

OBESITY, BREAST, & COLON CANCER PREVENTION

LIFE STEPS

8/2017

This 16 week course is focused on behavior and weight management, not just diet. 4 participants registered for our August session. 3 of the 4 are making positive changes to their diet and 1 of the 4 is losing weight.

MHP WHIP PROGRAM

1/1/17 - 12/31/17

This program was offered to MHP employees and was lead by a registered dietitian. The program focused on increasing the awareness of the benefits of a healthy diet and lifestyle, and how this can lower the risk for certain types of cancers. 603 employees participated (this is an increase of 9 participants compared to last year).

GET HEALTHY HERE

7/8/17

Held in conjunction with our local farmers market, this event was aimed at increasing community health awareness and on lowering cancer risks. Attendees were given information about overall health, cooking methods, fruit and vegetable intake, and encouraged to participate in a variety of physical activities. New to the program this year, we introduced our Giant Inflatable Colon and used it to help educate the public on Colon Cancer. We also handed out 46 hemocult screenings to eligible attendees, of which 5 were returned (no cancer was identified). A registered dietitian was available to answer questions and provided information on a variety of health topics including obesity and cancer prevention. More than 500 people participated.

BREAST, LUNG & COLON CANCER PREVENTION

PINK OUT PARTY

10/26/17

This signature event is aimed at women and focuses the importance of knowing cancer screening guidelines. Attendees visited education booths and received information on breast, colon, lung, ovarian, uterine, cervical, skin and oral cancers. The event sold out, with more than 235 women in attendance.



COMMUNITY OUTREACH & SCREENING SUMMARY

meeting the health needs of our community

BREAST CANCER PREVENTION

DOC TALK SEMINAR

9/12/17

Dr. Scott Miller served as the keynote speaker for Breast Imaging Seminar and provided information on MBI for dense breast and the importance of early detection. 15 women attended.

MELANOMA

SKIN SCREENING

5/20/17

We screened 102 patients during this FREE 4 hour skin screening event and had 41 follow ups and 18 biopsies.

Below is what was discovered:

Basal Cell	4
Squamous Cell	1

DECREASE TOBACCO USE

SMOKING CESSATION

1/1/17 - 10/31/17

This is a free program offered to help people stop smoking. Each session has a series of 4 classes. 9 people have completed all 4 class to date this year.

DETECTION OF EARLY STAGE LUNG CANCER

LUNG SCREENING

1/1/17 - 11/1/17

22 lung screenings have been performed so far. This is an ongoing initiative and the results will be reported in the first quarter of 2018.

COMMUNITY ACTIVITY

RELAY FOR LIFE

6/10/17

This event is a community based fundraising event of the American Cancer Society that aims to increase community cancer awareness and prevention in local communities. Major Health Partners sponsored the Survivorship Luncheon and created a team of staff members who both walked in the event and provided valuable information on cancer prevention. More than 200 people participated.

BACKGROUND: Major Hospital conducted a community needs assessment and identified the 5 key focus areas below:

1. Low screening mammography rates.
2. High obesity rates.
3. High rate of death due to colorectal cancer.
4. High incidence of tobacco use.
5. High lung cancer mortality rate.

In efforts to help improve these identified needs, Major Hospital hosted the highlighted health screenings and community outreach opportunities.

MHP