

## NEWS FROM THE DEPARTMENT OF HEALTH

**Health Equity**

Pennsylvania has made a commitment to ensure that no matter where people live, play, worship or attend school, all will have an equal chance of living a healthy life. To bring this commitment to life, the Department of Health [Office of Health Equity](#) (OHE) has five objectives:

1. To promote the value and moral imperative of health and equity;
2. To seek inter-sectoral collaboration;
3. To create win-win opportunities with non-traditional partners;
4. To engage stakeholders in new and authentic ways; and
5. To impact generations to come through sustainable policy and structural change.

To help reduce health disparities, OHE has recently created the [Health Equity Support Pledge](#). This pledge is an opportunity for individuals and organizations to commit their support to reduce health disparities throughout the Commonwealth of Pennsylvania. Our mantra is “we know what the problem is; together we can fix it.”

**Health Literacy**

October is Health Literacy Month and an ideal time for organizations and individuals to focus on advancing health literacy. Health literacy is the ability to obtain, understand and utilize basic health information to make appropriate health decisions. Only one in 10 adults has the skills needed to effectively process and act on health information

available in health care settings. Improving health literacy and health communication is critical for increasing positive health outcomes.. The Pennsylvania Health Literacy Coalition (PA-HLC), with funding from the Pa. Department of Health, works to improve health literacy in all regions of the commonwealth through collaboration, education and empowerment. PA-HLC members include diverse stakeholders from many different types of organizations, and Health Literacy Month activities are already underway in several regions. To get involved in PA-HLC or learn more about trainings and events near you, please contact Bradley Moore, project manager, Health Care Improvement Foundation, at [bmoore@hcifonline.org](mailto:bmoore@hcifonline.org).

**Domestic Violence Awareness**

One in three women and one in four men have been victims of some form of physical violence by an intimate partner in their lifetimes. Domestic violence is best understood as a pattern of abusive behaviors used by an adult or adolescent against a current or former intimate partner to establish or maintain power and control in the relationship. It includes a range of tactics that may be physical, sexual, psychological or economic in nature. Domestic violence can occur in any relationship, regardless of gender, age or sexual orientation. Domestic violence does not look the same in every relationship. The common thread in all domestic violence relationships is one person's attempt to exercise more power and control over their partner. Help for victims is available around the clock by visiting [www.PASaysNoMore.com](http://www.PASaysNoMore.com) and clicking on “Help,” or by calling 1-800-799-7723.



### **PA Breast Cancer Coalition Conference 2016:**

Join the PA Breast Cancer Coalition at the [2016 Conference](#) on Monday, Oct. 10 at the Hilton Harrisburg. No matter what your connection, there is something for everyone at this year's conference, which offers a full day of education, inspiration, advocacy, networking and, of course, fun!

Workshop session topics will include:

- 3D mammography;
- breast cancer survivorship;
- palliative care;
- immunotherapy;
- lymphedema;
- caregiving;
- yoga;
- the Affordable Care Act; and
- humor and healing and more.

The PBCC Conference offers three FREE continuing education hours to nurses, social workers and radiologic techs. The Coalition's photo exhibit, "67 Women 67 Counties: Facing Breast Cancer in Pennsylvania" will also be on display. Register [online](#) or call 800-377-8828.



### **Making Strides Against Breast Cancer**

[Breast cancer](#) is the most common cancer diagnosed in women in the United States, other than skin cancer. It is the second leading cause of cancer death in women, after lung cancer. Making Strides Against Breast Cancer (MSABC) is just around the corner. With more than 3.1 million breast cancer survivors in the United States, the MSABC events help bring a sense of community to a disease that many of us know all too well. Every three- to five-mile Making Strides Against Breast Cancer walk is a powerful and inspiring opportunity to unite as a community to honor breast cancer survivors and raise awareness about steps we can take to reduce the risk of getting breast cancer. The money raised helps the American Cancer Society fund groundbreaking breast cancer research, provide information and support 24-7, and provide access to mammograms for women who need them. For more information on MSABC or to find an event near you, visit the [Making Strides Against Breast Cancer homepage](#). For more information about breast cancer, how to find it early, and how to help finish the fight against the disease, visit our [breast cancer information and resources](#) or contact the American Cancer Society at 1-800-227-2345 anytime, day or night.



