

# PIKE COUNTY CONNECTIONS

Collaborate ♦ Communicate ♦ Connect

The Pike County Community Health Partnership Newsletter

June 2011



## *What has PCCHP accomplished?*

In May 2008 PCCHP received a HRSA Network Development Planning Grant to conduct a Community Needs Assessment and develop a 3-5 year strategic plan. Did you attend one of the strategic planning meetings that were held as a part of the grant? Do you wonder if any of the great ideas that came out of those meetings were acted on?

The ideas from those meetings were distilled into a logic model. Because the needs identified in the Community Needs Assessment and the strategic planning meetings exceeded current resources, the Steering Committee evaluated the activities by priority and resources available to direct toward them. Then the Steering Committee member organizations began quietly, but diligently, to address the highest priority needs.

Here is a partial list of what has been accomplished in the last two years:

### **Priority 1: Coordinate and facilitate collaboration to address health and wellness disparities, promote efficient use of resources, and expand funding opportunities.**

- The Pike County Public Transportation System is operational.
- Plans for a Consolidated Health Complex have been announced.
- A link to the Pike County Resource Directory has been added to PCCHP website. An update of the Resource Directory is in progress.
- Health care reform has been placed on the Steering Committee agenda as an ongoing item.
- A panel discussed health care reform at the annual meeting.
- The HRSA Network Development Grant has been submitted.

### **Priority 2a: Increase awareness, understanding, availability of and access to oral health programs and services for all residents of Pike County. (Provider focus)**

- Give Kids a Smile Day & Miles of Smiles serve the area.
- Schools participate in dental sealants in 2nd & 6th grade.
- The Oral Health Task Force is meeting as needed.

### **Priority 2b: Increase awareness, understanding, availability of and access to oral health programs and services for all residents of Pike County. (Community focus)**

- PCHD received \$100,000 grant from IL Dept. of HFS to establish a safety net dental clinic.
- PCHD received \$400,000 grant from Illinois Children's Healthcare Foundation to establish a safety net dental clinic.
- A WIC survey showed that receiving oral health information is a high priority for parents/caregivers.

### **Priority 3: Emphasize and encourage prevention, wellness and healthy lifestyles to achieve optimal health.**

- The ATOD Coalition is in place.
- A Snowflake Event was held in Feb 2011.
- Rotary Alcohol and Drug Prevention Day was held in May 2011.
- Blessing Childhood Obesity Project
- U of I nutrition education classes are held in schools once a month.
- Wellness Committee changed the types of beverages available at schools.
- Nutrition classes are held at the food pantries once a month.
- HWFPC funded a 3 year program to purchase P.E. equipment for the elementary schools in Pike County.
- PACT is participating in "I'm Moving - I'm Learning" & in the "Go-Slow-Whoa" program.
- ICH conducted a "Hands-on-Health Fair" at PHS.

The PCCHP Steering Committee is ever watchful for funding opportunities to maintain current services or to address other activities on the logic model. If your organization has a program that addresses one of the logic model activities, please let PCCHP know by emailing [info@pikehealthpartnership.org](mailto:info@pikehealthpartnership.org). Working together, we can improve health, wellness, and quality of life in Pike County.

You can view the logic model and the Community Needs Assessment on the PCCHP website.



# Skin Damage Prevention—There's no such thing as a safe tan!

Submitted by Katherine Rowles


**Don't mistake the tan you get from hours spent by the pool or under tanning lamps for a healthy summer glow, it's actually a sign of sun damage from UV rays and can cause premature aging, cataracts and other eye damage and skin cancer. But protecting your skin now can help prevent the side effects caused by too much sun.**

Skin cancer is the most common form of cancer in the United States and is largely preventable when the proper safety precautions are followed. You can still enjoy spending time in the sun if you just follow these steps:

	<p><b>Do Not Burn</b> Sunburns significantly increase one's lifetime risk of developing skin cancer, especially for children.</p>
	<p><b>Avoid Sun Tanning and Tanning Beds</b> UV light from tanning beds and the sun causes skin cancer and premature wrinkling.</p>
	<p><b>Generously Apply Sunscreen</b> Generously apply sunscreen: about one ounce to cover all exposed skin 20 minutes before going outside. Sunscreen should have a Sun Protection Factor (SPF) of at least 15 and provide protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply at least every two hours, even on cloudy days, and after swimming or sweating.</p>
	<p><b>Wear Protective Clothing</b> Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses, when possible.</p>
	<p><b>Seek Shade</b> Seek shade when possible and remember that the sun's UV rays are strongest between 10 a.m. and 4 p.m.</p>
	<p><b>Use Extra Caution Near Water, Snow and Sand</b> Water, snow and sand reflect the damaging rays of the sun, which can increase your chance of sunburn.</p>
	<p><b>Check the UV Index</b> The UV Index provides important information to help you plan your outdoor activities in ways that prevent sun overexposure. The <a href="#">UV Index forecast</a> is issued daily by the National Weather Service and EPA. Visit <a href="http://www.epa.gov/sunwise/uvindex.html">www.epa.gov/sunwise/uvindex.html</a>.</p>
	<p><b>Get Vitamin D Safely</b> Get Vitamin D safely through a diet that includes vitamin supplements and foods fortified with Vitamin D. Don't seek the sun.</p>

Children are highly susceptible to harmful ultraviolet (UV) radiation; since 80 percent of lifetime sun exposure occurs before the age of 18. Just one or two blistering sunburns in childhood may double the risk of developing melanoma (skin cancer). The American Academy of Pediatrics recommend (1) avoiding sun exposure and (2) dressing infants in lightweight long pants, long-sleeved shirts and brimmed hats to protect them. Parents can also apply small amount of sunscreen (SPF 15 +) to small areas like the face and back of hands if protective clothing and shade are not available. It is important to teach your children about sun safety to reduce their risk of future health problems related to sun exposure.

