

ARIZONA
RURAL WOMEN'S
HEALTH INITIATIVE

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

HEALTH MATTERS FOR RURAL WOMEN

FEBRUARY 2011

INSIDE THIS ISSUE

In the News 2

- Stress Seems to Have No Effects on Fertility Treatments
- Supplemental Nutrition Assistance Program (SNAP) Whole Grains Campaign
- Status of Arizona's Medicaid Waiver

Resources 3

- Mobile Service for Moms: text4baby
- Updated Heart Disease Prevention Guidelines for Women
- Health Reform: Impact on Women's Health Coverage and Access to Care
- USDA Atlas of Rural and Small-Town America

Events and Trainings 4

Funding Opportunities 4

**New Federal protections for American Indian women**

American Indian women face a one-in-three chance of being sexually assaulted during their lifetime, compared with a one-in-five chance for all women in the United States. Thirty nine percent of Native women will be victims of domestic violence, compared to 25 percent of women nationally. In December, Dorma Sahneyah spoke at the Northern Arizona Rural Policy Assembly, held in Tuba City, about new protections for Native women through the 2010 Tribal Law and Order Act (TLOA) that will attempt to address these disparities. Sahneyah is executive director for the Hopi Tewa Women' Coalition to End Abuse. She said that TLOA, which was signed by President Obama in July 2010, will address some of the gaps in communities' response to domestic violence and sexual assault. Hearings before the Senate Committee on Indian Affairs held prior to the passage of the law confirmed the situation of long-standing violence and related problems on Tribal lands, including lack of federal response, underfunding and insufficient workforce within the Tribal justice system, and too many prosecution declinations (declining to prosecute a case). Sahneyah said that TLOA will establish a comprehensive approach to changing the system by improving the tools that Tribes already have to address domestic violence and sexual assault. She called for improved screening

tools at healthcare facilities so that providers are better equipped to identify victims of abuse and link them to services. Some of the key sections of TLOA provide for the following changes:

- Requires the FBI and U.S. Attorney's Office to maintain data on investigation terminations and declinations.
- Authorizes the appointment of Tribal prosecutors as Special Assistant U.S. Attornies and urges federal courts to hold trials in Indian Country instead away from the scene at Federal Court.
- Includes workforce provisions to expand training opportunities and expedite hiring of new police officers.
- Allows for stricter sentencing for multiple offenses.
- Requires the IHS director to establish and implement standardized protocols for handlings all aspects of sexual assault cases in Indian Country.
- Requires data sharing between Federal agencies and tribal authorities.

TLOA will provide for federal accountability, consultation, and coordination in response to domestic violence and sexual assault on Tribal lands. For the full text of Sahneyah's presentation, as well as a presentation on the Sexual Assault Nurse Examiner program, visit: rho.arizona.edu/Publications/Documents/NAzRHPA_Report_Dec2010.pdf

IN THE NEWS

Stress Seems to Have No Effect on Fertility Treatments

Stress and tension do not decrease the success of a woman's fertility treatment, a new study suggests. British researchers analyzed data from 14 studies that included a total of 3,583 women who had undergone fertility treatment and been assessed for anxiety and stress before they began their therapy. Their comparison of women who became pregnant and those who did not found no association between emotional distress and the likelihood of becoming pregnant. "These findings should reassure women that emotional distress caused by fertility problems or other life events co-occurring with treatment will not compromise their chance of becoming pregnant," Jacky Boivin, a professor in the School of Psychology at Cardiff University in Wales, said in a news release from BMJ. The journal published the findings online Feb. 24. Health experts say that about 15 percent of couples are infertile. Many women believe that emotional distress can reduce their chances of becoming pregnant naturally or having success with fertility treatments, but the researchers say that is a mistaken idea based on anecdotal evidence and myths. **Full journal article:** <http://www.bmj.com/content/342/bmj.d223> - *Office of Women's Health*



PHOTO BY KEN MILLER

Whole Grains Campaign

The Arizona Nutrition Network just launched a new campaign targeting Whole Grains. The goal is to educate Supplemental Nutrition Assistance Program participants on the importance and benefits of eating plenty of whole grains. Whole grains are great because they give you fiber, B vitamins including folate and they are low in fat, reducing your risk of chronic disease like heart disease and helps with weight management. You can start eating more whole grains today by looking for food packages that say "100% whole grain" or food labels with the first food ingredient listed as whole grain i.e. 100% whole wheat bread and whole grain cereal. These tips will help to ensure that you are getting a whole grain food. Visit the Arizona Nutrition Network's website at www.eatwellbewell.org to learn more about the Whole Grains campaign including recipes, whole grain facts, Champion Mom commercials and lots of other great resources. **Full story:** <http://directorsblog.health.azdhs.gov/?p=1164> - *Will Humble via the ADHS Director's Blog*

