



THE 2010 PROGRESS

Arizona Department of Health Services

Winter 2003, Vol. 1, Issue 2

- New minigrants awarded
- Coming Soon: Community Health Profiles
- Avondale 2010

Mark your calendar:

Arizona Public Health Association Spring Meeting
March 26 & 27
Tucson

Public Health Month
April 2003

Rural Health Association Annual Meeting
July 21- 23
Tucson

Arizona
Department of
Health Services

Sun Safety in Arizona Schools

As team leader for the 2010 Environmental Health team, ADHS epidemiologist Will Humble knew that there was an objective on skin cancer reduction, but no specific programming with that as its focus.

Looking at Arizona statistics showing a 150% increase in melanoma since 1973, with about 44% more deaths, he knew something had to be done. The data on skin cancer show that exposure to UV radiation during childhood plays a major role in the future development of skin cancer.

With this in mind, Will began researching school-based prevention. He found an Australian model that has been extremely successful and then learned of a similar

EPA program, Sun Wise Schools.

Will is now launching the Sun Wise approach here in Arizona. He recently obtained support from the CDC Preventive Health Block Grant. A key partnership has been developed with the SHADE foundation established by Shonda and Curt Schilling.

At this point the program is progressing and schools are starting to become educated on ways to promote sun safety including classroom instruction, shade development plans and sun behavior guidelines (hats, sunscreen etc.).

Sharon McKenna has been hired to market the program statewide.



A poster contest is underway to get kids thinking about the dangers of sun exposure. Schools that successfully implement this program can display their Sun Wise signage at entrances. For more information on this initiative, you can reach the program office at 602-230-5806.

Youth Risk Behavior Survey (YRBS) Is Conducted

Fulfilling one of the Healthy AZ 2010 objectives for Responsible Sexual Behavior, the Arizona Department of Education is conducting the 2003 YRBS, which focuses on priority risk behaviors established during adolescence including violence, alcohol and other drug use, sexual behaviors, unhealthy dietary behaviors, and physical inactivity. Ninety-four schools, including charter and public schools,

containing one or more classes of grades 9 through 12, have been randomly selected to participate in the YRBS. The survey will be administered in March and April. The YRBS is supported by many Arizona education and health organizations, including the Arizona School Boards Association, the Arizona Charter Schools Association, the Arizona PTA, the Phoenix Children's Hospital, and the health departments

in Apache, Coconino, Maricopa, Mohave, Pima, and Pinal counties. The Arizona Department of Education (ADE) is looking forward to disseminating the results of the YRBS and collaborating with agencies to promote student health and academic achievement. For more information, please visit the ADE website at: www.ade.state.az.us/HEALTH-SAFETY/chesss

Healthy Aging 2010 Minigrant Recipients - Ramona Rusinak, Project Manager, Healthy Aging

Using funds from the Preventive Health and Health Services Block Grant from the Center for Disease Control and Prevention, Healthy Aging 2010 has encouraged innovative community-based projects through minigrants to address the growing number of older adults who live with or are at risk for chronic diseases related to lifestyle behaviors and poor health management. The funds are being used to focus on one of the following three areas:

- Expand or develop community projects with identified action plans and strategies related to health promotion or management of chronic disease targeting high risk older adults.
- Promote/market at the local level, Healthy Arizona 2010 objectives that are related to older adults.
- Conduct an assessment of community assets and needs related to health promotion and disease prevention in older adults in geographic areas where minimal data exists.

