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Introducing LiveHealthyPA News!

LiveHealthyPA News is a quarterly newsletter for the LiveHealthyPA website. These newsletters will highlight programs, initiatives, Healthy Living Practices, and upcoming events occurring in Pennsylvania. They will also help keep you and your organization up to date with activities to address chronic disease and improve health that are happening throughout Pennsylvania. These newsletters will be sent via email and also archived on LiveHealthyPA under Data & Resources.

To continue receiving LiveHealthyPA News via email, please visit livehealthypa.com/newsletter and sign up.

Healthy Living Practices Spotlight: Hay Hole Covers

A hay hole cover is a cover to prevent injuries from falls through hay holes in barns with lofts. This solution was developed by the Anabaptist Youth Trauma Prevention Consortium (AYTPC) in partnership with Lancaster General Health. AYTPC is composed of family and emergency medicine physicians, nurses, educators, trauma leaders, and representatives from the Pennsylvania Amish Safety Committee (PASC) to address the issue of hay hole falls in the Anabaptist population in South Central Pennsylvania.

Submitted by Lancaster General Health, a hay hole cover is a great example of a Healthy Living Practice. A group of individuals and organizations in a community recognized a problem, developed a solution, and then implemented the solution. Organizations coming together to address a shared issue or meet a common goal is a core component of LiveHealthyPA and improving the health and well-being of Pennsylvanians.

For more information, review the [Hay Hole Cover](#) Healthy Living Practice. To learn more about Healthy Living Practices, visit livehealthypa.com/healthy-living-practices.



Upcoming Mini-Grant Opportunity for Nutrition and Physical Activity in Child Care



The Pennsylvania Department of Health has partnered with the Pennsylvania Department of Education and Tuscarora Intermediate Unit to implement Pennsylvania Nutrition and Physical Activity Self-Assessment for Child Care (PA NAP SACC) in early care and education centers across the state. This partnership intends to improve food service guidelines/nutrition standards where food and beverages are available, and physical education and activity in early care and education centers.

[PA NAP SACC](#) is an interactive, easy-to-use online tool that provides professional development for child care administrators and their staff. This completely web-based process focuses infant, toddler, and preschool best practices in nutrition and physical activity, and includes self-assessment, action planning, implementation, post-self-assessment, and reflection. The implementation process includes free online professional development opportunities in Core Body of Knowledge (CBK) knowledge area 7 (K7): Health, Safety and Nutrition that once completed, become part of your transcript on the Registry.

A mini-grant opportunity will be available to support early childhood educators to enhance their nutrition and physical activity practices to guiding children's health and wellness. Licensed programs that complete the PA NAP SACC continuous quality improvement process can apply to receive \$500 to purchase materials to support their planned changes. To learn more, click [here](#).

Pennsylvania LGBTQA Health Conference: Addressing Health Disparities Based on Emerging Data



On June 14th and 15th, 2017, health professionals, educators, and specialists who provide services to the LGBTQA (Lesbian, Gay, Bisexual, Transgender, Queer, and Asexual) community attended the first annual Pennsylvania LGBTQA Health Conference, sponsored by the Pennsylvania Department of Health and regional tobacco prevention providers at the Marriott North in Pittsburgh, PA, to examine critical strategies to improve the health of the LGBTQA community.

Results of a 2016 Pennsylvania LGBTQA Health Needs Assessment revealed significant health risk behaviors, adverse health outcomes, and health disparities that shorten LGBT lives. Recommendations from the needs assessment include increase community education, engagement of multiple sectors and partners, and improvement of clinical practices.

“This conference was an important starting point for this work in Pennsylvania” said Adrian Shanker, Executive Director of Bradbury-Sullivan LGBT Community Center.

LGBTQA populations have high rates of tobacco, alcohol, and other drug use. LGBTQA youth are 2 to 3 times more likely to be the victims of bullying and suicide attempts, more likely to be homeless, and have higher risk of HIV and other sexually transmitted diseases. Transgender individuals experience a high prevalence of HIV/STD, victimization, mental health issues, and suicide.

These health disparities and more were addressed by national experts in the field including Dr. Rachel Levine, MD, Physician General for the Commonwealth of Pennsylvania and Professor of Pediatrics and Psychiatry at the Penn State College of Medicine; and Dr. Scout, National LGBTQA Health expert.

For more information on improving LGBTQA health and the results of the 2016 Pennsylvania LGBTQA Health Needs Assessment visit livehealthypa.com/lgbt-provider-toolkit.

Men's Health

While June is recognized as Men's Health Month, the awareness of preventable health problems and the need for early detection and treatment of disease among men must happen throughout the year. Men are at greater risk for death in every age group. They die an average of 5 years younger than women and lead 9 of the 10 top causes of death. Men have a higher suicide death rate than women and account for 92% of fatal workplace injuries. Men do not get physical exams nearly as often as women and men are more likely to be uninsured.



