

A Publication of the **Arizona Rural Health Office at the University of Arizona Mel & Enid Zuckerman College of Public Health**, Part of the **Arizona Rural Women's Health Initiative (AzRWHI)** project.

### Special Interest Articles

V-day: Victory Over Violence .....2

Rural Health Office Website Updates .....2

Cervical Cancer Prevention Project.....3

Border Health Resources .4

### Individual Highlights

Review of the Rural Health Policy Forum.....2

V-Day Information and Events .....2

Rural Health Office Website Updates .....2

Cervical Cancer Prevention .....3

Resources and Events .....4

## Local Action for Women's Health

Welcome a new year and another issue of *Health Matters*. This month we are focusing on national concerns like cervical cancer and violence against women and bringing them to a local level. The article about a new Cervical Cancer Prevention Project in Pima County offers an example for the application of a community-based participatory research model. On the same page, there are statistics related to cervical cancer in Arizona. Also in this issue, you will find information about the Arizona Rural and Public Health Policy Forum held in January, new resources, and upcoming updates to the Rural Health Office website.

January was Cervical Cancer Awareness Month. According to the National Cervical Cancer Coalition, "Every year, over 11,000

women in the United States are diagnosed with cervical cancer and over 3,900 women die from the disease. Early detection of cervical cancer is possible through Pap tests, which can detect the disease in its earliest, most treatable stages. Current recommendations are for sexually active women to receive a Pap test at least every three years and more frequently if certain risk factors are present."

Pap tests and other services are available across Arizona through the Well Woman Health Check Program. While there are many challenges that rural women face in regards to health and health care, there are also important and creative services and resources out there. We hope *Health Matters* will share some of this information with you.

## AZRWHI Survey

### Continuing to Accept Responses

Please take a few minutes to answer our brief survey about the projects and direction of the AZRWHI. We would appreciate your feedback and comments. Surveys will be anonymous.

Click [here](http://www.surveymonkey.com/s.aspx?sm=5iglAia9D0MtgI857kPxmg_3d_3d) or enter this address:  
[http://www.surveymonkey.com/s.aspx?sm=5iglAia9D0MtgI857kPxmg\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=5iglAia9D0MtgI857kPxmg_3d_3d)

Please reply by Feb 29, 2008



**Funding Opportunity**

Tribal Domestic Violence and Sexual Assault Coalitions Program  
<http://www.ovw.usdoj.gov/TribalCol.htm>  
 This discretionary grant program is designed for increasing awareness of domestic violence and sexual assault against American Indian and Alaska native women, enhancing the response to such violence at the tribal, Federal, and state levels, and providing technical assistance to coalition membership and tribal communities.

- Register on Grants.gov by Feb 13
- Pre-Application conf calls: Tues. Feb 12 and Wed. Feb 13.
- **Applications due March 6, 2008**

<http://www.ovw.usdoj.gov/docs/tribal2007.pdf>

**Please remember to visit our survey!**

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## V-Day: Victory over Violence Against Women

From: [www.vday.org/](http://www.vday.org/)  
 "V-Day is a global movement to stop violence against women and girls. V-Day is a catalyst that promotes creative events to increase awareness, raise money and revitalize the spirit of existing anti-violence organizations. V-Day generates broader attention for the fight to stop violence against women and girls, including rape, battery, incest, female genital mutilation (FGM) and sexual slavery.

Through V-Day campaigns, local volunteers and college students produce annual

benefit performances of The Vagina Monologues to raise awareness and funds for anti-violence groups within their own communities."

Community and college V-day events are scheduled across Arizona:

- Arizona State University (dates TBA)
- Chandler-Gilbert Community College, Feb 15 & 16, 7pm
- Green Valley (dates TBA)
- Nogales (dates TBA)
- Northern Arizona University, Feb 14 & 15, 7:30pm

- Paradise Valley Community College, Phoenix, Feb 20, 1pm & 7:30pm
- Phoenix, Feb 23, 7pm
- Prescott College, Feb 28, Feb 29, & Mar 1, 7:30pm
- Scottsdale, Feb 6 & 7, 7:30pm
- Sedona, Feb 15, 16, 22, & 23, 7:30pm
- Tucson, Feb 16, 7pm
- Tucson Español (dates TBA)
- University of Arizona (dates TBA)

This page has more details about locations and contacts for AZ events: <http://events.vday.org/>

## Report from Rural Health Policy Forum

The Arizona Rural and Public Health Policy Forum was held January 15, 2008, in Phoenix. It was sponsored by the Rural Health Office in Mel and Enid Zuckerman College of Public Health at the University of Arizona, The Arizona Rural Health Association, and The Arizona Public Health Association.

