

ARIZONA
**RURAL WOMEN'S
 HEALTH INITIATIVE**

NOVEMBER 2009

MEL AND ENID ZUCKERMAN COLLEGE OF PUBLIC HEALTH • RURAL HEALTH OFFICE

HEALTH MATTERS FOR RURAL WOMEN

Twin Epidemics

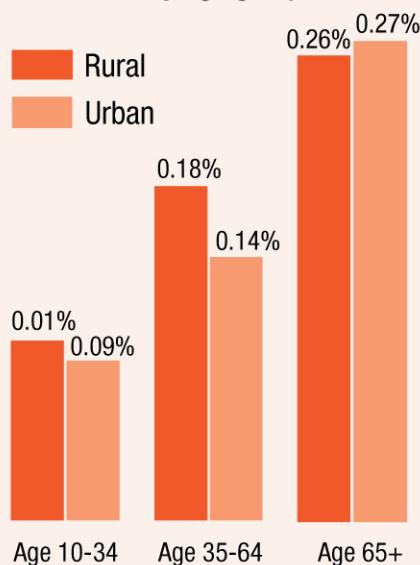
Arizona, like the rest of the nation, faces a twin epidemic of diabetes and obesity. In 2007, 2.7 percent of women in Arizona had diabetes, and many rural counties exceed these rates. In conjunction with American Diabetes Month, this issue of the *Health Matters* focuses on prevention programs and resources to reduce the prevalence of diabetes through physical activity and education, as well as self-management. We also feature new data below about diabetes prevalence and disparities in rural vs urban Arizona women.

Rural Diabetes Rates

A new data analysis project of the Rural Health Office reveals that rural women in Arizona suffer disproportionately from diabetes compared to urban women. This analysis is being conducted by the Arizona Rural Women's Health Initiative of the Arizona State Office of Rural Health Program to help guide the development of programs to respond to different health care needs among women in rural and urban areas of the state. The RHO worked with Sheila Sjoglander, Chief of the Bureau of Women's and Children's Health, to secure 2006 healthcare and zip code data on hospital admissions and emergency department visits. This graph provides one example of the project findings, which show the disparity in diabetes prevalence between rural and urban women. Greater percentages of diabetic rural women between the ages of 10 and 64 are admitted to the hospital than urban women. Also, greater percentages of all diabetic rural women visit the emergency department than urban women, particularly those over 65.

Rural Arizona women under age 65 have higher rates of diabetes when admitted to the hospital

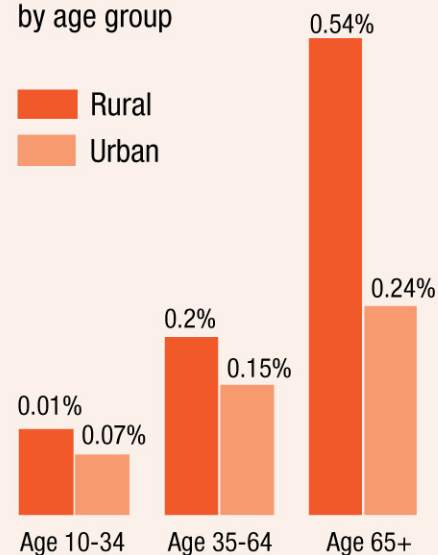
Per Capita 2006 inpatient admissions of women (ages 10 and above) with a principle diagnosis of diabetes by age group



Sources: Arizona Department of Health Services, US Bureau of Census Estimated 2006 Population

Rural Arizona women over age 65 with diabetes have higher rates of ER visits

Per capita 2006 emergency department visits of Arizona women (ages 10 and above) with a principle diagnosis of diabetes by age group



Sources: Arizona Department of Health Services, US Bureau of Census Estimated 2006 Population

RESOURCES

The Road to Health Toolkit

Designed for Latinos at risk for type 2 diabetes, this tool kit provides materials to start a community outreach program. www.ndep.nih.gov/publications/PublicationDetail.aspx?PubId=152

Arizona Diabetes Program

The purpose of this program is to assist in diabetes prevention, coordinate education and training activities for state leadership, health professionals and community health workers, and promote coordinated approaches to diabetes services. www.azdiabetes.gov/

Navajo Nation Special Diabetes Program

The program has eight service areas and aims to reduce new cases of diabetes among the Navajo people through prevention and provide diabetes management to reduce complications. www.nnsdp.org

