



Upcoming Events

- **Pathways Into Health 8th National Conference**
 Dates: October 12 – 14, 2015
 Location: Seattle, Washington
 Contact: PathwaysIntoHealth@gmail.com
- **Sedentary Behavior Conference: Be the Voice of Movement**
 Dates: October 15 – 17, 2015
 Location: Urbana-Champaign, Illinois
- **Equity Summit 2015: All in for Inclusion, Justice, and Prosperity**
 Hosted by: PolicyLink
 Dates: October 27 – 29, 2015
 Location: Los Angeles, CA
- **National Summit on Health Equity**
 Sponsored by: the American Cancer Society Cancer Action Network
 Date: November 10, 2015
 Location: Sheraton Westport Plaza, St. Louis, MO

Editor's Note

The AHDCConnection 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.

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AHDCConnection



New Tool to Navigate the Community Health Improvement

Developed by the Centers for Disease Control and Prevention (CDC), the [Community Health Improvement Navigator](#) helps public health agencies, hospitals and health systems, other organizations, and individuals improve and invest in the health of their communities. The Navigator contains database and case examples for interventions that work. It is a one-stop-shop that offers stakeholders expert-vetted tools and resources.

(The information is adopted from the CDC website at http://www.cdc.gov/CHInav/?s_cid=ostltsdyk_govd_615.

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Be Hopi Be Healthy

By Hong Chartrand

"The run/walk event is on. Please come," Amelia Onsa, Office Manager of the Hopi Wellness Center, convinced the caller. It was nearly 5:30 pm on May 18, 2015. Amelia headed out to the Village of Hotevilla where the event took place in gloomy weather.

It was one of the 100 Mile Club fun run/walks, organized by the Hopi Wellness Center. Joyce Hamilton, Wellness Center Manager, shared that this was a 12-week event to promote physical activity on the Hopi reservation for the community. On average, each individual would walk or run 9 miles each week. Every Monday evening over 12 weeks, the staff hosted a 1-mile to 2-mile fun walk or run at different community/village sites. The Center learned about the 100 Mile Club's concept from the Zuni Tribe and has organized this annual community event to promote physical activity and wellness since 1992. "This year, the 100 Mile Club is more challengeable, compared to in previous years," Joyce said. "In the past, the participants had 16 weeks to achieve their goals. It will be

interesting to see how people feel this year."

In May, usually, the weather is perfect for having outdoor activities on the Hopi reservation. On May 18, 2015, however, it started to rain at 4:00 pm and was cold and windy. "Will people show up?" thought a group of public health students from the University of Arizona who were conducting their service learning on the Hopi reservation and came to help with the event. They worried that people might be stopped by the bad weather. A miracle happened! At almost 6:00 pm, the rain stopped, although it was still cold. More and more people: old and young, men and women, families and friends, came to the registration table and hit the walking/running trail. As it turned out, more than 140 people participated in the event that evening. There was even more exciting news when, three weeks later, 445 people participated in the 100 Mile Club event on June 8 which was a night Lunar run.

(Continued on page 5)

Funding Opportunities

Avon Foundation for Women: Breast Health Outreach Program (BHOP)

– Deadline: August 21, 2015
 Purpose: to provide underserved women and men access to breast health education, screening, and treatment services.
 Eligible Applicants: Non Profits and Tribal Organizations/Institutions
 Range of awards: \$30,000 - \$60,000
 Number of awards: 60
 Average award size: \$45,000
 Total of amount: \$2,500,000
 Contact: (212) 244-5368 or admin@avonbhop.org

American Medical Association (AMA) Foundation: Healthy Living Grants

– Deadline: September 11, 2015
 Purpose: to support grassroots public health projects that encourage healthy lifestyles in communities across the nation.
 Eligible Applicants: Local Government, Academic Institutions, Consortia, Non Profits, State Government
 Contact: amafoundation.org@ama-assn.org

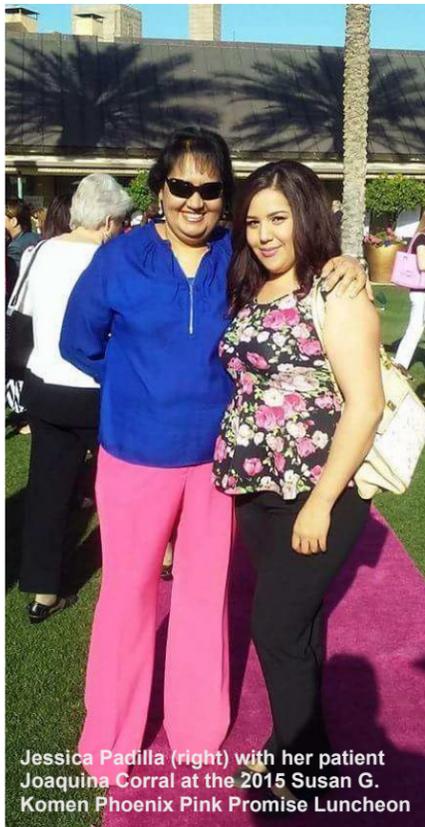
Dignity Health Foundation: Community Grants

