



Insights for the Quarter

Volume 7 of the Share Health Southeast Georgia Board of Directors Newsletter includes updates on the HRSA Planning Grant, men's health month, Share Health Stigma Survey Presentation, grant writing workshops, and information on Share Health's scholarship recipients. Share Health is dedicated to improving the health of all generations in our 16-county community.

HRSA – Women's Wellness Network Planning Grant

In June, Share Health received its first direct federal grant! Awarded by the Health Resources and Services Administration (HRSA), Office of Rural Health Policy, this one-year \$100,000 Rural Health Network Development Planning Grant starts July 1 and will be used to develop a Women's Wellness Network (WWN) in Evans and Tattnall Counties. The initiative was the result of a Share Health Board-driven project to increase access to breast cancer screening and diagnostic services in those counties. The grant supports one year of planning and brings together key collaborators across the two counties. Network partners include East Georgia Healthcare Center (EGHC), the Southeast Health District/Ware County Board of Health, Southeast Georgia Communities Project (SEGCP), UGA Cooperative Extension/Evans County and Evans Memorial Hospital. The grant request broadened the focus of the Board project from breast and cervical cancer screening and diagnostic services to overall women's wellness, recognizing the impact social determinants of health have on the onset of chronic health conditions, including certain cancers, diabetes and heart disease.

During the course of the planning year, the following activities will be completed:

- Network members will participate in a Data Boot Camp to better understand and interpret existing women's health data and the structural and systemic barriers they face to access quality health care and supportive services.
- Four community engagement activities will be held to solicit community input into needs, barriers and challenges related to accessing preventive/wellness services.
- Partners will develop a strategic plan to identify strategies and activities to build capacity to address gaps in service, identify evidence-based and promising practices that may be replicated in the target area, and identify and engage new community partners.
- A sustainability plan will be developed by the end of the grant year that will assist partners in identifying potential sources of revenue, cost sharing, grants and other funding sources moving forward.



Stigma Survey Presentation

Destiny Lee, Share Health Data Analyst, attended the Trust Partnership meeting on May 12th and then later in the month at the Trust Partnership Retreat to present the results of the stigma survey distributed at a previous Trust meeting and meetings for the Brantley, Pierce, and Ware Family Connections. While the results do indicate that there is some stigma present, the partners participated in a discussion and shared their thoughts and ideas about how to address stigma going forward. Share Health also distributed workbooks, "I'm Still a Person: The Stigma of Substance Use & Power of Respect". These workbooks were developed by the Families Against Narcotics and can be purchased or downloaded at www.FamiliesAgainstNarcotics.org/stigmabook.

We look forward to continuing this conversation and working with the Trust partners to educate our communities on stigma and reducing it for our most vulnerable.



Grant Writing Workshop



Share Health Southeast Georgia is hosting its second installment of our grant writing workshop series on Monday, July 17, 2023. This workshop, Fundamentals of Grant Writing, will provide participants with information needed to prepare successful grant proposals. Only 20 slots were available and the workshop filled up within 3 days of its announcement. A third workshop, Grant Resource Development will be scheduled in the Fall.

Men's Health Month

June was Men's Health Month, which encourages men and boys to take charge of their health by making healthy lifestyle decisions. In 1994, Congress designated the month of June as Men's Health Month to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. According to the Centers for Disease Control and Prevention (CDC), 13.2% of men aged 18 and over are in fair or poor health. **Below are some tips to help men take control of their overall health and wellness:**

- Maintain a healthy weight.
- Don't smoke or use tobacco.
- Limit how much alcohol you drink.
- Protect your skin from the sun.
- Manage your stress.
- Avoid risky or harmful actions or choices.
- Get yearly screenings for preventable illnesses.



Share Health Southeast Georgia Scholarship Recipients

Share Health Southeast Georgia offers scholarships to both traditional and non-traditional students pursuing a career in healthcare. Scholarships are offered to traditional students who reside in and attend high school in the 16 counties served by the Southeast Health District. Non-traditional students who are enrolled in a degree program in public health or healthcare and reside in one of the 16 counties of the Southeast Health District can also apply. Preference is given to nontraditional students who are employees of the Southeast Health District. This year, Share Health awarded 4 traditional scholarships to students in Appling, Candler, Toombs, and Ware Counties. Alexandria Steedley graduated from Appling County High School as the class of 2023's Salutatorian. Alexandria plans to attend The University of Georgia in the Fall majoring in Biology. Lantis Tobin, our first awardee from Candler County, graduated from Metter High School as the class of 2023's Valedictorian. He plans to attend Georgia Southern University in the Fall to obtain a BS in Nursing. Maggie Beach, our Toombs County awardee, graduated from Vidalia High School with a 4.0 GPA. She plans to attend Georgia Southern University in the Fall and major in Nursing. Erin Meeks graduated from Ware County High School as the class of 2023's Valedictorian. She plans to attend Mercer University in the Fall majoring in Biology and participating in the Pre-med program. Share Health also awarded a scholarship to one non-traditional student, Chelsea Cravey of Ware County, who is an Environmental Health Specialist at the Southeast Health District. Chelsea plans to attend Georgia Southern for her Master of Public Health degree.

Share Health Southeast Georgia is dedicated to improving the health of all generations in our sixteen-county community by cultivating partnerships and providing philanthropic and advocacy support to the Southeast Health District. The Share Health Scholarship program is used as a mechanism to further our mission and as a strategy to recruit and retain the public health workforce in rural Southeast Georgia.



Alexandria Steedley



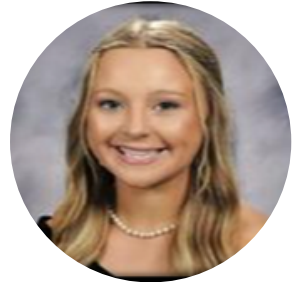
Lantis Tobin



Chelsea Cravey



Maggie Beach



Erin Meeks