



December 2023



<https://iacommunityhub.org>



[Pic Link](#)

HUB News:

The Iowa Community HUB is a nonprofit organization operating as a community care hub. Addressing social drivers of health (SDOH) is important for improving health and reducing longstanding disparities in health and health care. The broadening recognition of the critical role of SDOH is laying the groundwork for all of us to work closely together. For us at the Iowa Community HUB and throughout our network of partners, SDOH and evidence-based health promotion programs (EBPs) are high priorities. By addressing various social needs, we will help more people attend EBPs to help prevent and manage chronic disease.

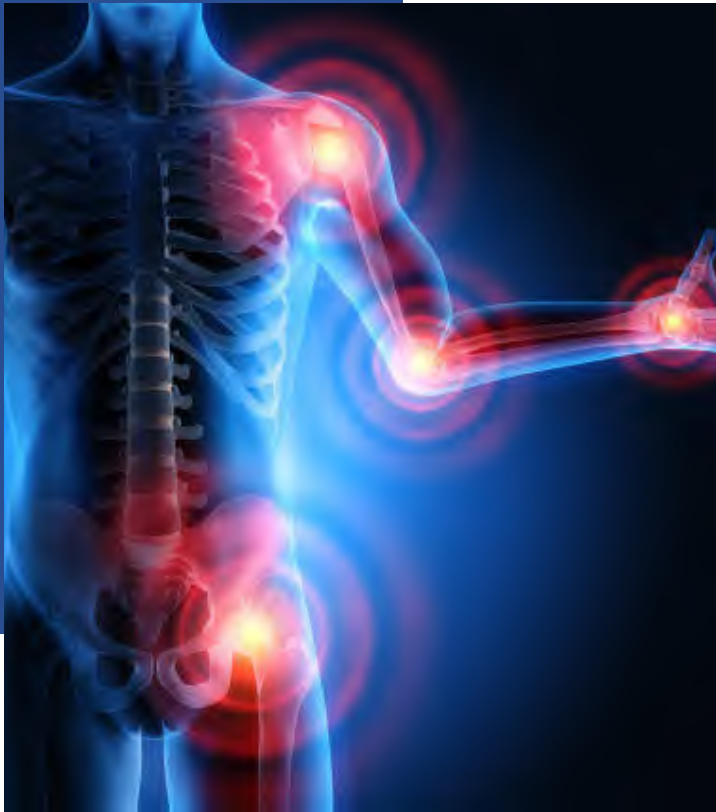
The U.S. Department of Health and Human Services has issued a "call to action" to encourage stakeholders to develop and participate in "community care hubs" to expand services through aligning health and social care. Check out more about these efforts in the article here at this [link](#).

University of Iowa Hospitals + Clinics

Partner Spotlight

UIHC offers the Tai Chi for Arthritis and Falls Prevention program taught by Certified TCA instructors. A new program is scheduled to begin on **March 4 – Mon/Wed**, from 5:30 PM to 6:30 PM each day for 8 weeks or **Tues/Thr from 9am – 10 am**. These classes are held online via the University of Iowa Zoom platform. All adults are welcome to attend the class. Contact bailey-rickels@uiowa.edu or by office phone 319-384-5681.





Move More

CDC Statewide Arthritis Grant Official Announcement

We shared about the Arthritis grant in the summer edition, but wanted to provide the official link to our press release [here](#) that went live at the end of November. The six different project teams (Delivery Organizations, Statewide AAEBI Coordination, Referral Partners, Connector Partners, Marketing Team, and the Evaluation Team) have begun meeting regularly and working on various action planning and implementation. We will be disseminating a landscape analysis survey early in 2024 to assess current Arthritis Appropriate Evidence-Based Intervention (AAEBI) activity and interest across the state. If you are interested in providing us information about your arthritis efforts or have interest in learning more about the AAEBIs, please email Trina at tsuchan@iacommunityhub.org.

Check out the list of AAEBI programs [here](#).

Inside The Grant:

- Iowa has an overall rate of diagnosed arthritis of 25.9%, which translates to over 600,000 Iowa adults with arthritis. Rates of arthritis vary considerably by county due to disparities in access and care related to arthritis and physical activity counseling. A goal of the arthritis grant project is to reach out to underserved, rural populations to help reduce disparities in arthritis prevention and management.
- Over the five-year project, the team led by ISU U-TuRN and the HUB, will build capacity for a sustainable, statewide system to reduce health disparities and improve health outcomes in Iowans with arthritis.





