Health Matters for Rural Women

MAY 2007

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National Women's Health Week

The 8th annual National Women's Health Week will kick off on Mother's Day, May 13, 2007. National Women's Check-up Day will be Monday, May 14, 2007.

National Women's Health Week encourages women to take simple steps for a longer, healthier, and happier life. The theme for National Women's Health Week 2007 is "It's Your Time: Pamper Your Mind, Body and Spirit." During the Week, families, communities, businesses, government, health organizations and other groups work together to:

- celebrate the extraordinary progress in women's health
- bring attention to and create understanding of women's health issues
- encourage women to get regular check-ups
- provide free or reduced screenings for women nationwide
- educate women about steps they can take to improve their physical and mental health and prevent disease

Events and online resources provide many ideas for encouraging and maintaining health and well-being. For example, the WOMAN challenge offers tips and suggestions for incorporating health-promoting activity into women's daily lives, regardless of where they are.

Health information on topics such as cardiovascular health, sleep, diabetes, cancer, menopause, physical activity and nutrition, and more – including resources in Spanish – is available at: http://www.womenshealth.gov/whw/healthinfo/

Arizona Women's Health Week

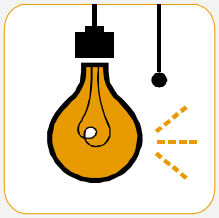
Arizona Women's Health Week is May 13-19 and will adhere to the national theme: "It's your time - Pamper your mind, body and spirit."

In Arizona in 2006, there were 29 activities in six counties. Activities included health fairs, seminars, and participatory fitness, focusing primarily on education and screening. The leading issues addressed through statewide activities were breast health and chronic disease prevention and/or treatment, and many other women's health issues were addressed as well.

For information about events, visit the ADHS web site at : http://www.azdhs.gov/whweek.

For more information about the national effort, visit : http://www.4woman.gov/whw/.

See pages 2-3 for more about this year's events in Arizona.



There are many ways to increase your daily physical activity where ever you are.

Here are a few ideas to get you started:

- Park your car in a parking space farther from your destination than you normally would.
- Take your children, dogs, etc. outdoors to play or for a long walk.
- Do some yard work or housecleaning.
- Bike, walk, or wheel to work, to run errands, or to visit friends.
- Take the stairs instead of the escalator or elevator.

The newest dietary guidelines from the FDA recommend 30-60 minute of physical activity for health and well-being. Find out more about food intake and physical activity at www.mypyramid.gov

Program Spotlight: **Girls Health & Fitness River Trip**

By Allie Stender-Mrazek

Coconino County Health Department (CCHD) and Grand Canyon Youth (GCY) have developed a partnership provide its annual Williams, AZ Girls Health and Fitness River Trip every spring for four years now. GCY and CCHD have worked together to develop a dynamic health and environmental education program for teenage girls in Williams, AZ. This program couples relevant health education with an adventurous river trip to appeal to youth and inspire healthy relationships with self and environment. The goal of this project is to promote healthy lifestyle values among teenage girls in Williams, AZ.

On March 22, a group of 16 teen age girls piled into two vans and headed for Diamond Creek, our put-in location along the Colorado River. We stopped along Diamond Creek Road (located within the Hualapai Reservation) for an afternoon clean-up event. The Hualapai have consistently supported GCY by allowing access to the river from their launch site, and the girls were happy to pick up trash along the road as a gesture of gratitude. Our afternoon in the sun was rewarded with four days of adventure in the Grand Canyon from March 22-26.

The complete article will be available at: the AZRWHI website.

For more information contact Allie Stender-Mrazek, CCHD Senior Program Coordinator and GCY Board of Directors, at astender-mrazek@coconino.az.gov or 928.522.7816. www.coconino.az.gov or www.gcyouth.org

Let's Get Moving – The WOMAN Challenge

What is the WOMAN Challenge?

