

May 2024



<https://iacommunityhub.org>



NEW HUB Hire

HUB Navigator

Jocelyn Kroef is a graduate of ISU with a Bachelor's of Science in Psychology and a minor in Women's Studies. Currently, she is wrapping up her Master's in Clinical Counseling. Fluent in English and Spanish, with a working knowledge of Portuguese, Jocelyn's linguistic versatility enhances her ability to connect with diverse communities. Her professional journey connects her passion for mental health with holistic wellness. Alongside her academic pursuits, Jocelyn is on the verge of completing her Integrative Nutrition Coaching certificate, expanding her expertise in fostering health and wellbeing. In her role as a HUB Navigator, Jocelyn focuses on collaborating with care teams, engaging with the community, and connecting individuals to community programs and resources.

HUB News:

The Iowa Community Corps is a Public Health AmeriCorps program that partners AmeriCorps Members with Host Site organizations responding to public health needs through food security and resource navigation efforts.

HUB Navigation Specialist Position Open:

To ensure the HUB meets its values of community engagement, inclusion, and health equity, capturing diverse lived experience perspectives are valued and critical to the very structure of the HUB's operations. The purpose of this project is to have an AmeriCorps member help us improve and enhance the way we recruit bilingual HUB Navigators and how we serve our Iowa Latino families and other race and ethnic groups to positively impact the health of all Iowans.

All interested candidates must apply via the [Iowa Community Corps Member Application](#) and list the Iowa Community HUB as their preferred host site.



Empowering Iowans through increasing education and awareness

Raising awareness is a key component of managing arthritis and its co-morbidities. With the right preventive measures, you can manage your arthritis symptoms and work on preventing or better caring for other chronic conditions. Those preventive measures are best provided by the Arthritis-Appropriate, Evidence-Based Interventions (AAEBIs). The AAEBIs, like Walk With Ease, Better Choices Better Health, and Tai Chi for Arthritis, are evidence-based programs that are proven to enhance the quality of life for adults with arthritis and teach individuals how to adopt healthy behaviors to maintain physically active and fulfilling lives that benefit all chronic conditions.



Move More

May is Arthritis Awareness Month

We are reaching out to healthcare providers and community partners across the state to increase referrals to AAEBIs. We invite you to join us in this mission to promote healthier living for all Iowans. Together, we can make a meaningful difference in the lives of those affected by arthritis along with many other chronic conditions. Check out the Iowa Community HUB at <https://iacommunityhub.org/> to learn more about AAEBIs at the Program Library and Make a Referral to the programs from the website. You can also contact the Iowa Community HUB at info@iacommunityhub.org to learn more details.

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



Eat Well

HUB Community Food Project with Capital City Fruit Update

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 worked 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 can 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 Pilot Study:

- **The United Way of Central Iowa awarded \$10,000 to the Iowa Community HUB to support the Community Food Project in Polk, Dallas, and Warren Counties.**
- **Stay tuned for our upcoming Fall newsletter to learn more on the impact this grant has made in the surrounding counties in Iowa.**



Feel Better

Above + Beyond Cancer Hotel Program

The Above + Beyond Cancer Hotel Program is a cooperative effort between Above + Beyond Cancer and participating Iowa hotels to provide overnight accommodations to cancer patients who travel for outpatient treatment, and cannot afford a place to stay. Complimentary hotel rooms are provided to patients on a space-available basis.

Hotel rooms are available for cancer patients who must travel at least 50 miles, Sunday through Thursday nights and reservations are handled by Above + Beyond Cancer staff.

The Iowa Community HUB is supporting Above + Beyond Cancer by providing cancer survivors and their loved ones with a 12 lb box of fresh produce during their stay as long as funds are available.