### **Adolescent Relationship Abuse**

Adolescent relationship abuse, sometime called teen dating violence, is defined as the physical, psychological or emotional violence within a teen or adolescent dating relationship and can include stalking. It can occur person to person or virtually and can happen between current or former dating partners. The [2013 National Youth Risk Behavior Survey](#) found that approximately 10 percent of high school students reported physical victimization, and 10 percent reported sexual victimization from a dating partner in the 12 months before they were surveyed. Unhealthy relationships can start early and last a lifetime. Teens often think some behaviors, like teasing and name calling, are a "normal" part of a relationship. However, those behaviors can become abusive and develop into more serious forms of abuse. For more information, visit the [Centers for Disease Control and Prevention's Teen Dating Violence website](#). For resources to work with teens, visit [That's Not Cool](#) and [Love is Respect](#).

## **Bullying**

Bullying is behavior that hurts, harms or humiliates an individual, either physically or emotionally, and it can happen while at school, in the community or online. The Centers for Disease Control and Prevention (CDC) defines bullying as any unwanted aggressive behavior by youth or group of youths (who are not siblings or current dating partners) that involves an observed or perceived power imbalance and is repeated multiple times or is highly likely to be repeated. Bullying can include aggression that is physical, verbal or relational/social. The [2015 National Youth Risk Behavior Survey](#) found 20 percent of high school students reported being bullied on school property in the 12 months preceding the survey, and an estimated 16 percent of high school students reported that they were bullied virtually online. Almost 6 percent reported that they did not go to school on one or more days in the 30 days before the survey, because they felt unsafe at school or on their way to or from school.

For more information, visit the [CDC's Bullying Factsheet](#). For resources and programs that work to end bullying, visit [StopBullying.gov](#).

## **October/November is ...**

[Domestic Violence Awareness Month](#) (October)

[Health Literacy Month](#) (October)

[National Dental Hygiene Month](#) (October)

[American Diabetes Month](#) (November)

[Great American Smokeout](#) (Nov. 19)

[International Survivors of Suicide Day](#) (Nov. 19)



## **NEWS FROM PARTNERS**

### **Crawford County PROTECT Against HPV 2016**

The Crawford Health Improvement Coalition (CHIC) received an AMA Healthy Living Grant to promote a project entitled PROTECT Against HPV 2016. The project aims to establish healthy behaviors in youth. The group's focus is a countywide effort to raise community awareness and provide education about the human papillomavirus (HPV), a common virus that can cause cervical, vaginal, vulvar, penile, anal and oral cancers, as well as genital warts. The outreach also promotes a vaccine that can be effective against certain strains of the virus and the conditions it can cause. Data from the Centers for Disease Control's National Program of Cancer Registries shows Crawford County has the second highest incidence rates of cervical cancer in the state, after Philadelphia. Activities made possible by the grant have included distribution of #UDon'tGetIt! materials to all middle and high schools in Crawford County. A toolkit to promote conversation and awareness about HPV vaccine with parents was distributed to Vaccine for Children participants in the county. Showings of a documentary called "Someone You Love: The HPV Epidemic," have been offered in the community. This award-winning documentary takes a look into the lives of five brave women affected by human papillomavirus. Their stories portray the misconceptions, stigma, shame, heartbreak, pain and triumph that they experience while battling cervical cancer. The most recent showing of this powerful documentary was held at The Movies in Meadville on Aug. 11, 2016. The film was followed by a question and answer program with local experts, including a pediatrician, OB/GYN physician, infectious disease physician and a family practice CRNP. Forty-one people attended the showing, and an interactive, informative 45-minute discussion followed. The PROTECT Against HPV project continues through 2016 with additional activities planned to promote awareness about HPV and prevention.