For National Women's Health Week, the Office on Women's Health sponsors an 8-week national physical activity challenge called the WOMAN (Women and girls Out Moving Across the Nation) Challenge. ***There are 10,800 pedometers available on a first-come-first-served basis for participants who request one during registration. ***

The Challenge offers women and girls two options for participating: either as an individual or as a team. Participants record their daily activity levels on a personal WOMAN Challenge online account to move them along their chosen virtual route. Throughout the Challenge, participants receive automatic progress reports, motivational e-mails, and health education.

Register now at http://www.womenshealth.gov/woman. At this website, you will be able to:

▪ Download a tracking log to record your physical activity, and receive motivational emails, and progress reports

▪ Choose 1 of 6 virtual routes. Explore the country without leaving your hometown!

▪ Select an individual physical activity goal each week.

The WOMAN Challenge welcomes all women and girls (ages 9 and above) to participate.

The Challenge begins Sunday, May 13th!

RFCC Corner: AZ Women's Health Week

The Rural/Frontier Women's Health Coordinating Center and The Governor's Office for Children, Youth and Families in collaboration with Arizona Department of Health Services (ADHS) and other state and local partners have teamed up for this year's celebration of National Women's Health Week, May 13-19, 2007.

The Arizona Women's Health Week campaign fosters collaboration between health care providers, state, local, and tribal government, and social service organizations. As part of the national effort, the campaign raises awareness about manageable steps women can take to improve their health. The focus is on the importance of incorporating simple preventive and positive

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2007 Arizona Women's Health Week Events

Date	Location	Event Name
May 10	Scottsdale	Celebrate Creative Women
May 10	Scottsdale	Empowering Parents Lecture Series
May 11	Phoenix	2nd Annual Celebrate Me Women's Health Fair
May 11-12	Phoenix	Health Expo/Speaker
May 12-19	Avondale	Kickoff Event
May 13-19	Tucson	Educational Materials
May 13-19	Bisbee	Women's Health Week
May 13-18	Flagstaff	4th Annual Free Women's Health Screening Day
May 13-18	Phoenix	Employee Education
May 14-18	Kykotsmovi	Health Expo
May 14-18	Tucson	Women's Health Week Education
May 14	Nogales	Health Fair
May 14,	Tucson	Community Health Fair
May 14	Tucson	HPV and Cancer: Learn About the Connection
May 14	Guadalupe	Glucose Screening
May 15	Phoenix	Blood Pressure Checks
May 15	Phoenix	Blood Pressure Check
May 15	Benson	A Woman's Road to Health: Are You Driving?
May 15	Tucson	Health Expo
May 15-16	Tempe	Employee Education
May 15	Phoenix	State Employee Health Expo
May 15	Sacaton	Women's Health Walk and Information Booths on Health topics
May 16	Scottsdale	Bone Density Evaluations
May 16	Nogales	Luncheon
May 16	Phoenix	Employee Wellness Event
May 16,	Willcox	A Woman's Road to Health: Are You Driving?
May 16	Phoenix	Maricopa County Health and Information Fair
May 16	Glendale	Glucose Screening
May 17	Chandler	Blood Pressure Checks
May 17	Phoenix	Self-breast Exam Information and Education
May 17	Phoenix	Well Woman HealthCheck Provider Education Conference
May 17	Douglas	A Woman's Road to Health: Are You Driving?
May 17	Green Valley	Educational Presentation
May 17	Tucson	In the Shadow of My Son
May 17	Mesa	Health Expo
May 17-18	Phoenix	Collaboration and Resource Planning for Rural Women's Health – a Training for Community Health Providers
May 17	Holbrook	Women's Health Expo
May 17	Scottsdale	Heart Health Evaluations
May 17	Laveen	Women's Health Walk and Information Booths on Health topics
May 17	Phoenix	Employee Wellness Expo
May 18	Tucson	Women Survivors with Sisters &\ Friends Retreat
May 18	Phoenix	Glucose Screening
May 19	Sierra Vista	A Woman's Road to Health: Are You Driving?
May 19	Tolleson	Community Wellness Event

For more information about a specific event, locations, and contact info, see: http://www.womenshealth.gov/whw/events/findeventStateDetail.cfm?postalCode=AZ&state=Arizona

RFCC Corner

(continued from page 2) health behaviors into everyday life. When women take even the simplest steps to improve their health, the results can be significant. But women need to be able to choose the most effective steps for their individual lifestyles and circumstances. They need to be informed and take responsible actions to improve their own health.

