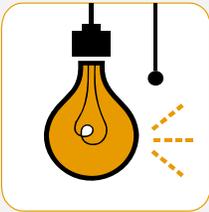


Health Matters for Rural Women

APRIL 2008

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.

This grant supports network partners to come together to build a cohesive and sustainable network that can have a major impact on supporting statewide and community-based programs and activities that improve health care for rural women in Arizona.



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Arizona Rural Women's Health Network Receives Planning Grant

The Arizona Rural Health Office began its Arizona Rural Women's Health Initiative in 2005. In 2006, as one part of this initiative, a Council was convened to be a statewide listening and networking group that would support and strengthen women's health and social services throughout rural, border and tribal communities in Arizona. Members participated in various strategic planning activities to identify health priorities as well as gaps in the health care system for rural women.

Building from that strong base, several participants in the Council agreed to pursue funding from the Federal Office of Rural Health Policy to support the formalization of an Arizona Rural Women's Health Network. Mogollon Health Alliance, a community-based organization located in Payson, AZ, applied on behalf of eleven partnering agencies to found the Arizona Rural Women's Health Network. We are pleased to report that the application was successful and the one-year planning grant began on March 1, 2008.

This grant supports network partners to come together to build a strong and sustainable network that can have a major impact on supporting statewide and community-based programs and activities that improve health care for rural women in Arizona.

During the planning year, network partners will work collaboratively to further develop network membership, governance structures, program activities, and evaluation processes, and work toward assuring the network's sustainability. (Read more about the grant program on page 2.)

Health Matters will continue to be a statewide source of information relevant to rural women's health in Arizona. This month, in addition to sharing information about the Arizona Rural Women's Health Network Planning Grant, we highlight many of the activities going on during Women's Health Week and share information about Sexual Assault Awareness Month.

Ninth Annual Women's Health Week

Women's Health Week is a national effort to raise awareness about manageable steps women can take to improve their health. The effort's focus is on the importance of incorporating simple preventive and positive health behaviors into everyday life. The Governor's Office for Children, Youth, and Families is leading this year's Women's Health Week effort in Arizona in partnership with the Arizona Department of Health Services, women's health Web site EmpowHer.com, and community organizations across the state. Find more information and events on page 3.



Rural Health Network Development Planning Grant Program Overview

US DHHS, HRSA,
Office of Rural Health Policy
<http://ruralhealth.hrsa.gov/funding/networkplanning.htm>
HRSA-08-003

Planning Year Network Partners

- Mogollon Health Alliance
- Eastern Arizona AHEC
- Greater Valley AHEC
- Northern Arizona AHEC
- Southeast Arizona AHEC
- Western Arizona AHEC
- North Country Community Health Center
- Mariposa Community Health Center
- Arizona Department of Health Services, Bureau of Health Systems Development, Native American Community Development Program
- Arizona Department of Health Services, Bureau of Women's and Children's Health
- Rural Health Office, University of Arizona Mel and Enid Zuckerman College of Public Health

AZRWHNetwork: Purpose and Goals

Rural Health Network Planning Grant

The purpose of the Network Planning Grant Program is to expand access to, coordinate and improve the quality of essential health care services and enhance the delivery of health care in rural areas. These grants are designed to support development of collaborative relationships among health care organizations. The ultimate goal of the grant program is to strengthen the rural health care delivery system at the community, regional, and state level.

Arizona Rural Women's Health Network

The aim of Arizona Rural Women's Health Network during the planning year is to formalize its structure and develop its capacity to function as an effective service network through the development of an operational plan, a strategic plan, and formalized agreements with partners. As a result, the network will:

- 1) Improve health care access through the coordination and avoidance of duplication of health services;
- 2) Foster development and delivery of activities

including health promotion, education, and outreach, and workforce development; and 3) Support community-level collaborative leadership development for the women of Arizona's rural, tribal, and border communities.

One model that will guide development of the network is the "Hub-and-Spoke" model. This model emphasizes coordination and information exchange through a central "hub," but places equal importance on community engagement with regional and community-based partners.

AZRHW Network Partners Kickoff Meeting



(L to R) Row 1: Kenny Evans, Mogollon Health Alliance; Judy Baker, Mogollon Health Alliance. Row 2: Sheila Sjolander, Bureau of Women and Children's Health, ADHS; Holly Crump, Coordinator, AzRWHN; Row 3: Ellen Owens-Summo, GVAHEC; Jeri Byrne, EAHEC; Lynda Bergsma, AZ State Office of Rural Health; Renesa Pacheco, EAHEC; Sean Clendaniel, NAHEC. Not pictured: Suzanne David, SEAHEC; Tuly Medina, WAHEC, Amanda Guay North Country HealthCare; Susan Kunz, Mariposa CHC; Patricia Tarango, Bureau of Health Systems Development, ADHS; Jennifer Peters, AZ SORH.

Introducing Holly Crump

Holly Crump was selected as the AZRWHN Network Coordinator. Holly comes to Arizona from Fort Collins, Co.

From Holly: "I graduated from Michigan State University with a teaching degree and a passion for leading community-minded individuals with strong commitments to sustainable personal success into lives rich in joy and empowerment. My passions reflect my own dedication to life-long

learning, risk-taking, intergenerational investigation, and creativity. I've taught in public education for twenty seven years and held positions at Colorado State University. I am a certified trainer for Developing Capable People, and the Crucial Conversations program, and I am a certified life coach and an experienced facilitator for the Social and Emotional Needs of the Gifted."



If you have questions for Holly, you can reach her at: coppercutup@msn.com

Get inspired. Get Healthy.

