

In This Issue

- Pennsylvania Nutrition and Physical Activity Self-Assessment for Child Care and Building Healthy Schools Programs
- Suicide Myths and Facts
- New Department of Health Website
- October is National Dental Hygiene Month
- Primary Health Care Programs
- HRSA Data Warehouse
- Healthy Adolescents Promoted by Partners for Youth (HAPPY) Project
- Don't Wait. Vaccinate.
- State Data Center
- Grant Opportunities
- Communities in Action

National Health Observances

October

Domestic **Violence** Awareness Month
Health **Literacy** Month
International **Walk to School** Month

Pennsylvania Nutrition and Physical Activity Self-Assessment for Child Care and Building Healthy Schools Programs

A large amount of Pennsylvania's youngest citizens spend most of their day in a school or childcare setting, making these environments a logical choice for obesity prevention efforts.

Improving schools and early care and education (ECE) facilities may directly impact what children consume and how active they are, as well as help them develop healthy habits for life. The Pennsylvania Nutrition and Physical Activity Self-Assessment for Child Care (**PA NAP SACC**) and Building Healthy Schools (**BHS**) programs use continuous quality improvement (CQI) to enhance environments,

encourage good nutrition and increase opportunities for physical activity. The CQI process incorporates self-assessment, action planning and implementation to create healthier

environments. Part of the process also includes training and professional development for teachers and staff, so they learn to model healthier behaviors. Check out the [LiveHealthyPA](#) website for more information on programs for early childhood education centers and K-12 school wellness.



Suicide Myths and Facts

Common myths and the facts regarding suicide:

MYTH: Those who talk about suicide don't do it.

FACT: Most of the people who either attempted or completed suicide have made their intentions known ahead of time by either talking about it or by giving other clues.

MYTH: If a person is intending to kill themselves, there is nothing anybody can do to stop them.

National **Breast Cancer** Awareness Month
 National **Bullying Prevention** Month
 National **Dental Hygiene** Month
Sudden Cardiac Arrest Awareness Month
Sudden Infant Death Syndrome (SIDS) Awareness Month
 1 - 5 **National Primary Care Week**
 7 - 13 **Mental Illness Awareness Week**
 11 **National Depression Screening Day**®
 15 - 19 **National Health Education Week**

Events

Opioid Response
Forum

Oct. 27 in Camp Hill, PA

Human Trafficking
Webinar, Pa. Office of Rural Health

Nov. 7

American Mental Wellness Association
National Conference

Nov. 19 and 20 in Hershey, PA

2018 PA Oral Health
Summit

Nov. 29 and 30 in Harrisburg, PA

Communities in Action

Schuylkill County Youth Summit

FACT: Even the most severely depressed person has mixed feelings or are ambivalent about dying. Most individuals likely just want to end the pain they are in, not their lives. Suicide can be prevented in most cases and any act of kindness has the potential to save a life.

MYTH: If you talk about suicide, you give people the idea to kill themselves.

FACT: If you are worried about someone and you have noticed the warning signs and risk factors, they've probably thought about suicide themselves. Asking somebody directly about suicidal thoughts often brings a sense of relief to the suicidal person and helps them to live, not give them ideas to die.

MYTH: Only experts or professionals can prevent suicide.

FACT: Suicide prevention is everybody's business, and anyone can help prevent the tragedy of suicide.

Learn more about the resources available in Pennsylvania to prevent suicides by visiting the **Prevent Suicide PA** website. Question, Persuade, Refer (QPR) and other trainings can be found on the events calendar.

New Department of Health Website

Recently the Department's Office of Communications revealed a **new website**. This new website is aimed at ensuring consumers who are looking for health information can find it, whether on a mobile device, tablet, or computer. Visitors are encouraged to use the navigation at the top of the page, which asks someone to identify their reason for visiting the site to help match them with information that will assist them. A new feature called the E-Library contains all publicly available documents from the department. In the E-Library, visitors can filter by topic or type of document to easily find a specific document.

October is National Dental Hygiene Month

The Pa. Coalition for Oral Health (PCOH) works to improve oral health for vulnerable populations in the commonwealth. "National Dental Hygiene Month is a great opportunity for providers and community advocates to integrate oral health education into their everyday work," said Helen Hawkey, Executive Director of PCOH. Dental hygienists serve a critical role in providing preventive and educational services, while connecting individuals to restorative care. This is an opportunity to discuss the importance of regular dental care appointments with children and families and talk about establishing a care-centered dental home. Pennsylvania has a 2017-2020 Oral Health Plan,



The **Schuylkill County Youth Summit** was designed by the Schuylkill County Commissioners to engage, equip and support Schuylkill County youth in making significant positive changes in the county by engaging students from all public, private and charter schools. Currently, the students are focused on the opioid epidemic. They choose their own project and pick three specific initiatives including working within the school systems, peer to peer social media development and targeting the Drug Take-Back days in the county. Last spring for Drug Take-Back days, students developed an insert for pharmacy prescription bags that asked the public to be part of the solution by getting rid of unused medications. The insert included a Mind Your Meds section and statistics, including the fact that 70 percent of people 12 and older who abuse prescription drugs get them from friends and family. Along with the distribution of 25,000 inserts, the students also distributed posters and other activities. The take

available on the **PCOH website**, dedicated to oral health access, workforce and infrastructure. Click on the “get involved” tab and join the PA oral health movement today!

