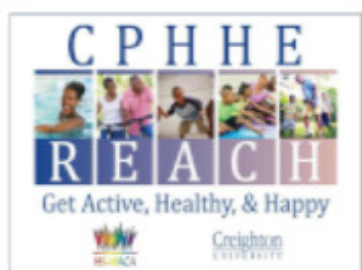


## CPHHE-REACH Monthly Newsletter - April 2016

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



### REACH Attends Black Health & Wellness Fair

On Saturday March 19, 2016, CPHHE-REACH staff attended the 18th Annual Black Family Health & Wellness Association (BFHWA) Health Fair hosted at Omaha North High School from 8:00am–noon. BFHWA is a non-

profit, community-based organization designed to provide black families and others access to health information, education, and screening. BFHWA offers free services to individuals that do not have access to healthcare or who cannot afford healthcare. BFHWA is supported by local hospitals, county health departments, health insurance companies, local businesses, and donations from individuals.

BFHWA, in collaboration with many other community agencies, provided health screenings and education to increase awareness of chronic health issues affecting residents of the Omaha community, with an emphasis on African-American families. At the health fair, participants were screened for health conditions, such as prostate cancer and diabetes screening, along with educational counseling and other health-related information. Over 800 people participated in the health fair, with over \$800.00 in services provided free of charge.

CPHHE Staff and REACH team members were one of the many organizations with vendor tables at the fair sharing information and answering questions about their offered program.

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## **Train-the-Trainer Sessions for Year-2 Health Ambassadors**

This month, newly recruited Year-2 Omaha Housing Authority Health Ambassadors and Faith-Based organizations (Salem Baptist Church, Morning Star Baptist Church, Clair United Methodist Church, Antioch Baptist Church, Pleasant Green Baptist Church, and Sharon Seventh Day Adventist Church) health ambassadors have begun Train-the-Trainer workshops facilitated by the Creighton University School of Medicine staff. Mrs. Shavonne Washington-Krauth, Masters of Art degree (MA) in health education, and Ms. Jasmine Harris, Masters in Public Health degree (MPH), created the curriculum for the training and are facilitating two (2) 6-week training sessions for both groups.

Health Ambassadors from Underwood, Kay Jay, Florence, Benson, Pine, and Highland housing towers and the churches will undergo a 6-weeks of training including discussion of topics such as the importance of physical activity, policy, systems, and environmental (PSE) improvements and implementation, leadership and advocacy to develop the tools for training others, while also addressing barriers, and resources and practices necessary to become community leaders in physical activity and health education. The physical activity training sessions are designed to build a pool of competent trainers who can teach others while forming coalitions of Physical Activity Leadership trainers to provide health education and physical activity opportunities to the surrounding community.

During Year-1 of the grant, 13 Health Ambassadors completed all of their sessions to receive a certification in the REACH Physical Activity Leadership Train-the-Trainer program. The REACH team is looking forward to the newest addition of Health Ambassadors.

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## **REACH Community Partners Host a Sustainability Meeting**

REACH Staff and Community Partnering organizations met on March 21, 2016 to brainstorm and strategize a sustainability plan that will be used toward planning the long-term duration of the REACH program. An afternoon-long symposium addressed topics such as partnerships, organizational capacity, funding, communications, and

program evaluation. These issues were discussed in detail amongst members of each community partnering organization to plan how to continue REACH initiatives once the federal funding has ended after Year-3 of the grant. Policies will be written, systems put in place, and environmental improvements completed to encourage and enhance access to physical activity opportunities at churches, the community health center, housing towers, and after-school programs. It is important that the work of creating opportunities for physical activity in the African-American community of Omaha continues because it is imperative to address lack of physical activity as a means for reducing chronic disease.