From the Governor's Office for Children, Youth, and Families

"It's your time...Get Inspired, Get Healthy!" is the theme for Women's Health Week this year and the goal is to join together families, communities, businesses, local government, health organizations, and other groups to:

- Bring attention to and create understanding of women's health issues
- Provide free or reduced cost screenings for women
- Educate women about steps they can take to improve their physical and mental health and prevent disease such as:
- Engaging in physical activity most days of the week
- Eating a nutritious diet
- Visiting a healthcare provider to receive regular check-ups and preventive screenings
- Avoiding risky behaviors, like smoking and not wearing a seatbelt

For more information please contact:

Gina Flores
(602) 542-2391
gflores@az.gov

Here are three ways you can support this effort:

1. Host and Post an Event
2. Be a vendor at the Women's Health Expo
3. Sponsor Women's Health Week



Working together to prevent sexual assault

From

www.azrapeprevention.org

Designated as Sexual Assault Awareness Month (SAAM), April brings an annual opportunity to focus awareness on sexual violence and its prevention. SAAM raises awareness of sexual violence and its prevention through special events while highlighting sexual violence as a major public health issue and reinforces the need for prevention efforts

Resources available on the site include:

- Information about currently funded sexual violence prevention and education programs in Arizona
- Monthly update articles on SVPEP education programs

Events:

WOMAN Challenge: Women and Girls Out Moving Across the Nation.

<http://www.4women.gov/woman/index.cfm>

May 6, 2008 Tucson *Women are gifts*

May 8, 2008 Avondale *WOMAN Challenge Pit Stop*

May 10, 2008 Marana *Marana Healthy Moms Award Ceremony and Health Fair*

May 11-17, 2008 Phoenix *Well Women Health Check Up Promotion*

May 12 -15, 2008 Nogales *Health Screening event*

May 14, 2008 Phoenix *Women's Health Expo*

May 15, 2008 Nogales *Health Screening event*

May 16, 2008 Flagstaff *Mini Health Fair at North Country HealthCare Clinic!*

May 1-31, 2008 Fort Mohave *Colorado River Women's Council Monthly Luncheon*

Details about these events plus contact information can be found at

www.4woman.gov/whw/events/findeventStateDetail.cfm?postalCode=AZ&state=Arizona

- Resources for sexual violence educators
- Links to curricula and presentations
- Sexual violence statistics
- Annotated database of important research on sexual violence, organized by topics
- List of Arizona agencies providing services to survivors of sexual violence and their families and friends
- Link to the Arizona Revised Statutes dealing with sexual violence
- Links to state coalitions working to stop sexual violence
- Links to other sexual violence information websites

This site has a list of events in Flagstaff, Maricopa County, and Tucson

http://www.azrapeprevention.org/events/SAAM_2008.html

You can also contact your local crisis center or

response agency to find out about current local efforts.

Arizona and National Crisis Lines for Sexual Assault and Related Concerns

Listed by county and community:

<http://www.azrapeprevention.org/help/Hotlines31606.htm>

Additional online resources:

Arizona Governor's Commission to Prevent Violence Against Women
http://gocyf.az.gov/Women/BRD_GCPVAW.asp

National Sexual Violence Resource Center
<http://www.nsvrc.org>

US DOJ Office on Violence Against Women
<http://www.ovw.usdoj.gov/>

Rural Health Office compilation of national, state, and local resources
www.rho.arizona.edu/programs/azrwhi/resources/

Resources

Arizona Smokers' Helpline

www.ashline.org

The goal of the Arizona Smokers' Helpline is to increase the accessibility of effective, research-based tobacco use cessation services to Arizona residents.

In order to achieve this goal, we offer:

- Telephone counseling on an individual basis.
- Telephone counseling in English and Spanish.
- Web-based services
- Printed materials
- Referrals to local quit tobacco classes in your community
- Links to local county and tribal projects charged with delivering services relating to tobacco use prevention and cessation and issues surrounding environmental tobacco smoke.

Information also is available for nonsmokers and health care providers. Services are free

Women's Health Resources

from the National Library of Medicine

A new Web resource providing scientists and consumers with the latest information on significant topics in women's health research from scientific journals and other peer-reviewed sources is now available through the National Library of Medicine (NLM). The NLM Division of Specialized Information Services, Office of Outreach and Special Populations has partnered with the NIH Office of Research on Women's Health (ORWH) to create this one-stop resource. The 2008 National

Institutes of Health (NIH) Research Priorities for Women's Health were used to identify overarching themes, specific health topics, and research initiatives in women's health. Within each section of the Web site are topics with links to relevant and authoritative resources and research initiatives for women's health, including preformatted searches created by the National Library of Medicine using PubMed. Women's Health Resources from the NLM Web site can be found at: <http://sis.nlm.nih.gov/outreach/womenshealthoverview.html>

Women's Health Resources from the ORWH Web site can be found at: http://orwh.od.nih.gov/natl_lib_med.html



Upcoming Health Events

National Women's Health Week

May 11-17, 2008

<http://www.4woman.gov/whw/>

National Women's Check-Up Day

Monday, May 12, 2008

<http://www.4women.gov/whw/about/checkupday.cfm>

Women's Health Expo

Wed, May 14, 2008 10 a.m.-3 p.m. at the State Capitol Executive Tower, 1700 W. Washington St., Phoenix.

-Education and information about various health topics, provide health screenings, cooking seminars/healthy recipes, physical activity demonstrations, and more.

For more information on the Rural Health Office Arizona Rural Women's Health Initiative, 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:

Jennifer Peters
petersjs@u.arizona.edu

or Katie Gillespie
kag@u.arizona.edu

This issue will be archived at:

http://rho.arizona.edu/programs/azrwhi/azrwhi_newsletter.aspx

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