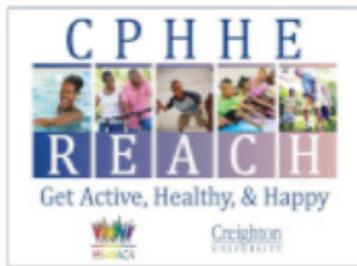


CPHHE-REACH Monthly Newsletter - March 2016

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Creighton
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Health Sciences-Multicultural and Community Affairs
CPHHE-REACH
March 2016



About REACH

The Racial and Ethnic Approaches to Community Health (REACH) is a national program administered by the Centers for Disease Control and Prevention (CDC) aimed at reducing racial and ethnic disparities in health.



New Faith-Based Organizations

The REACH program will be adding more community partner team members! In Year 1, we had the pleasure of working with faith-based organizations, including Mount Moriah Baptist church, Pilgrim Baptist Church, Zion Baptist Church, and Redeemed Christian Church of God to develop policy, systems, and environmental (PSE) improvements. Year 2 will include six (6) additional faith-based organizations that will introduce PSE improvements and influence an increase in physical activity. **Antioch Baptist Church, Bethesda Seventh Day Adventist Church, Clair United Methodist Church, Morning Star Baptist Church, Pleasant Green Baptist Church, and Salem Baptist Church** will be added to the list of church sites as we expand our partner community.

New churches will begin by developing policy, systems, and environmental (PSE) improvements that will encourage increased access to physical activity at each site. Planning will start with conducting a needs assessment leading to creation of new written policies directed toward improved access for physical activity. PSE implementations will then be evaluated to determine which environmental improvements should be made to encourage more activity. Of all the changes taking place, the most important will be selecting new Health Ambassadors from each church site to be trained by the Creighton School of Medicine staff to serve church members while providing direction to increase physical activity and assist with implementation.

We look forward to working closely with the new faith-based organizations to create and implement PSE improvements within their organization to allow more active options for their guests.



REACH Members Attend Faith + Wellness Summit

February 27th, 2016, REACH staff and Health Ambassadors attended the Faith + Wellness Summit in Kansas City, Missouri hosted by the Black Health Care Coalition (BHCC) at Victorious Life Church. BHCC is a non-profit, grassroots organization that has been serving the African-American community for over 25 years. The Black Health Care Coalition is dedicated to reducing health disparities in the African-American community through Advocacy, Access to Care, and Health Promotion Activities.

The BHCC second annual Faith and Wellness Summit attracted more than 200 attendees from the states of Kansas, Nebraska, Iowa, and Missouri. Many community organizations, including 20+ local churches, were involved with this project. The overall mission of the Faith and Wellness Summit is to reduce health disparities in the community, while organizing churches to provide community members with the spiritual and physical needs for growth. Many workshops were presented at the summit; topics included community health-worker basics training, diabetes protocols, community-participatory research, and building healthy congregational policies, just to name a few. The conference started at 8:30 a.m. and free breakfast and lunch were offered to all participants. The workshops concluded at 4:00 p.m.. There was a live concert featuring gospel artists Clifton Ross, Amber Bullock, and J Moss.



Save the Date - Physical Activity Day!

On Saturday, June 11th 2016, REACH will be hosting a day-long, community-wide, physical activity awareness event in North Omaha. This event, will be held to promote increasing physical activity by providing opportunities for community-based participation, while raising awareness about the benefits of regular, active lifestyles. This event will be held on historic 24th and Lake Street. It is free to the public and there will be many physically stimulating activities for people of all ages. REACH would like to invite all community organizations, local businesses, & social organizations to participate.

If you would like more information or if you are interested in participating, please contact Tim Clark at (402) 306-2734 or Dr. Richard Brown (Executive Director of REACH) at (402) 280-2312.



Save the Date - Health Disparities Seminar!

On April 30, 2016, Creighton University's Health Science: Multicultural and Community Affairs Center for Promoting Health and Health Equity, Center for Promoting Health and Health Equity will be hosting the **9th Annual Addressing Health Disparities Seminar** titled **Social Determinants of Violence: Public Health Solutions**. This event will be free, held in the Hixon-Lied Auditorium at Creighton University. For registration or information call (402) 280-2839 or visit the [website here](https://2016.violenceequityeventforhe.com).



Diabetes Alert Day

March 22nd, 2016 will be the 28th Annual American Diabetes Association Alert Day, a day designated at raising awareness about type 2 diabetes. The event is a one-day charge to the American public to take the Diabetes Risk Test, to identify whether or not a person is at risk for type 2 diabetes.

Diabetes is a lifelong disease that affects the way the human body handles blood sugar, or glucose. Most people with diabetes have been diagnosed with type 2 diabetes, but many undiagnosed are unaware of having the disease. One can decrease their risk for developing type 2 diabetes by implementing healthy lifestyle changes. Although diet and nutrition is very important in controlling, delaying, or preventing diabetes, exercise is just as important. Since glucose control is important with diabetes patients, regular exercise makes it easier to control blood glucose levels. Most importantly, exercise helps people with type 2 diabetes avoid long-term complications, specifically heart problems that can lead to a heart attack.

To help people understand their risk for type 2 diabetes, the American Diabetes Association has created a Diabetes Risk Test. The Diabetes Risk test is a free and brief quiz, asking questions about the user's weight, age, family history and other potential risks for pre-diabetes or type 2 diabetes. Upon completion of the exam, preventative tips are provided to the individual. Anyone interested in taking the quiz can obtain a free Diabetes Risk Test, as well as additional information regarding diabetes by visiting www.diabetes.org/risktest or by calling 1-800-DIABETES (1-800-342-2383).

Prevent the risk of developing diabetes by engaging in regular physical activity today!

Prevent the risk of developing diabetes by engaging in regular physical activity today!

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