Status of Arizona's Medicaid (AHCCCS) Waiver

If you have yet to hear, public health has taken a serious blow on February 15 with Secretary of Health and Human Services Sebelius's letter acknowledging a "work around" regarding Arizona's waiver request to rollback Proposition 204. The waiver request to relax the federal health care reform "maintenance of effort" was widely assumed to be quickly rejected for numerous reasons. This "work around" permits Arizona to expire its existing waiver September 1, 2011

and submit a new one. The implications are the following:

- Arizona now has the ability without federal intervention to eliminate coverage of approximately 250,000 people (Prop 204) until January 1, 2014. This could go into effect October 1, 2011.
- Voter protection of Prop 204 is still an issue. However, the Legislature and Governor have been confident that a rollback without voter approval would hold up in court due to language in the original initiative that stipulated Prop 204 is "subject to available monies."
- If they bring it back to the voters it is likely that this will be pitted against education and we fear that fight would be lost.

The Arizona Public Health Association urges you to do what you can to stay informed on the issues at the capitol, contact your policy maker, and let them know how important public health is as a foundation to a society. - *Arizona Public Health Association Update*

AzPHA Advocacy Center

The AzPHA tracks legislation that impacts health at its Advocacy Center. Other bills that are currently being considered by the state legislature include: (1) SB 1308 - Interstate Compacts and Birth Certificates; (2) SB 1309 - Arizona Citizenship; (3) SB 1405 Hospital Admissions and Restrictions, and (4) SB 1519 - AHCCCS Termination. To learn more about these bills, visit <http://www.azleg.gov>. To contact your representative about any legislation, visit the AzPHA Advocacy Center at: http://action.apha.org/site/PageNavigator/Affiliates/Arizona/AZPHA_Action_Center

RESOURCES

Mobile Service for Moms: text4baby

Text4baby is a free mobile information service designed to promote maternal and child health. An educational program of the National Healthy Mothers, Healthy Babies Coalition (HMHB), text4baby provides pregnant women and new moms with information they need to take care of their health and give their babies the best possible start in life. Women who sign up for the service by texting BABY (or BEBE for Spanish) to 511411 will receive free SMS text messages each week, timed to their due date or baby's date of birth. The messages focus on a variety of topics critical to the health of mother and baby, including immunizations, nutrition, seasonal flu, prenatal care, emotional well being, drugs and alcohol, labor and delivery, stopping smoking, breast feeding, mental health, birth defects prevention, oral health, car seat safety, exercise and fitness, developmental milestones, safe sleep, family violence, and more. **More info:** www.text4baby.org

Updated Heart Disease Prevention Guidelines for Women

Practical medical advice that works in the “real world” may more effectively prevent cardiovascular disease in women than recommendations based only on findings in clinical research settings, according to the 2011 update to the American Heart Association's cardio-

vascular disease prevention guidelines for women. First published in 1999, the guidelines until now have been primarily based on findings observed in clinical research. Highlights from the guideline include:

- Updated cardiovascular prevention guidelines for women focus on what works best in the “real world” vs. clinical research settings and consider personal and socioeconomic factors that can keep women from following medical advice and treatment.
- The guidelines also incorporate illnesses that increase heart disease risk in women, such as lupus, rheumatoid arthritis, and pregnancy complications
- Helping women understand risks and take practical steps can be most effective in preventing heart disease and stroke.

Full story: <http://www.newsroom.heart.org/index.php?s=43&item=1239>
- American Heart Association

Health Reform: Impact on Women's Health Coverage and Access to Care

In this narrated slide tutorial, Alina Salganicoff, Ph.D., Kaiser Family Foundation vice president and director of women's health policy, reviews how the Affordable Care Act is expected to affect access to care and

affordability of health coverage for women. The tutorial also explains the provisions in the new law related to preventive screening services, reproductive health, maternity care and women on Medicare. **Tutorial:** <http://www.kff.org/healthreform/>

USDA Atlas of Rural and Small-town America

The Atlas of Rural and Small-Town America is a mapping application that provides a spatial interpretation of county-level economic and social conditions along four broad categories of socioeconomic factors: people (using newly released demographic data from the American Community Survey, including age, race and ethnicity, migration and immigration, education, household size and family composition), jobs (using economic data from the Bureau of Labor Statistics and other sources, including information on employment trends, unemployment, industrial composition, and household income), agriculture (using indicators from the 2007 Census of Agriculture, including number and size of farms, operator characteristics, off-farm income, and government payments), and county classifications (using typologies such as the rural-urban continuum, economic dependence, persistent poverty, population loss, and other ERS county codes).

