Interprofessional Arizona Area Health Education Center (AHEC)  
Yuma Regional Health Professions  
Training Initiative Needs and Assets Assessment  
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With Collaborative Support from the Regional Center for Border Health (RCBH)/Western Arizona Area Health Education Center (WAHEC)
Executive Summary

The objective of the Interprofessional Arizona Area Health Education Center (AHEC) Yuma Regional Health Professions Training Initiative Needs and Assets Assessment was to investigate health promotion and disease prevention in Yuma County and provide specific recommendations to the AHEC Program to inform implementation of an inter-professional health professions education program designed to meet the needs and priorities of the Yuma area. With collaborative support from the Regional Center for Border Health/Western Arizona Area Health Education Center (RCBH/WAHEC) in Yuma, a team of researchers from the Mel and Enid Zuckerman College of Public Health (MEZCOPH) constructed the assessment from existing surveillance data, key informant interviews with professionals from diverse service sectors, and an inventory of prevention services in the county. Key assessment findings are summarized here.

- **Maternal and Child Health.** Yuma County compares well to Arizona and the Nation in rates of low birth weight, teen pregnancy and child mortality. However, Yuma has not yet reached 2010 health targets for these indicators. Yuma professionals identified teen pregnancy as a health issue, and provided contextual factors that make it difficult to attain health targets such as access to care, lack of health education, and family disintegration. Yuma stakeholders suggest that better continuity of care and increased patient education are key factors. There are several agencies in Yuma County addressing these issues.

- **Infectious Disease.** Rates of many infectious diseases are below Arizona levels, although they have not yet reached 2010 health targets. Of greater concern is the rate of tuberculosis which exceeds that of other counties and the State. With a large senior population, Yuma is below 2010 targets in pneumonia and flu vaccination. Yuma stakeholders also expressed concern about infectious disease especially as a U.S.-Mexico Border community and among children, the poor, rural residents and Hispanics. Education on hygiene habits was recommended as important to address this problem, as well as specific services such as wellness clinics open in the evening and free screening programs. Several agencies currently address communicable disease.

- **Chronic Disease.** Prevalence of heart disease, diabetes and asthma are of concern as reflected both in the surveillance data and in the health priorities of Yuma professionals. Notably, Yuma achieves 2010 targets in the reduction of diabetes related death rates. Community professionals identified the elderly, Hispanics, Native Americans, migrants and farm workers as subpopulations at risk for chronic disease and highlighted the need for better access to care, continuity of care, more physicians, and better patient education particularly on use of medication. Yuma professionals identified many current and potential programs to address primary, secondary and tertiary chronic disease prevention.

- **Behavioral Health.** Surveillance data suggest that Yuma residents fare well compared to the state in indicators of behavioral health such as drug/alcohol abuse, suicide and injury, although not all indicators reach healthy targets. In contrast, Yuma professionals expressed great concern about behavioral health and the behavioral health system in their county. Lack of services, provider shortages, lack of or underinsurance, and cultural factors were all cited as barriers to care. The elderly, youth and children, and the mentally ill were identified as most affected. Professionals underscored the need for more behavioral health providers and a psychiatric hospital, prevention programs in the schools, and services culturally tailored to the Hispanic population.
**Recommendations**

An overall goal of the Interprofessional Arizona Area Health Education Center is to meet the health care provider shortage and increase access to care for rural, underserved and minority persons living in Yuma County. Additionally the Arizona AHEC program is striving to build interprofessional models to address the health issues in Arizona. The MEZCOPH team has several recommendations stemming from this assessment centered on increasing community capacity for broad health promotion and disease prevention. Specifically, MEZCOPH recommends the following measures to increase participation of students from the Colleges of Medicine, Pharmacy, Nursing and Public Health in the Arizona Health Sciences Center (AHSC) in prevention and health promotion efforts through residencies internships and collaboration with faculty on projects based in Yuma County.