Fill out the Hotel Request Form
[Here](#)



The Hotel Program:

- **Getting the best care sometimes means cancer patients must travel away from home. This can place an extra emotional and financial burden on patients and caregivers during an already challenging time.**
- **Lodging expenses can present a significant financial barrier to receiving lifesaving treatment, but there is hope through various hotel programs around the country.**
- **Above + Beyond Cancer is one of those organizations meeting this need.**





Data Across Sectors for Health (DASH)

DASH project meetings have focused early on the complexities of compensating and engaging community members for their lived experience. The HUB is committed to being flexible in our compensation levels and will compensate individuals for their expertise and potential impact on the community.

We are looking at using this funding for technology and data governance advancements that are equitable and community-driven and recruiting diverse expertise and experience to our Board of Directors and Co-Chair position for our HUB DEI Advisory Task Force.

If you are interested in learning more about this work, contact Trina at tsuchan@iacommunityhub.org.

DASH is co-led by the [Illinois Public Health Institute](#) and the [Michigan Public Health Institute](#). The two institutes make up the DASH Program Office, which is funded by the [Robert Wood Johnson Foundation](#).

Grant Update

DASH Grant Awarded

Early in 2024, the HUB was selected to join the 'Data Across Sectors for Health' (DASH) Incubator project that started early this year. DASH is a national initiative that supports multisector data-sharing to achieve health equity. DASH is supporting organizations involved in collaborations working to advance equitable data ecosystems for health equity through funding, technical assistance, mentoring, and a peer learning cohort.

Our HUB scope of work includes:

- Define a robust data governance process that is equitable and community driven.
- Understand how to best support network partners to embrace data governance.
- Enhance the lived experience input and engagement to support the work of the HUB.
- Develop individuals with lived experience to grow their expertise and ability to influence policy that promotes health equity

The Medscape Clinical Practice Assessment

Purpose: Raising awareness about arthritis management strategies among healthcare providers.

Medscape Clinical Practice Assessment (MCPA): A **free** CME/CE designed for PCPs, PTs, OTs, CHWs, rheumatologists, orthopedic surgeons, sports medicine physicians, nurses, NPs, PAs, and other HCPs who provide care to patients with arthritis.

Goal of the MCPA: Self assess learning needs of healthcare providers related to non-pharmacologic interventions for patients with arthritis and be better able to incorporate AAEBIs into their patients' treatment programs.

Learning Objectives of MCPA:

- Have increased knowledge regarding the AAEBIs and other appropriate physical activity opportunities for patients with arthritis.
- Self-assess learning needs related to the benefits of physical activity in managing arthritis symptoms.

Audience: Primary care physicians, physical therapists, occupational therapists, community health workers, rheumatologists, orthopedic surgeons, sports medicine physicians, nurses, nurse practitioners (NPs), physician assistants (PAs), and other healthcare practitioners (HCPs) who provide care to patients with arthritis.

Course Credits: Participants are awarded up to 0.25 CME/ ABIM MOC/CE credits.

Iowa MCPA Link: **Click below and access the free CME/CE!**

https://www.medscape.org/viewarticle/983780?ecd=par_ia_distr_mscpedu

Thanks to a collaboration between the National Association of Chronic Disease Directors (NACDD) and Medscape Education.

2024 Landscape Analysis Survey

We need your help in completing and distributing an important population health assessment to understand the scope and reach of health-related programming for adults in Iowa.

The survey is part of the state arthritis grant that ISU Translational Research Network received from the CDC in collaboration with the Iowa Community HUB ([**See Press Release**](#)). We need your help in completing the survey and in further disseminating it to others that you may know. [**Click Here for Survey**](#).

This survey is critical to advance public health and health care in Iowa as it provides a way to understand the scope and reach of programming. It will help us to collectively better reach underserved populations and individuals in rural areas of the state. The survey will also help to identify needs and gaps in education, training, and support for programming at community and clinical levels. There are sections in the survey that will allow you to specify the nature of your role, and this will help to ensure that it captures information from different stakeholders. It is critical to have representative data from across the state so please complete the survey yourself ([**Click Here for Survey**](#)) and share with 5 other community partners interested in health-related programming for Iowans.

Thank you for your participation and cooperation!