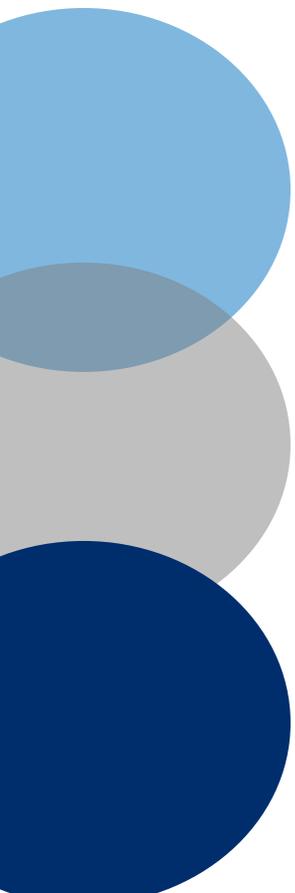


# FIND YOUR FIT

Take Action Guide

*Individual Pledge*

CLINICAL PREVENTATIVE SERVICES





# Individual Pledge Clinical Preventative Services

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# Individual Pledge

By downloading this Take Action Guide, you've decided that something needs to change in the healthcare conversation in our community. Find Your Fit as part of Healthy Tri-County is designed to give you the tools and resources you need to be an agent of change. You're encouraged to take the pledge at <https://www.healthetricounty.com/take-pledge> to demonstrate your commitment.

Thank you for your part in improving health and well-being in the Tri-County.

I pledge to participate in improving the health and well-being of myself, my family, and my community by taking action and by taking care.

I pledge to educate myself and others, using safe and reputable resources, on any health topics prior to making lifestyle changes or long-term healthcare decisions.

I pledge to familiarize myself with local resources and services available in my community.

I pledge to hold myself accountable for my own healthcare outcomes.

## Healthy Tri-County

**Mission: Improve the health and well-being of every person and community within the Tri-County region**

Healthy Tri-County (HTC) is a regional initiative to improve the health and wellbeing of every person and community in Berkeley, Charleston and Dorchester counties. This initiative grew out of collaborative work by MUSC Health, Roper St. Francis Healthcare and Trident United Way on the 2016 Tri-County Community Health Needs Assessment. It became clear that facilitating impactful health efforts would require the engagement of diverse community stakeholders using the principles of collective impact.

HTC realized that the potential to achieve real change as outlined in [Our Health, Our Future: Tri-County Health Improvement Plan 2018-2023](#) (TCHIP) would be made more effective if put into the hands of the community. Find Your Fit supports HTC in achieving the goals and recommendations of the TCHIP, the first comprehensive health improvement plan in our region that provides concrete recommendations and action steps for improving health outcomes that can be carried out by a wide range of local organizations, groups and individuals.

*HTC is powered by Trident United Way in equal partnership with Roper Saint Francis Healthcare and MUSC Health.*

### Available Services

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- Talk to local schools about providing flu shots on campus during flu season  
 As needed

### Awareness

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- Ensure that family members 65+ receive their annual flu and pneumococcal vaccines as a preventative measure against deadly pneumonia development  
 Annually

### Personal Accountability

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- Ask your doctor about the myths surrounding vaccination, and discuss safe and proper use  
 One-time
- Ask your doctor if you are up to date on age-appropriate vaccinations and screenings  
 Annually
- Ask your pharmacist about the safe disposal of medication  
 One-time or with new prescription
- Attend annual physicals and wellness check-up appointments  
 Annually
- Keep an updated calendar of your child's immunization schedule and future appointments to ensure no vaccination date is missed  
 Ongoing
 
 Visit [www.vaccinecalendar.com](http://www.vaccinecalendar.com) for a helpful calendar and info
- Talk to your doctor about behavioral/lifestyle risk factors that may contribute to chronic disease  
 Annually
- Talk to your family about risk factors for genetic predispositions to diabetes, hypertension, heart disease, breast and pancreatic cancers, etc.  
 One-time