- Interviews with Yuma professionals from agencies across the service spectrum from primary and clinical care to community and school based prevention and health related social services demonstrate strong interest in training opportunities for AHSC students. Both clinical and community-based opportunities were directly identified. The next step is for each college to work directly with the community agencies to develop training experiences that are beneficial to both the student and the community.

- Several organizations currently have mechanisms in place to facilitate medical or nursing residency programs and student internships. A prevention focus within a clinical setting may also be of interest to primary care providers and could be explored by AHSC Colleges.

- Through the interview process, Yuma professionals suggested several projects and programs that address gaps in services for specific health issues. These suggestions provide multiple internship ideas in curriculum development, strategic planning to increase integration and continuity of care, and collaborative development of clinical, community and school based programs. Faculty and students have the opportunity to pursue and further define these opportunities.

- In addition to intense, long-term training, AHSC should develop opportunities for short term interactions between the students and the community. A good example is a recent activity of 12 members of the MEZCOPH student Global Health Alliance, who traveled to San Luis and participated in the *Día del Campesino*, a yearly health fair targeting farm workers that is sponsored collaboratively by Yuma providers. These activities can provide much needed resources for the event as well as enhance the educational experience of the students.

- The interviews revealed a strong interest on the part of Yuma organizations in pursuing stronger relationships with AHSC. We recommend that faculty in each of the four colleges develop relationships with specific organizations to the extent that their programs and projects are relevant to community priorities.
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Introduction

The Arizona Health Education Center’s Yuma Regional Health Professions Training Initiative is an academic-community partnership between the Arizona Health Education Center (AzAHEC), the Regional Center for Border Health/Western Arizona Area Health Education Center (RCBH/WAHEC), which is part of the AzAHEC system, the Mel and Enid Zuckerman College of Public Health (MEZCOPH), and the Arizona Health Sciences Center’s (AHSC) Colleges of Nursing, Pharmacy and Medicine at the University of Arizona. Through our mutual efforts, this interprofessional partnership seeks to reduce the health disparities experienced by Yuma County residents. The goals of the partnership are to:

1. Enhance community capacity for interprofessional rural and urban underserved health professions education in Yuma County;

2. Strengthen educational partnerships between the RCBH/WAHEC, the Yuma Regional Medical Center, the Yuma County Health Department, the University of Arizona AHEC and rural and underserved health care providers for mutually beneficial health profession educational outcomes; and

3. Alleviate health care provider shortages and improve health care access for rural, underserved, and minority residents living in the RCBH/WAHEC service area in Yuma County by developing locally relevant training programs for health care professionals in these settings.

MEZCOPH has three objectives within this broader scope of work that focus on the health promotion and the prevention of illness. These are:

1. Design and implement an assets and needs assessment of existing health promotion and disease prevention activities.

2. Develop specific recommendations for the implementation of a broad health promotion and disease prevention initiative in the area with participation of students from all four colleges in the Arizona Health Sciences Center (AHSC).

3. Develop specific recommendations for the participation of students from the MEZCOPH both through internships and collaborating with faculty on specific programs in the region.

A research team consisting of MEZCOPH faculty, academic professionals, and students participated in activities to meet these objectives which included compiling and reviewing existing data to identify health issues and gaps in knowledge, conducting key informant interviews with professionals from diverse service sectors to provide further understanding of health issues, and to offer specific recommendations for further collaboration in the region. The intent of these efforts is to make a contribution towards alleviating disparities in disease prevention and health promotion activities, health care provider availability, and health care access in the RCBH/WAHEC service area in Yuma County. The following pages contain a detailed report of the results of the assessment.
About the Regional Center for Border Health/Western Arizona Area Health Education Center (RCBH/WAHEC)

RCBH has been recognized at the National, State and local level as a model responsible for advancing the role of the Community Outreach Worker or “Promotores de Salud” and facilitation of medical outreach, health promotion and workforce development related to healthcare careers in Western Arizona and along the US-Mexico Border. The service area of the Regional Center for Border Health, Inc. (RCBH) formerly known as Western Arizona Area Health Education Center, Inc. (WAHEC) encompasses the three western Arizona counties located along the border of the Colorado River: La Paz, Mohave, and Yuma Counties.

