

ARIZONA
RURAL WOMEN'S
HEALTH INITIATIVE

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

HEALTH MATTERS FOR RURAL WOMEN

SEPTEMBER 2010

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El Reto: Challenging Women to Increase Physical Fitness

El Reto/The Challenge was a fun competition between two cities, San Luis and Somerton, that grew out of Salud Para Todos' nutrition classes at Campesino sin Fronteras (CSF). CSF is a non-profit, grass-roots organization serving migrant and seasonal farmworkers and other members of the low-income Hispanic community in Yuma County, Arizona. The program coordinator, Floribella Redondo, was inspired to see how women could be motivated by each other and their promotoras to eat healthily, exercise, and lose weight. She consulted the promotoras of Salud Para Todos, who each lead their own city and recruited 25 participants to see who could lose the most weight as a group. Next, CSF contacted Parks and Recreations of both cities who partnered in the effort and provided free use of city facilities including use of the pool and water aerobics classes to El Reto participants. Additionally, the promotoras provided weekly nutrition

education classes and participated in many of the free exercise sessions offered in the two towns in efforts to support their team members. There was high community involvement during this two-month event from mid-May to mid-July of 2010. Participants met at the parks to walk, run, and do exercises and stretching. Churches and community centers also donated space for community members to give free classes such as Zumba (a cardio aerobics class) and kickboxing. The final event was a huge success with all participants feeling like winners. The Somerton group lost a combined 197 pounds, while the San Luis group lost 377 pounds. Currently, CSF is in the process of conducting another *El Reto* Challenge through November 9th. For more information about El Reto or tips on setting up a similar event in your community, please contact Floribella Redondo at floribella@campesinossinfronteras.org.

Article By Perry Gast



WOMEN PARTICIPATING IN THE FINAL EL RETO EVENT. PHOTO COURTESY CAMPESINOS SIN FRONTERAS.

RESOURCES

Free 2011 Women's Health Calendar from OWH

The Federal Office on Women's Health publishes a free calendar each year that offers information about common health concerns for women, risk factors for disease, and ways for women to take charge of their health. This year the calendar includes reminder stickers. The calendar is available in English and Spanish.

Order online: www.womenshealth.gov/pub/calendar/

Order by phone: (800) 994-9662

Treatment Improvement Protocol: Addressing the Specific Needs of Women with Substance Abuse Issues

The Substance Abuse and Mental Health Services Administration created this guide to assist program planners, administrators, project managers, and professional care providers in offering treatment to adult women with substance abuse disorders. The free guide reviews gender-specific research and best practices, such as common patterns of initiation of substance use among women and specific treatment issues and strategies.

Order or download online:
<https://store.samhsa.gov/product/SMA09-4426?ref=home>.
popular

Election Day: November 2, 2010

Last Day to Register to Vote:

Monday, October 4, 2010

Register online: <https://servicearizona.com/webapp/evoter/>

2010 Ballot Measures Affect Health Access in Arizona

On November 2, Arizona voters will decide on three ballot measures which will directly impact access to health care delivery and availability of health services throughout the state if they pass.

Proposition 106 - Health Care Services

This resolution proposes amending the Arizona state constitution to bar any rules or regulations that would compel state residents to participate in a health-care program. The proposed amendment also states that individuals would have the right to pay for private health insurance. The proposition is a response to federal health care reform, which will require that all Arizonans carry health insurance by 2014 or pay a penalty. A similar proposition, Prop 101, was defeated statewide in 2008.

Supporters say: The measure will provide consumers with freedom of choice in where they put their health care dollars and will give Arizonans the right not to participate in a health care program.

Opponents say: The measure prevents the state from implementing the benefits of federal health care reform and other health care improvements in the future while denying or delaying access to health care for many.

For more information: [http://ballotpedia.org/wiki/index.php/Arizona_Health_Insurance_Reform_Amendment,_Proposition_106_\(2010\)](http://ballotpedia.org/wiki/index.php/Arizona_Health_Insurance_Reform_Amendment,_Proposition_106_(2010))

Proposition 203: Medical Marijuana Act

If passed, the initiative will enable terminal or seriously ill patients who register with ADHS to legally obtain a set amount of marijuana from a non-profit dispensary for use in treating and alleviating symptoms of debilitating medical conditions. The act is self-funding.