PROJECT/AGENCY	CITY/COUNTY	AMOUNT	DESCRIPTION
Nurse Ministries Network Beatitudes Center, DOAR	Phoenix MARICOPA	\$5,000	Expands the Nurse Ministries Network's parish nurse preparation courses, continuing education, and support to parish nurses and congregations. The Network will initiate a plan to help congregations begin health ministry programs.
Senior Infusion Pinal Gila Behavioral Health Association	Apache Junction PINAL	\$4,089	Provides useful knowledge and resources to the caregivers, behavioral health care staff, and prevention providers of the rural communities of Pinal and Gila Counties. Full-day will focus on: suicide and depression; medication and substance abuse; nutrition and physical activity; and other issues.
Project Get WELL (Walk Everyday & Live Longer) Arizona	Mesa MARICOPA	\$4,891	A 4-week pedometer-based community intervention aimed at increasing the physical activity levels of sedentary Arizona residents, aged 50-64.
ASU East Campus Dining with Diabetes Mohave County Health and Social Services	Kingman MOHAVE	\$5,000	Dining with Diabetes is a series of three two-hour sessions consisting of a lecture on basic nutrition by a health department nutritionist, demonstration of three recipes by an extension educator, tasting of the recipes and discussion.
Get Strong - Feel Great: Video Area Agency on Aging, Region One, Inc.	Phoenix MARICOPA	\$5,000	A collaborative effort to produce a 60-minute physical activity video that senior centers will be able to use at their sites.
Bone Builders Physical Activity Program Pima County Cooperative Extension	Tucson PIMA	\$5,000	Evaluates the effectiveness and acceptability of an innovative community physical activity program that was developed to be part of an ongoing community osteoporosis awareness program. The 8-week physical activity program will be presented to at least five groups of senior adults who are part of existing senior programs within the county.
Weight Training & Aquarobics 65+ City of Flagstaff Check Your Health Day Scottsdale Healthcare Hospitals	Flagstaff COCONINO Scottsdale MARICOPA	\$2,980 \$5,000	Adds two new senior fitness classes designed for those aged 65 and above, under age 65 suffering from chronic illness and/or disability, including arthritis, diabetes and cardiovascular disease. Assists with early detection of chronic disease and other illnesses associated with aging. A quarterly event designed to bring a wide range of health screenings and information to communities. Professional staff will be available to help individuals interpret their screening results and to provide qualified advice and referral services.
Pinal/Gila Healthy Aging Peer Education Project Pinal Gila Council for Senior Citizens	Casa Grande PINAL	\$5,000	Develops materials and provides training for ten Volunteer Prevention/Health Peer Educators to present a series of health promotion workshops with elders. Workshop will cover basic exercises, practical physical exercises, nutrition guidelines, medication management, guidelines for common physical illnesses, and maintaining mental sharpness.
Hualapai Older Adults Aging Healthier Hualapai Tribe	Peach Springs MOHAVE	\$5,000	Expands an existing program dealing with Older Adults living on the reservation. Will provide one-on-one and group exercise sessions and health and nutrition related education to adults aged 55 and older in the community.
Diabetes y la Union Familiar Campesinos Sin Fronteras	Somerton YUMA	\$2,796.80	Takes a family approach to building a supportive environment for diabetes self-management and promote good health and quality of life for the entire family. The curriculum will help families strategize ways they can work together to engage in physical activity and healthy eating and support the person with diabetes in controlling the disease.
Bone Builders - Building Strong Bones for a Lifetime UA Cooperative Extension	Phoenix MARICOPA	\$5,000	Increases community awareness of osteoporosis risk factors and provides osteoporosis prevention education to women of all ages.

At Work Around the State

2010 MINIGRANTS ADDRESS SCHOOL HEALTH

With the rising concern about childhood obesity and lack of physical activity, the focus of this year's minigrants is on addressing cardiovascular disease and other chronic diseases by impacting the health of school children, particularly middle and high school age. The RFP, released September 3, 2002, asked applicants to address one or more of these areas:

- Implement the School Health Index assessment available through the Centers for Disease Control and Prevention (CDC) at www.cdc.gov/nccdphp/dash, and initiate systems change within the school environment.
- Develop and implement programs that increase the actual time spent in physical activity before, during and/or after school.
- Develop and implement strategies that lead to improved student nutrition.

Of the 47 proposals received, the following 14 were funded, with a CDC Preventive Health Block Grant allocation, and have begun their activities:

Pascua Yaqui Tribe

Tucson /Pima County;
\$5,000

A bicycling program directed toward children age 12-18 to help prevent increases in the incidence of type II diabetes.



Douglas Unified School District

Douglas/Cochise;
\$4,060

An after-school club promoting healthy habits in physical activity & nutrition. Includes leadership development for students.

Sunnyside Charter School

Camp Verde/ Yavapai;
\$5,000

Students plan and build a river front trail, establish a bike rally and hold outdoor boating activities.

Dead Horse Ranch State Park

Cottonwood / Yavapai;
\$2,300

Installs an orienteering course in partnership with Mingus High School students. Promotes after school and weekend programs.

Arizona State University

Tempe / Maricopa,
\$4,950

Researches "stigma" factor in households rejecting school-based, gleaned food distribution programs. Aims at reducing food insecurity and promoting vegetable and fruit consumption.