The Regional Center For Border Health, Inc. (RCBH) is a 501 (C) 3 Non For Profit Organization established in 1986 and whose Mission has centered on “improving the availability and accessibility of medical services in Western Arizona and the Arizona-Mexico Border Region by establishing a comprehensive center for primary care, community outreach and best practice evidence-based health education models”.

Regional Center for Border Health, Inc. mission: “to improve the availability and accessibility of medical services in Western Arizona and the Arizona-Mexico Border Region, by establishing a comprehensive center for primary care, community outreach and health education”.

WAHEC’s mission: the principal mission of Arizona’s Area Health Education Centers (AHEC’s) is to improve the health status of Arizona’s rural and medically underserved communities through the improvement of retention, distribution, supply, diversity, quality and efficiency of health professionals serving these populations.

RCBH/WAHEC services in the service area and special initiatives supported include:

- Annual Nuestros Niños Household Census and Immunization Campaign: to identify families in need and provide health education and referrals to service organizations as well as to assist the families to entry primary care (medical home) services.
- Asthma “Not a Choo” Camp in collaboration with Yuma County Asthma Alliance
- Breast & Cervical Cancer early screening and education awareness.
- Environmental Justice “Illegal Dumping Prevention” International Alliance
- Behavioral health-medical home in collaboration with ASU-Behavioral Health
- CAPAZ-MEX Medical Discount Network, Diabetes education-Medical Home initiative and outreach
- HOSA and School Health Clubs
- Primary Care student rotations program
- Clinical Preceptor’s Training
- Immunizations campaign binational and local efforts
- Quality Assurance/medical home Chronic Illness prevention control and management.
- Teaching Hospital, Dispensing Pharmacy, Fast Track Nursing Program
- Learn More Know More After school program
- Well Woman Healthcheck Screenings

RCBH/WAHEC a licensed Job Training Center, accredited organization by the Arizona Board of Nursing, and Arizona State Board for Private Postsecondary Education. **Accelerated-fast track programs:**

- Nursing Assistant Program Certificate
- Medical Assistant
- Food Service Management
- ServSafe National Accreditation
- Billing and Coding certified by the American Academy of Professional Coders
- Caregiver Certificate Program
Yuma County

Yuma County is located in the southwestern region of Arizona and borders California to the west, and the Mexican state of Sonora to the south. It has a reputation as one of the hottest places on earth with an average temperature of 107 degrees Fahrenheit during the month of July. The county has 5,522 square miles and 14 distinct communities with Yuma, Arizona’s 11th largest city, Somerton, San Luis, and Wellton being the primary cities.

Yuma was first recognized in 1701 when Father Eusebio Francisco Kino declared the Yuma Crossing at the Colorado River as a gateway to California. The Yuma area became a territory of the United States through the Gadsen Purchase in 1854. The county derives its name from the local Native American inhabitants, the Yumans, which refers to the linguistically related Cocopah, Quechan, and Mohave tribes. Today, parts of the Cocopah and Quechan reservations lie in Yuma County.

Yuma is growing at an impressive rate. Between 1990 and 2002, Yuma County grew 59% compared to 49% in the State, while the border city, San Luis, grew 336%. A prevailing perception in the community is that there is an increasing number of farm workers who remain in Yuma when the growing season is over. A 2002 Yuma Private Industry Council (YPIC) Survey of farm workers found that only one-third of farm workers move out of the area in the off-season (YPIC, 2002).