# HealthyMePA

## Healthy Me PA Digital Community Shares State's Goal to Make Pennsylvania Healthier

During May, the Hospital and Healthsystem Association of Pennsylvania (HAP) launched a new digital community, [Healthy Me PA](#), to improve the health of all Pennsylvanians. Since that time, more than 40,000 Pennsylvanians have joined the community. Each day, Healthy Me PA shares fun, relevant and interesting content related to one of the three goals of the community:

- Helping Pennsylvanians understand the complexities of health care;
- Promoting healthy living and preventive care; and
- Educating patients about how to manage chronic illness.

The topics that are covered in Healthy Me PA through easy-to-understand, appropriately sourced facts and tips align closely with the three health priorities identified in the 2015–2020 [Pennsylvania State Health Improvement Plan \(SHIP\)](#):

- Obesity, physical inactivity, and nutrition;
- Primary care and preventive services; and
- Mental health and substance abuse.

Healthy Me PA information includes quick, healthy recipes and nutritional tips; different exercises to suit individual needs; guidance on health care and health insurance terminology; resources on managing chronic health conditions; suggestions on how to navigate the health care system and access the right care; seasonal health tips; and updates on new health care laws. As our collective work continues to implement the SHIP five-year plan to make Pennsylvanians healthier, the Healthy Me PA community can be promoted as one of many initiatives supporting this goal.

Click [here](#) to like Healthy Me PA on Facebook and click [here](#) to follow Healthy Me PA on Twitter.



### **Good for You, Good for All, a campaign for local parks and recreation in Pennsylvania.**

Inspired by the belief that local parks and recreation improves the lives of all Pennsylvanians, it is the mission of the Good for You, Good for All campaign (“Good”) to increase usage of parks and recreation facilities across the

state, while equipping local providers with tools to raise awareness and increase support in their communities. Established in 2015 by a working committee of the PA Recreation and Park Society (PRPS) and the Pa. Department of Conservation and Natural Resources (DCNR), the campaign is headquartered at [www.GoodForPA.com](http://www.GoodForPA.com), where users can discover more about the benefits of local parks and recreation in their community and easily navigate to the DCNR-powered Explore PA Local Parks tool to find more than 5,700 local parks across Pennsylvania. To assist and partner with local providers, the committee also established an eToolkit at [www.GoodForPA.com/Providers](http://www.GoodForPA.com/Providers). The eToolkit includes a series of promotional materials for providers to use in raising awareness of local parks and recreation in their communities, as well as access to case statements on the benefits of local parks and recreation in Pa. Also available are instructions for creating a customized local parks finder for a specific area, so users of community websites can find locally-tailored maps of parks near them. For more information on the Good campaign, go to [www.GoodForPA.com](http://www.GoodForPA.com) or email [info@goodforpa.com](mailto:info@goodforpa.com). Follow Good on Facebook and Instagram (@goodforPA) and on Twitter (@goodforyouallpa).

### **Reused and Exchanged Equipment Partnership**

The [Reused and Exchanged Equipment Partnership](#) (REEP) is a program, supported by Pennsylvania's Initiative on Assistive Technology (PIAT), as a source for Pennsylvanians with disabilities to purchase "previously-owned" assistive technology (AT) devices, usually available at a lower cost than buying new ones. REEP Online Classifieds is free and available to people with disabilities, as well as their families, friends, service providers and others who want to find, buy, sell or donate previously owned AT. REEP Partner Programs accept donations of equipment, then clean, store and donate them to Pennsylvanians with disabilities. Additionally, there are regional [Assistive Technology Resource Centers](#) serving the counties located throughout the commonwealth.