Supporters say: The act would benefit people who are diagnosed with cancer,

HIV/AIDS, Alzheimer's, Hepatitis C and amyotrophic lateral sclerosis. Medical marijuana would be distributed in a strictly regulated way.

Opponents say: The measure would provide protection for marijuana users, not just sick people. The amount of marijuana allowed by the law, 2.5 ounces, is more than one person could smoke in two weeks and therefore excessive.

For more information: <http://www.azdhs.gov/prop203/index.htm>

Proposition 302 - First Things First Program Repeal

This measure would terminate the First Things First program, which supports early childhood programs and was established by a voter referendum in 2006. The tobacco tax revenues (\$0.80 per pack) that were originally appropriated to fund the program will be redirected to the general fund and, according to the State Legislative Council, these funds will be appropriated for health and human services for children.

Supporters say: If voters reject this measure, the state's budget deficit will grow larger. The legislature structured the current budget under the assumption that Prop 302 and Prop 301 (repeal of Growing Smarter program) would pass.

Opponents say: One member of the First Things First Board of Directors, Nadine Basha, argues that voters approved the program as well as Prop 100 in May (1 cent sales tax increase), demonstrating that voters are committed to protecting core services for children, education, and health and human services programs. The measure will end core programs for children ages 0 to 5.

For more information: [http://ballotpedia.org/wiki/index.php/Arizona_First_Things_First_Program_Repeal,_Proposition_302_\(2010\)](http://ballotpedia.org/wiki/index.php/Arizona_First_Things_First_Program_Repeal,_Proposition_302_(2010))

Initial Provisions of Health Care Reform Take Effect

September 23 marked the 6-month anniversary of the Affordable Care Act and coincides with the implementation of several key provisions of the bill that deliver additional rights and protections to consumers. According to the website [Healthcare.gov](http://www.healthcare.gov), the federal government's tool to deliver health care reform news and updates, as of September 23:

Insurers are no longer be able to:

(1) Deny coverage to kids with pre-existing conditions. (2) Put lifetime limits on benefits. (3) Cancel your policy without proving fraud. (4) Deny claims without a chance for appeal.

Consumers in new health plans are able to:

(1) Receive free preventive services. (2) Keep young adults on their parent's plan until age 26. (3) Choose a primary care physician or pediatrician from the health plan's provider network. (4) See an ob-gyn physician without a primary care physician referral. (5) Use the nearest emergency room without penalty.



PHOTO COURTESY KEN MILLER

The majority of these provisions only apply to people who enrolled in employer or individual insurance policies created after March 23, 2010. Plans that were "grandfathered" in (you enrolled before the law was enacted on March 23, 2010) may not be eligible for the full protections of the Affordable Care Act until 2014, though some insurance companies are working to make changes before the deadline. The preventive care provision is an example of services that will only be mandated for people enrolling in plans after the legislation was passed.

Preventive Care Provision

For qualified plans, consumers will not have to pay co-pays, co-insurance, or any deductible to receive covered preventive services. For women, services include:

- Anemia and urinary tract infection screening for pregnant women
- Mammograms for women over 40 every 1 to 2 years
- Breast feeding interventions
- Cervical cancer screening
- Folic acid supplements
- Osteoporosis screening
- Tobacco use screening.

Some general services include:

- Immunizations
- Cholesterol screening
- Diet counseling for high risk patients
- Depression screening

For a full list of covered services, visit:

<http://www.healthcare.gov/law/about/provisions/services/lists.html>

More Resources Online

(1) This tool helps consumers find insurance options in Arizona based on eligibility: <http://finder.healthcare.gov/>

(2) The Kaiser Family Foundation created an online gateway for explaining, analyzing, and tracking the implementation of reform: <http://healthreform.kff.org/>