The county seal of Yuma County depicts the different qualities and characteristics that make the county unique: the Native American tribes, agriculture, desert, sunshine, military base, and the Colorado River which creates the county’s western border with California.
Agriculture is a major industry in Yuma, topping Arizona counties in agricultural sales. Lettuce is a leading Yuma crop, along with broccoli and cantaloupe. Agriculture accounts for almost half the employment in Yuma County, particularly during harvest season. In addition, Yuma County also houses the US Marine Corps Air Station and US Army Yuma Proving Grounds are located near Yuma City. Yuma County is thus characterized by large transient populations, as it is a temporary place of residence for agricultural migrant workers, winter residents and military personnel. With the beginning of the winter growing season in October, the county has a large influx of migrant farm workers and winter residents. In 2008, Yuma County was a temporary home to 41,314 migrant and agricultural workers and to 12,600 winter residents. (Yuma Special Area Statistical Profile-2008).

Yuma County’s population of 190,557 residents has a relatively high percentage of young people with 24.6% being between the ages of 0-4, and 33.0% being between the ages of 20-44 years. 51.9% of the population is of Hispanic origin (2007 Census). According to 2000 U.S. Census figures, 45% of the total population self-identified specifically as Mexican, 76% of this percentage were native to the United States, and 24% were foreign born. Seventeen percent were non-citizens and 8% entered the U.S. between 1990 and 2000.

Approximately 17.4% of the total population in Yuma have an education of or less than the 9th grade level; 16.8% received education between the 9th and 12th grade level but do not hold a diploma; 25.7% of the population have graduated from high school; 23.3% have some college
education; and 16.7% of the population are college graduates or professional degree holders. In 2008, 19.2% of the county population was living 100% below the federal poverty level (FPL) and 46.3% was 200% FPL in comparison to the overall Arizona rates of 13.9% and 33.5%, respectively. The medium household income in Yuma County ($34,260) is below the medium household income in the state of Arizona ($44,261) (Yuma Special Area Statistical Profile-2008).

The Arizona Department of Health Services (ADHS) reported that in 2008, over 16% of the county’s total population was unemployed. In 2008, 25.3% of residents were enrollees to the Arizona Health Care Cost Containment System (AHCCCS), the Arizona Medicaid program, approximately 11.7% of the population were Medicare beneficiaries, and 4.9% of the population, were enrolled in KidsCare.

In spite of state of the art health facilities, such as Yuma Regional Medical Center (pictured below), located in the city of Yuma, and Federally Qualified Community Health Centers (FQCHC’s) including Sunset Community Health Center, located in Somerton, and San Luis Walk in Clinic (pictured below) with offices in Somerton and San Luis, many of Yuma county’s census tracts and some facilities are designated as federal Medically Underserved Areas (MUAs) and federal Health Care Provider Shortage Areas (HPSA). The entire county of Yuma is designated as a Primary Care HPSA, with a score of 12. There are several Dental HPSA’s in Yuma County, and the entire county of Yuma is designated as a Mental Health HPSA, as part of the Southwest Arizona Catchment Area, with a score of 18. The county is also designated as an Arizona MUA (Yuma Special Area Statistical Profile-2008). Details of the Health Professions Shortage in Yuma County are included in the appendices of this report.
Indicators of Health in Yuma County

To obtain an initial snapshot of community health issues, the project team reviewed available secondary data sources for information on health needs and assets of Yuma County. The rationale for health issues and data selection from secondary data was guided by health targets stated in Healthy Arizona 2010 (HA), Healthy Border 2010 (HB), Healthy People 2010 (HP) and Healthy Aging 2010 (HG). The information below represents a compilation of data on health-related indicators from the Behavioral Risk Factor Surveillance System (BRFSS), the Youth Risk Behavior Survey (YRBS), hospital discharge data, and report to the Committee on the State of the USA Health Indicators Board on Population Health and Public Health Practice (HI). Specific target rates for a range of health indicators from the above secondary data sources, and comparative figures to state and national rates are included in the appendices of this report.