### EVENTS AND TRAININGS

#### **Income and Health Inequalities and their Relationships to Population Health Delivery Systems**

A [webinar](#) will be held on Oct. 12 from noon to 1 p.m. hosted by the Systems For Action National Coordinating Center, a Robert Wood Johnson Foundation program. The presentation will include multi-sector contributions to comprehensive public health activities from 1998 to 2014 and the relationship of comprehensive health system capabilities to community outcomes, including mortality rates, life expectancy and medical care spending in high and low income communities.

#### **PA Oral Health Workforce Innovation Summit**

Join the [Pennsylvania Coalition for Oral Health](#) for a two-day summit focused on bringing together the state's leading oral health



*Leading Change for  
Oral Health in  
Pennsylvania*

stakeholders. Made up of individuals and organizations from across the oral health care spectrum, the coalition is working together toward a sufficient and effective oral health workforce. The [PA Oral Health Workforce Innovation Summit](#) is a unique two-day meeting that will focus on participant interaction where conversations build on each other and lead to launching action. The summit will be held Nov. 15-16 at [The Central Hotel & Conference Center](#), Harrisburg, Pa. On Nov. 15, learn about the changing economics impacting the oral health workforce, recruitment and retention of dentists, development and utilization of human capital, and alternative delivery models. On Nov. 16, develop and launch workforce prototypes. For information, contact [paoralhealth@gmail.com](mailto:paoralhealth@gmail.com).

#### **Cultural Competency Training for Medical and Mental Healthcare Professionals**

[Cultural Competency Training for Medical and Mental Healthcare Professionals](#) will provide training in Clinical, Systemic, and Organizational Cultural Competencies to address cultural insensitivity. The purpose of these trainings is to ultimately eliminate health disparities by improving the quality of care within health care systems. The next program will be held April 27, 2017, at the African-American Museum in Philadelphia, Pa.

### RESOURCES AND TOOLS

#### **American Cancer Society Programs and Services**

[Road to Recovery](#): Every day, cancer patients need a ride to treatment, but some may not have a way to get there. The American Cancer Society's Road to Recovery program provides free transportation to and from treatment for people who have cancer and don't have a ride or are unable to drive themselves. Volunteer drivers are needed to donate their time and use of their vehicle so that patients can receive the life-saving treatments they need.

[Look Good Feel Better](#): Look Good Feel Better workshops are supportive, informative and full of easy, inspiring strategies for managing the effects that cancer and its treatments have on your skin and appearance. The workshop is designed to teach female cancer patients beauty tips to look and feel more like themselves during chemotherapy and radiation treatments. Beyond the benefits of feeling better about their appearance, the women will discover a community of inspiration and support.

### Community Diaper Program

The [Community Diaper Program](#) provides high-quality Cuties-brand diapers at affordable prices to nonprofit organizations that serve families in need. Cuties Economy Plus Packs of diapers, from NB to Size 6, are available for anyone to purchase on Jet, an online retail company, at highly competitive prices. Nonprofit organizations can apply to the Community Diaper Program to purchase the diapers at an even lower price.

### DATA AND STATISTICS

#### Quick Facts from Healthy People 2020



	2020	PA	PA	PA	PA	PA
<b>Pregnancy rate among adolescent females aged 15-17</b> (per 1,000 females)	<b>Goal</b>	<b>2009</b>	<b>2010</b>	<b>2011</b>	<b>2012</b>	<b>2013</b>
Females	36.2	22.0	21.2	19.3	17.4	14.3
White	36.2	11.1	12.0	10.6	9.5	8.0
Black	36.2	70.5	61.1	53.8	46.9	35.1
<b>% adults 18 to 64 with flu shot in past year</b> (age-adjusted to 2000 std. pop)	<b>Goal</b>	<b>2010</b>	<b>2011</b>	<b>2012</b>	<b>2013</b>	<b>2014</b>
Persons 18-64	80	35±2	31±2	30±1	33±1	33±2
<b>% adults 65+ with flu shot in past year</b> (age-adjusted to 2000 std. pop)	<b>Goal</b>	<b>2010</b>	<b>2011</b>	<b>2012</b>	<b>2013</b>	<b>2014</b>
Persons 65+	90	68±2	62±2	60±2	59±2	60±2

