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## State Health Improvement Plan

The State Health Improvement Plan (SHIP) 2018 annual report has been published and is available on the [SHIP webpage](#). The report includes updates on progress toward the objectives in each of the three SHIP priorities: obesity, physical inactivity and nutrition; primary care and preventive services; and mental health and substance use. The report also highlights achievements on strategies that have been implemented to support the SHIP objectives. Three task forces meet quarterly to facilitate the implementation of strategic initiatives that support the priorities. Individuals are invited to participate in their areas of interest. Email [RA-ship@pa.gov](mailto:RA-ship@pa.gov) for more information.

## PA Breast and Cervical Cancer Early Detection Program

The [PA Breast and Cervical Cancer Early Detection Program](#) has operated for more than 20 years with the goal of reducing mortality from breast and cervical cancers. The program provides digital and 3D mammograms, ultrasounds, MRIs and biopsies to detect breast cancer; Pap tests, HPV tests and biopsies to detect cervical cancer; and a range of other services. Clients must have income less than 250 percent of the federal poverty income guidelines, meet gender requirements, be uninsured or underinsured (high co-pays or deductibles) and live in Pennsylvania. The age range for breast services is 40-64 and for cervical services the range is 21-64. Younger high-risk clients may also be eligible. The Breast and Cervical Cancer Prevention and Treatment program provides mammograms, clinical breast and pelvic exams, Pap tests and follow-up diagnostics, and can be accessed by calling 1-800-215-7494.



## Health Literacy Month was Celebrated in October

Health literacy is the ability to find, understand, evaluate, communicate and use health information to make informed health decisions. Practices like using plain language and the teach back method promote clear and effective communication between patients and providers. Learn more about delivering health literate care at one of the Pennsylvania Health Literacy Coalition's [free events](#).

Doylestown Hospital and Health Care Improvement Foundation hosted the Southeastern Pennsylvania Health Literacy Month Symposium on Tuesday,

## National Health Observances

October  
Domestic Violence  
Awareness Month

Health Literacy  
Month

National Breast  
Cancer Awareness  
Month

National Bullying  
Prevention Month

National Dental  
Hygiene Month

1 - 5 National  
Primary Care Week

6 - 12 Mental Illness  
Awareness Week

9 Walk to School Day

21 - 25 National  
Health Education  
Week

November  
American Diabetes  
Month

15 Great American  
Smokeout

December  
1 - 7 National  
Influenza  
Vaccination Week

October 22. This event featured sessions on unconscious bias, addressing special health literacy needs in high-risk situations and motivational interviewing.

Healthcare Council of Western Pennsylvania hosted the Western Pennsylvania Health Literacy Event on Friday, October 25 at Carlow University in Pittsburgh. Attendees learned about the basics of health literacy, unconscious bias and cultural humility.

## 2019-2020 Influenza Season



The Pennsylvania Department of Health influenza surveillance reported 98,453 confirmed cases of influenza for the 2018-2019 season resulting in 157 influenza-associated deaths.

The CDC recommends annual influenza vaccination for everyone 6 months and older

with any licensed, influenza vaccine that is appropriate for the recipient's age and health status.

The Pennsylvania Department of Health's Vaccines for Children (VFC) program orders influenza vaccine each year to prepare for the influenza season. This vaccine is available to state health centers, county and municipal health departments, federally qualified health centers, rural health clinics and private VFC providers. For more information email [paimmunizations@pa.gov](mailto:paimmunizations@pa.gov).

Adults can get the influenza vaccine through public and private providers as well as most pharmacy providers. Use the [flu vaccine finder](#) to find a provider. Agencies can embed the [flu widget](#) on their website. Pennsylvania residents who do not have insurance or are underinsured can be directed to their local county and state health centers or hospital systems for help with locating influenza vaccine. More resources are available from the [Department of Health website](#).

## Walk to School Day

On October 2, Pennsylvania joined the rest of the country in celebrating Walk to School Day. The event, now in its 23<sup>rd</sup> year, helps children of all ages and abilities safety and actively commute to school. Eleven schools in Pennsylvania signed up for this year's event. Schools interested in participating next year can find more information at [www.walkbiketoschool.org](http://www.walkbiketoschool.org).

To support Walk to School Day, PennDOT supports projects for safety, education and encouragement



## Events

### Pennsylvania Health Equity Summit

November 1,  
Philadelphia PA

### Pennsylvania Psychostimulant Symposium

November 19,  
Harrisburg PA

### American Mental Wellness Association National Conference

November 21 and 22,  
Camp Hill PA

resources. These resources include [bicycle education training](#), [crossing guard training](#), [pedestrian safety videos](#) and [bicycle safety videos](#).

Additionally, PennDOT has funded 58 Safe Routes to School projects across the state. These projects involve improvements to trails, sidewalks, crosswalks, ADA curb ramps and other bicycle and pedestrian facilities that allow all students to safely walk, roll or bicycle to school.

For more information, please visit PennDOT [Safe Routes to School](#) page.

