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State Health Assessment Updates Published

The State Health Assessment (SHA), originally published in 2013, reports on the health status of the population in Pennsylvania including factors that contribute to health issues, specific populations most impacted, and resources that can be mobilized to address population health improvement. During the past year, three sections were updated to show current health indicators and identifying trends that affect public health. The new sections, along with an updated introduction, can be found at the [SHA web page](#).

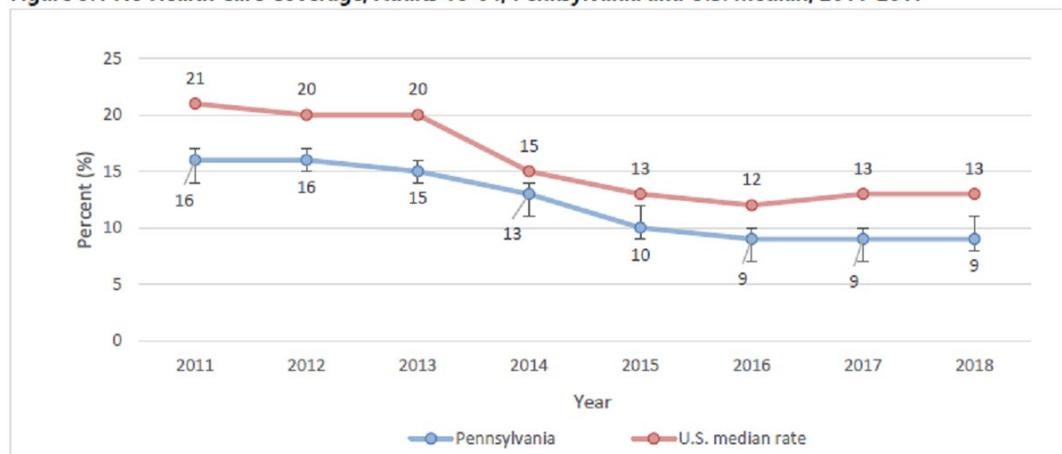
The 2019 updates are:

- Major Risks and Protective Factors
- Maternal and Child Health
- Health Care Services

Data Update: Affordable Care Act Impact

Updates from the [Health Care Services](#) section of the SHA include information on health insurance coverage in the state. The Patient Protection and Affordable Care Act was signed into law on March 23, 2010. Expanded Medicaid took effect in Pennsylvania on January 1, 2015.

Figure 9.1 No Health Care Coverage, Adults 18-64, Pennsylvania and U.S. Median, 2011-2017



According to the Pennsylvania Behavioral Risk Factor Surveillance System survey results, the percentage of Pennsylvania residents reporting no health care coverage has decreased significantly since the act’s passage. Currently, nine percent of Pennsylvanians between 18 and 64 years old are uninsured. The highest rates of uninsured are among residents age 18

National Health Observances

January

National Birth Defects Prevention Month

National Slavery and Human Trafficking Prevention Month

February

American Heart Month

National Children's Dental Health Month

1 - 7 African Heritage & Health Week

1 Go Red for Women Day

14 National Donor Day

March

National Nutrition Month*

4 - 8 National School Breakfast Week

26 American Diabetes Alert Day

30 - 4/5 National Drug and Alcohol Facts Week

to 29, those with a high school education or less, those with family incomes below \$25,000 annually, and black and Hispanic residents. Regionally, the highest rates of uninsured are in the northeast in Susquehanna, Wayne, Pike and Monroe counties; southcentral in Fulton, Franklin and Adams counties; and Philadelphia.

January is Human Trafficking Awareness Month

Organizations across Pennsylvania are holding events to educate the public about commercial sexual exploitation and labor trafficking in January. Despite increased recognition of these crimes in recent years, communities and individuals struggle to recognize the various forms that trafficking can take and the many ways people are affected by it.

This January, make a resolution to learn more about human trafficking. Start by contacting local victim service providers to learn about how you can get involved in preventing trafficking and supporting survivors in your community. For help or to find out about events near you, a listing of rape crisis service providers can be found at pcar.org. To learn more about human trafficking, visit the Pennsylvania Coalition Against Rape's human trafficking resources or PolarisProject.org. To make a report of suspected trafficking, contact the National Human Trafficking Hotline at (888) 373-7888 or text BeFree (233733).

