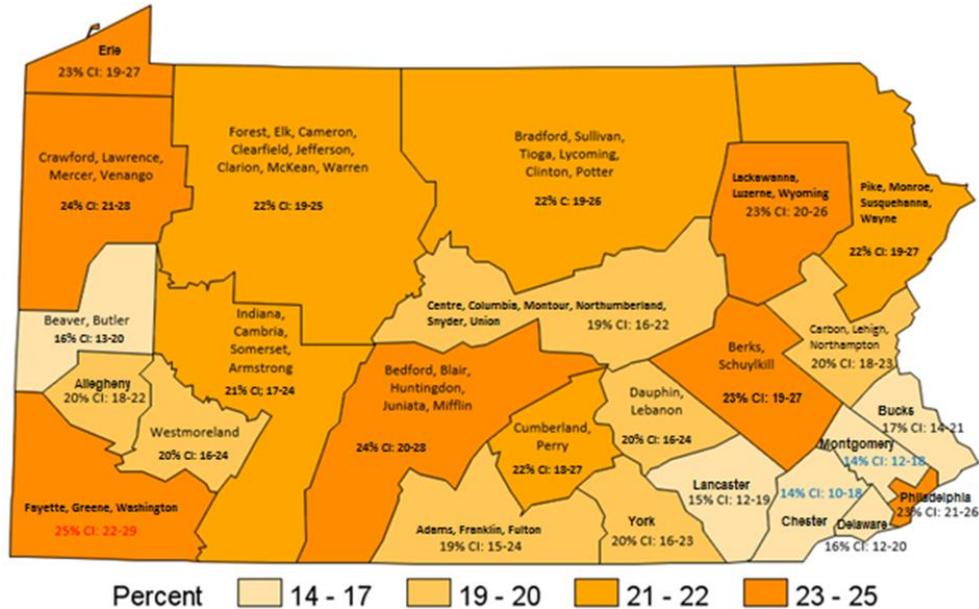
This shows progress toward three of the four goals, while, for one, no progress has been made.

Characteristics of overall cigarette smokers in 2015



Location of current cigarette smokers by region

This map shows the concentration of current cigarette smokers as a percentage of the population by region in Pennsylvania. The numbers in red fonts indicate significantly higher than the state rate; blue indicates significantly lower than the overall state rate.



COMMENTS? SUGGESTIONS?

Please send any comments or suggestions for this and future newsletters to ra-dhhipp@pa.gov. Your input is valued and appreciated.

Disclaimer:

The information provided in this newsletter is intended to be of general information to Pennsylvania's HIPP partnerships. It is not intended as an endorsement or recommendation of any specific process, service, product, company, or funding source outside of the Department of Health auspices. Further examination and research of information is recommended.

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