Primary Health Care Programs

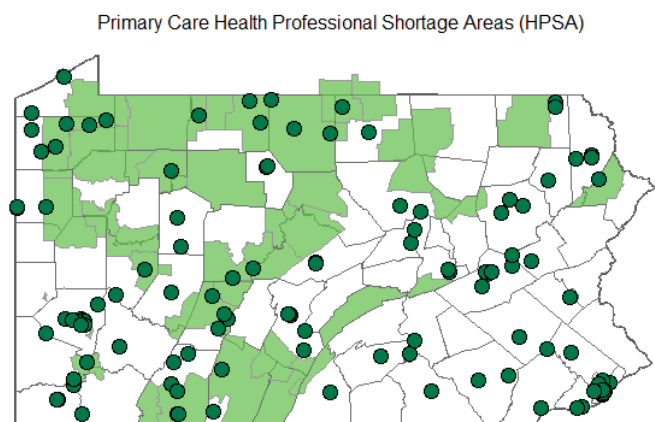
The Bureau of Health Planning operates several programs to address primary health care shortages. One initiative is to analyze a geographic area for possible designation by the federal Health Resources and Services Administration as a mental health, dental, or primary care health professional shortage area (HPSA). Designation as a HPSA may qualify professionals working in the area for certain federal or state programs, such as:

- The **Pennsylvania Primary Care Loan Repayment Program**. This program offers up to \$100,000 in student loan repayment assistance for a two-year service commitment in an approved location;
- The **J-1 visa waiver program**, which allows international medical graduates to forego the requirement to return to their home country for a two-year period upon completion of their training and begin practicing in an underserved area in Pennsylvania; and
- The **Community-Based Health Care Grant Program**, which provides grants to community-based clinics to expand or improve access to primary health care.

More information can be found at the **Health Planning website**.

HRSA Data Warehouse

The Health Resources and Services Administration (HRSA) recently redesigned their **website** with dashboards, tools and maps. The most recent shortage areas can be mapped along with information on other primary care, workforce and program data. Maps, such as the one shown here, can be generated for HRSA data, demographics, grant information and other variables.



Source: <https://datawarehouse.hrsa.gov/Tools/MapToolQuick.aspx>

back collection in the county in April increased from 486.5 pounds in 2017 to 805 pounds of drugs in 2018. For more information contact [Kay Jones](#) at Schuylkill County's VISION.

Blue Zones Project

The Erie County Partnership for a Healthy Community brought the nationally acclaimed [Blue Zones Project](#) to Erie to conduct a visit. The five original blue zones are places in the world where people live longer and healthier than anywhere else on earth. They include the Italian island of Sardinia; Okinawa, Japan; Loma Linda, California; Nicoya Peninsula in Costa Rica; and the Greek island Ikaria. The [Erie project](#) is driving the work of the Partnership to identify evidence-based community health strategies that will be implemented in Erie to achieve community health and wellness. For more information contact [Melissa Lyon](#) with the Erie Partnership for a Healthy Community.

Healthy Adolescents Promoted by Partners for Youth (HAPPY) Project

The Pennsylvania Coalition Against Domestic Violence ([PCADV](#)) recently announced the new HAPPY Project. HAPPY is a two-year abuse prevention and intervention initiative designed to help prevent and end adolescent relationship abuse (ARA). The project strengthens community partnerships, decreases ARA and promotes healthy relationships. In three Pennsylvania communities, three community partners - domestic violence programs, school nurses and reproductive health clinics - have joined to prevent and respond to ARA, provide education and make "warm" referrals. Each of the three core teams will assemble a community team to expand project impact. The project includes a state-level team, evaluator and mentor. PCADV developed the HAPPY Project as part of their greater effort to help make the connection between ARA and health problems. The HAPPY Project sites were chosen from PCADV's current medical advocacy programs, funded by the Pennsylvania Department of Human Services. The HAPPY Project is funded by the Pennsylvania Department of Health. For more information, contact Fern Gilkerson, PCADV at fgilkerson@pcadv.org.






Don't Wait. Vaccinate.

As of last school year, the provisional period for school vaccination requirements is now five days. A complete list of school vaccination requirements can be found on the Department of Health's [School Immunization Frequently Asked Questions](#) webpage. Adults need vaccinations too. Even though you may have received vaccinations as a child, it's important to check with your health care provider


Vaccines for Children
Protecting America's children every day

The Vaccines for Children (VFC) program helps ensure that all children have a better chance of getting their recommended vaccines. VFC has helped prevent disease and save lives.