Over 43 events are planned throughout Arizona in celebration of the theme, "It's your Time! Pamper Your Mind, Body and Spirit." Events include a state employee wellness expo; a community health fair and presentation at the old court house in Holbrook; free health screenings and education sponsored by community health centers; employee wellness events and speakers; and a play on post-partum depression in Tucson.

Over 300 people statewide have also registered for the WOMAN (Women and girls Out Moving Across the Nation) challenge. (See page 2 for more information).

It's not too late to register your event as part of the state-wide effort, contact Amy Jean Ham at amyh@aachc.org or 602-288-7545 or Jessica Yanow at yanowj@azdhs.gov or 602-364-1486.

Add to Favorites: **Resources**

🗁 **Arizona Health Disparities**
http://www.azminorityhealth.gov
Arizona Health Disparities Center has launched its revised website.
Suggestions or comments to help improve the website are welcome.

🗁 **Tracking Health in Underserved Communities**
http://www.meharry.org/FI/index.html
Tracking Health in Underserved Communities is a website sponsored by the National Library of Medicine and Meharry Medical College that highlights health disparities in underserved communities. It is organized into five major areas: Access to Health, Mental Health, Minority Health, Women's Health, and Sexually Transmitted Diseases.
Within each major area, there are several topic pages, including cancer, depression, obstetrical care, and barriers to care for immigrants.

🗁 **Bright Futures for Women's Health and Wellness Initiative**
www.hrsa.gov/womenshealth
Online materials are available in PDF and HTML format

🗁 **The Center for Multicultural Health**
http://www.health.utah.gov/cmh/multilinguallibrary.htm
Created by the Utah Deparment of Health. The library includes health education materials in many languages, such as brochures, manuals, websites, interactive tutorials and videos. Many available for download.

May is also Mental Health Awareness Month
🗁 For more information and materials see:
http://www.nmha.org/go/may

🗁 For resources and screening information, see
http://www.nmha.org/go/help

In Crisis? 1-800-273-TALK

🗁 **National Association for Rural Mental Health**
http://narmh.org/

🗁 **Resource Center for Rural Behavioral Health**
http://www.apa.org/rural/

Upcoming Health Events

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

May 25, 2007
Cottonwood de Tucson Women's Conference
Marriott Tucson University Park
Tucson, Arizona
http://www.opa.medicine.arizona.edu/cottonwood.pdf

June 14
Health Care Responds to Domestic Violence: Sedona Train the Trainer Workshop
Yavapai Community College, Sedona Center,
http://www.rfwhcc.org/pdfs/dvtraining.pdf

July 30–August 1, 2007
34th Annual Arizona Rural Health Conference
Fountain Hills, AZ
http://www.rho.arizona.edu/events/2007rhc/default.aspx

SAVE THE DATE
October 20, 2007 Invaluable Medical Assistant Seminar
Women's Health: Improving the Quality of Life
Phoenix College, Phoenix, AZ
http://www.aachc.org/events/f_events.php?event_id=142

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

If you would like to join the Arizona Rural Women's Health Initiative or get more information, please visit our website:
http://www.rho.arizona.edu/Programs/azrwhi/AzRWHI_Council.aspx

If you have any suggestions or comments, or if you would like to contribute an article about a program or event related to rural women's health, please contact:

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This issue will be archived at:
http://www.rho.arizona.edu/programs/azrwhi/azrwhi_newsletter.aspx

Health Matters for Rural Women:

The newsletter of the Arizona Rural Women's Health Initiative

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