– Deadline: Varied
 Purpose: to improve the quality of life for people in low-income and minority communities through funds contributed by the funding agency's member hospitals.
 Eligible Applicants: Consortia and Non Profits in Arizona (Gilbert and Phoenix), Nevada (Henderson) and California (certain areas)
 Amount of award: up to \$75,000.



Exceling in Humanity

By Hong Chartrand



Jessica Padilla (right) with her patient Joaquina Corral at the 2015 Susan G. Komen Phoenix Pink Promise Luncheon

*I was petrified to walk into your world,
 scared of doctors and their ways.
 You took me from an extremely nervous child
 to a well-informed woman,
 still scared, but about the cancer,
 not you!
 I want to thank you for that!
 The care and emotion you showed me
 was far more than doctor-patient.
 How do you do it for everyone?
 I do not know...*

This is a poem that Rosemary, a breast cancer patient, and her family sent to Jessica Padilla, Cancer Screening Navigator at Mountain Park Health Center (MPHC) in Phoenix. "It was emotional for the patient and me," says Jessica. "I try my best to meet the patient's needs."

Jessica's role is to help screen for breast cancer or cervical cancer. When someone is diagnosed with the cancer, Jessica helps identify resources so that

they can receive appropriate treatment. She helps patients keep appointments and arranges transportation. She also helps patients fill out the AHCCCS application if they are eligible. Jessica is the only Cancer Screening Navigator at MPHC due to funding cuts. Often, she talks with her patients on the phone or meets them in one of MPHC's five clinical sites. On average, 3100 people receive breast cancer screening, and approximately 22 uninsured patients are diagnosed with breast cancer annually (numbers are from 2014).

"There are not enough resources for our cancer patients," says Jessica. "The good news is that we received a grant from the Susan G. Komen Central and Northern Arizona for breast cancer treatment, which will allow us to assist eight patients this year.

Jessica has been on her current job for three years. "I love my job," Jessica says, grinning. "I love the community I serve because I am

from the community." Jessica grew up in south Phoenix, where the MPHC's base-line clinic is located. "Mountain Park Health Center is the landmark in the community, and I am honored to work there," says Jessica. Three generations of her family members are MPHC's patients. She often encounters people with whom she went to school who visit doctors at MPHC. After she graduated from high school nine years ago, Jessica started to work at MPHC as an operator. While working there, she studied to be a medical assistant. After graduation, she stayed at MPHC. When the cancer screening navigator position opened, Jessica jumped at the opportunity because she wanted to work in specialized care. "I really appreciate my supervisor. She has given me the amazing opportunity to work in the cancer screening program. She saw my potential and has shown me extreme confidence and so much appreciation for what I do," says Jessica. (Continued on page 5)



The Arizona Department of Health Services released the [HIV/AIDS Integrated Epidemiologic Profile](#), which includes data from 2009-2012 and contains information about comorbidity of HIV with other infectious diseases like tuberculosis, valley fever and Sexually Transmitted Diseases (STDs). As of 2013, 15,798 people in Arizona were living with HIV/AIDS, and 730 Arizonans were newly diagnosed. Most of Arizona's HIV cases (86 percent) are male, and 62 percent of cases are between the ages of 40 and

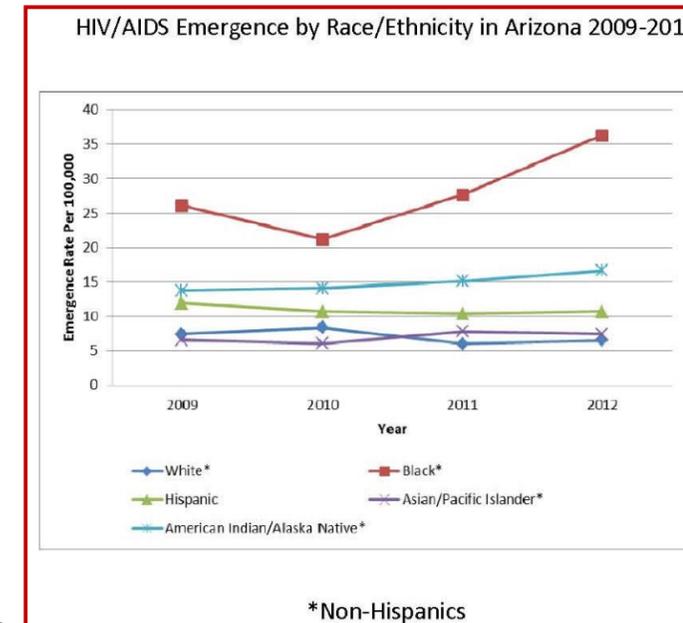
55. In the past decade, the rates for newly diagnosed HIV cases in Arizona have been dropping from 25.2 cases per 100,000 in 1990 to 9.6 cases per 100,000 in 2012.