Calli Olin Academy

Tucson / Pima;
\$5,000

Eighteen week program focused on purchase and preparation of healthy foods and physical activity promotion. Targets at-risk youth.

Canyonlands Community Health Center

Page / Coconino;
\$4,980

After school recreation program offering students a variety of choices including dance, basketball and exercise routines. Incorporates nutrition training.



Has:san Preparatory & Leadership School

Tucson / Pima;
\$5,000.

Promote physical activity and nutrition through a traditional garden project that brings generations together in shared learning. Emphasis on fruit and vegetable consumption.

Hopi Junior/Senior High School

Keams Canyon / Navajo
\$5,000

Native American youth will study core nutrition principles and then create a survey to assess health awareness of classmates and identify those at risk.

Mammoth / San Manuel School District

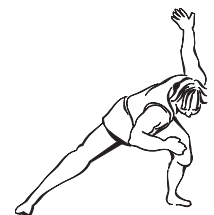
San Manuel / Pinal;
\$5,000.

Students will conduct the CDC School Health Index and design at least three programs targeted to identified weaknesses.

Payson Unified School District

Payson / Gila;
\$5,000.

Students design lunch hour programs based on a TV program and called, the "Food Factor". Promotes healthy eating plus a variety of ways to increase physical activity.



Mayer Unified School District

Mayer / Yavapai;
\$5,000.

Project has three components: conducts the CDC School Health Index, Creates a walk/run

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Healthy Arizona 2010 Board Members:

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M.P.H., Chair

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Anna Alonzo
Jim Apperson
Tiffany Bock
Burt Brill
Irma Bustamante
Maureen DeCindis
Sharon Davids
Elsie Eyer
Sue Gerard
Barry Gold
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Roger Hughes
Marla Husz, O.D.
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Helene Weir
Gerry Wissink
Barbara Worgess
Michael Young

“Zeroing In”

Geri Tebo, Project Manager, Healthy Arizona 2010

After two years of promoting a very broad initiative across the entire state, it's time to see if our efforts can really make a difference in a single community. A number of opportunities came together in January, and we have now embarked on a partnership with the City of Avondale.

With help from several members of the 2010 board, we are creating a framework to “saturate” Avondale with health promotion strategies. The project will target schools, worksites, senior centers and places of worship. City residents will volunteer to take part in health promotion events that will cut across the twelve 2010 focus areas activity.

Avondale is already a very health conscious community. Mayor Ron Drake has been working with the schools in town to get kids moving. His annual “Operation Tone-up” reaches about 2,000 kids, and Ron can be found running along side as they do their laps at the Phoenix International Raceway. Hopefully, with the 2010 partnership, students who have shied away from typical fitness events will also get more active. Dan Davis who heads up the city's Community and Recreation Department, has made a tremendous commitment to impacting the

environment in Avondale, creating more paths and trails so that everyone can enjoy becoming active in a safe and pleasing environment. Avondale and ADHS have collaborated on a preliminary proposal to the Robert Wood Johnson Foundation to expand the city's capacity for active living. With or without new resources, we plan to take this new collaboration as far as we can. If this small urban community benefits from an intense focus on healthy living, we hope to set up similar projects with both a border and a tribal community in AZ

Another way that we are “zeroing in” at the Arizona Department of Health Services is through our new Community Health Profiles that are currently in development. The profile will break down data that is now at the county level and make it more accessible to communities. Bringing data to communities is essential if they are expected to improve health outcomes through local efforts. Eventually, we hope to have data for all 87 incorporated cities and towns in the state.

For more information on 2010 activities and for newsletter input, please contact us at 602-542-1223 or visit our website at www.healthyaz2010.org.

At Work Around the State

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Mayer Unified School District

program geared to inactive youth and establishes a gym and weight room to be available to students on weekends.

Scottsdale Healthcare Hospitals

Scottsdale/ Maricopa; \$3,520.

“Get on a Roll” physical activity program geared to middle school that pilots offering a wide array of activity options plus essential health information through a series of stations that students can visit. Students select their activity and work on it for nine weeks.

Yavapai County Health Department

Prescott / Yavapai \$5,000 Promotes physical activity through use of pedometers and encourages students to increase their steps to 12,000 / day.

Healthy Arizona 2010 Team Leaders

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