#### Pennsylvania's Obesity Rate is 30 Percent

The adult obesity rate in Pennsylvania is 30 percent, making it the 24th highest according to “The State of Obesity: Better Policies for a Healthier America,” a report from the Trust for America’s Health and the Robert Wood Johnson Foundation. Some [highlights](#) from the report include:

- Adult obesity rate for blacks is 35.7 percent in Pennsylvania, the 28th highest rate, among the 50 states and D.C.
- Adult obesity rate for Latinos is 39.1 percent in Pennsylvania, the second highest rate among the 50 states and D.C.
- Adult obesity rate for whites is 29.5 percent in Pennsylvania, the 19th highest rate.



#### BRFSS

The 2015 BRFSS survey data and documentation was recently [published online](#) by the CDC. The website includes 2015 survey data information, data files and SAS resources.

BRFSS data for Pennsylvania has been compiled on the Department of Health [EDDIE](#) website.

## FUNDING OPPORTUNITIES

### 2017 RWJF Culture of Health Prize

The [RWJF Culture of Health Prize](#) recognizes communities that have placed a priority on health and are creating powerful partnerships and deep commitments that will enable everyone, especially those facing the greatest challenges, with the opportunity to live well. A Culture of Health recognizes that health and wellbeing are greatly influenced by where we live, work, the safety of our surroundings, and the relationships we have in our families and communities. The prize elevates the compelling stories of local leaders and community members who are coming together to create conditions for health and prosperity by transforming neighborhoods, schools and businesses — so that good health flourishes everywhere. The deadline is Nov. 3, 2016.



### Funding Search Assistance

The U.S. Department of Health and Human Services [Office of Minority Health Resource Center](#) has information specialists who are available to provide searches on sources of federal and non-federal funding. They will search federal, state and local programs, as

well as foundation opportunities, based on details you provide in a questionnaire. Specialized funding searches are typically tailored to non-profit organizations with 503-c status, faith-based organizations, universities, hospitals/medical centers, local/county departments, researchers and students.

### Greater Harrisburg Foundation Challenge Grants

The Greater Harrisburg Foundation (GHF) has a [challenge grant](#) initiative available to nonprofit organizations serving the counties of Cumberland, Dauphin, Franklin, Lebanon, Perry and the Dillsburg Area. GHF's traditional funding priorities include health and human services programs. Grants are available up to \$7,500 with a dollar to dollar match for organizations with total operating budgets up to \$250,000, and a \$3 to \$1 match for organizations with total operating budgets between \$250,000 and \$1 million. The application deadline is Oct. 28, 2016.



### Komen Pittsburgh Community Grants

[Komen Pittsburgh](#) is the local source for funding breast cancer detection, support and educational awareness in a 34-county service area in western and central Pennsylvania. Through its 2014-2015 community grants, Komen Pittsburgh is investing over \$1 million in education, diagnosis, treatment and support programs provided by local organizations that serve uninsured or underinsured residents in our service area. Since it was founded in 1993, Komen Pittsburgh has invested more than \$18.5 million in local breast health agencies and organizations. Completed applications must be submitted by Nov. 22, 2016.

#### UPDATE THE HIPP DIRECTORY

On the [HIPP website](#) is a directory of HIPP participating organizations with links to listings by [county](#) and by [health district/region](#). To update an organization's listing, please complete and send back only the relevant [registration](#) information for changes. To register an organization not currently listed in the directory, please complete the entire form. Information can be emailed to [ra-dhhipp@pa.gov](mailto:ra-dhhipp@pa.gov), or the form can be scanned and emailed or faxed to 717-705-6525.

#### COMMENTS? SUGGESTIONS?

Please send any comments or suggestions for this and future newsletters to [ra-dhhipp@pa.gov](mailto: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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