### Awareness

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- Talk to your family and friends about the importance of vaccinations and preventative screenings  
 Discretionary Talking points provided on page 6
- Talk to your family and friends about their issues with accessing appropriate preventative healthcare – try to help them achieve solutions  
 Discretionary
- Talk to your family and friends about men’s health topics like prostate and colorectal cancer screenings  
 Discretionary Talking points provided on page 7
- Talk to your family and friends about women’s health topics like breast (mammogram) and cervical (pap smear) cancer screenings  
 Discretionary Talking points provided on page 7

### Community Action

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- If you are a student, talk to your school/department about conducting a student health clinic with screening services  
 As needed
- If you are a student, talk to your school/department about offering HPV vaccines at low- or no-cost  
 As needed

### Personal Accountability

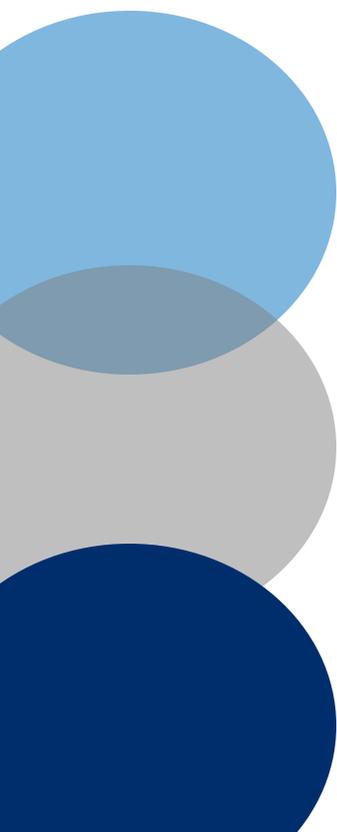
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- Complete CPR certification  
 Re-certify as needed Links to reputable training providers given on page 8
- Talk to your insurance company about screening services and annual visits covered under your plan  
 Annually or with new coverage

# FIND YOUR FIT

Appendix

## CLINICAL PREVENTATIVE SERVICES





## RESOURCE

## Importance of Vaccinations and Preventative Screening —

**Why vaccinate?** The Advisory Committee on Immunization Practices (ACIP) designed vaccination schedule protects young children before they are likely to be exposed to potentially serious diseases and when they are most vulnerable to serious infections. This is the schedule CDC recommends.

Although children continue to get several vaccines up to their second birthday, these vaccines do not overload the immune system. Every day, a healthy child's immune system successfully fights off thousands of antigens – the parts of germs that cause their immune system to respond. The antigens in vaccines come from weakened or killed germs so they cannot cause serious illness. Even if your child receives several vaccines in one day, vaccines contain only a tiny amount of antigens compared to the antigens your child encounters every day. *from cdc.gov/vaccines/parents/vaccine-decision*

Another critical reason to vaccinate your healthy child is to strengthen “herd or community immunity”. It's especially important because some people can't get vaccinated for certain diseases — such as people with some serious allergies and those with weakened or failing immune systems (like people who have cancer, HIV/AIDS, type 1 diabetes, or other health conditions). Community immunity is also important for the very small group of people who don't have a strong immune response from vaccines. *from vaccines.gov/basics/work/protection*

[Click for CDC Parent's Guide to Vaccines](#)

[Click to Learn about Vaccine Safety Basics](#)

**What are preventative screenings and why do they matter?** Preventive care includes health services like screenings, check-ups, and patient counseling that are used to prevent illnesses, disease, and other health problems, or to detect illness at an early stage when treatment is likely to work best. Getting recommended preventive services and making healthy lifestyle choices are key steps to good health and well-being. For many people, certain preventive health care is now free, with no copays or deductibles. *from cdc.gov/prevention*

If everyone in the US received recommended clinical preventative care, we could save over 100,000 lives each year.

Making sure you're up to date on preventive services is one of the most important things you can do to stay healthy according to the U.S. Department of Health and Human Services, which focuses on science and medicine. There are many preventive services all adults should be getting regularly. The most common preventive services for adults fall under three categories: cancer screenings, cardiovascular disease screenings and immunizations. *from thenationshealth.aphapublications.org/content/44/1/28*

[Click for List of Covered Preventive Services](#)

[Click to See Your Age Recommendations](#)



## RESOURCE

### Men's Health Talking Points

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The differences between men and women go beyond anatomy and physiology. One very important one is the way men and women take in, process, and use health information. Gender is a component of health literacy and cultural competence. *from healthliteracy.com*

#### Prostate Cancer Information

#### Prostate Cancer

*Screening: Digital Rectal Exam and/or PSA Blood Test*

Prostate cancer is the most common cancer among men (after skin cancer), but it can often be treated successfully. About 1 man in 9 will be diagnosed with prostate cancer during his lifetime. Prostate cancer is the second leading cause of cancer death in American men, behind lung cancer. About 1 man in 41 will die of prostate cancer.

