

Health Matters for Rural Women

APRIL 2007

A Publication of the Arizona Rural Health Office at the University of Arizona Mel & Enid Zuckerman College of Public Health, in collaboration with the Arizona Rural/Frontier Women's Health Coordinating Center

Welcome to Health Matters for Rural Women

Health Matters for Rural Women will be a source for sharing news and information about the health of rural women in Arizona. Health is more than the absence of disease and women's health is more than reproductive health. Many factors contribute to individual health and well-being. Through this newsletter, we will present relevant and useful topics, create conversations, and provide a space for rural communities, health professionals, and women living in rural communities to explore health.

The health of rural women impacts their quality of life, their families, and their work. Conversely these environmental elements also impact individual health. Ensuring the health of women living in rural, frontier, border, and tribal communities is essential for healthy communities and a healthy state.

The **Arizona Rural Women's Health Initiative (RWHI)** website will have the current and past issues of the newsletter and additional information and resources:

<http://www.rho.arizona.edu/Programs/azrwhi/AzRWHI.aspx>

The goal of the RWHI is:

- To bring together a diverse range of women, community leaders, health providers and health planners
- To engage women living in rural communities of Arizona – including border and tribal communities
- To respond to assessed health priorities set for the State of Arizona.

Get Involved! AZRHWI Council

The Arizona Rural Women's Health Initiative Council is a new inclusive network of state, county, tribal and community-level participants. The group has been convened by the Arizona Rural Health Office (part of The University of Arizona Mel and Enid Zuckerman College of Public Health) and the Rural/Frontier Women's Health Coordinating Center (part of the Arizona Association of Community Health Centers).

The Council acts as a statewide advisory group to analyze, evaluate and think

innovatively about rural women's health in Arizona.

Why join? To serve as champions in the broad arena of rural/frontier women's health issues and to build leadership capacity in rural communities, including border and tribal communities.

Short-term impact: Build leadership capacity in a core statewide council of women's health "champions" to prioritize and adapt existing

strategic health plans, identify health gaps in rural communities, and develop culturally appropriate strategies for response.

Long-term impact: Develop on-going programs and resources to fill the gaps in health care and education for women living in rural, border and tribal communities.

For more information, visit:

http://www.rho.arizona.edu/Programs/azrwhi/AzRWHI_Council.aspx

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"Everyone is responsible for preventing sexual violence and it requires all of us working together in creative ways."

**National Sexual Assault Hotline * Free * 24/7:
1-800-656-HOPE (4673)**



In April and October, 2006, Arizona rural, border and tribal communities came together to discuss domestic violence, sexual assault and other violence against women. You can download and read the analysis and recommendation reports from these forums at:

http://www.rho.arizona.edu/programs/azrwhi/azrwhi_vawforums.aspx

April is Sexual Assault Awareness Month

From the National Sexual Violence Resource Center: "Sexual Assault Awareness Month (SAAM) observed in April, is the month dedicated to making a concerted effort to raise awareness of sexual violence and promote its prevention through special events, although such activities ideally will occur throughout the year. The 2007 SAAM campaign national slogan is: **Prevent Sexual Violence...in our communities.**

This focus helps communities recognize that everyone is responsible for preventing sexual violence and that it requires all of us working together in creative ways. More info and resources: www.nsvrc.org

National Resource: Rape, Abuse, & Incest National Network: www.rainn.org/

Additional Resources: www.rho.arizona.edu/programs/azrwhi/resources/SDVresources.aspx

Local Resources

Arizona Sexual Assault Network www.azsan.org/

- The AZSAN website has a variety of information including a list of services available by county.

Arizona 2-1-1 www.az211.gov/

- AZ-211 is an online directory that can be used to search for services by key word and zip code.

Joining Voices – Call for Contributors

Each month in *Health Matters for Rural Women*, we would like to feature a voice or voices from people addressing women's health, leading programs, participating in programs, or those with ideas for programs.

Through this newsletter, we believe that connections can be made across rural areas. Often we get caught up working in our own area, facing individual challenges and sometimes

finding that time and resources are scarce to attend a statewide meeting. However, there is much we can learn from each other's successes and challenges.

This will be a space for sharing ideas and encouragement, as well as challenges and solutions.

Suggested topics include priority rural women's health issues in Arizona from the perspective of your

community, and your visions for improving and ensuring the health of rural women in Arizona.

If you would like to contribute or have other suggestions for things you would like to see, please contact:

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What is Rural? From RACOnline

Trying to define what "rural" is, in a nation of such diverse geography, can be a daunting task. For those concerned with rural health care and human services, that which constitutes rural must not be subjective, but rather precise in fulfilling the definition.

The Census Bureau has taken the lead in creating a working definition of rural by defining what is urban or metropolitan, then defining rural by exclusion. The Bureau defines an urbanized area (UA) as consisting of adjacent, densely settled census

block groups (BGs) and census blocks that meet minimum population density requirements along with adjacent densely settled census blocks where together they encompass a population of at least 50,000 people. Urban... (continued on page 4)

Save the Date: Arizona Rural Health Conference

34th Annual Arizona Rural Health Conference:

"Traditions and Technologies:

Rural and Public Health Responding to Change"

July 30–August 1, 2007

Radisson Fort McDowell (Fort MacDowell Yavapai Nation)

About the Conference:

The longest running rural health conference in the nation, the Annual Arizona Rural Health Conference provides an environment for networking and exchange among professionals and community members for rural Arizona and the southwest. Primary sponsors of the conference are the Rural Health Office at the University of Arizona Mel and Enid Zuckerman College of Public Health and the Arizona Rural Health Association, Inc.

