

CYF NEWS

OCTOBER 2006

MICHIGAN STATE UNIVERSITY EXTENSION

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QUOTE OF THE MONTH

"Try not to become a man of success but rather to become a man of value."

—*Albert Einstein*



HEALTHY HISPANICS PROJECT (TRES MS)

The Healthy Hispanic Project, also known as Tres Ms (3 Ms) – “Madres y Mujeres del Mañana, Mothers and Women of the Future” – provides breast and cervical cancer education, outreach and assistance to Hispanic/Latina women 18 or older.

Hispanic/Latina women tend to be diagnosed with both breast and cervical cancers at later stages than non-Hispanic women. For Hispanic/Latina women:

- Breast cancer is the most frequent form of cancer and the leading cause of cancer deaths.
- Cervical cancer incidence is approximately twice that for non-Hispanic women.
- The death rate from cervical cancer is 50 percent higher than among non-Hispanic/non-Latina women.

The Healthy Hispanic Project has identified the importance of, and employed bilingual and bicultural community coordinators to deliver the program. Culturally appropriate health education materials are used to:

- increase the knowledge of risk factors among Hispanic/Latina women;
- teach women how to perform a self-breast exam; and
- encourage women to get regular breast and cervical cancer screening.

The five Community Coordinators play key roles in their communities and over time have developed strong partnerships with local Health Departments, Community Action Agencies, hospitals and clinics, Migrant Resource Councils, Hispanic business owners groups, churches, radio stations and Spanish newsletters/newspapers. The Healthy Hispanic Project has been able to provide outreach to over 7300 women in six different counties through activities that include:

- setting up booths at health fairs;
- sharing HHP materials at WIC and pre-natal clinics;
- visiting hospitals and cancer centers;
- working with school districts and parenting programs/meetings; and
- connecting with migrant and refugee services.

Madres y Mujeres del Mañana offers:

- Spanish- and English-speaking community helpers;
- information on breast and cervical cancer;
- help finding a place to get tested for breast cancer;

- help finding a place to get tested for cervical cancer;
- help with follow-up healthcare after you've been tested, if you need it;
- one-to-one personal support.

Community coordinators have assisted over 330 women through the screening process by conducting home visits and providing education about the importance of screening; calling the doctors office/ clinic and setting up appointments, providing interpretation, and rescheduling any missed appointments.

The Healthy Hispanic project is administered through Family & Consumer Sciences in three Michigan counties: St. Joseph, Lenawee and Kalamazoo. Goals of the project include:

- Providing outreach to Hispanic/Latina women to increase awareness about breast and cervical cancer screening;
- Recruiting Hispanic/Latina women to get breast and cervical cancer screenings;
- Identifying barriers and challenges for Hispanic/Latina women to receive health screening services;
- Developing strategies to address barriers and challenges for Hispanic/Latina women in order to decrease health disparities.

For more information or to get involved with the Healthy Hispanic Project, contact Kimbirly Bodfish at 517.432.2118 or rindfle2@msu.edu.

OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH

For more than two decades, October has been recognized as National Breast Cancer Awareness Month (NBCAM) throughout the U.S. The purpose of NBCAM has been to increase women's awareness of breast cancer, the importance of early detection, treatment, and prevention. This program advocates for communities to come together, women, men and children, to build sustainable social and economic support networks for the continuation of breast cancer awareness efforts.

Breast Cancer is the most common cancer in women, aside from skin cancer. Early detection of breast cancer is a key element in increasing a woman's chances of survival. Over 2 million breast cancer survivors are alive in America today.

What should you know about breast cancer?

- Breast cancer affects 1 in every 7 women in their lifetime.
- Breast Cancer is the most common cancer in women, aside from skin cancer.
- Early detection of breast cancer is a key element in increasing a woman's chances of survival.

Remember, the sooner your doctor finds any sign of breast cancer, the better chance you have of getting well. Over 2 million breast cancer survivors are alive in America today.