#### Colorectal Cancer Information

#### Colorectal Cancer

*Screening: FOBT Blood Test and/or Colonoscopy*

Overall, the lifetime risk of developing colorectal cancer is: about 1 in 22 (4.49%) for men. This risk is slightly lower in women than in men. In the US, colorectal cancer is the third leading cause of cancer-related deaths in men and in women. It's expected to cause about 51,020 deaths during 2019.

### Women's Health Talking Points

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Women often spend so much time helping others that they don't take time for themselves. It's OK to take time to focus on good health.

#### Breast Cancer Information

#### Breast Cancer

*Screening: Mammogram and/or MRI*

In recent years, incidence rates of breast cancer have increased slightly (by 0.4% per year). Breast cancer is the second leading cause of cancer death in women (only lung cancer kills more women each year). The chance that a woman will die from breast cancer is about 1 in 38 (about 2.6%).

#### Cervical Cancer Information

#### Cervical Cancer

*Screening: Pap Smear and/or HPV Test*

Cervical cancer can often be found early, and sometimes even prevented entirely, by having regular Pap tests. If detected early, cervical cancer is one of the most successfully treatable cancers. Cervical cancer tends to occur in midlife and is most frequently diagnosed in women between the ages of 35 and 44.



## RESOURCE

## CPR Certification

**Why become CPR certified?** CPR – or Cardiopulmonary Resuscitation – is an emergency lifesaving procedure performed when the heart stops beating. Immediate CPR can double or triple chances of survival after cardiac arrest. In one year alone, 475,000 Americans die from a cardiac arrest. Globally, cardiac arrest claims more lives than colorectal cancer, breast cancer, prostate cancer, influenza, pneumonia, auto accidents, HIV, firearms, and house fires combined.

According to 2014 data, nearly 45 percent of out-of-hospital cardiac arrest victims survived when bystander CPR was administered.

**American Red Cross** is a leading provider of CPR certification classes in the county. When it comes to CPR, it's important to know how to treat both kids and adults.

“This course will prepare you to recognize and care for breathing and cardiac emergencies involving adults, children and infants and meets OSHA/workplace requirements. This is a blended learning course including an online portion and an instructor-led classroom skill session. The online portion must be completed prior to attending the in-class portion and must be taken on a PC or tablet with a high speed Internet connection. Allow approximately 1 hour 30 minutes to complete the online portion. Upon successful completion of this course you will receive a digital certificate for Adult and Pediatric CPR/AED valid for two years.” The cost of these certification courses can range from \$68 to \$104 depending on type of class. *from redcross.org/take-a-class/cpr*

Click to Register for a  
Scheduled Course

Click for More  
Information

# Acknowledgements

Developing Find Your Fit has been a long and intentional process, and required many individuals and organizations to come together.

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Behavioral Health Sub-Committee of the Tri-County Health Improvement Plan

Clinical Preventive Services Sub-Committee of the Tri-County Health Improvement Plan

Maternal, Infant & Child Health Sub-Committee of the Tri-County Health Improvement Plan

Obesity, Nutrition & Physical Activity Sub-Committee of the Tri-County Health Improvement Plan

## Additional Support Contact Information

Questions or concerns about content you've been provided in this guide, contact [FindYourFitCampaign@tuw.org](mailto:FindYourFitCampaign@tuw.org)

Interested in becoming more involved in the Tri-County Health Improvement Plan or one of its targeted sub-committees, contact [HTCSupport@tuw.org](mailto:HTCSupport@tuw.org) for more information about an upcoming Healthy Tri-County orientation session.

For information on volunteering with Trident United Way, contact [volunteer@tuw.org](mailto:volunteer@tuw.org)