The indicators provide a general indication of how Yuma County fares in comparison to the state of Arizona, the United States and, if established, desired target levels. It should be noted that the differences indicated are qualitative, as no statistical tests have been used to test for variation between comparison groups.

Health Indicator Qualitative Comparison Key Table

<table>
<thead>
<tr>
<th>Data Key</th>
<th>Compared to US or AZ:</th>
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<tbody>
<tr>
<td></td>
<td>Yuma Less Favorable</td>
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<td>Yuma Equivalent</td>
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<tr>
<td></td>
<td>Yuma More Favorable</td>
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<tr>
<td>NF</td>
<td>Data Not Found</td>
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</tbody>
</table>

The following pages provide visual representation of the results highlighting specific categories as health priorities:

- Women and children’s health
- Infectious disease
- Cancer
- Chronic disease
- Diabetes
- Behavioral health
- Intentional and unintentional injury

Given multiple sources of indicators, some data may be inconsistent with other sources.

Reference Links:
Healthy People 2010: http://www.healthypeople.gov/
Healthy Aging 2010: http://www.azdhs.gov/phs/healthyagingarizona/
**Women and Children's Health** - While some of the women and children's health indicators are favorable; others suggest a need for improvement. Compared to Arizona, Yuma County shows favorable data for reducing low birth weight and very low birth weight. The county also shows favorable data for teen pregnancy. Compared to the 2010 health targets, however, Yuma County falls short in reducing teen pregnancy among 15-17 year olds, prenatal care, low birth weight, and fetal/infant death. Unfortunately, no childhood immunization rates are available at any level.

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<tr>
<th>Ref</th>
<th>Indicator</th>
<th>Comparison of Yuma to:</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>AZ</td>
<td>U.S.</td>
</tr>
<tr>
<td>HI</td>
<td>Infant mortality rate</td>
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<tr>
<td>HI</td>
<td>Child immunization rate</td>
<td>NF</td>
<td>NF</td>
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<tr>
<td>HB</td>
<td>Rate of death among children (1-14 yrs) due to congenital abnormalities</td>
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<tr>
<td>HB</td>
<td>Proportion of women that began prenatal care in 1st trimester</td>
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<tr>
<td>HI</td>
<td>Increase abstinence from cigarette smoking among pregnant women</td>
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<tr>
<td>HB</td>
<td>Increase the proportion of pregnant women who receive prenatal care in the first trimester</td>
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<tr>
<td>HB</td>
<td>Reduce preterm births</td>
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<td>HB</td>
<td>Reduce low birth weight</td>
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<tr>
<td>HB</td>
<td>Reduce very low birth weight</td>
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<td>HB</td>
<td>Reduce neonatal deaths</td>
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<td>HB</td>
<td>Reduce post neonatal deaths</td>
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<tr>
<td>HB</td>
<td>Reduce fetal deaths at 20 or more weeks of gestation</td>
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<td></td>
<td>Reduce infant deaths</td>
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<tr>
<td>HB</td>
<td>Reduce fetal and infant deaths during perinatal period</td>
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<tr>
<td>HB</td>
<td>Teen pregnancy rates</td>
<td></td>
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<tr>
<td>HB</td>
<td>Reduce pregnancies among adolescent females aged 15 to 17 years</td>
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</table>
**Infectious Disease** - Yuma is on target for the rates of primary and secondary syphilis, meningococcal disease, and Hepatitis A. The rates of infectious diseases for syphilis, HIV/AIDS, Hepatitis B and gonorrhea are favorable in comparison to the state, but have not reach 2010 health targets. Similar to other U.S.-Mexico Border counties, the reported rate of tuberculosis is higher in comparison to Arizona and is above 2010 targeted levels. The percentage of Yuma adults who have flu and pneumonia vaccination is below 2010 targets, although Yuma contrast favorably in pneumonia vaccination when compared to the state and the Nation.

