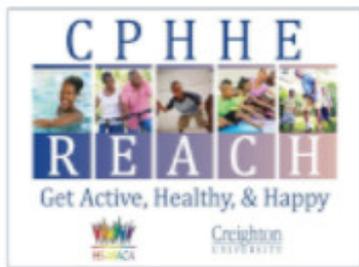


CPHHE-REACH Monthly Newsletter - May 2016

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Creighton
UNIVERSITY

Health Sciences-Multicultural and Community Affairs
CPHHE-REACH
May 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.



National Physical Fitness and Sports Month

May is National Physical Fitness and Sports Month: a great time to renew your commitment to a healthy, active lifestyle. The month highlights the importance of healthy lifestyles, being physically active, and participating in your favorite sports. According to the *2008 Physical Activity Guidelines for Americans*, adults need 150 minutes of physical activity each week for improved health. Research shows that physical activity produces many benefits for people of all ages. Physical activity can improve muscular fitness, bone health, and heart health for adults,

adolescents, and children. Also active children perform better academically, have better attendance, and behavior improves. Physical activity can lower the risk of heart disease, type 2 diabetes, and some types of cancer for adults. For older adults, physical activity can lower the risk of falls and improve like learning and judgment abilities.

Because it's physical fitness and sports month, we want to use this monthly newsletter to raise awareness about the benefits of physical activity.

Here are just a few ideas:

1. **Join an extracurricular activity:** Join a community sports league, exercise class, dance teams, etc. There are many local events being hosted in the name of physical activity. Find one that aligns best with your interest and become more physically active.

2. **Join with Friends:** Working out with others keeps you on target. Exercising with friends provide you with company, motivation, and will hold you accountable to your goals.

3. **Exercise with Family:** A good method to create a stronger family bond is to exercise together. Set aside time each day or week designated to a family activity. You and yours could talk, bond, and create memories all while obtaining exercise.

4. **Use Creativity:** Some people associate physical activity and exercise with the gym. One of the best methods to achieve the most benefit and save the most money is to incorporate exercises with items that are currently available to you in your environment. Use canned goods for small weight dumbbells, carry a backpack filled with heavy items to make leg exercises more strenuous, use a chair for inclined push-ups. Whatever exercises you decide to do, use your mind to make them more interesting, while saving money on costly gym memberships.

5. **Incorporate Between Daily Activities:** Need something to do between break periods? Do you spend a lot of time watching commercials during television? Instead of wasting time, create opportunity by using time between breaks for quick exercises. Commercial time during television is the perfect time to incorporate 2-3 minutes of high intensity exercises.

6. **Work Out at Home:** No need to venture outside and spend money for gym memberships or exercise classes when you can do exercises in the comfort of your own space. You could purchase workout equipment to use at your home and delegate space for stretching and exercises. Resources such as exercise videos can be purchased on a DVD or viewed online to use as instructions for certain exercise routines.

For National Physical Fitness and Sports Month, make sure you are involved by incorporating consistent physical activity throughout your day. Your body will appreciate it!



Physical Activity Day

On June 11, 2016, Creighton University's Health Sciences & Multicultural and Community Affairs CPHHE-REACH will host the 1st annual Let's Move, Let's REACH Physical Activity Day. This event will be free to the public, with physical activity events for people of all ages. Activities will include: a one mile [Let's Move, Let's REACH Health and Wellness Walk](#) hosted by the 100 Black Men of Omaha, the [1st Annual Community Basketball Classic](#) hosted by Mr. Josh Jones and Ms. Jessica Haynes, [Let's Move, Let's REACH, Let's Get Fit Together](#) group fitness demonstrations hosted by the Butler-Gast YMCA, dancing, drill teams and much more. This event will be held on 24th and Lake Street in North Omaha.

Join in on the activities and learn about adding healthy activities to your daily life! For more details contact [Dr. Richard Brown](#) at (402) 306-7158, [Mr. Mervin Vasser](#) at (402) 280-3029, or visit the [Physical Activity Day Facebook Page](#). To register as a vendor or volunteer for the event, access the [REACH Physical Activity Registration form](#) and click here to register for the [Let's Move, Let's REACH Health and Wellness Walk](#). To register for the Basketball Classic, contact Mr. Josh Jones by phone at (402) 708-2146 or e-mail at 62joshjones@gmail.com, or you may reach Ms. Jessica Haynes by phone at (402) 510-4728 or via e-mail at jjacko@cox.net.



