



## The Community HUB: Improving Health Equity

Community evidence-based health promotion programs (EBPs) offer proven ways to significantly reduce the burden of chronic diseases. Successful referral, enrollment, and retention in EBPs can be challenging, especially for our most vulnerable populations. Using HUB Navigators is critical to advance navigation into EBPs and engage with other community wrap-around services to address an individual's social determinants of health that can add barriers to participation. Our HUB aims to employ Community Health Workers (CHWs) in the HUB Navigator role. CHWs are frontline agents helping to reduce health disparities and function as role models by supporting positive self-care behaviors in the community. As advocates, our HUB Navigators will ensure underserved individuals get the programs, services and follow-up care they need to live a healthy life.

If you are a community-based organization looking for help to implement, expand, and/or sustain your health promotion program, email Trina Radske-Suchan at [tsuchan@chpcommunity.org](mailto:tsuchan@chpcommunity.org) and learn more about how the HUB can support your efforts.

Find us on [Facebook!](#)

## Partner Spotlight:

### Diabetes Prevention Program Partners

Prediabetes is a condition that can lead to type 2 diabetes and even heart disease.

About 1 in 3 adults in the U.S. have prediabetes and many don't even know it. The Community HUB has partnered with 4 Iowa organizations to offer a lifestyle change program focused on healthy eating and physical activity. The program follows CDC approved standards to achieve proven results that help people with prediabetes cut their risk of developing type 2 diabetes by 58%. Participants can choose from virtual or in-person classes offered by these partners:

Family YMCA of Blackhawk County, Waterloo

- in-person classes

Grace Fitness, Des Moines

- in-person and virtual classes

Lucas County Public Health, Chariton

- in-person & virtual classes

Primary Health Care, Des Moines

- virtual classes

For more information or to enroll, contact the HUB at [info@chpcommunity.org](mailto:info@chpcommunity.org)

Take the prediabetes test [HERE](#)



## Program Highlight: Clive Community Services



Clive Community Services (CCS) is a non-profit whose vision is to be a recognized leader in responding to multiple needs of families/individuals and linking them to resources. CCS is uniquely committed to meeting the needs of immigrant communities (almost half of their clients are children) and seeks to facilitate their adjustment to neighborhoods while enhancing their quality of life. After a fire to the CCS facility in 2020 and challenges faced with the recent pandemic, CCS is back to providing food pantry and clothes closet services in their building Mondays 4-7pm and Fridays 9am-12pm. Their free medical clinic is open on Monday nights, 5:30-7:30pm. The biggest challenges CCS is facing is lack of donations and volunteers to serve clients. For more information on how to volunteer for a shift or provide donations please reach out to Lisa Earles, Executive Director at [director@clivecommunityservices.com](mailto:director@clivecommunityservices.com) or visit <https://clivecommunityservices.com>.

## Move More Task Force: Urban Pole Walking



Pole walking is significantly more effective than regular walking. It burns up to 46% more calories, incorporates 90% of all body muscles in one exercise (including your core), and unloads weight and stress off hips, knees, and ankles all while improving your stability, balance, and confidence while walking. Urban Poling can be done almost anywhere including sidewalks, parks, hiking trails, and indoor tracks. The City of Clive Parks and Recreation has partnered with CHPcommunity to make walking poles available to be checked out for FREE! The Greenbelt trail is an ideal pole walking venue that stretches nearly the entire length of the community with over 11 miles of paved trails providing an urban oasis for people to escape everyday life and connect with nature. For more information on pole walking and walking groups contact Jeff Lucas, City of Clive, or call (515) 223-5246 to get started! For more information on Urban Pole Walking, check out <https://chpcommunity.org/poles/>.



## Feel Better Task Force: Waukee APEX

The Clive Community Health + Wellness Initiative partners with the Waukee APEX (Aspiring Professional Experience) high school program every year to support student passion-based learning. Waukee APEX draws on the expertise of business partners to bring the real-world application into the high school experience. Our Feel Better Task force works with the students to develop projects around 'Students Against Bullying'. APEX students, Allie Henson & Maggie Dreyer, created a presentation this year regarding different forms of bullying, bullying scenarios, and how to handle particular circumstances. "We presented to four, 5th-grade classes at Grant Ragan Elementary, each having about thirty students. The students were very engaged while having fun participating in individual group discussions," said Maggie. The project was a success and will have a lasting impact on groups to come.

WAUKEE  
APEX

## Eat Well Task Force Campaign: Grown an Extra Row



The Clive Community Health + Wellness Initiative Eat Well Task Force summer program, "Grow an Extra Row", encourages gardeners and farmers alike to grow a little extra produce to donate to food pantries, such as Clive Community Services and Waukee Food Pantry locally. You can also donate any surplus of fresh garden/tree produce, even if it wasn't originally planted for donation! Join our efforts to alleviate hunger in our community by increasing access to fresh, healthy food.



## CHPcommunity Program Highlight: Grown an Extra Row

Partner Highlight: Schuler Elementary, Walnut Hills Elementary, and Timberline School have each planted school gardens this spring and summer. The produce will be used in conjunction with their summer meals programs serving local children.

Here's How You Can Get Involved:

Commit to “Grow an Extra Row” and encourage your friends, neighbors and congregations to do the same! Please consider growing items for donation that are most needed by the Food Pantries: collards, eggplant, cauliflower, cabbage, brussel sprouts, broccoli, carrots, kale, radishes, spinach, squash (summer and fall), beets, onions, tomatoes and lettuces.

Donations of any freshly picked fruits, vegetables, and herbs are always welcome. Remember to mention at drop off your donation is for the “Grow an Extra Row” campaign so we can track the amount of food donated. If you are unable to drop off fresh produce donations to Clive or Waukee pantries, please contact Adria Huseth at [ahuseth@chpcommunity.org](mailto:ahuseth@chpcommunity.org) for assistance.

\* For additional information regarding food banks in Iowa, please visit: <https://www.foodbankiowa.org/gethelp> for more ways to serve Iowans in need.