At the end of the discussion, REACH partners mutually decided what direction the program should take to sustain the initiative into the future. REACH staff and Community Partners agreed to continue providing positive messaging regarding the importance of physical activity and to support the creation of physical activity opportunities. Partnerships will be formed between community organizations the work to develop and increase physical activity opportunities available to the public. It was also decided that each organization should be responsible for maintaining indoor and outdoor walking trails created for their facilities. In all, plans were carefully made to strengthen our efforts to gain new partnerships, continue existing partnerships, and provide physical activity opportunities while encouraging active lifestyle education to the public.

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## **Installation of Bike Racks Underway**

CPHHE-REACH has begun installing new bicycle racks for Year-1 Community Partners. New Bike racks were purchased and have been installed at several sites within the last week. Installment sites are Zion Baptist Church, Mount Moriah Baptist church, and Pilgrim Baptist Church. In the next few weeks, bike racks will be installed at the remaining Year-1 community partnering sites. There will be installation taking place at Redeemed Christian Church, Charles Drew Health Center, and the Omaha Housing Authority towers; Evans, Crown, Jackson, Park North and Park South. Check out the new installation at each site. Each rack is designed to hold up to 2 bicycles.

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# Save the Date

**April 30, 2016**  
**8:00am – 4:30pm**  
**Breakfast @ 7:30am**  
Creighton University: Omaha, NE  
Hixson-Lied Auditorium

Category: AMA PRA|ANCC|ACPE|EMS

**Creighton**  
UNIVERSITY

## 9<sup>th</sup> Annual Addressing Health Disparities Seminar Social Determinants of Violence: Public Health Solutions

*Keynote Speaker*  
**Magda Peck, ScD, ScM, PA**  
“Power and Possibilities: Public Health  
Approaches to Violence Prevention”

Health Sciences  
Multicultural and Community Affairs

**HS-MACA**

For registration or information call (402) 280-2389 or  
visit: <https://2016healthdisparities.eventbrite.com>

**Health Sciences: Multicultural and Community Affairs**  
**The Center for Promoting Health and Health Equality**

## Save the Date - Health Disparities Seminar!

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

## Save the Date - Let's Move, Let's REACH 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. The day kicks off at 8 a.m. with a one-mile walk/run. The day wraps up with a dance contest for children, young adults, and seniors. Throughout the day are activities for all: a basketball contest, Zumba, volleyball, skating, a stew show performance, bounce house, bicycling, wall climbing, and 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 event details or registration, contact Dr. Richard Brown via [email](#), or by phone at (402) 306-7158 for more information. Click here to access the [REACH Physical Activity Registration form](#).



## **Stress Awareness Month**

Stress is a factor that each and every one of us deals with on a regular basis. Stress can be self-generated or can result from any situation we encounter in our everyday lives. Most importantly, stress has affects that differs from person to person, some temporary and some long-term; all levels of stress are potentially damaging to our mind, bodies, and spirit. Stress is inevitable but it is best to manage stress before it becomes damaging.

April is Stress Awareness Month and what better way to celebrate than discussing the single most effective method to reduce stress...physical activity! Naturally, physical activity produces endorphins, or chemicals produced in the body that acts as natural pain relievers. Endorphins help your body to maintain mental fitness, decrease tension levels, improve self-confidence, and improve the ability to sleep, all of which reduces your levels of anxiety, depression, and stress. Regular physical activity also increases energy levels, lowers blood pressure, and strengthens your heart, which are also factors that can ease stress levels and make you feel energized and healthy.

Stress does not only affect your mind, but it has an effect on your whole body. Long-term stress can lead to a wide range of illnesses, such as headaches and depression, and can even increase the risk of serious conditions like stroke and heart disease. For Stress Awareness, do your body right by incorporating regular physical activity to help combat the everyday stresses of life. Getting rid of stress today leads toward a healthier life and lifestyle for tomorrow!

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## **CPHHE-REACH Staff**



**Dr. Sade Kosoko-Lasaki, MD, MSPH, MBA**  
**CPHHE-REACH Principal Investigator**

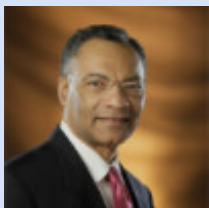
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