More info: <http://www.ers.usda.gov/data/ruralatlas/>

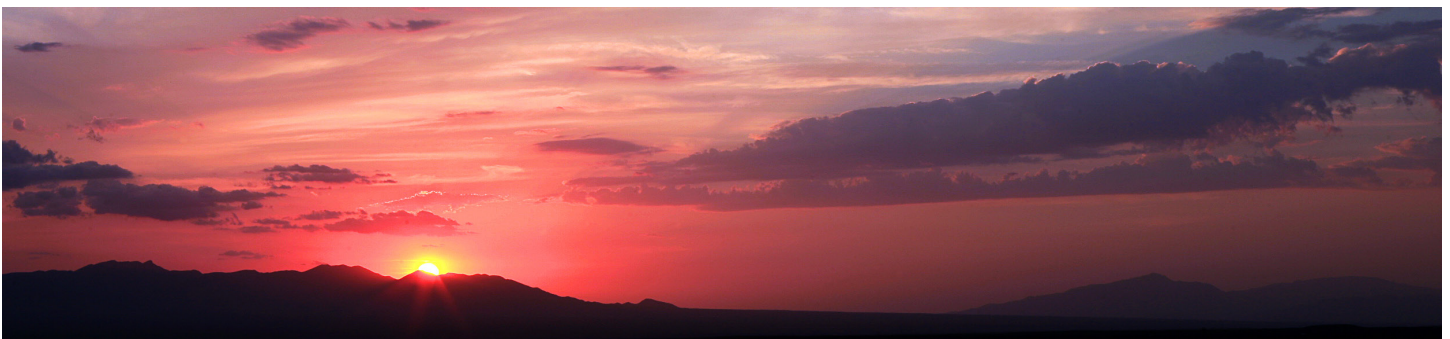


PHOTO BY KEN MILLER

EVENTS AND TRAININGS

MARCH

Telemedicine Training Conference

- **Date:** March 7, 2011, 9am-4pm
- **Presented by:** The University of Arizona College of Medicine
- **Details:** This free conference provides a more in-depth look at the clinical applications of a telehealth program.
- **Contact:** Tracy Skinner, tskinner@telemedicine.arizona.edu (520) 626-6103
- **Website:** <http://events.medicine.arizona.edu>

10th Annual Women's Mental Health Symposium

- **Date:** March 19, 2011, 9am-2pm
- **Location:** University of Arizona Health Sciences Center
- **Presented by:** The University of Arizona College of Medicine, Department of Psychiatry
- **Details:** Free admission. Keynote Address: Updates on Female Sexual Dysfunction: Identification and Management
- **Contact:** (520) 626-1392 uapsycon@email.arizona.edu
- **Website:** www.psychiatry.arizona.edu

Webinar: Advancing Health Equity - Using Community-based Participatory Approaches to Reduce Infant Mortality

- **Date:** March 31, 2011
- **Presented by:** The University of Virginia MPH Program and the

Virginia Department of Health

- **Contact:** Tammy Eberly at 434-924-1657
- **Website:** <http://eo2.commpartners.com/users/uva/>

APRIL

AzPHA Spring Conference: "Safety Is No Accident: Live Injury Free"

- **Date:** April 7, 2011
- **Presented by:** The University of Arizona College of Medicine Department of Psychiatry
- **Location:** UA Phoenix Campus College of Medicine
- **Details:** Early-bird registration rate available through March 17
- **Website:** <http://www.azpha.org>

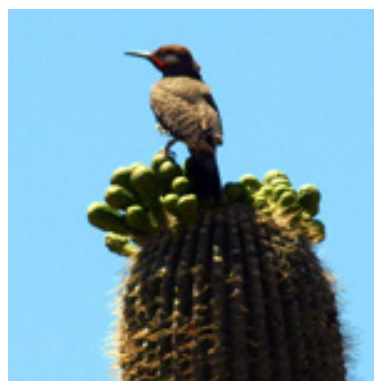
OBSERVANCES

National Public Health Week

- **Date:** April 4-10, 2011
- **Website:** www.nphw.org

National Women's Health Week

- **Date:** May 8-14, 2011
- **Website:** www.womenshealth.gov/whw/index.cfm



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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FUNDING OPPORTUNITIES

National Institutes of Health: Combined Multipurpose Strategies for Sexual and Reproductive Health (R21/33)

Letter-of-Intent Deadline: April 18, 2011

Deadline: May 18, 2011

Purpose: This Funding Opportunity Announcement (FOA) issued by the National Institute of Allergy and Infectious Diseases (NIAID), National Institutes of Health, invites research applications for projects focused on development of combined multipurpose prevention strategies for sexual and reproductive health.

Amount: \$1M total - \$200,000 award ceiling
Information: <http://grants.nih.gov/grants/guidetofa-files/RFA-AI-11-016.html>

2011 Supporting the Safety Net - Avon Foundation for Women Breast Cancer Safety Net Program

Letter-of-Intent Deadline: September 15, 2011

Full Proposal Deadline: October 21, 2011

Purpose: The Avon Safety Net Program supports institutions and organizations that have traditionally cared for uninsured, at-risk, low-income, and minority patients to enable medically underserved women and men to access post-screening diagnostics and care. Applications are based on your organization's geographic location. The emphasis of this initiative is to provide regional and community hospitals and health care centers with support for patient navigation programs, equipment, other personnel and infrastructure needs that will enhance their breast cancer care services to the medically underserved.

Amount: \$250,000 over two years

Information: <http://www.avonfoundation.org/funding-and-grants/safety-net-hospital-grants-program.html>