

Fueling HPV Vaccination Efforts in Rural Communities

Protecting our children today for a healthier tomorrow

The 2025 Learning community will offer virtual sessions and peer-based learning to enhance vaccine rates through quality improvement (QI) methodologies and evidence-based practices. Building on the success of 2024, this no-cost, hands-on forum will explore new areas of HPV vaccination, including addressing vaccine hesitancy, closing gender gaps, utilizing trusted messengers, and improving vaccine reimbursement.

Why Prioritize HPV Vaccination in Rural Communities



Most patients will be exposed to HPV:

HPV is highly common and has emerged as a significant public health threat. Recent estimates show that the direct costs of HPV total \$9 billion annually, yet 90% of these costs could be prevented with the HPV vaccine.



Increased HPV cancer incidence

Recent data indicates that HPV-related cancers in rural communities have risen by 18% in recent years.



Lower vaccination levels

There are 4 million adolescents living in rural communities, yet they lag more than 10% behind their urban peers in HPV vaccine uptake.



Improve HEDIS IMA/CHIP metrics:

Payors may tie incentives to improvements in adolescent immunization performance.

Registration & Session Details

Date: 2nd Wednesday of every month (March -December)

Time: 2-3pm EST

Cost: Free to attend

Location: Virtual via Zoom meeting

[Register here](#)



Registration is on a rolling basis; participants can join at any time throughout the year.

Once registration has been completed, Zoom will automatically send a calendar invite series.



National Nutrition Month

Health Tips

Staying at a healthy weight, being physically active throughout life, following a healthy eating pattern, and avoiding or limiting alcohol may greatly reduce your risk of developing or dying from cancer.

Make Half Your Plate Fruits and Vegetables

Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 1/2 cups of vegetables your daily goal.

Watch Portion Sizes

Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt.

Be Active

Regular physical activity has many health benefits. Start by doing what exercises you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least 150-300 of moderate-intensity or 75-150 of vigorous-intensity activity per week.

Slow Down at Mealtime

Instead of eating on the run, try sitting down and focusing on the food you're about to eat.

Get to Know Food Labels

Reading the Nutrition Facts panel can help you choose foods and drinks to meet your nutrient needs.

Fix Healthy Snacks

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more food groups: grains, fruits, vegetables, dairy and protein.

Explore New Foods and Flavors

Add more nutrition and eating pleasure by expanding your range of food choices. Make a point of selecting a fruit, vegetable or whole grain that's new to your family.

Get Cooking

Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics like dicing onions or cooking dried beans.

Click [HERE](#) for more Eating Right tips