The forum was opened by Gary Hart, Directory of the Rural Health Office, Jack Beveridge from the Arizona Rural Health Association, and Susan Higgins, the Executive Director of the Arizona Public Health Association.

The first session was a panel that addressed how advocacy organization contribute to strengthening the rural and public health infrastructure. The panelists included representatives from the AZ Association of Community Health Centers, AZ Council of Human Service Providers, AZ Dental Association, AZ Hospital and Healthcare Association, AZ Osteopathic Medical Association, AZ Public Health Association, AZ Rural Health Association, and Protecting Arizona's Families Coalition.

A second morning session covered how to work with elected officials. This was useful

for the luncheon which was a meet and greet with your state legislator. There were representatives from 12 districts and senators from 11 districts.

The afternoon addressed policy from the perspectives of country and of state government leaders. The County Supervisors from Yuma, Pinal, and Cochise Counties spoke. From the state level, there were representatives from the Governor's Office, ADHS, AHCCCS, the Government Information Technology Agency, and the USDA State Office.

## Resources: AZRWHI website updates

New and updated resources have been added to the AZRWHI section of Rural Health Office website, including:

- 2007 Directory of Family Planning Services for Arizona, from the Arizona Family Planning Council

- Arizona Rural Women's Health Status: A Statistical Report
- Border Health Bibliography (Links also featured on Page 4)
- State of New Mexico Governor's Women's Health Advisory Council Report

And, coming soon:

- Women's health related-resources, by county, from 2-1-1
- Current news and policy matters

Find these resources and more at: <http://www.rho.arizona.edu/programs/azrwhi/azrwhi.aspx>

## Cervical Cancer Prevention: A Community-Based Model

The University of Arizona, National Center of Excellence in Women's Health (WCOE) recently received a grant from Centers for Disease Control (CDC), Racial and Ethnic Approaches to Community Health Across the US (REACH U.S.). The CDC REACH US program provides support to community based coalitions working to design, implement and evaluate strategies to reduce health disparities.

The WCOE REACH grant will bring approximately \$2.1 million in new resources to Pima County for cervical cancer prevention over the next five years. The program will develop, implement and sustain a community based "Action Community" to prevent cervical cancer also known as the Cervical Cancer Prevention Partnership. The goal is to build on the strong history of collaboration between the WCOE and our institutional and community partners to build an "Action Community" to reduce health disparities related to cervical cancer.

The Cervical Cancer Prevention Partnership will employ community based participatory action and lay health educator models to develop and implement a community and culturally responsive cervical cancer prevention program in underserved Mexican American communities. The design of the intervention will be driven by community leaders to ensure that it builds on the assets, meets the needs and addresses the challenges facing these communities.

This project is based in Tucson and will be designed to address the needs and challenges in Tucson communities. However, the community-based research process and the education model can inform and encourage similar projects in other areas. Rural areas have their own needs and challenges when it comes to education and provision of women's health services. Lay health education is used successfully in many places, and with a topic such as cervical cancer, lay health educators can play a key role informing women and encourage actions that promote health.

For more information about WCOE along with a variety of information about health, research, and funding opportunities, visit:

<http://www.womenshealth.arizona.edu/index.cfm>

### Resource: Well Woman HealthCheck Program

The Well Woman HealthCheck Program is a state-wide program through ADHS that provides free cancer screening to women that qualify. Women on the program may receive a:

- Clinical Breast Exam
- Mammogram
- Pelvic Exam
- Pap Test

To qualify, call 1-888-257-8502.

## Facts about Cervical cancer and HPV

From <http://www.nccc-online.org/awareness.html>

"Cancer of the cervix tends to occur during midlife. Half of the women diagnosed with the disease are between 35 and 55 years of age. Approximately 20 percent of diagnoses are made in women older than 65. For this reason, it is important for women to continue cervical cancer screening until at least the age of 70.

Human Papillomavirus (HPV) is found in about 99% of cervical cancers. There are over 100 different types of HPV, the majority of which are considered Low Risk and do not cause cervical cancer. High Risk HPV types may cause cervical cell abnormalities or cancer. More than 70 percent of cervical cancer

cases can be attributed to two types of the virus, HPV-16 and HPV-18, often referred to as High Risk HPV Types.