An Early Breast Cancer Detection Plan should include:

- Monthly **breast self-exams** beginning in your 20s, right in your own home. Look for any changes in your breasts.
- A doctor's visit every three years from ages 20-39, then every year thereafter for a breast exam, referred to as a **clinical breast exam**.
- A baseline mammogram, a special type of x-ray just for your breasts, if you are 40 or older.
- Mammogram every one to two years for women 40-49, depending on previous findings.
- Mammogram every year for women 50 and older.
- A personal calendar to record your self-exams, mammograms and doctor appointments.
- A low-fat diet, regular exercise and no smoking or drinking.

For more information about breast cancer and prevention you can contact the Great Lakes Division of the American Cancer Society office at: (800) 723.0360, or visit them on-line at www.cancer.org then click on "learn about cancer" and choose breast cancer. *Submitted by K. Bodfish.*

STUDENT HEALTH SURVEY — A NEW RESOURCE FOR MICHIGAN SCHOOLS

The *Student Health Survey (SHS)* is an online survey designed for Michigan schools to determine the nutrition and physical activity knowledge, beliefs and behaviors of their students. It was created to assist middle and high schools in creating a healthier school environment.

Individual classrooms or an entire school building can complete this online survey. The survey is intended to help schools gain insight on the barriers and

enablers of healthy nutrition and physical activity behaviors for this age group.

The SHS is an important component in creating a healthier school environment. It helps schools by providing key information so they can actively support healthy choices for students as part of a total learning environment. Kids learn what they live and live what they learn. With obesity rates at epidemic levels in the United States and Michigan ranking among the worst states in the country, schools are being challenged to create environments that provide students and staff with healthy choices.

The SHS provides information from the student's perspective and will help guide and support current health efforts in schools. Using the SHS in conjunction with the Healthy School Action Tool and Local Wellness Policy will provide a school team with a complete picture of their school environment and student health.

The SHS takes students about 15 to 20 minutes to complete. Students can complete it in one session or they can complete it over several sessions if that is more convenient or easier for them. The survey process is designed to protect student privacy and ensure anonymity of responses.

Go to www.mihealthtools.org/ and click on Healthy School - Healthy Students for more information.

Presented by: Families and Communities Together Coalition at Michigan State University; Michigan Department of Community Health's Cardiovascular Health, Nutrition and Physical Activity Section; Michigan State University Extension; Michigan State University's Center for Physical Activity and Health; and the United Dairy Industry of Michigan. *Submitted by D. Grischke, A. Guyer, and P. Hammerschmidt.*

MICHIGAN ACTION FOR HEALTHY KIDS STATEWIDE COALITION MEETING

The next Michigan Action for Healthy Kids (MAFHK) statewide coalition meeting is December 14, 2006, in East Lansing. If you are a member of MAFHK you will receive additional registration information as the date nears. If you are not a member, you may join MAFHK at www.actionforhealthykids.org (select Michigan under State-by-State Action and scroll to the bottom of the page to join a state team). *Submitted by A. Guyer.*

MICHIGAN SURGEON GENERAL'S HEALTHY SCHOOL ENVIRONMENT RECOGNITION PROGRAM

Please encourage schools that you know are making strides in improving their school nutrition and physical activity environment to apply for the Michigan Surgeon General's Healthy School Environment Recognition Program. Applications are available at <http://www.mihealthtools.org/healthyschools.asp> and are due January 30, 2007. A flyer about the program can be downloaded from the Michigan Team Nutrition Web site – <http://www.tn.fcs.msue.msu.edu/> select "Awards." *Submitted by D. Grischke, A. Guyer, and P. Hammerschmidt.*