January is National Birth Defects Prevention Month

Birth defects affect one in 33 infants born in the United States each year. To understand the impact of birth defects, many states support birth defects surveillance efforts. Since 2017, the Pennsylvania Department of Health has supported the surveillance of certain brain, eye and neural tube birth defects.

While all birth defects can't be prevented, these tips increase a woman's chance of having a healthy baby.

- Tip 1 - Take 400 micrograms (mcg) of folic acid every day.
- Tip 2 - Book a visit with your healthcare provider before stopping or starting any medicine.
- Tip 3 - Become up-to-date with all vaccines, including the flu shot.
- Tip 4 - Before getting pregnant, try to reach a healthy weight.
- Tip 5 - Boost health by avoiding harmful substances during pregnancy, such as alcohol, tobacco, and other drugs.

Resources for families can be found at the National Birth Defects Prevention Network.

American Heart Month: Go Red for Women

Go Red for Women is the American Heart Association's signature women's initiative. It's about women making a commitment to stand together with Go Red, taking charge of their own heart health and supporting the health of those they love. Cardiovascular disease is the number one killer of



Events

State of Obesity 2019
webinar, January 29,
2020

Healthy Pennsylvania
Partnership Meeting,
April 1, 2020

Pennsylvania Annual
Community and
Public Health
Conference,
Lancaster, April 14,
2020

2020 PA Oral Health
Summit, Harrisburg,
November 12 and 13,
2020

women, causing one in three deaths each year. Almost 80 percent of cardiac events can be prevented. It is imperative that women learn the warning signs and symptoms of heart disease and stroke, see a doctor regularly and learn their family history.

Here are lifestyle changes you should make:

- Don't smoke
- Manage your blood sugar
- Get your blood pressure under control
- Lower your cholesterol
- Know your family history
- Stay active
- Lose or manage your weight
- Eat healthy

American Heart Association®



For more information, please visit the [Go Red for Women](#) website.

Children's Dental Health



CHILDREN'S DENTAL HEALTH

As we celebrate National Children's Dental Health Month in February, the Pennsylvania Coalition for Oral Health reminds us that dental care is a family affair. Parents should lead by example in teaching healthy habits by brushing and flossing daily and making good food and beverage choices. This includes drinking only tap water between meals and offering plain milk at mealtimes.

Research also demonstrates that parents who see the dentist regularly are much more likely to establish a dental home for their children. In 2018, annual Early and Periodic Screening, Diagnostic and Treatment Participation reports for Pennsylvania show less than half of children enrolled in Medicaid visited the dental office in the last year, even though benefits are provided for children under Medicaid and CHIP. It is important to encourage parents and children to visit the dentist regularly to stay healthy; visits should begin around a child's first birthday.

The Pennsylvania Coalition for Oral Health supports efforts to increase access to quality dental care for residents of Pennsylvania. To learn more, please visit our [website](#).

Rural Health Awards

The [National Rural Health Association](#) (NRHA) honors outstanding individuals and organizations in the field of rural health who have dedicated their time and talents to improving the health and well-being of others. Awards are given in the categories recognizing organizations, programs, achievement, practitioners, researchers, educators and students. Recipients are featured in a video presentation, receive a complimentary registration to the NRHA conference, a one-year NRHA membership and plaque. The deadline for nominations is February 24, 2020.



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.

National Drug and Alcohol Facts Week



National Drug and Alcohol Facts Week will be held from Monday, March 30 until Sunday April 5. The National Institute on Drug Abuse for Teens (NIDA) utilizes this week to link students to scientists and other experts who can counteract the myths and misunderstandings about drugs and alcohol that teens might get from the internet, television and movies. Schools and community partners will be hosting National Drug and Alcohol Facts Week events throughout the week. NIDA will also sponsor a National Drugs and Alcohol Chat day, which gives students the opportunity to ask NIDA scientists about drug and alcohol use and effects, and substance and alcohol use disorders. More information about National Drug and Alcohol Facts Week and events hosted in your community can be found at [NIDA's website](#). If you or a loved one is struggling with substance use disorder, please contact the Pennsylvania Department of Drug and Alcohol Program's helpline at 1-800-662-HELP for treatment options.