MedLine: Arizona Go Local

This service from the Arizona Health Sciences Library allows you to search for services by location, provider, and disease or health issue. You can choose "Diabetes" and then select your county for a list of services. <http://apps.nlm.nih.gov/medlineplus/local/arizona/homepage.cfm?areaid=7>

For Arizona health info and statistics, visit: www.azhealthinfo.org/

La Vida Buena Diabetes Prevention Program



MARIPOSA
 • COMMUNITY •
 HEALTH • CENTER

To address the issue of diabetes in high-risk adolescents in Santa Cruz County, the Mariposa Community Health Center (MCHC) in Nogales, AZ has paired adolescents and their parents in the La Vida Buena diabetes prevention program. The eight-week program focuses on nutrition and physical activity, and the educational component is delivered by both adult promotoras and teen health facilitators. Each week, the promotoras and teen health facilitators break out with parents and adolescents for their own physical activity sessions. The educational component was adapted by MCHC from the BodyWorks toolkit developed for teens and parents by the U.S. Dept. of Health and Human

Services (more info at <http://www.womenshealth.gov/bodyworks/>). This program is innovative because it utilizes teens in the community to educate their peers, and has so far trained 24 teen health facilitators. Key learnings from the La Vida Buena program will be presented at the annual APHA meeting this month. To learn more about the program, contact Patty Molina, Prevention Manager at MCHC, at (520) 375-6050.

Patient-Led Approach to Diabetes Management

Do you know someone in your community who consistently demonstrates successful diabetes self-management? They may be able to help others in this area as well. The A1C[®] Champions program, sponsored by the pharmaceutical company Sanofi-Aventis, has created a program for people with diabetes to share diabetes self-management information with other people with diabetes and their families. Topics include achieving glucose control, overcoming fears surrounding

diabetes, understanding insulin, and finding resources for diabetes support. The program provides training to eligible patients, who then conduct monthly presentations to others in their community. The Kingman Regional Medical Center's Del E. Webb Wellness Center in Kingman, AZ recently featured a diabetes control talk by program member Drew Rainwater.

For more information online, visit www.a1cchampions.com.



PHOTO COURTESY JEAN MCCLELLAND



PHOTO COURTESY EASYSTOCKPHOTOS

WIC program revised to offer healthier choices

Effective October 1, new changes went into affect allowing WIC participants to purchase healthier options. For the first time, there is now a specific allotment of fresh fruits and vegetables, in addition to allowances for whole grains and soy milk. The previous program was criticized for allowing participants to eat too many processed foods and sugary juices, so these changes better reflect the nutritional needs of WIC participants and aim to reduce the obesity epidemic in Arizona. The new rules will also require most participants to purchase reduced-fat milk instead of whole milk and will limit cheese purchases. The Arizona Department of Health Services also plans to reform the Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps, to incorporate healthier options as well. To learn more about the WIC changes, visit: www.azdhs.gov/azwic/foodPack.htm

Arizona women have highest overweight rates in 2007

The U.S. Department of Health and Human Services (DHHS) recently released Women's Health USA 2009 information to focus on current and historical data for the most pressing issues in women's health. The data, sourced from the CDC, reveals that between 1996 and 2007, rates of overweight women in Arizona increased 25 percent from 25.5 to 32.1 percent overall. Obesity rates increased a staggering 66 percent, from 13.1 to 21.8 percent overall. In 2007, 53.9 percent of Arizona women were overweight or obese. Arizona had the highest overweight rate and eighth-highest obesity rate compared to other states. Other state-specific data includes causes of death and smoking rates. The top three leading causes of death for Arizona women include heart disease, cancer and stroke. Arizona ranks 39th in smoking rates, with 16.3 percent of women aged 18 and older smoking. The data also includes information on Border Health. Access it online: mchb.hrsa.gov/whusa09/index.html

Best Bones Forever: Bone health campaign for girls

This campaign, also from the HSS, D is aimed at increasing physical activity and vitamin D intake in girls older than 9 to support bone health. The website includes quizzes, activities, recipes and games for girls to engage in and share with their best friends. There is also information for parents on girls' calcium needs, physical activity, and osteoporosis facts. Learn more about the campaign online: www.bestbonesforever.gov