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<td>AZ</td>
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<tr>
<td>HI</td>
<td>Reduce the incidence of primary and secondary Syphilis B</td>
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<tr>
<td>HI</td>
<td>Reduce the rate of meningococcal disease</td>
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<td>HB</td>
<td>HIV prevalence rate</td>
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<tr>
<td>HB</td>
<td>HIV/AIDS incidence rate</td>
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<tr>
<td>HB</td>
<td>Reduce deaths from HIV disease</td>
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<tr>
<td>HB</td>
<td>Reported rates of <em>Hepatitis A</em></td>
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<tr>
<td>HB</td>
<td>Reported rates of <em>Hepatitis B</em></td>
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<tr>
<td>HB</td>
<td>Reported rates of <em>Tuberculosis</em></td>
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<tr>
<td>HB</td>
<td>Reduce gonorrhea infections b</td>
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<tr>
<td>HA</td>
<td>Percentage of adults who are up-to-date with flu vaccinations. Target: 90%</td>
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</tr>
<tr>
<td>HA</td>
<td>Percentage of adults who are up-to-date with pneumonia vaccination. Target: 90%</td>
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</table>

**Cancer** - The overall death rate due to cancer is lower in Yuma County than in the state and the nation. This is also true for the specific types of cancer that are the leading causes of cancer-related deaths, such as breast, prostate, lung and colorectal. Yuma also meets or exceeds cancer-related targets.

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<td>AZ</td>
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<tr>
<td>HB</td>
<td>Reduce the overall cancer death rate</td>
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<tr>
<td>HB</td>
<td>Reduce the breast cancer death rate</td>
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<tr>
<td>HB</td>
<td>Reduce the prostate cancer death rate</td>
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<tr>
<td>HB</td>
<td>Reduce the lung cancer death rate</td>
<td></td>
</tr>
<tr>
<td>HB</td>
<td>Reduce the colorectal cancer death rate</td>
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</table>
**Chronic Disease** - Yuma County compares favorably to the state and target goals in reducing deaths from coronary heart disease and stroke. However, it compares less favorably to both the state and nation in terms of the number of adults told by a health professional that they have had a stroke, heart attack, coronary heart disease, hypertension, or some form of arthritis. Yuma County compares more favorably to both the state and nation in the percentage of adults who have been told that they have or ever had asthma.

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<th>Indicator</th>
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<td></td>
<td>AZ</td>
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<tr>
<td>HI Reduce coronary heart disease deaths</td>
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<tr>
<td>HI Percent adults ever told by health professionals that they had a stroke</td>
<td></td>
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<tr>
<td>HI Percent adults who have been told they had a heart attack/myocardial infarction</td>
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<tr>
<td>HI Percent adults who have been told they had angina/coronary heart disease</td>
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<tr>
<td>HI Reduce stroke deaths</td>
<td></td>
</tr>
<tr>
<td>HG Reduce deaths from chronic lower respiratory disease among adults aged 45 years and older</td>
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<tr>
<td>HI Percent adults ever told by a health professional that they have Hypertension</td>
<td></td>
</tr>
<tr>
<td>HB/HA Percent adults who have ever been told they have asthma</td>
<td></td>
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<tr>
<td>HB/HA Percent of adults who have been told they currently have asthma</td>
<td></td>
</tr>
<tr>
<td>HI Percent of adults who have been diagnosed with some form of arthritis</td>
<td></td>
</tr>
<tr>
<td>HP Percentage of adults reporting a body mass index of ≥ 30 Target: 15%</td>
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</tr>
</tbody>
</table>
**Diabetes** - The percentage of adults in Yuma County ever told by a doctor that they had diabetes compares unfavorably to Arizona and the U.S. in general. However, the reduction of diabetes-related deaths in Yuma County compares favorably to the state and is above targeted levels.