CDC estimates that vaccination of children born between 1994 and 2016 will:

- prevent **381 million** illnesses  more than the current population of the entire U.S.A.
- help avoid **855,000** deaths  greater than the population of Seattle, W.A.
- save nearly **\$1.65 trillion** in total societal costs (that includes \$160 billion in direct costs)  or \$5,977 for each American

Updated 2017. Vaccines saving millions from hospitalization during the outbreak for Children Program (U.S. - United States, 2017)

 U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

www.cdc.gov/features/vfcprogram

to be sure that you are protected from vaccine-preventable diseases.

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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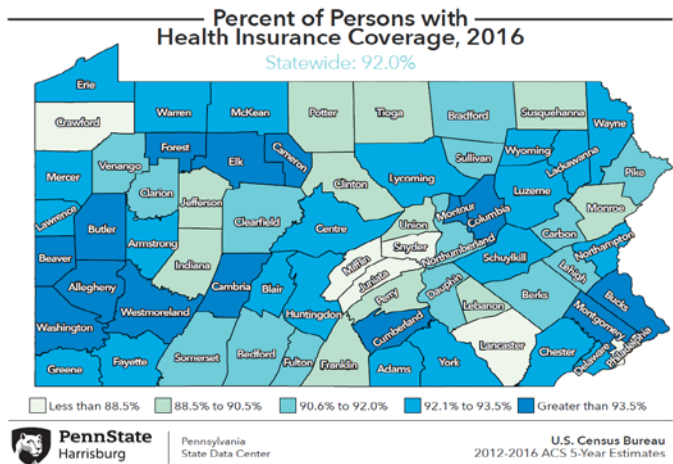
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State Data Center

The [Pennsylvania State Data Center](#) is Pennsylvania's official source of population and economic statistics. On their website, products, such as the map on the right, can be accessed. The map shows the percent of people in Pennsylvania covered by health insurance. Custom research and mapping is available through the data center.



The new website, [PennsylvaniaCounts2020.info](#), will serve as a resource for informing and updating Pennsylvanians on the upcoming 2020 Census. Click the link above to read more about the new site.

Grant Opportunities

- **2019 Culture of Health Prize:** Robert Wood Johnson Foundation has issued the call for applications for the **2019 Culture of Health Prize**. This recognizes communities including municipalities and counties that have come together around a commitment to health, opportunity, and equity through collaboration and inclusion, especially with historically marginalized populations and those facing the greatest barriers to good health. Ten communities will receive a \$25,000 prize. Applications are due November 1.
- **Oral Health Grant:** [DentaQuest Foundation](#) provides small grants to nonprofit organizations that are engaged in improving oral health by improving access to underserved populations. Projects can respond to an urgent issue that impacts access to clinical care, provide short term access to needed care for the underserved and sustain organizations through short term challenges. Applications are due November 1.
- **Youth and School Garden Grants:** [Annie's Homegrown](#) has small grants for public, private or charter school to develop healthy school garden projects. Funds can be used for edible gardens (growing fruits, vegetables, herbs, grains, etc.). Applications are due November 1.

- **Pediatric Research Grants:** The [Gerber Foundation](#) is offering funding to universities, nonprofit and government organizations for pediatric research initiatives in the areas of nutrition, early childhood development and prevention. Funding is available for \$350,000. Letters of intent are due November 5.
- **Rural Health Network Development Planning Program:** The [Health Resources and Services Administration](#) is providing funding to networks of three or more rural health care providers to assist in the development of integrated health care networks to coordinate and improve the quality of essential health care services and strengthen the rural health care system. Applications are due November 30.
- **Safer School Garden Grant:** This [program from Safer](#) provides grants to schools of \$500 to start a school garden with the goals of encouraging children to be active outside and to engage students in learning about nutrition and the environment. Applications are due December 1.
- **Farm to School Grant:** The [U.S. Department of Agriculture](#) is offering grants focusing on food and nutrition to schools, state and local agencies and nonprofit entities. Grants are available in the categories of implementation for \$50,000 to \$100,000, planning for \$20,000 to \$50,000 and training for \$20,000 to \$50,000. Applications are due December 4.
- **Warren H. Pearse Women's Health Policy Award:** The [American College of Obstetricians and Gynecologists](#) is offering a women's health policy research award to Junior Fellows or Fellows of the College to support research which explores an aspect of health care policy that assists, defines, or restricts the ability of a physician to deliver health care to women in the general population, or in a specific area. Grants are for \$10,000. Applications are due December 15.
- **Youth Garden Grant:** [KidsGardening](#) is offering five \$1,000 grants plus supplies and 20 additional award packages worth \$500 to nonprofit organizations, public or private schools, or youth programs for gardening projects serving at least 15 youth between the ages of 3 and 18. Applications are due December 17.
- **Afterschool Snacks Program:** The [afterschool snack](#) component of the National School Lunch Program is a federally assisted snack service that fills the afternoon hunger gap for school children. Cash reimbursement are to help school food authorities to provide a nutritional boost to children enrolled in afterschool activities. Applications are accepted on an ongoing basis.