*(Continued on page 3)*



Please let us know if you have any changes in your mailing or e-mail address.

## Skin Damage Prevention continued

Doing a skin check should become part of your health care preventive maintenance routine on a monthly bases. You may find it helpful to have your doctor do the first full body exam to assure that any existing spots, freckles or moles are normal or treat any that may be abnormal. You will be watching any reddened areas or moles for any changes in asymmetry, the border, the color, the diameter or the elevation of the area. If you notice any changes you should have your doctor evaluate the area. The best way to do a full body exam is to use a full-length mirror and a hand-held mirror to check every inch of your skin and follow these steps:



1. First, you need to learn where your birthmarks, moles and blemishes are and what they usually look like. Check for anything new, such as a change in the size, texture or color of a mole, or a sore that doesn't heal.

2. Look at the front and back of your body in the mirror, then raise your arms and look at the left and right sides.



3. Bend your elbows and look carefully at your palms and forearms, including the undersides, and your upper arms.

4. Check the back and front of your legs.

5. Look between your buttocks and around your genital area



6. Sit and closely examine your feet, including the bottoms of your feet and the spaces between your toes.

7. Look at your face, neck and scalp. You may want to use a comb or a blow dryer to move hair so that you can see well.

To summarize the best way to participate in sun safety is to:

- put sun screen on 20 minutes before going out in the sun and reapply at least every 2 hours
- wear a wide brim hat
- wear sunglasses
- avoid the sun during the hottest part of the day
- wear protective clothing

And do monthly body evaluations.

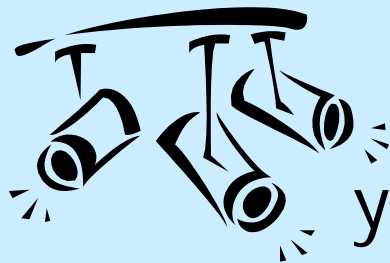
Resources:

<http://www.skincancer.org/Self-Examination/>

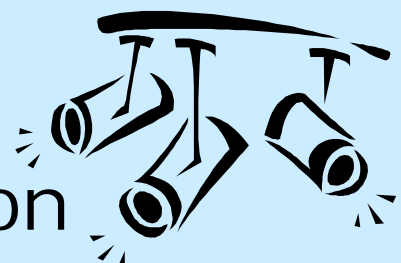
<http://preventcancer.org/2011/skin/check-your-skin-regularly-from-head-to-toe/>

<http://www.skincarephysicians.com/skincancernet/whatis.html>

<http://www.aad.org/skin-conditions/dermatology-a-to-z/skin-cancer>



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your organization  
here!



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1/2 page in 2 issues (6 months)—\$45

1/2 page in 4 issues (1 year) - \$75

Contact the Partnership office at 217-285-9469 or [info@pikehealthpartnership.org](mailto:info@pikehealthpartnership.org) for more information.

# Health and Wellness Foundation of Pike County Announcing 2011 Call for Proposals

The Health and Wellness Foundation of Pike County (HWFPC) is now accepting applications for its 2011 Healthy Communities Grant which was established to fund health and wellness programs, health services, health resources and educational opportunities to Pike County, Illinois residents and those seeking services within health Pike County.

The Foundation began accepting proposals on June 01, 2011 and will accept proposals through September 2011. Grant awardees are selected by the Foundation's Board of Directors on the basis of projects addressing the most urgent health needs identified in Pike County or projects best meeting HWFPC's funding priorities. There is no funding cap on the grant request and multiple year proposals will be considered.

## Focus Areas

HWFPC will focus its grant making and initiatives in three strategic areas:

**Improving lives through better healthcare**, by supporting organizations engaged in disease prevention, treatment, therapy and patient education.

**Enriching lives through healthier communities**, by providing health and human services to those in need, particularly: at-risk children and youth, senior citizens, and underserved populations.

**Empowering lives through better health education**, by improving access to comprehensive and accurate health educational resources and learning opportunities.

## Program Guidelines

Proposals that exhibit values consistent with the goals, focus areas and mission of the Foundation will be accepted. Among the program areas to be considered for funding include: direct delivery of health and wellness services, health education programs, screenings and evaluations, technical assistance, public awareness activities, capacity building including training and staff development. Priorities for grant consideration include: addressing identified critical health needs within Pike County's population, projects that have an elevated impact on health and wellness within the county, initiatives that demonstrate a high level of collaboration among organizations, and/or those proposals that match a donor's intent or meet a specific Foundation priority.

To be eligible for the Healthy Communities Grant an organization must be a tax-exempt not-for-profit entity which benefits residents of or those seeking services with in Pike County, Illinois. The deadline for applications submission is August 31, 2011. Proposals that have been selected for grant funding will be announced October 2011. Not-for-profit health organizations may pick up applications by contacting Patricia McIntosh at the Foundation office in Pittsfield at 217-285-6080 or by email at [ichcf@aol.com](mailto:ichcf@aol.com)

### Steering Committee Members:

**Katie Wilson & Karen Epley**

Mental Health Centers of Western Illinois, Pike County location

**Vacant**

University of Illinois Extension, Pike County Unit

**Kathy Hull & Jennifer Mowen**

Illini Community Hospital

**Anita Andress & Jan Bleich**

Pike County Health Department

**Patricia McIntosh**

Health and Wellness Foundation of Pike County

### At-Large Steering Committee Members:

**Brenda Middendorf**

Two Rivers Resource Conservation and Development Area

**Susan Bowen**

PACT Headstart