To reduce mortality and incidence of disease, men must be encouraged to:

- ✓ Find a health care provider for routine care and screenings
- ✓ Reduce salt intake for better heart health
- ✓ Get to and maintain a healthy weight
- ✓ Be tobacco free

As a health care or public health professional, get involved.

- ✓ Visit [Men's Health Network](#) to learn how you can participate in Men's Health activities and locate valuable resources to encourage healthy lifestyle changes.
- ✓ Support agencies already engaged in improving men's health.
- ✓ Attend the [Pennsylvania Prostate Cancer Conference](#) on September 23, 2017 in Hershey, PA. This half-day conference will feature regional and national speakers regarding prostate health. CMEs are available.

2017 Pennsylvania Health Literacy Coalition Meeting

Since 2015, the Health Care Improvement Foundation (HCIF) has convened health literacy stakeholders in Pennsylvania on an annual basis to explore strategies to address health literacy in the Commonwealth. The 2017 Pennsylvania Health Literacy Coalition Meeting marked the third convening of this group.

Activities began on Monday, May 15, with a full-day training on health literacy developed and delivered by Rickie Brawer, PhD, MPH, MCHES, and Jim Plumb, MD, MPH, co-directors of the Center for Urban Health and faculty at Thomas Jefferson University. Training participants learned about the scope and impact of health literacy, practiced techniques to improve communication with patients, and assessed written materials for readability. The session also highlighted the importance of developing and using easy-to-understand websites, maps, and informed consent forms.

The meeting on May 16 opened with a panel presentation from members of the Adams County Health Literacy Task Force, who shared perspectives from multiple points on the continuum of care to demonstrate the effectiveness of working collaboratively to meet patient needs. For the rest of the day, breakout sessions highlighted health literacy work in different regions of the state. Topics included mobile health design, photonovels, regional coalition building, academic-community partnerships, language access, and becoming a health literate health care organization.

If you would like to join the Pennsylvania Health Literacy Coalition, please email Susan Cosgrove at scosgrove@hcfonline.org.

Workplace Wellness: Assessing the Need

The fact: Employees spend more than 30 percent of their waking hours at work and many of those hours are spent sitting at a desk or in an office.

The problem: Heart disease, stroke, cancer, diabetes, and obesity are connected by risk factors associated with poor eating habits, lack of physical activity, and tobacco use.

A solution: Create a workplace setting which encourages and supports employee wellness through evidence-based policies and environmental changes.

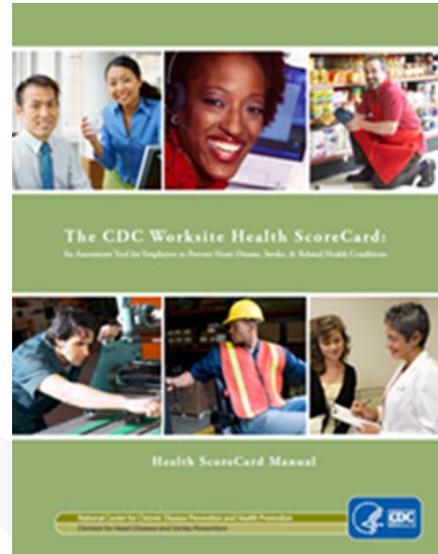
Where to start: First steps include obtaining buy-in from management, engaging employees, and assessing the current worksite environment.

Assessing the environment can be done by utilizing an assessment tool, such as the Centers for Disease Prevention and Control's (CDC) Worksite Health ScoreCard (HSC). The ScoreCard is a survey tool designed to help employers assess if they have implemented evidence-based health promotion interventions or strategies in their worksites to prevent heart disease, stroke, and related conditions such as high blood pressure, diabetes, and obesity.

The online HSC is automated and scores questions, keeps record of scorecards (submitted annually) to track progress, provides benchmark reports, and links to evidence-based resources to aid in developing a comprehensive worksite health promotion program.

Ready to take the steps to create, improve, and support a healthier worksite environment and workforce? Learn more about workplace health and wellness and how to assess, plan, implement, and support effective workplace wellness programs at [Employer Worksite Wellness](#).

Interested in assessing your workplace? Visit [Assessing the Need](#) for information, a webinar recording, and links to the CDC ScoreCard.



Upcoming Events

- [Pennsylvania Prostate Cancer Conference](#)
Date: September 23, 2017
- [PA Breast Cancer Coalition Conference](#)
Date: October 6, 2017
- [2017 Appalachian Translational Research Network](#)
Date: October 30-31, 2017

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