Trends of emergent HIV infection among all racial/ethnic groups in Arizona are reflective of broader population trends, with the clear exception of non-Hispanic Blacks. The US Census listed non-Hispanic Blacks as just 4.4% of Arizona's population in 2012, but they accounted for 13.4% of emergent HIV

infection over the four-year period. Nationally, non-Hispanic Blacks are 13.2% of the US population and account for over 44% of new HIV cases, according to CDC estimates. This disproportionate impact is not seen among other racial/ethnic groups.

Among new cases of HIV/AIDS in 2009-2012, non-Hispanics Blacks consistently have the highest emergence rates, reaching 36.3 per 100,000 in 2012 (Figure). Blacks are diagnosed with HIV/AIDS at almost three times the rate of persons in Arizona as a whole and almost twice the rate of American Indians/Alaska Natives, which have the second highest emergence rates in the state. Non-Hispanic Whites have the highest number of emergent cases in the state, followed by Hispanics and by Blacks. The race/ethnicity of prevalent cases has a similar profile. Blacks make up 4% of Arizona's population and 12% of persons living with HIV/AIDS in Arizona..

Although there is no cure for HIV, treatment can increase one's life expectancy. Treatment has also been shown to significantly reduce the



New Publications of Interest

- [Feeding Ourselves: Food Access, Health Disparities, and the Pathways to Healthy Native American Communities](#)
- [Understanding the Geography of Growth in Rural Child Poverty](#)
- [A Collection of Case Studies on Diversity Initiatives Across the Country](#)



chances of spreading the disease. In Arizona, 40% of cases are successfully controlling their infection with treatment.

In comparison to other states, Arizona's case count is average.

(The information is adopted from the [HIV/AIDS Integrated Epidemiologic Profile](#).)





News from the Network AzRWHN Makes Steady Progress to Serve Communities

By Leah Meyers

The Arizona Rural Women's Health Network (AzRWHN) is a collaborative effort to ensure all women living in rural Arizona will experience optimal health. The Network recently welcomed two new staff members. Leah Meyers, Director, started in January and Hailey Alcaraz, Coordinator, started in June. Both are jumping into the Network projects and looking forward to collaborating with their member organizations and communities to meet the needs of women in rural Arizona. To do this, the AzRWHN has recently broadened its communications with the launch of both Facebook (www.facebook.com/ArizonaRWHN) and Twitter (www.twitter.com/ArizonaRWHN) pages. Additionally, the AzRWHN has been working on revamping the Network's website to include a larger variety of online resources, a calendar of upcoming webinars and professional development opportunities, as well as more information on the Network's member organizations. The AzRWHN excited to share resources, news, and events regarding women's health, rural health, and sexual violence with a wider audience online.



The digital stories recording day in San Luis, Yuma

In addition Leah and Hailey are preparing for conference presentations about the outcomes of implementing their *Sexual Violence Curriculum for Community Health Workers/Promotoras* at two local and one national conferences. One of the outcomes is development of a series of digital stories, created by community health workers and Promotoras who talked about violence against women in their community and how the curriculum helped them improve their response to sexual violence. The digital stories can be accessed at www.azrwhn.org.

For more information about AzRWHN or to become a member contact Leah Meyers at LeahM@aachc.org or 602.288.7544.

Partnership between ADHS and Native Health Brings Students to Learn about Public Health

In partnership with the Native American Community Health Center, Inc. (NATIVE HEALTH) in Phoenix, the Arizona Health Disparities Center (AHDC), Arizona Department of Health Services (ADHS) hosted a pilot public health shadow workshop on June 11, 2015. A total of 22 students from high schools and colleges came to ADHS to learn about public health.



NATIVE HEALTH has a continuous number of volunteers ranging from high school to medical school students. The students work closely with its Volunteer Service Director to obtain comprehensive clinical experience; however, the students lack an introduction to public health. Therefore, AHDC and NATIVE HEALTH decided to implement a 2-year pilot shadow program starting last summer.