Charles Drew Earn-a-Bike

Charles Drew Health Center is currently hosting their 4th annual Earn-a-Bike-project and looking for children

between the ages of 8 to 15 years-of-age to earn a brand new bike. The Earn-a-Bike project is looking to grant a new bike, helmet, and bike locks for up to 200 Omaha children.

In order to participate, each student is required to complete an application form and perform four hours of community service with an organization of their choice. All children must have their parent or guardian submit the application and also escort them to the main event. All applications are due by June 4th, 2016 at 1:00 pm. Eligible candidates will be selected from submitted applications and, if chosen, parents/guardians and students must attend one of the three main bike give events hosted at Charles Drew Health Center on June 25, 2016.

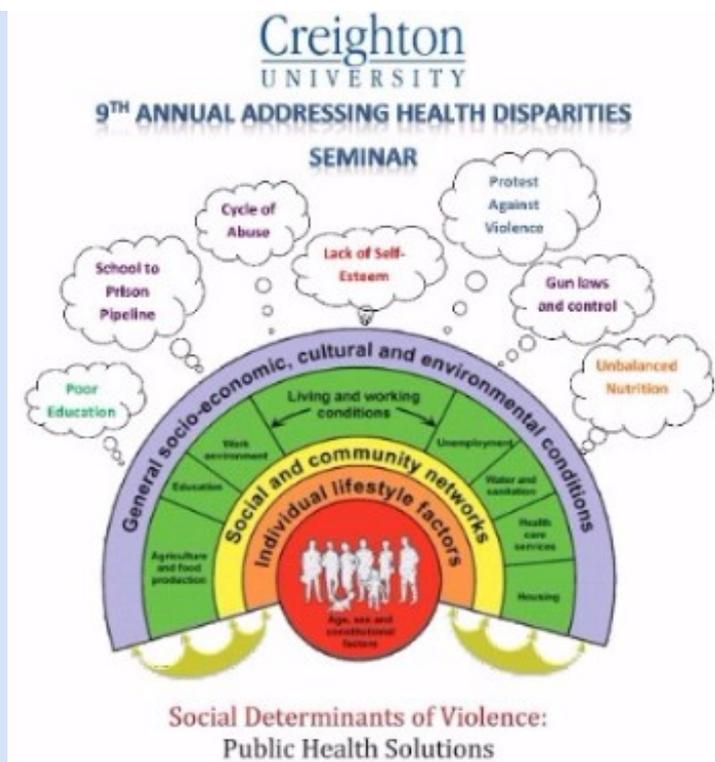
To access the Earn-a-Bike application, [click here](#). For more information about the Earn-a-Bike program, and community organizations and individuals who would like to volunteer, contact Ms. Pam Nelson, Charles Drew Health Center's Wellness Coordinator, at (402) 810-9896.



REACH at the Empowerment Network Leadership Conference

On May 6, 2016 members of the CPHHE-REACH team participated as panelists in one of the breakout sessions for the conference. The breakout session entitled "5 Things to Do to Create a Healthy Environment" was hosted at the 9th Annual Empowerment Network Conference and Luncheon held at the Creighton University Harper Center. This event started at 7:15 am with a continental breakfast and networking and concluded at 4:00 pm with one of the three national keynote speakers closing presentation.

Doris Lassiter, founder and CEO of Nebraska Center for Healthy Families; Errik Ejike, Program Supervisor for Creighton's Center for Promoting Health and Health Equality (CPHHE); Tameshia Harris, Program Supervisor for Creighton's Racial and Ethnic Approaches to Community Health (REACH); and Sarah Sjolie, Executive Director for Live Well Omaha presented information about community efforts taking place in Omaha to foster more health and wellness and promote physical activity. The five (5) suggested things that individuals should do to create healthy environments are: 1. Be a courageous follower 2. Self-assess and remain accountable 3. Invest in sustainability and local expertise 4. Move more money and time to policy environments 5. Always link to the business case for help.



CPHHE Health Disparities Seminar!

On April 25, 2016, CPHHE hosted the Addressing Health Disparities Seminar: Social Determinants of Violence – A Public Health Solution Conference. The event started at 7:30am with presentations from Dr. Kosoko-Lasaki, Mrs. Doris Lassiter, Mr. Willie Barney, Dr. Rebecca Murray, PhD and Dr. John Stone. The keynote speaker for the event was Dr. Madga Peck, ScD. Two panel discussions were held with members from a number of different community organizations serving as speakers. Over 160 people attended this event, with food and refreshments served free to all guests.

A [link to a recording of the conference](#) can be found here.

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