## Choose Safe Places for Early Care and Education

The Department of Health's environmental health staff manage the Choose Safe Places for Early Care and Education program. This initiative aims to ensure that child care facilities are not located on or near sites that can expose children to harmful environmental contaminants (e.g. Superfund sites, dry cleaners, former factory buildings with chemical exposures, etc.). The department partners with the Department of Human Service's Office of Child Development and Early Learning to direct newly licensed child care providers to complete the [voluntary environmental health survey](#) online, which initiates the safe siting activities. The provider's survey responses and geographic information system mapping are used to compare their location to a geodatabase of known environmental health hazards in Pennsylvania. A letter with conclusions and any recommendations is then sent to the provider. To date, provider participation is low and the department continues work to increase awareness of the program. The survey is linked above. Please help spread the word.

## PA Free Quitline

The Division of Tobacco Prevention and Control aims to reduce the number of tobacco related illness and deaths in Pennsylvania by offering free and confidential tobacco cessation services to adults and youth. The PA Free Quitline is available to adult tobacco users and offers up to five coaching sessions, unlimited inbound calls, customized quit plans, and free nicotine replacement therapy if medically eligible. To learn more or to enroll, visit [PA.QUITLOGIX.ORG](#) or call 1-800-QUIT-NOW.

**MY LIFE MY QUIT™** My Life, My Quit was recently

launched as a response to the growing youth e-cigarette epidemic. The program connects teens to dedicated coaches who help them navigate social situations and offers healthy ways to cope with stress. Educational materials and tools on how to talk to teens about vaping are also available for parents, teachers and healthcare providers. Teens can call or



## 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.

text "Start my Quit" to 1-855-891-9985 or visit [MYLIFEMYQUIT.COM](http://MYLIFEMYQUIT.COM) for more information.

## The 411 on 211 and Why We Need YOUR Help

### What is 211?

PA 211 is a free and confidential vital service that connects individuals and families to food, health care and insurance assistance, stable housing and utilities payment assistance, employment services, veteran services and childcare and family services. It is available 24/7/365 by phone by dialing 211 and by text by texting your zip code to 898-211.



### What Does 211 Do?

No matter the situation, the specialists at 211 listen, identify underlying problems and connect people in need with resources and services in their community to help improve their lives. Specialists are trained to identify root causes of a client's problem and connect them with a wide range of available resources to meet all the underlying needs, not just the one that prompted the call, text or email.

## Update your 211 Listing

### Where Does 211 Get the Information?

The PA211 program is always looking for information about new non-profit and governmental services and welcome updates from agencies. This includes service provider agencies and local faith-based groups and partners. The PA211 database includes services in every county in Pennsylvania.

Send an email to Emily Aubele at [emily@uwp.org](mailto:emily@uwp.org) with your agency name and contact information so it can be added to the database.

Non-profit agencies can submit information about their programs and services to the 211 database [request page](#).

## National Dental Hygiene Month

As we celebrate National Dental Hygiene Month in October...

Pennsylvanians may soon have easier access to oral health education and preventive dental care. New regulations are pending to allow Pennsylvania's direct access dental hygienists, Public Health Dental Hygiene Practitioners, to expand the settings where they can currently practice. These new settings may include medical offices and childcare centers.

Data from the 2016 state Behavioral Risk Factor Surveillance System survey show that only 66 percent of adults had a dental visit in the past year. The 2017 Early and Periodic Screening, Diagnostic and Treatment reports for Pa. show less than 50 percent of children enrolled in Medicaid visited the dental office in the last year. While provider access is not the

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only factor in determining the frequency of dental visits, certain areas of the commonwealth are Dental Health Provider Shortage Areas. These new regulations may make it easier for individuals in underserved areas to reach a dental provider and will help encourage everyone to seek a dental home where they can have all their dental needs met. The PA Coalition for Oral Health supports all efforts to increase access to quality dental care for Pennsylvanians. To learn more, please visit the PA Coalitions for Oral Health's [website](#).

## National Diabetes Awareness

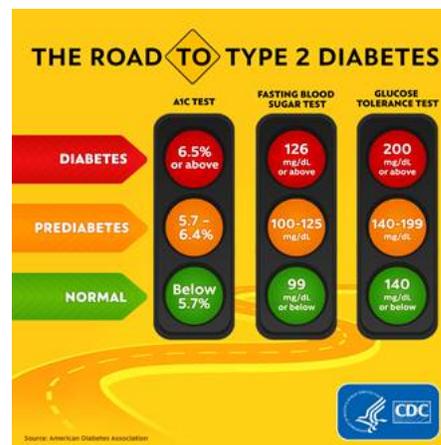
November is National Diabetes Awareness Month and November 14 is World Diabetes Day.

In Pennsylvania, nearly 1.4 million people have diabetes. Studies show that diabetes self-management education and support programs improve clinical outcomes and quality of life for people with diabetes. Certified programs receive American Diabetes Association recognition or American Association of Diabetes Educators (AADE) accreditation, ensuring the program meets evidence-based National Standards. A list of [certified programs](#) is available on the Department of Health website. Check out the AADE website for more information about [making a referral](#) to DSMES.