The best way to determine if precancerous or cancerous cells are present is with a Pap test. The Pap test can determine if cell changes have taken place that may indicate precancerous or cancerous development.

New vaccine: Gardasil (Approved by the FDA on June 8, 2006), which is effective against four HPV strains.

Recommended recipients: Girls 11 and 12 years old, or before onset of sexual activity. The vaccine is advised for 13-to-26-year-olds.

Cost: \$360 for a set of three shots over a six month period. Now being covered by vast majority of insurers.

## Arizona Statistics

### Percent of women who report having a Pap smear within the last 3 years, 2006

US average: 83.9%  
 AZ average: 84.1%  
 AZ by race/ethnicity-  
 White: 87.4%  
 Hispanic: 79.7%  
 American Indian: 87.5%  
 Black: no significant data  
 (Kaiser Family Foundation)

### AZ Age-Adjusted Cervical Cancer Incidence per 100,000, 2004

Total: 7.38  
 White, non-hisp: 7.12  
 White, Hispanic: 9.23  
 Black: 1.13  
 American Indian: 6.00  
 Asian/Pacific Islander: 8.22  
 (AZ Cancer Registry)

### Cervical Cancer Deaths per 100,000 women, 2004

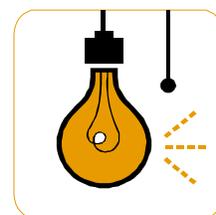
	AZ	US
White	2.2	2.2
Hispanic	4.9	3.2
Black	NSD	4.5

(National Cancer Institute)

### AZ Age-Adjusted Morality Rates for Cervical Cancer, 2002 and 2004

	Total	Rural	Urban
2002	2.2	2.9	2.1
2004	2.1	2.2	2.1

(ADHS Vital Stats)



## Border Health Webliography

American Immigration Center <http://www.us-immigration.com/>

iBIEN! - The Border Health Information and Education Network <http://www.nmsu.edu/~bec/bien/>

Centers of Disease Control and Prevention (CDC) <http://www.cdc.gov/search.do?action=search&queryText=border+health>

Farmworker Eye Network <http://www.fenet.org/>

Farmworker and Colonia Communities – (Housing and Urban Development) <http://www.hud.gov/groups/colonias.cfm>

Health Angels <http://www.rwjf.org/portfolio/features/profiledetail.jsp?featureID=1089&type=1&iaid=141>

<http://www.rwjf.org/portfolio/features/profiledetail.jsp?featureID=1089&type=1&iaid=141>

Migrant Clinicians Network <http://www.migrantclinician.org/>

Migrant Health Program – Health Resources and Services Administration <http://www.bphc.hrsa.gov/migrant/default.htm>

National Center for Farmworker Health (NCFH), <http://www.ncfh.org/>

Office of Border Health (OBH) <http://www.azdhs.gov/phs/borderhealth/>

Secretaría de Salud <http://www.salud.gob.mx/>

Secretaría de Relaciones Exteriores <http://www.sre.gob.mx/>

The Transborder Consortium <http://bdrhlth.web.arizona.edu/>

Tox Town <http://toxtown.nlm.nih.gov/index.html>

U.S.-Mexico Border Environmental Program: Border 2012 <http://www.epa.gov/usmexicoborder/>

United Farm Workers <http://www.ufw.org/>

United States-Mexico Border Health Commission (USMBHC) [www.borderhealth.org/](http://www.borderhealth.org/)

USA - Mexico Border Health <http://borderhealth.raconline.org>

(adapted from AHSL)



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## Upcoming Health Events

### Sells Indian Hospital 5<sup>th</sup> Annual Women's Health Fair

March 8, 2008, 8am-3pm  
Sells, AZ  
Theme: "Beauty and Strength Comes From Within" Events include: women's exams, mammograms, food demonstrations, fashion show, wellness activities, lunch, talking circles, massages, and children's activities. For more information, call: (520) 383-7205

### Southern Arizona Forum

March 14, 2008  
Windemere Hotel and Conference Center  
Sierra Vista, AZ  
Topics: domestic violence, substance abuse and the impact of immigration on

health care. For more information contact Amy Ham, Director of Women's Health Programs, AACHC, at [amyh@aachc.org](mailto:amyh@aachc.org)

### AZPHA Spring Conference - Health Care Reform: What's Public Health Got to Do With It?

April 10, 2008  
Dobson Inn, Mesa, AZ  
More information as: <http://www.azpha.org/conf.php>

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](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://rho.arizona.edu/programs/azrwhi/azrwhi\\_newsletter.aspx](http://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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