Eat Well

HUB Community Food Project with Capital City Fruit

The Iowa Community HUB (HUB) will begin a community food project in the new year!

The project is designed to increase participation and retention in chronic disease prevention and management programs. The goal of the project is to reduce food and nutrition insecurity and the burden of chronic disease among Iowans, particularly those who are struggling to make ends meet.

Through a partnership between the HUB and Capital City Fruit, participants who are food and nutrition insecure and enroll in a HUB supported program will also receive free home-delivery of a fresh produce box once a month while they are participating in the program. The HUB's dietitian will work closely with Capital City Fruit to design produce boxes to meet nutritional needs of families who are facing food insecurity and are trying to incorporate healthy foods into their diets to prevent or manage chronic disease. Recipes and health education will also be included in the 12-pound produce box.

If you'd like to help us fund more produce boxes and help increase participation in valuable health & wellness programs across the state, contact Renee at rallard@iacommunityhub.org.

Inside The Project:

- The proposed project will bridge the gap between education and access to healthy food, making it easier for residents to learn healthy eating habits from trusted community-based organizations right in their own neighborhoods, and to incorporate these healthy eating practices at home. The home delivery of produce alleviates the barriers of access, cost, transportation, stigma, and time constraints – all of which can make it difficult for people to either purchase fresh produce at the grocery store, or to get to the food pantry during limited operating hours.



Farm Credit Services of America



- Recent funding of \$5,000 from Farm Credit Services of America will provide support for Iowans to receive monthly home-delivery of fresh produce while they are participating in an evidence-based health program. The HUB will collect data from this pilot project to determine if participants who received produce boxes had better attendance and program retention than participants who did not receive produce boxes.

Eat Well

APEX Students: Food & Clothing Drive for CCS

Waukee APEX students, with support from the HUB, hosted a food and clothing drive to benefit Clive Community Services. The drive was held throughout Waukee schools from October 30th through November 20th. Posters & school announcements were developed & used to market the drive. The posters highlighted the items needed most and even utilized a QR code linked to the Clive Community Services website. In total, students collected 52 cans, 29 boxes of mac and cheese, 24 packs of oatmeal, 5 cartons of milk, 25 pants, 57 shirts, 4 sweatshirts, 19 shorts, and some winter gloves/ hats. To learn more on how to donate to CCS please click [here](#).

Inside The Project:



“It was a heartwarming experience to be able to collect the food & clothing items and give them back to the pantry knowing that they are going to those in need” - Mia.

“It was a good experience going and seeing how other people lived their daily lives, and being able to help these people that are in need. Doing something like this is really a good experience” - Hannah.

“It was a good experience to learn about putting yourself out there and seeing that you have to market and advertise if you want people to know what you are doing . We collected enough to where it felt like we were doing something important not just for ourselves but for our community as well. Being able to do something for someone else can make a difference and be crucial to learning life skills” - Payten.

Feel Better

APEX Students Anti-Bullying Campaign

Waukee APEX students, Parker Ward and Landon Beck, were happy to partner on the Feel Better Project supported by the Iowa Community HUB.

Parker and Landon visited Walnut Hills Elementary School and talked with the younger students about bullying. The high school students discussed the impact of bullying and how to prevent it.

Inside The Project:

- The goal of the Student Anti-Bullying campaign was to engage with young elementary students and inform them of how they can do small things to support someone who is being bullied and to let them know this type of behavior is not acceptable.
- The presentation was well received and had a positive impact on the young students with plenty of interaction. This project motivated students to help stop bullying in middle school and now they can carry the message with them into the future.



[Pic Link](#)



Holiday Wishes

As the year comes to a close, we extend our heartfelt gratitude for your unwavering commitment to making a positive impact in our community. Your tireless efforts have brought about meaningful change and inspired hope. This holiday season, we wish you moments of joy, warmth, and well-deserved rest. May the upcoming year be filled with continued success, collaboration, and the realization of shared aspirations. Thank you for being instrumental in creating a brighter future for all. Happy holidays and a joyful New Year!