An estimated 3.5 million Pennsylvanians have prediabetes, a serious health condition that can lead to heart disease, stroke, and type 2 diabetes. The CDC developed these [resources](#) to encourage healthcare professionals to refer at-risk patients to a CDC-recognized lifestyle change program that is proven by research to cut their risk of developing type 2 diabetes by more than half. You can find available programs in your area [here](#).

## Grant Opportunities

- **Culture of Health prize:** The [Robert Wood Johnson Foundation](#) is offering a \$25,000 prize to communities that are leaders in driving local change and providing all residents opportunities to make healthy choices in their schools, workplaces and neighborhoods. This prize recognizes work that has already been accomplished, so there is no required workplan or budget. Phase 1 applications are due November 4.
- **Birth center research grants:** Grants of up to \$5,000 are available from the [American Association of Birth Centers](#) for research projects on issues related to the birth center model of care. These are available to individuals and organizations; nonprofit status is not required. A letter of intent is due by November 5.



- **Health policy fellows:** The Robert Wood Johnson Foundation [Health Policy Fellows](#) program is accepting applications from midcareer professionals for its 12-month program on how to influence the policy-making process in Washington, D.C. It is offering six awards of up to \$165,000. Preliminary applications are due November 6.
- **Systems for Action research grants:** The [Robert Wood Johnson Foundation](#) is sponsoring grants to support its Culture of Health efforts with grants up to \$500,000 to study how to connect disparate systems to improve individual and community health. Researchers with underrepresented backgrounds and from disciplines outside of the health and medical science sectors are encouraged to apply. Applications are due November 6.
- **Economic opportunity grants:** The Bill & Melinda Gates Foundation in collaboration with the Robert Wood Johnson Foundation, the W.K. Kellogg Foundation and the Raikes Foundation is offering grants of \$100,000 through the [Voices for Economic Opportunity](#) program to individuals and organizations for projects that broaden the national conversation about poverty and economic mobility. Applications are due November 13.
- **Health equity awards:** The Centers for Medicare and Medicaid Services is accepting nominations for the [2020 CMS Health Equity Award](#). Recognition is for organizations that have demonstrated a strong commitment to health equity by reducing disparities affecting vulnerable populations such as racial and ethnic minorities, individuals with disabilities, sexual and gender minorities and those living in rural areas. Nominations are due November 15.
- **Homelessness grants:** Grants to address homelessness to stabilize housing, food security, job training and mental health needs of people are available from the [William G. McGowan Charitable Fund](#) for organizations serving Lackawanna and Luzerne counties. Letters of inquiry are due November 15.
- **Parks, fields and trails grants for Erie County:** The [Erie County Gaming Revenue Authority](#) has grants of up to \$25,000 available for capital projects that create, protect, or improve publicly accessible parks, athletic fields, trails and community centers in the county. Applications are due November 15.
- **Rural health grants:** The [Rural Health Network Development Program](#) provides funding of up to \$300,000 to public and private nonprofit organizations to support integrated rural health care networks to collaboratively address key priorities of mental health, substance use disorder and value-based care. Applications are due November 25.
- **Community innovation grants:** The [United Fresh Start Foundation](#) is offering a total of \$50,000 split among five grants that address barriers to fresh produce access, selection and

consumption in retail and foodservice/restaurant environments. Applications are due December 1.

- **Improve health outcomes and reduce disparities in rural populations grants:** The [National Institutes of Health](#) is providing funding of \$350,000 per year for research to promote a greater understanding of the challenges faced by rural population groups and for the development (or adoption/adaptation) of evidence-based interventions that can reduce health risks faced by rural Americans. Applications are due December 13.
- **Grants to reduce environmental exposure:** The [Centers for Disease Control](#) has funding available to build and sustain the capacity to evaluate exposures to hazardous waste. Funding of an average of \$550,000 per year for three years is available to municipal and county governments. Applications are due December 15.
- **Residency training in primary care grants:** The [Health Resources and Services Administration](#) is providing funding of \$500,000 to hospitals, medical schools and other residency training programs for family medicine, general internal medicine, general pediatrics or combined internal medicine and pediatrics. Applications are due January 24, 2020.
- **Health professional education grants:** The [Josiah Macy Jr. Foundation](#) is accepting applications for grants for innovation in health profession education. Their priorities are interprofessional education and teamwork, new curriculum content, new models for clinical education, care for underserved communities and career development. Applications are accepted on an ongoing basis.
- **Medication-assisted treatment (MAT) training:** [MAT training](#) for physicians, physician assistants and nurse practitioners are eligible for free discipline specific training through the Substance Abuse and Mental Health Services Administration. Free mentoring services for evidence-based practices when prescribing opioids and effective use of medications in treating opioid use disorder are also available.
- **Community facilities guaranteed loan program:** The [U.S. Department of Agriculture](#) has a guaranteed loan program to purchase, construct and or improve essential community facilities in rural areas including health care facilities, child care centers, public safety facilities, telemedicine and distance learning equipment and local food systems.