New Regulations for Abortion Clinics Start in November

On November 1, new rules go into effect statewide to regulate abortion clinics. The original regulation legislation was passed in 1999, but a lawsuit was filed and the regulation was suspended until the lawsuit was settled in 2009. The Arizona Department of Health Services was then allowed to write the new rules. The new law requires ADHS to license and inspect abortion providers if they provide 5 or more first-trimester abortions in a month or if they provide any 2nd or 3rd trimester abortions as an abortion clinic. Hospitals are excluded. ADHS director Will Humble recently wrote on his Director's Blog: "In order to allow abortion clinics to begin performing abortions on November 1, the providers of free standing abortion services will need to apply for a license by September 2, 2010 in order to be licensed by November 1, 2010 (by law, abortion clinics can't qualify for a temporary license). If a facility provides abortions and already has a license, they will need to apply for an amended license." Contact the ADHS Division of Licensing Services for more information: <http://www.azdhs.gov/als/> The rules are posted in the Arizona Administrative Register: http://www.azsos.gov/public_services/Register/2009/45/supplemt.pdf. In May 2010, the state legislature also passed SB1304, which went into effect at the beginning of July and expands the number of reportable fields for abortion procedures and requires the ADHS to write an annual report of the data.

RESOURCES

New Spanish Language Consumer Guides for Women's Health Issues

The Agency for Healthcare Research and Quality (AHRQ) released a series of free evidence-based guides designed to help Spanish speakers understand and compare the risks, benefits, and side effects of treatments for eight health conditions. The guides provide valuable information that patients can use in talking with their clinicians. Half of the topics cover health issues specifically for women, including guides on controlling gestational diabetes during pregnancy, deciding to induce labor, and comparing core needle biopsy to surgical biopsy for breast lesions. Other guides cover treatments for high cholesterol, osteoarthritis of the knee and the use of insulin analogues for treating type 2 diabetes. **Available online at:** <http://effectivehealthcare.ahrq.gov/index.cfm/informacion-en-espanol/>

- Arizona Health Disparities Center

STAY UP TO DATE

(1) AZ Dept. of Health Services Director's Blog

<http://directorsblog.health.azdhs.gov/>

(2) Arizona Health Disparities Center

<http://www.azdhs.gov/phs/healthdisparities/index.htm>

(3) The US Dept. of Health and Human Services Office on Women's Health

<http://www.womenshealth.gov/>

Domestic Violence and Breast Cancer Awareness Month

October is both Domestic Violence Awareness Month and Breast Cancer Awareness Month. According to the Arizona Coalition Against Domestic Violence (AZCADV), which tracks domestic violence related deaths, there have been 42 deaths in Arizona since July 13, 2010, compared with 73 deaths as of August 17, 2009. Of the 42 fatalities in the first half of 2010, 15 were women, 25 were men, and two were children. In total, there were 111 domestic violence related deaths in Arizona in 2009, including 50 women. AZCADV provides domestic violence trainings for advocates who assist domestic violence survivors in navigating Arizona's judicial system. See Events and Trainings (page 5) for more information.

Domestic Violence Awareness Resources AZ Coalition Against Domestic Violence

<http://www.azcadv.org/>

Battered Immigrant Women Project

<http://rho.arizona.edu/Programs/Research/BIWP.aspx>

Domestic Violence Awareness Project

<http://dvam.vawnet.org/index.php>

The Clothesline Project

<http://www.clotheslineproject.org/>

According to the Arizona Cancer Registry data, breast cancer incidence in Arizona is decreasing. From 2002-2006, there were 107 cases per 100,000 women. Graham County had the highest incidence rate (120 per 100,000), followed by Yavapai County (117 per 100,000).

How does your county rank?

Apache - 63.6 per 100,000
Cochise - 101.3 per 100,000
Coconino - 104.6 per 100,000
Gila - 95.7 per 100,000
Graham - 120.3 per 100,000
Greenlee - 80.6 per 100,000
La Paz - 51.5 per 100,000
Maricopa - 109.8 per 100,000
Mohave - 98.1 per 100,000
Navajo - 86.1 per 100,000
Pima - 112.2 per 100,000
Pinal - 94.6 per 100,000
Santa Cruz - 87.6 per 100,000
Yavapai - 117.1 per 100,000
Yuma - 84.3 per 100,000

Breast Cancer Awareness Resources

The Community Guide

<http://www.thecommunityguide.org/cancer/index.html>



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EVENTS AND TRAININGS

OCTOBER

Webinar: Health Literacy 101

- **Presented by:** The Office of Disease Prevention and Health Promotion / DHHS
- **Date:** Oct. 6, 2010
- **Time:** 11am-12pm
- **Register:** <https://www2.gotomeeting.com/register/513059699>