African Heritage and Health Week



African Heritage and Health week runs from February 1 to February 7, traditionally kicking off Black History Month. This week celebrates culture, traditional ingredients and eating patterns of the African Diaspora. The purpose of the week is to raise awareness about the health benefits and exciting flavors of traditional African heritage cuisines, and to invite people everywhere to taste these traditional foods, whether at a restaurant, a special community event or at home with friends and family. Join the Pennsylvania Department of Health in celebrating culture and health during African Heritage and Health Week by eating healthy at a restaurant listed on the [African Heritage Restaurant Guide](#), learning about the [African Heritage Diet](#) and/or participating in other [healthy eating](#) and [physical activity](#) opportunities!

Grant Opportunities

- **PeopleForBikes community grants:** The [PeopleForBikes](#) organization provides grants of up to \$10,000 with matching funding of at least 50 percent for projects to support bicycle infrastructure such as bike paths, bike lanes, bike trails, mountain biking, BMX and other infrastructure. Applications are due January 17, 2020.
- **Neonatal abstinence syndrome surveillance grant:** The [Council of State and Territorial Epidemiologists](#) is offering up to \$150,000 in funding to conduct population health surveillance to identify more timely and consistent data on NAS, inform optimal care, and improve associated health outcomes. Applications are due January 21, 2020.

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- **Mental health equity for traditionally underserved populations grants:** Grants are available from the [Department of Health and Human Services](#) for services to improve mental health outcomes for underserved populations in under-resourced settings. A letter of intent is due January 24, 2020.
- **Rural domestic violence, dating violence, sexual assault and stalking grants:** Grants of \$750,000 are available from the [Department of Justice](#) to public and state institutions of higher education, municipalities and nonprofits to enhance the safety of rural victims of domestic violence. Applications are due January 27, 2020.
- **Improving criminal justice responses to domestic violence, dating violence, sexual assault and stalking grants:** The [Department of Justice](#) is providing grants of up to \$1,250,000 for programs that treat violence as serious violations of criminal law requiring the coordinated involvement of the entire criminal justice system. Applications are due January 27, 2020.
- **REACH Lark award:** The [REACH Lark Award](#) honors extraordinary individuals, organizations, or community coalitions associated with the Racial and Ethnic Approaches to Community Health (REACH) program for advancing the science and practice of improving health equity to eliminate health disparities at the national, state or local levels. Applications are due January 28, 2020.
- **Healthier neighborhoods grants:** The [Kresge Foundation](#) is providing funding to increase creative capacity to shape healthier neighborhoods. It seeks to invest in long-term change such as resident empowerment and agency, social cohesion, narrative change and equitable capital improvements. Letters of inquiry are due January 31, 2020.
- **Grants for disabled American veterans programs:** The [Disabled American Veterans Charitable Service Trust](#) is offering grants to address issues of food security, housing and homelessness, disabilities, education and training, behavioral health, transportation and wellness for veterans and their families. Applications are due January 31, 2020.
- **College health care access grant:** The [American College Health Foundation](#) is offering one \$3,500 grant to support the development of creative solutions to improve access to quality health care for all students. Applications are due February 1, 2020.
- **College well-being funding:** The [American College Health Foundation](#) is offering two \$3,500 grants to create or improve underlying campus infrastructure (e.g., networks, resources, tools, structures, coalition-building) in a manner that raises the well-being of students. Applications are due February 1, 2020.
- **Awards for advancing minority mental health:** The [American Psychiatric Association](#) is recognizing programs and organizations which have addressed minority mental health for raising awareness

of mental illness in under-served minority communities, increasing access to quality mental health services for under-served minority communities and improving the quality of care for under-served minority populations. Applications are due February 1, 2020.

