



## Upcoming Events

### • 12th Annual Conference: "Uniting CHWs for a Sustainable Future"

Presented by: Arizona Community Health Outreach Workers (AzCHOW)

Dates: June 11 – 12, 2015

Location: 600 E. Van Buren St. , Phoenix, AZ 85004

<http://www.eventbrite.com/e/12th-annual-conference-uniting-chws-for-a-sustainable-future-registration-16229446712>

### • 42nd Annual Arizona Rural Health Conference and 10th Annual Performance Improvement Summit

Dates: August 4 – 5, 2015

Location: Hilton Sedona Resort & Spa, Sedona, AZ

Contact: Rebecca Ruiz at 520.626.2243 or [raruiz@email.arizona.edu](mailto:raruiz@email.arizona.edu)

<http://crh.arizona.edu>

### • 13th International Conference on Communication in Healthcare 2015: The Primacy of Healthcare Communication

Dates: October 25 – 28, 2015

Location: New Orleans, Louisiana

<http://www.aachonline.org/dnn/Events/InternationalConference%28ICCH%29.aspx>

## Editor's Note

The *AHDConnection* is published quarterly on January 31, April 30, July 31 and October 31. We are always looking for stories and information related to efforts to reduce health disparities in Arizona.

Due to space limitations, each article submitted should not be more than 500 words. Notifications of relevant upcoming events, funding opportunities and ideas for community stories are always welcome. The deadline for submission is the 15th of the month prior to the publication date (Dec 15, May 15, June 15 and Sept 15). Please email articles or ideas to [hong.chartrand@azdhs.gov](mailto:hong.chartrand@azdhs.gov).

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RESOURCE

# AHDConnection



## Interested in Learning How to Manage Your Diabetes? Sign Up for No-Cost Classes

Health Services Advisory Group (HSAG)—the Medicare Quality Improvement Organization for Arizona—is hosting diabetes self-management education (DSME) workshops for Medicare beneficiaries—all at no cost. These DSME workshops will be led by trained instructors in your local area. Once a week, you'll attend a 2.5 hour class, and the entire workshop will last six weeks. Through this class, you will gain healthy alternatives for eating and exercising. Most importantly, by learning to manage diabetes, you will lower your risk of complications and improve your overall health. Take charge of your diabetes by attending these classes. Feel free to bring along a caregiver or family member too. Space is limited, so sign up now at 844.472.4284 to secure your place!



## Strong Voice for Children with Autism

"When I saw Gloria at First Things First Regional Community Council meeting, she spoke passionately and effectively while advocating for therapy services for the children in her community. I knew she was a person who makes a difference in the lives of others," says Sherry Haskins, Health Policy Manager of the Arizona Department of Health Services.

Gloria Coronado is the Health Promotions Program Manager for the Yuma County Public Health Services District. Both her professional and personal experiences make her a strong champion for the health of children and adolescents, especially children with special health care needs.

Her oldest son Arturo was diagnosed with Autism, when he was 18 months old. The diagnosis was made in Phoenix, because Yuma didn't have the capacity to do so. It was life changing news for Gloria and her family. Like

most families of children with special health care needs, it was the beginning of a journey in learning to identify, coordinate and access care across the multiple systems and specialties that her son needed.

"In Yuma, it's a challenge for my son to receive the services that he needs," says Gloria.

Gloria learned to explore services and be her son's voice, as she advocated for his care. Later, she became a strong voice representing other parents and children with Autism. Two years ago, when the First Things First Regional Council had openings for council members, Gloria applied for a seat and was chosen.

"It's dear to my heart to help children with Autism and their parents," says Gloria. "I learned a lot from my own experience (Continued on page 5)

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AZ Cancer Control Plan **P.4**

## Funding Opportunities

[Dental Trade Alliance \(DTA\)](#)

[Foundation: DTA Foundation](#)

[Grants](#) – Deadline: May 27,

2015

[Alliance for Biking and Walking:](#)

[The League of American Bicy-](#)

[clists: Advocacy Advance Rapid](#)

[Response Grant](#) – Deadline:

Rolling

[The CIBA Foundation](#) – Dead-

line: Rolling

[Genzyme Corporation: Grants](#) –

Deadline: Rolling

[Halliburton Foundation: Direct](#)

[Grants](#) – Deadline: Rolling

[Let's Move Salad Bars to](#)

[Schools \(LMSB2S\) Grants](#) –

Deadline: Rolling



## Together for Wellness

When we think of a hospital, we imagine health is its priority and it is! However, the top priority is patients' health, not employees' health. Richard Polheber, the CEO of Benson Hospital, Arizona recognized the need to help his employees become healthy. When he met with Iris Alvarado, the Health in Arizona Policy Initiative (HAPI) manager at the Cochise County Department of Health and Social Services, it was an obvious solution to begin developing a healthy worksite environment.

Healthy Arizona Policy Initiative is a grant-funded program to encourage the development of healthy environments through policy change. Cochise County selected to focus its efforts on healthy worksites and health in schools through 12th grade. The HAPI program utilizes the Healthy Arizona Workplace Program (HAWP) curriculum to access and assist businesses in developing their customized worksite program to fit the needs of any size company.

