

## **Commission on Cancer**

### **Standard 4.1 - Prevention Programs**

#### **Need Identified:**

According to the 2014 Community Needs Assessment there were 4,490 new female breast cancer cases the previous year in Wisconsin. There is a link between being overweight or obese to several cancers including breast cancer. Additionally, The Community Needs Assessment revealed that 64% of Brown County population has a Body Mass Index indicating they are either overweight or obese.

The community needs assessment identified that there may be a barrier to the understanding that excess weight has negative impact on overall health. Furthermore an opportunity was identified for more "healthy living" education programs to be offered within our service area.

According to the American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Prevention, other than tobacco cessation, the most modifiable risk factors for developing cancer are weight, diet and physical activity.

#### **Prevention Program: BREAST CANCER PREVENTION THROUGH A HEALTHY LIFE STYLE**

Utilizing evidence-based guidelines for our community education:

American Cancer Institute and American Cancer Society evidence and resources were used for creation of the Breast Cancer Prevention brochure. Areas identified for focus include education on Healthy Diet, Healthy Weight and Physical Activity. See attached brochure.

Community Partnership:

We chose Cook's Corner to be our community partner for our Breast Cancer Prevention Program. We chose to use cooking classes as an avenue to educate the community on Healthy Lifestyle Choices during Healthy Cooking Classes. We partnered with Chef Ace Champion to design healthy and tasty menu options. During each Bellin-Sponsored cooking class a Bellin Health representative(s) attend the class and present the Breast Cancer Prevention brochure and are available for questions or discussion.

Effectiveness:

Starting May 2015, Bellin sponsored a total of 6 classes, touching approximately 16-18 community members each class. Through this format we have been able to educate and positively influence many members of the community. With these impactful results, Bellin will be extending this service monthly through 2016.

## **Menu for Belin Health Cooks Corner Presents “Taste of the World “with celebrity Chef Ace Champion**

**First Class:** Suggested Date: Fri. Sep 4. Theme “Knife Skills 1o1” also taught on 11-6 & 12/4

**Description of class:** The foundation of great cooking is fundamental knife skills. Local Celebrity Chef Ace Champion will teach you the basics and a few fancy tricks to make your food presentations look like they were prepared by a professional. PLEASE NOTE: Limit of 8 per class

COST: \$25/person

PHONE: 920-964-0249

WEBSITE: [www.cookscorner.com](http://www.cookscorner.com)

**Second Class:** Suggested Date: Tue. Oct. 14. Theme: “Healthy Louisiana Cuisine (A healthier version of Classic Southern Food.

**Description of Class:** Come join the fun as Celebrity Chef Ace Champions walks you through the art of southern cooking. Champion will show you how to take something classic and make it healthy. Menu: Southern Style Red Beans & Rice with Jazzed up Roasted Chicken Breast followed by a home town favorite "Cream Cheese Sweet Potato Pie with homemade topping.

COST: \$20/person

LOCATION: Cooks Corner, 2605 S. Oneida St., Green Bay

PHONE: 920-964-0249

WEBSITE: [www.cookscorner.com](http://www.cookscorner.com)

**Third Class:** Suggested Date: Wed. Nov. 18. Theme: “Fresh Herbal Desserts, Drinks & More.

**Description of class:** Come join the "Herbal Ladies" from Sweet Willow Natural as they show you healthy ways to enjoy your food. For this class, we will share ways to incorporate herbs into drinks and desserts; sharing benefits of the herbs. Possible recipes, Lavender hot cocoa, Hot Chai, Candied herbed nuts, Raspberry/Blackberry, Cream Tart, Blueberries Baked in Cream with Polenta Topping.

COST: \$20/person

LOCATION: Cooks Corner, 2605 S. Oneida St., Green Bay

PHONE: 920-964-0249

WEBSITE: [www.cookscorner.com](http://www.cookscorner.com)

**Forth Class:** Suggested Date: Thu. Dec. 10. Theme: The Art of Sushi-hands-on (Japanese Infusion) also taught on 11/26, 10/21 & 9/8.

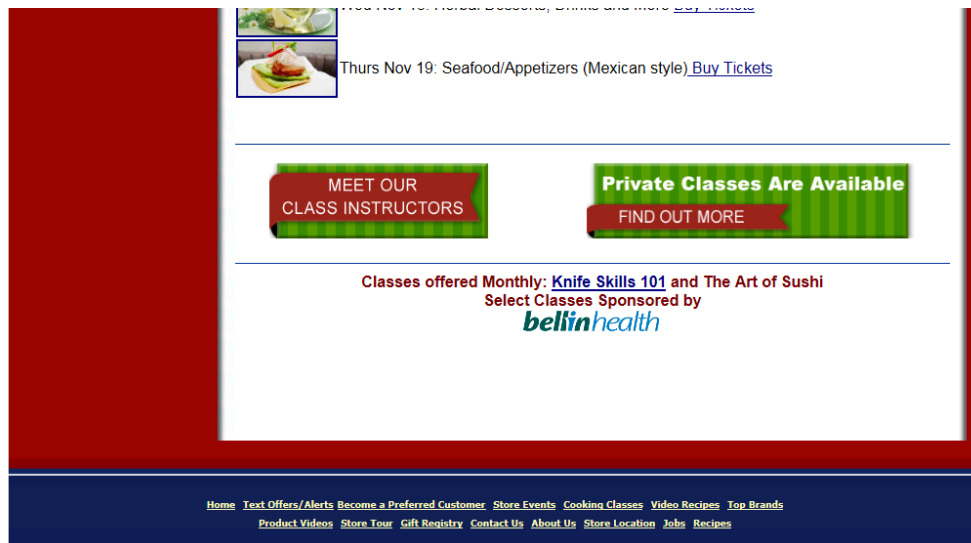
**Description of Class:** Sushi making can be intimidating...it doesn't have to be! Come join Chef Ace Champion as he shows you the basics of making great Sushi. It's easier than you think once you get the hang of it. This is a hands on class. Each student will learn and get to roll 2 rolls and eat them. They will also receive a complement mate. Do to time, and equipment this class will be higher than normal.

COST: \$35/person

LOCATION: Cooks Corner, 2605 S. Oneida St., Green Bay

PHONE: 920-964-0249

WEBSITE: [www.cookscorner.com](http://www.cookscorner.com)



Home Text Offers/Alerts Become a Preferred Customer Store Events Cooking Classes Video Recipes Top Brands  
Product Videos Store Tour Gift Registry Contact Us About Us Store Location Jobs Recipes

Thurs Nov 19: Seafood/Appetizers (Mexican style) [Buy Tickets](#)

MEET OUR CLASS INSTRUCTORS

Private Classes Are Available  
FIND OUT MORE

Classes offered Monthly: [Knife Skills 101](#) and The Art of Sushi  
Select Classes Sponsored by  
**bellinhealth**