Arizona Rural Women's Health Network Updates

Patient Advocacy Comes to Rural AZ

The Arizona Rural Women's Health Network plans to launch a Patient Advocacy presence in Arizona's rural communities. The network focuses on improved health outcomes for rural and underserved women ages sixteen and older. One way to improve health is to encourage patients to become self advocates and to seek out other resources who can assist them in navigating the complex health systems. The AzRWHN will offer a Patient Advocacy Toolkit to patients and their healthcare teams. Information written at appropriate readability levels will increase the chances for patient compliance and self advocacy for improved health for themselves and their families. The kit will include strategies to support self responsibility and suggestions to maintain health and well-being. Questions women need to ask their doctors will be addressed, and resources for additional information will be included. It is our intention to improve health and well-being in rural and underserved families by bringing Health Literacy and Cultural Competency awareness to all Patient Advocacy programs. These concepts will flavor trainings offered to patients, their advocates, and community volunteers. Please join us in our efforts to improve health in our rural communities. **Contact Holly Crump at coppercutup@msn.com or call 928-474-3472 for more information and training opportunities.**

UPCOMING EVENTS

Prematurity Awareness Day

• **Dates:** Nov. 17, 2009
In 2006, 13.2% of births in Arizona were pre-term, compared to 12.8 nationally. Babies born prematurely are at higher risk for health problems such as respiratory difficulties, and developmental disabilities.
• **More info:** <http://www.healthstatus2010.com/owh/index.html#spotlight>

AZ Rural Health Policy Assembly

• **Presented by:** the AZ Rural Health Office, AZ Rural Health Association, and the Regional Center for Border Health
• **Dates:** Dec. 12, 2009
• **Location:** Mohave Community College, Lake Havasu City, AZ

• **Contact:** Keithoa Blake, Regional Center for Border Health (928) 627-9222 / kblake@rcfbh.org

HPV Community Forum

• **Presented by:** The Center of Excellence in Women's Health
• **Dates:** Feb. 3, 2010
• **Location:** Tucson, AZ (tba)
• **Contact:** <http://www.women-shealth.arizona.edu/>

2010 Native Women and Men Wellness Conference

• **Presented by:** The University of Oklahoma Health Promotion Programs
• **Dates:** Mar. 28- April 1, 2010
• **Location:** San Diego, CA
• **Contact:** <http://hpp.ou.edu/>

ANNOUNCEMENTS

Order Your 2010 Women's Health Calendar

This free calendar offers information about common health problems and important symptoms to watch out for. You'll also find charts that describe the screenings and immunizations you need, tips on how to get a second opinion and how to read a drug label. Also available in Spanish. To order online: <http://www.womenshealth.gov/pub/calendar/index.cfm>

Are You Having a Health Fair Soon?

This Event Kit from [womenshealth.gov](http://www.womenshealth.gov) includes talking points and materials to help make your event successful. Download the Event Kit and call our information referral center (800-994-9662) to order materials for your event. Download: <http://www.womenshealth.gov/media/collaborate/eventkit.pdf>

EDITOR'S NOTE

The Arizona Rural Women's Health Initiative (AzRWHI) is a project of the Rural Health Office of The University of Arizona's Mel and Enid Zuckerman College of Public Health.

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GRANT OPPORTUNITIES

American Recovery Reinvestment Act of 2009 Communities Putting Prevention to Work

Funding to reduce risk factors, prevent/delay chronic disease, promote wellness in children and adults, and provide positive, sustainable health change in communities. Sponsored by the CDC.
Application deadline: Dec. 1, 2009
More info: http://www.raconline.org/funding/funding_details.php?funding_id=2246

Career Development Grants for Women

Support women who hold a bachelor's degree and are preparing to advance their careers, change careers, or re-enter the work force. Special consideration is given to women of color, and women pursuing their first advanced degree.
Application deadline: Dec. 15, 2009
More info: http://www.aauw.org/education/fga/fellows_directory/cd.cfm

Community Action Grants

Provides \$5-\$10k awards local community-based nonprofit organizations for innovative programs or non-degree research projects that promote education and equity for women and girls.
Application deadline: Jan. 15, 2010
More info: http://www.aauw.org/education/fga/fellowships_grants/community_action.cfm

Cigna Foundation Grants

Targeted grants to organizations working in women's health, children and families, obesity awareness and prevention, and elimination of gender & ethnic disparities in health care. Particular consideration will be given to those programs that reflect CIGNA's commitment to diversity.
More info: http://www.cigna.com/about_us/community/grant_application_details.html