Moments after Ms. Alvarado began explaining the Healthy Arizona Worksite Program (HAWP), Mr. Polheber paused the conversation and pulled his top management team to join the conversation. The amount of energy and enthusiasm from Mr. Polheber



was contagious, and the group of 5 and Ms. Alvarado set a date to create a wellness committee at Benson Hospital. In less than 30 days, the committee grew into 12 members and all departments of the hospital were involved in the creation of name, logo, and event planning.

Ms. Alvarado accessed the hospital using the Centers for Disease Control and Prevention (CDC)'s Health Worksite Scorecard. The tool contains 125 questions that assess how evidence-based health promotion strategies are implemented at a worksite with the possibility of scoring 264 points. These strategies include health promoting counseling services, environmental supports, policies, health plan benefits, and other worksite programs shown to be effective in preventing heart disease, stroke, and related health conditions. Employers can use this tool to assess how a comprehensive health promotion and disease prevention program is offered to their employees, to help identify program gaps, and to prioritize across the several health topics.

The committee named themselves "Together for Wellness" and all the hospital employees were given

an option to vote on a logo for the group. The group received great responses and incentivized participants with a drawing to win gym memberships and gift certificates. "A wellness committee is a very positive part of incorporating a healthy environment in the workplace," some employees indicated.

The committee and Ms. Alvarado developed a 10-question survey to gain knowledge on the interest of their employees. The survey was available for 2 weeks and more than 120 employees responded to the survey. The survey steered the committee's next steps and activities for the event calendar.



Benson Hospital employees participated in National Walking Day in 2015.

To encourage the employees to engage more physical exercises, the committee worked with a local gym to provide employee gym membership discounts. Inspired by the "Biggest Loser" television show, the committee organized weight loss competitions "A Ton of Fun," which ran from September to December 2013 and 2014. The participants were weighed in weekly and have scheduled activities to encourage healthy habits. The hospital incentivizes the overall loser by percentage and group overall loss.

The committee began to evaluate a smoke free campus policy in 2013 and recognized opportunities to improve the enforcement of the policy. After a brainstorming session, it was concluded that all employees who took a smoking break must clock out to smoke and be off campus. The campus is large and it takes about a 5-minute walk to leave campus. A 5-minute smoke break could take almost 20 minutes to return to their duty station. The idea of losing 20 minutes from work wasn't ideal for most employees. The hospital provided ASHLINE as a resource to assist employees interested in smoking cessation.

For the past 2 years, the "Together for Wellness" team implemented a sustainability plan by including wellness committee as part of job duties to select management positions, and improved its score on the CDC worksite

Scorecard score from 4 points to 169 points after the 1st year.

Benson Hospital recognized the need for community involvement and began hosting a community health fair. In February 2015, the health fair had more than 600 people participate and attend presentations. The fair was put together utilizing 45 volunteers from the hospital/auxiliary and 60 local vendors. The hospital has seen a great response of all the wellness activities and will strive toward a healthier environment for their staff and community. One-third of the staff is participating in this quarter's weight loss challenge, 60 employees are now participating in the walking challenge, and 1 employee has quit smoking.

This is just one of success stories in Cochise County. The Cochise HAPI program works with a variety of other organizations to improving worksite wellness. Recently, Ms. Alvarado organized a Healthy Arizona Worksite training session with participants from the military base, two hospitals and a large call center. Training participants represented organizations employing more than half the county's population.

### New Publications of Interest

- [Building An Equitable Health Care Delivery System: Considerations For State and Federal Policymakers](#)
- [Child Health USA 2014](#)
- [Data for Health, Learning What Works](#)
- [General Social Survey - Chronicling Changes in American Society](#)
- [National Healthcare Quality & Disparities Reports](#)





## News from the Network

### Arizona Cancer Control Plan 2014-2018 Released



By Emily Wozniak

The Arizona Department of Health Services [Office of Cancer Prevention and Control](#) recently released the [Arizona Cancer Control Plan 2014 – 2018](#). The published document was initially shared with the Arizona Cancer Coalition at the statewide coalition meeting on February 23, 2015.

The [Arizona Cancer Control Plan 2014 – 2018](#) is an update to [The Arizona Comprehensive Cancer Control Plan](#), published in [2007](#).

The [Arizona Cancer Control Plan 2014 - 2018](#) provides objectives and strategies currently in place within the six Action Teams of the Arizona Cancer Coalition. The Arizona Cancer Coalition is comprised of professionals representing businesses, healthcare, public health, research, government, and non-profit organizations.

The Action Teams work to address six prioritized goals that span the cancer continuum. The plan describes coalition activities achieved in 2014 and acts as a guide for the coalition’s work over the course of the next several years.

The [Arizona Cancer Control Plan 2014 – 2018](#) is now [online](#) for readers. Additional hard copies of the document will be made available at a later date.

