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Healthier Students are Better Learners

A growing body of evidence shows that certain factors in a school environment can positively influence the health of students and improve academic achievement. These factors include access to healthy foods and opportunities to stay physically active. Make your school a healthier place by completing an assessment of your current wellness activities or updating an existing assessment. Gather your wellness council team members, including administrators, school nurses, Health and PE teachers, counselors, food service staff, students and parents to answer questions about your health and safety policies and programs. Action for Healthy Kids offers a free, easy to use tool through their [Game On Program](#).

Once you’ve answered all the questions, use your assessment results as a road map to guide your wellness council activities throughout the year. For some fun ways to promote healthy events throughout the school year, check out the [USDA’s Team Nutrition guide](#).

HPV Vaccination

Back to school vaccinations are the perfect time to complete or schedule the Centers for Disease Control and Prevention (CDC) recommended Human Papillomavirus (HPV) vaccination. New CDC recommendations for only 2 doses of HPV vaccine for adolescents starting the series before age fifteen make cancer prevention even easier! While the state’s long-term goal is complete vaccination coverage, PA’s current combined male and female HPV. Vaccination rate is only 54%. Check out [HPV vaccination toolkit](#) to find immunization data, professional resources, and educational opportunities. Educational dvds of the film *Someone You Love: The HPV Epidemic* are available upon request and are an excellent resource for health classes or school nurses. Contact marnesen@pa.gov to receive a free dvd!



Children's Hospital of Philadelphia Celebrates its 20th year anniversary

This year the Community Asthma Prevention Program (CAPP) of the Children's Hospital of Philadelphia (CHOP) celebrates its 20th anniversary with the theme "Looking Back Moving Forward." CAPP will host its 9th Fighting Asthma Disparities Summit on October 17, 2017, where experienced professionals will speak and share their



knowledge on the "Trends of Asthma Disparities over the past 20 years." The primary focus of the conference is to improve one's understanding of addressing the gaps in policy and programming for asthma, the trends in asthma including mortality, morbidity, and racial disparities.

For more information and to register, please call 215-590-5261 or email capp1@email.chop.edu.

New Workplace Health Resource Center Launched



CDC Workplace Health Resource Center
Make Wellness Your Business

The Centers for Disease Control and Prevention (CDC) Workplace Health Program launched a new one-stop shop resource to assist employers in creating a healthy work environment. The [CDC Workplace Health Resource Center](#) (WHRC) includes tools and resources that employers and wellness committees can use to design a health promotion program for their employees. Links to the WHRC and additional tools and resources, including a link to the CDC's Worksite Health ScoreCard, can also be found under the [Worksite & Schools](#) tab of LiveHealthyPA.



Make A Choice Initiative

On August 29, 2017, the Health Promotion Council launched [Makeachoice.org](#), a new online resource to help in the fight against diabetes and obesity. Makeachoice.org is part of a statewide initiative to promote healthy living, physical activity, and weight management to prevent and manage prediabetes, Type 2 diabetes, and obesity. The initiative will culminate with Wellness Challenge events, featuring Fitness and Transformation Motivator Shaun T, during National Diabetes Awareness Month in November. Registration is available at [Makeachoice.org](#).

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Organ and Tissue Donation Awareness Education Project

14 secondary schools across the commonwealth will be implementing their innovative projects through the mini-grant program of the Organ and Tissue Donation Awareness (OTDA) Education Project. The OTDA Education Project offers a variety of professional development opportunities for educators, a free 112-page OTDA Classroom Toolkit (Toolkit) that's aligned with the Pennsylvania Academic Standards, and the competitive mini-grant program, which funds proposals from secondary educators to integrate organ and tissue donation topics across the curriculum. Lesson plans, real-life stories, and special presentations by organ and tissue donation subject matter experts enhance broad Toolkit use. The OTDA Education Project is funded through private contributions made by generous citizens and organizations to the Governor Robert P. Casey Memorial Organ and Tissue Donation Awareness Trust Fund. It's administered by the Department of Education through the Lancaster-Lebanon Intermediate Unit 13 (IU13). Over the last 15 years, 108 mini-grants have been awarded. More information is available at iu13's [Organ & Tissue Donation Awareness](#) website and [DonateLifePA.org](#).

The Pennsylvania Sexual Assault Forensic Examination and Telehealth (SAFE-T) Center



PennState
College of Nursing

The Pennsylvania Sexual Assault Forensic Examination and Telehealth (SAFE-T) Center at The Pennsylvania State University (PSU) is being created to utilize telehealth technology to enhance access to high quality sexual assault examinations for adolescents and adults living in underserved areas. With assistance from a grant from The Department of Justice, Office of Victims of Crime, PSU is creating an expert advisory board to work to build and grow a responsive and sustainable resource to enhance care for victims of assault in the state.

The SAFE-T Center will establish a 24 hour, 7 day a week, virtual telehealth network to enable less experienced forensic nurses in rural areas to connect in real-time with experienced sexual assault forensic nurse examiners (SANEs). Using telehealth technology to connect nurses from across the state, the SAFE-T Center aims to grow and support a highly trained and responsive workforce by facilitating monthly peer review networking meetings and provision of quarterly advanced education topics that will reinforce evidence-based practice. This project will serve college students who are victims of sexual assault and are attending school in a rural area. For more information, read this [article](#) released by PSU.

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Coaching Boys into Men

Pittsburg Action Against Rape (PAAR) leads efforts in Allegheny County in recruiting, training, and mentoring high school coaches in implementing Coaching Boys Into Men (CBIM), an evidence-based prevention program. Presently [CBIM](#) guides high school coaches to talk to their male athletes about stopping violence against women and girls, with the long-term goal to reduce disrespectful and harmful behaviors.

The program has scripted tools for coaches to use with their athletes, including speeches and reminders about expectations for respectful behaviors. PAAR has trained over 100 coaches who have worked with over 500 athletes building bystander intervention skills. Evidence garnered from the high school CBIM was the impetus to create a college version of CBIM. It was developed by Futures Without Violence (FUTURES) and PAAR and is ready to pilot in collegiate sports.

PAAR continues to partner with FUTURES on additional updates and contributions to the field of prevention within athletic departments and teams. PAAR and FUTURES have created an updated version of CBIM for high schools and PAAR continues to serve on the National Advisory Board and a workgroup exploring sports as change agents in prevention of sexual violence. Most recently, PAAR shared their version of CBIM for female high school and college athletes with the advisory board and reviewed other programs for the same target audience.

Here is a [video](#) on the CBIM program.



Upcoming Events

- [Pennsylvania Cancer Prevention & Control Quarterly Meeting](#)
Date: September 28, 2017
- [PA Breast Cancer Coalition Conference](#)
Date: October 6, 2017
- [2017 Appalachian Translational Research Network](#)
Date: October 30-31, 2017

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