- **Opioid family support grants:** The [Health Resources and Services Administration](#) is providing funding of up to \$600,000 to enhance and expand behavioral health-related paraprofessionals' knowledge, skills and expertise to support children whose parents are impacted by opioid use disorders and other substance use disorders. Applications are due February 3, 2020.
- **Addressing disparities grants:** The [Patient-Centered Outcomes Research Institute](#) is providing grants of up to \$3 million for small studies, \$5 million for large studies and \$2 million for communications and dissemination research for projects to address disparities, assess prevention, diagnosis and treatment options, and communications and dissemination research. Letters of Intent are due February 4, 2020.
- **Summer health professions education program:** The [program](#) is a free summer enrichment program for freshman and sophomore college students focused on improving access to information and resources for college students interested in the health professions. Applications are due February 5, 2020.
- **Grants to enhance culturally specific services for victims of sexual assault, domestic violence, dating violence and stalking:** The [Department of Justice](#) is providing funding of \$300,000 to nonprofit organizations to provide culturally relevant services to victims of domestic violence. Applications are due February 12, 2020.
- **Grants for outreach and services to victims of domestic violence from underserved populations:** Grants of \$450,000 are available from the [Department of Justice](#) for developing and implementing outreach strategies targeted at adult and youth victims of domestic violence, dating violence, sexual assault or stalking in underserved populations. Applications are due February 12, 2020.
- **Small organization grants for vulnerable populations and ending child sex abuse:** [Focus for Health](#) is providing grants from \$5,000 to \$25,000 to address social determinants of health that affect the health outcomes of vulnerable populations and to end child sex abuse. Applications are due February 14, 2020.
- **Social determinants of health tech challenge prize:** The [Healthcare Information and Management Systems Society](#) is sponsoring a challenge with a \$10,000 grand prize to develop solutions to improve healthy aging in rural communities. Entries are due February 17, 2020.
- **Improving management of opioids and opioid use disorder in older adults grant:** The [Agency for Healthcare Research and](#)

A graphic with a black background. At the top, the year '2020' is written in a glowing cyan font inside a white-outlined square. Below the square, the words 'HAPPY NEW YEAR' are written in a pink, sans-serif font.

Quality is offering funding of up to \$833,000 per year for three years to implement strategies to improve the management of opioid use and opioid use disorder in older adults in primary care settings. Applications are due February 20, 2020.

- **Violence against women training and technical assistance:** The **Department of Justice** is providing assistance to strengthen and build the capacity of civil and criminal justice system professionals and victim service providers to respond effectively to sexual assault, domestic violence, dating violence and stalking. Applications are due February 26, 2020.
- **STOP school violence grant program:** The **Department of Justice** is providing funding of up to \$500,000 to improve school security by providing students and teachers with the tools they need to recognize, respond quickly to, and help prevent acts of violence. Applications are due March 3, 2020.
- **Substance abuse prevention priorities grant:** The **Substance Abuse and Mental Health Services Administration** is providing funding from \$300,000 to \$1,000,000 per year for up to five years to prevent the onset and reduce the progression of substance abuse and its related problems while strengthening prevention capacity and infrastructure at the community and state level. Applications are due March 6, 2020.
- **Rural health care coordination program grants:** Funding of \$250,000 from the **Rural Health Care Coordination Network Program** is available to support rural health consortiums and networks to achieve improving access, delivery and quality of care through the application of care coordination. Applications are due March 12, 2020.
- **Funding for oral health care services for people with HIV grants:** The **Health Resources and Services Administration** is providing 56 grants out of a total of \$8,700,000 in funding to improve access to oral health care services for low income, uninsured and underserved people with HIV and to support related education and training for the delivery of dental care to people with HIV. Applications are due April 3, 2020.
- **Emergency community water assistance grants:** The **U.S. Department of Agriculture** accepts grant applications year-round to help rural communities prepare or recover from an emergency that threatens the availability of safe, reliable drinking water. Grants of up to \$150,000 are available to construct waterline extensions, repair breaks or leaks in existing water distribution lines and address related maintenance. Grants of up to \$500,000 are available to construct a water source, intake or treatment facility.