To become involved with the [Arizona Cancer Coalition](#) or for more information related to the [Arizona Cancer Control Plan 2014 – 2018](#), please contact [Virginia Warren](#), Office Chief, Cancer Prevention and Control.

Age-adjusted incidence rate per 100,000 persons

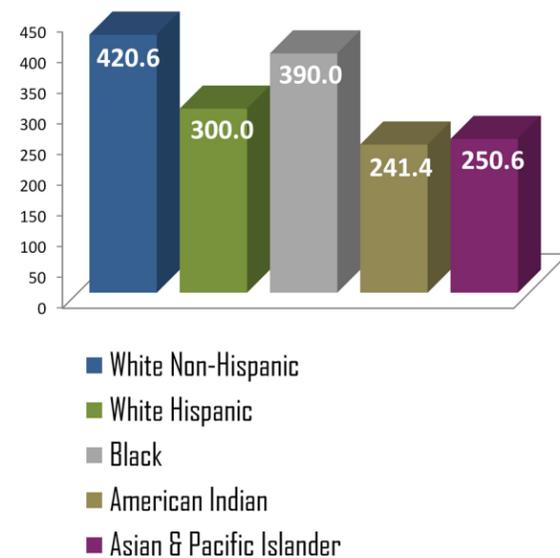


Figure 1. Age-adjusted cancer incidence rate by Race/Ethnicity—2011

Age-adjusted mortality rate per 100,000 persons

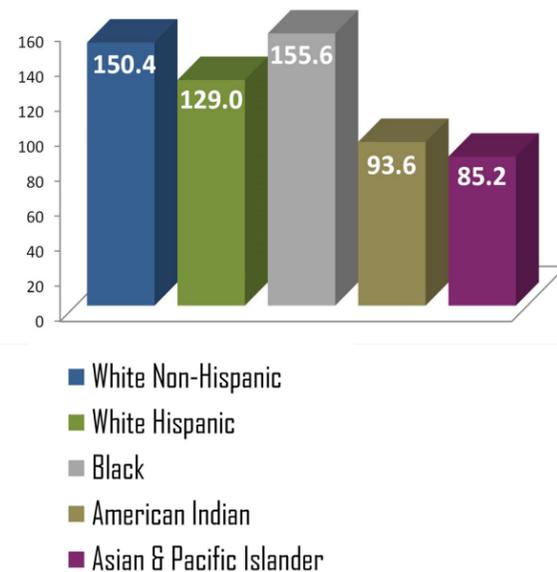


Figure 2. Age-adjusted cancer mortality rate by Race/Ethnicity—2012

## Strong Voice for Children with Autism



*Continued from page 1*

and I want other parents to learn from what I experienced.”

Her son waited for three years to receive speech therapy due to lack of providers and difficulties accessing the system in Yuma. One of her goals is to bring more speech therapists to Yuma through First Things First.

Gloria (front row, 2nd from left and her son Arturo in the photo) has a passion for helping people, that may be rooted in her upbringing and early experiences.

Gloria was born into a migrant farmer’s family in Yuma. After she was born, she and her family returned to Mexico and came back to the U.S. when she was eight years old. Her dad drove a lettuce truck in a farm field and mom stayed home to take care of four children. Her parents hoped she would complete high school, get a job as a secretary and leave farm work, because they knew how hard life was as a farmer. Gloria and her three siblings enjoyed a happy life, despite very limited resources. When she was 17 years old, her father passed away, and overnight, Gloria had to grow up. She met the challenge and demonstrated her new found maturity by graduating from high school one semester early. Following in her older sister’s footsteps, she went to college majoring in Family Studies and Child Development

with a full scholarship at the Arizona State University. Her goal was then, as it is now, to help others and make a difference in the community. She continued her study and completed her master’s degree in counselling from Northern Arizona University.

After graduation, she remained in the Phoenix area and worked for a non-for-profit organization and then a government agency. She helped coordinate reduction of tobacco use and teen pregnancy efforts. In the meantime, she was well known as an interpreter in the Phoenix Hispanic community.

“You know, it was not easy to interpret, because people who spoke Spanish were from different backgrounds with diverse language and cultural variations,” Gloria laughs when she recalls her life in Phoenix.

Gloria married her college classmate, and the young couple decided to move back to Yuma. Gloria found a job at the Yuma County Public Health Services District and worked in tobacco prevention.

“I feel gratified that I can contribute to my community. It’s my passion to serve those girls because I am a social worker,” says Gloria. “They remind me of my youth, and I feel connection to them. And I want to serve as a role model to them.”

Gloria received a promotion and has taken on new job responsibilities. She continues to serve the community she loves. She attributes community services to her passion and also to her work as a social worker and public health professional.

Gloria volunteers in the community, and it seems she is everywhere. She has helped March of Dimes to raise funds, she has helped raise awareness of breast cancer, she has given a presentation from the parent’s perspective in Spanish at the Yuma County First Things First Annual Conference, and she has even given her personal phone number to her children’s school as a resource for peer support.

“I would like to provide resources to someone who may not know,” Gloria explains.