NEW! CONSUMER AND EDUCATOR FOOD SAFETY RESOURCES

- So Easy To Preserve Book, 5th ed. (<http://www.uga.edu/setp/>)
 - FIGHT BAC materials (downloadable, but you can also order hardcopies from their online store)
 - BAC Down <http://www.fightbac.org/images/pdfs/bacdownflyer.pdf>
 - Fight BAC Safe Handling of Fresh Fruits and Vegetables
 - Fight BAC updated brochures (with new temperature for poultry)
 - USDA/FSIS – launched Sept. 2006
 - Be Food Safe – FSIS Magazine (http://www.fsis.usda.gov/News_&_Events/Be_FoodSafe_Magazine/index.asp)
 - Be Food Safe Campaign http://www.fsis.usda.gov/Be_FoodSafe/index.asp
 - New Brochures on Food Safety for High-Risk Populations – contact USDA Food Safety and Inspection Service (USDA-FSIS) http://www.fsis.usda.gov/contact_us/Email_Form/index.asp?rcpt=befoodsafe@usda.gov
- OR <http://hec.osu.edu/highriskfoodsafety> directly to inquire how to obtain copies of these guides
- Food Safety for Older Adults
 - Food Safety for People with Cancer
 - Food Safety for Transplant Recipients
 - Food Safety for People with HIV/AIDS
 - Food Safety for People with Diabetes
- Healthy Schools...Healthy People free educational school toolkit (www.itsasnap.org)

Submitted by L. Occena-Po

USDA RURAL DEVELOPMENT MAKES HOME REPAIR LOANS AVAILABLE

U.S. Department of Agriculture (USDA) Rural Development has made home repair grants and loans available for low-income senior adults, age 62 or older. It has a home repair loan and grant program to finance home repair for low-income applicants. A family of two with an annual adjusted income of up to \$21,480 can qualify.

Loan and grant funds can be used to install insulation or storm doors; repair or replace water and sewerage systems; repair weak or damaged floors, walls and roofs; and remodel for physical or handicap disability. Grants cannot exceed \$7,500, and the maximum loan is \$20,000. All loans have a fixed interest rate of 1 percent, and must be repaid within 20 years.

Applicants must own and occupy the home to be repaired; must be able to obtain credit elsewhere; and must not have the income resources (cash or other assets) to finance the repairs. Loan applicants must also have an acceptable credit rating. For more information, call 989.463.2090. *Submitted by E. Tobe.*

UPCOMING CONFERENCES:

GREAT CONFERENCE FOR ANYONE WORKING WITH EITC INITIATIVES – Building Prosperity for Working Families; October 11-13, 2006, in Los Angeles, CA. This conference is hosted by the National Community Tax Coalition, with a special focus on Asset Building, Innovation, Leadership, Scale and Sustainability, New Workshop Levels and Exhibitor Hall. Contact information: J. Kuzemsky, Center for Economic Progress, Ph: 312.252.0280 ext. 257, e-mail at jkuzemsky@centerforprogress.org or via Web at <http://www.centerforprogress.org/> Submitted by Erica Tobe.

2007 CALIFORNIA CHILDHOOD OBESITY CONFERENCE – JANUARY 23-26, 2007 at the Marriott Anaheim Hotel – The California Department of Health Services; California Department of Education; U.S. Department of Agriculture, Food Stamp Program; and U.C. Berkeley are hosting a 2007 California Childhood Obesity Conference. This year's conference goals are to: Increase public awareness of prevention policies and efforts that support healthy eating and physical activity environments. Focus on

prevention strategies that meet the needs of high risk and low-income communities. Identify approaches to ensure that healthy eating and active play are the norm for children. Showcase efforts to improve access to healthy food, activity and recreation. *Note that this conference fills quickly.* For complete information and to register, please click on the following link (or copy and paste it into your browser: <http://www.cce.csus.edu/cts/ChildObesity/ChildOb07/index.htm>><http://www.cce.csus.edu/cts/ChildObesity/ChildOb07/index.htm>. *Submitted by Pat Hammerschmidt.*

NEW STAFF TRAINING

Look for announcements regarding *Home Visits, Learn Together, and Nutrition I, II, III Series* in upcoming months for spring 2007 trainings.

BLUE RIBBON Q&A

- Q.** I recently sent in my county ES-237 and was wondering when are we going to receive information on year-end processing?
- A.** Once all counties have submitted an accurate ES-237 report and the state report has been completed, you will receive information from the State 4-H Office to move ahead with year-end processing.



Deadline for Next Edition of “CYF NEWS”
October 30, 2006, is the deadline to submit articles for the November 3, 2006, edition of “CYF News.” Please submit articles to Gail Hebert at hebertg@msu.edu