Conference Goals:

The conference brings together the spectrum of rural, border and tribal leaders from around the state to address the question: "How have rural, border, and tribal communities used

their traditions and technologies to respond to health trends and diverse health issues experienced among their people?"

CALL FOR WORKSHOP PRESENTATIONS AND POSTER SESSIONS IS NOW OPEN. ALL SUBMISSIONS MUST BE RECEIVED BY APRIL 6, 2007 AT 5:00 PM.

See website for more information: www.rho.arizona.edu

Related News:

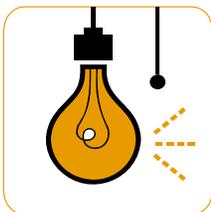
National Rural Women's Health Conference

Aug 13 - 15, 2007, Washington, D.C.

"Charting New Frontiers in Rural Women's Health"

Purpose: To increase awareness and replication of best practices that address the needs of women and families living in rural and frontier areas.

<http://www.esi-bethesda.com/ruralfrontier2007/>



RFCC Corner

The Arizona Rural/Frontier Women's Health Coordinating Center works to improve the health care delivery system for women throughout the lifecycle by making a difference through clinical care, outreach, research, education, and leadership activities. Sexual Assault Awareness Month addresses the impact violence makes on physical and mental health throughout a woman's lifespan. The health care community plays an important role in the collaborative response needed to prevent

violence and help victims. The RFCC is committed to assisting providers in better addressing the needs of patients impacted by violence. In partnership with the Arizona Coalition Against Domestic Violence, Health Care Responds to Domestic Violence, a train-the-trainer program is being offered throughout the rural areas of Arizona. This training covers basic domestic violence dynamics, cultural competency when working with victims and survivors, the signs and symptoms, and the clinical encounter with a victim/survivor of

domestic violence, including screening. The next training will be held April 20, 2007 in Globe, AZ at the Cobre Valley Hospital; for more information visit the RFCC website at www.rfwhcc.org.

Amy Jean Ham
Director, RFCC



Add to Favorites: Resources

Arizona Resources

✉ Arizona Rural/Frontier Women's Health Coordinating Center
<http://www.rfwhcc.org/>

✉ Arizona Governor's Office-Division for Women
http://www.governor.state.az.us/cyf/womens/index_women.html

✉ Arizona Department of Health Services-Office for Women's & Children's Health
<http://www.azdhs.gov/phs/owch/index.htm>

✉ Rural Health Office
<http://www.rho.arizona.edu>

National resources

✉ RAC-Online
The Rural Assistance Center (RAC) is a rural health and human services "information portal." RAC helps rural communities and other rural stakeholders access the full range of available programs, funding, and research that can enable them to provide quality health and human services to rural residents.
<http://www.raonline.org/>

✉ National Women's Health Information Center
NWHIC offers information on women's health on more than 800 topics through their call center and web site in English and Spanish, including

statistics, publications, health tools, and funding.
<http://www.womenshealth.gov/>

✉ Quick Health Data Online
Part of the NWHIC, Quick Health Data Online has national, regional, state and county data available by gender, race, ethnicity, and age. You can generate custom tables, graphs, and maps, and search the database for statistics on a variety of health categories. Reports by region are also available.
<http://www.womenshealth.gov/quickhealthdata/>

Upcoming Health Events

April 12, 2007
Strategies to Prevent Obesity Conference
Flagstaff Radisson
Woodlands Hotel
<http://www.rfwhcc.org/pdfs/obesitystd.pdf>

April 20, 2007
Health Care Responds to Domestic Violence: Globe Train the Trainer Workshop
Eastern Arizona Area Health Education Center
<http://www.rfwhcc.org/pdfs/dvtraining.pdf>

April 27 to April 28, 2007
Healthy Family Conference: Raising Healthy Children From Day One
Little America Hotel,
Flagstaff

<http://www.rfwhcc.org/pdfs/hfc.pdf>

May 13 to May 19, 2007
National Women's Health Week To locate an event near you visit:
womenshealth.gov/whw

Find additional information and events at
<http://www.rfwhcc.org/>

What is rural continued from pg 2

...clusters have a similar definition, however, the overall population can be 2,500 to less than 50,000. The Census Bureau defines all

other areas as rural. The Office of Management and Budget (OMB) defines metropolitan statistical areas - or metro areas - as central (core) counties with one of more urbanized areas, and outlying counties that are economically tied to the core counties as measured by work commuting. Agencies outside of OMB often designate nonmetro counties as being rural or small town.

See RAConline for a more detailed explanation and for additional information guides:
http://www.raonline.org/info_guides/ruraldef/

Upcoming Events

April 12: Strategies to Prevent Obesity Conference

April 16-17: Annual Border Health Information for Action Conference
(http://www.azdhs.gov/phs/borderhealth/info_4_action.htm)

April 20: Health Care Responds to Domestic Violence: Globe Train the Trainer Workshop

April 27-28: Healthy Family Conference – Raising Healthy Children from Day One

May 13-19: National Women's Health Week

Health Matters for Rural Women:

The newsletter of the Arizona Rural Women's Health Initiative

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