

## **2014 Prevention Programs**

**Report by: Mary Jo Sarver**

**Stop Smoking Tool Shop:** Redesigned and initiated to try and increase enrollment due to low attendance and cancellation.

**Inside Out Organ Show:** Offered ongoing through Providence Regional Medical Center Everett to schools and the community. Actual human organs, such as hearts, lungs, brains, livers, kidneys and aortas are shown. Some are healthy; others have been damaged by substance abuse, poor eating habits and unsafe behaviors. Through the presentation, viewers see first-hand what really happens to their bodies when they choose harmful habits and lifestyles.

**Gear up and Go!:** Providence is a supporter of the Gear up and Go program developed by the Snohomish County Health Leadership Coalition and designed to promote physical fitness in an effort to improve academic performance and encourage a healthy lifestyle that will last well into adulthood. The YMCA is providing each fifth-grade student with a Power Pod, which they wear like a watch. It tracks all activity...and inactivity. Activity is translated into points, and students can track those points online to see how they're doing. To measure success, Gear Up and Go is partnering with the Snohomish Health District to evaluate the impact on physical activity levels.

**Skin Cancer Awareness:** Two hour class offered to the community to increase awareness and review preventative measures and self-skin assessments.

**Diabetes Prevention Program:** Partnership with the YMCA to promote overall health and well-being to employees and volunteers. Participants work together in a small group to learn about healthier eating and increasing their physical activity in order to reduce their risk of developing diabetes.

**6 Weeks to a Healthier You:** Wellness program began in October 2014. Participants learn about healthy eating, cooking, exercise, stress management and family support. The focus is on practical education, awareness and empowering individuals to make positive behavior changes.

**Weight Loss for Life:** An 8 week behavioral wellness program focused on awareness of feelings related to eating, stress reduction, hypnosis, portion control, exercise and healthy eating was offered through The Everett Clinic.

## **2014 Screening (Early Detection) Programs**

**Report by: Mary Jo Sarver**

**Free and Low-cost Mammograms:** Providence Comprehensive Breast Center free to low-cost mammograms through funding from the Providence Foundation and Citrine Health.

### **Low Dose – CT Lung Cancer Screening:**

Provide low dose CT screening with set criteria of who should be screened will provide the avenue to detect lung cancer at an earlier Stage with better outcomes. 52 patients were screened and 2 early stage lung cancers were detected and treated in 2014.