16th Annual White Mountain Apache Women's Conference

- **Presented by:** White Mountain Apache Division of Health Programs
- **Date:** Oct. 13-14, 2010
- **Loaction:** Hoh Dah, AZ
- **Information:** Agatha Amos at (928) 338-4953 or Division of Health Programs at (928) 338-4955

Sacred We Are... Stop the Violence Music Festival 2010

- **Presented by:** The Southwest Indigenous Women's Coalition
- **Date:** Oct. 22-23, 2010
- **Loaction:** Wild Horse Pass Hotel and Casino, Chandler, AZ
- **Information:** (928) 797-1179

NOVEMBER

2010 Arizona Sexual Violence Conference

- **Date:** Nov. 2-3, 2010
- **Presented by:** AZ Sexual Assault Network
- **Location:** Glendale, AZ
- **Register at:** <http://www.surveymonkey.com/s/57JQRQP>

Arizona Coalition Against Domestic Violence, Lay Legal Advocacy Training

- **Date:** Nov. 1-4, 2010
- **Details:** 4-day training provides the tools for advocates to assist domestic violence survivors with navigating Arizona's judicial system.
- **Register at:** <http://www.azcadv.org/events.php?action=displayeventbyitemnum&eventid=248&month=11>

Arizona Coalition Against Domestic Violence, Regional Training: Working with Domestic Violence Survivors with Mental Health Issues

- **Date:** Nov. 2, 2010
- **Register by:** Oct 28, 2010
- **Location:** AzCADV, Phoenix
- **Info:** <http://www.azcadv.org/events.php?action=displayeventbyitemnum&eventid=273&month=11>

AZCADV Regional Training: Working with Domestic Violence Survivors with Mental Health Issues

- **Date:** Nov. 17, 2010
- **Register by:** Nov 12, 2010
- **Location:** Gila County Safe House, Globe, AZ
- **Info:** <http://www.azcadv.org/events.php?action=displayeventbyitemnum&eventid=270&month=11>

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.

Jennifer Peters
Coordinator (520) 626-2254
petersjs@u.arizona.edu

Elizabeth Ferris Costello
Graduate Assistant (520) 626-4937
eaferris@email.arizona.edu

FUNDING OPPORTUNITIES

OVW 2010 Sexual Assault Demonstration Initiative

Deadline: Nov. 2, 2010

Purpose: The Sexual Assault Demonstration Initiative is OVW's first large-scale project to determine best practices and needed action in reaching more sexual assault survivors and providing comprehensive sexual assault services.

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

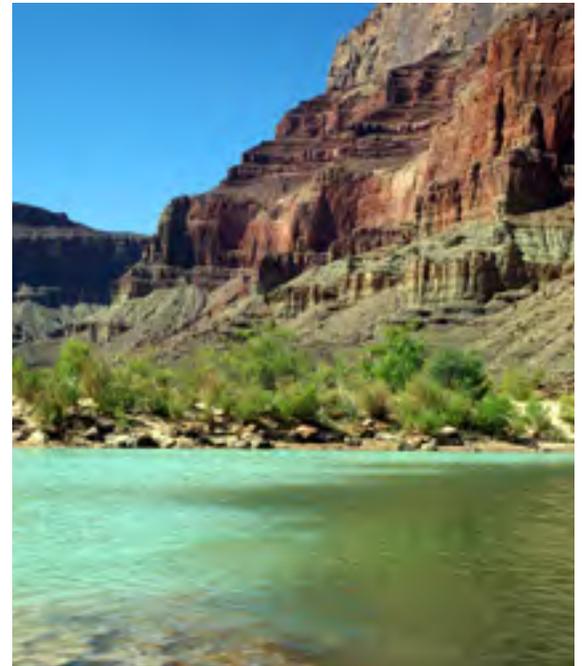


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RURAL HEALTH OFFICE NEWS

RHO Director Dr. Gary Hart has accepted a new position as the Director of the Center for Rural Health at The University of North Dakota. Former RHO Director Alison M. Hughes is serving as the Interim Director. The Rural Health Office and the Mel and Enid Zuckerman College of Public Health anticipate conducting a joint search for a new director in the near future.