During the whole-day visit, the students learned about public health's history, role and key functions. They had conversations with public health professionals and learned about potential careers in public health. They were also exposed to some community health examples in Arizona. In addition, they had a tour to the Arizona State Lab and a neighborhood walking tour to see how place matters with relation to people's health.

AHDC conducted two workshops last summer and one workshop last winter. AHDC plans to host one more workshop in August.

Exceling in Humanity, cont.

Most of the patients Jessica works with are uninsured or underinsured women. Many are undocumented and speak primarily Spanish. "They are the heart of their families, and they take care of everyone but themselves," says Jessica. "I have to convince them that they have to take care of themselves first in order to take care of other people. Plus, in our community, people don't talk about cancer much. I try my best to ease their minds."

Jessica takes the advantage of her bilingual and bicultural background to build a close relationship with her patients. As one certificate sent by her patient says,

I want to thank the clinic Mountain Park Health Center in the Department of Women for referring me to the Mayo Clinic for the treatment of my cancer. for exceling in humanity in this process. A special thank you to Jessica Padilla for being

involved in this process and for the humanity she showed in carrying on my case... I thank you for contributing toward a mother being able to stay home with her family...

"Jessica is very attentive to her patients' needs, and she takes a personalized approach to help them with cancer screening. She also works with recently diagnosed patients to get treatment coverage. She is always willing to learn how to better serve her patients," says Emily Wozniak, Office of Cancer Prevention and Control Operations Manager at the

Arizona Department of Health Services. The Office of Cancer Prevention and Control funds Jessica's position

To be a registered nurse is Jessica's dream. After her son was born, she put her education on hold for a while. "Once my son gets a little older, I plan on returning back to school and finish what I started." Of course, Mountain Park Health Center is still her ideal workplace.



Be Hopi Be Healthy, cont.

"If it wasn't for the 100 mile club I probably would have only walked/run 0-1 mile this year," one participant said.

The Hopi Wellness Center manages the Hopi Special Diabetes Program and the Hopi Fitness Center. Through these two programs, the Center provides a series of services, including the 100 Mile Club, to promote a healthy lifestyle. All of the Center's staff are from the Hopi community, understand the community's needs and are passionate about what they do. This is one of the important components that make the program a success. "We make sure all our staff provide good customer service and make sure everybody knows what we do," Joyce said. "When people trust, they will come."

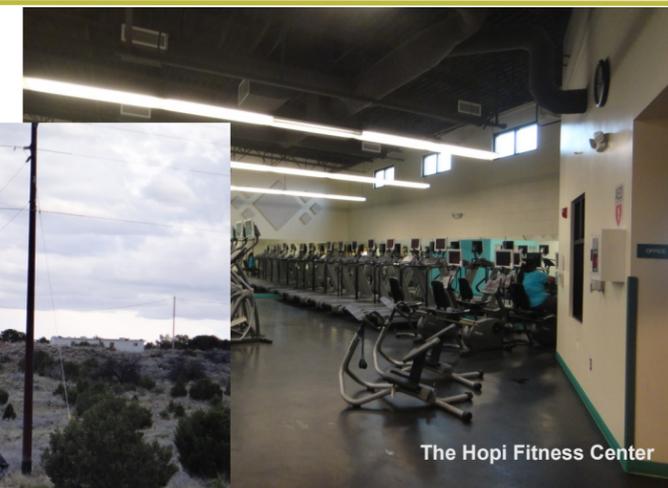
Its special diabetes program works with the local clinics to conduct health education and provide cooking demonstrations to patients / clients. "We have high



The 100 Mile Club fun run / walk event in Hotevilla on May 18, 2015

incidence of type 2 diabetes," said Sandra Ovah, who coordinates the Center's diabetes program, "we try to incorporate our traditional culture and food into our cooking demonstrations. It is our hope to create a healthier community and be a guide to making healthy lifestyle changes for all community members."

Built in 2005, the Hopi Fitness Center is state of the art. Starting from a small room with two treadmills, the fitness center now has a full range of exercise equipment and provides free fitness classes to people at all levels of fitness. All the services are free to the community members. The program staff think outside the box such as creating various themes for Zumba, Be Hopi Be Healthy Kids camp, employee wellness program, fun family time, basketball tournament, women's day and November Diabetes Expo to attract more community members to engage in physical exercise. They



The Hopi Fitness Center

also have a kids kormer and provide childcare to the parents who come to exercise. Nine out of 10 community members know about the program. On average, the program provides services to 1,300 people per month.

The Hopi Wellness Center made itself famous in the community and wherever the center staff go, people recognize them and follow their examples.

"The big challenge is how to sustain the Center because money may go away," Joyce said. "I am trying to enhance what we are doing and seek grants to keep the program running and growing."