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<td>AZ</td>
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<tr>
<td>HA/HB</td>
<td>Percent adults ever told by a doctor that they had diabetes</td>
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<tr>
<td>HB/HA</td>
<td>Reduce the diabetes-related death rate</td>
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**Behavioral Health** Behavioral health issues are generally favorable in Yuma County compared to the state, except for the suicide rate among older adults, aged 65 and older and drug-related deaths which are also lower than the target goals. Rates of homicide and unintentional injuries are generally lower in Yuma. Behavioral indicators, such as drinking and smoking are generally more favorable in Yuma than Arizona or the U.S.

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<td>AZ</td>
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<tr>
<td>HI</td>
<td>Reduce the suicide rate</td>
<td></td>
</tr>
<tr>
<td>HI</td>
<td>Reduce the suicide rate among adolescents aged 15 to 19 years</td>
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<tr>
<td>HA/HG</td>
<td>Reduce the suicide rate among older adults aged 65 years and older</td>
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<tr>
<td>HI</td>
<td>Reduce drug-induced deaths</td>
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<tr>
<td>HA</td>
<td>Percentage adults who are current smokers</td>
<td></td>
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<tr>
<td></td>
<td>Target: 14%</td>
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<tr>
<td>HP</td>
<td>Percent adults participating in moderate physical activity (&gt;30 min 5 days/week or vigorous activity 20 min/day for &gt;=3 days) Target: 30%</td>
<td></td>
</tr>
<tr>
<td>HI</td>
<td>Percent binge drinkers (Males &gt;=5 Drinks/Females&gt;=4 Drinks, in One Occasion)</td>
<td></td>
</tr>
<tr>
<td>HI</td>
<td>Percent heavy drinkers (Adult men &gt; 2 drinks/day &amp; Adult women &gt; 1 drink/day)</td>
<td></td>
</tr>
</tbody>
</table>
**Intentional and Unintentional Injury.** Yuma fares favorably compared to the state for all indicators including motor vehicle crashes, injury from falls, firearm related deaths and homicides. Yuma also meets 2010 targets for reduced homicide and motor vehicle crashes.

<table>
<thead>
<tr>
<th>Ref</th>
<th>Indicator</th>
<th>Comparison of Yuma to:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>AZ</td>
</tr>
<tr>
<td>HI</td>
<td>Reduce deaths caused by motor vehicle crashes</td>
<td></td>
</tr>
<tr>
<td>HB</td>
<td>Reduce deaths from falls</td>
<td></td>
</tr>
<tr>
<td>HB</td>
<td>Reduce deaths caused by unintentional injuries</td>
<td></td>
</tr>
<tr>
<td>HI</td>
<td>Reduce firearm-related deaths</td>
<td></td>
</tr>
<tr>
<td>HI</td>
<td>Reduce homicides</td>
<td></td>
</tr>
</tbody>
</table>
Yuma County, Arizona is a community unlike most border communities separated by a porous international boundary between the U.S. and Mexico where crossing in either direction is natural and a part of daily life. The same is true for obtaining services whether services are related to communications, education and training, retail store access, restaurant, travel services, and other personal needs such health services, to name a few. The strength of border communities is in its interdependency in terms of culture, language, and its economic, political and social environment. The same is true of the public services infrastructure. Yuma County has wealth of health and social services available to the border population. As is true of any growing community, nevertheless, as the population grows so too must the services and a well trained workforce.

Community residents decide where to acquire health services based on a number of factors that can include cost, quality, and availability. Similar to other border communities, Yuma has a large Hispanic/Latino population (>50% of the population) as well as a seasonal influx of older and retired adults. According to the 2001 population figures of the U.S. Census, approximately 17% of the total population of Yuma County is older than 65 years of age compared to 13% for Arizona and 12% for the U.S. as a whole. The criteria used to make decisions on where to obtain health and social services are critical to these two specific populations because of factors related to culture and language as well as those residents living on fixed incomes. It’s important for service providers to meet consumers cultural and language needs as well as make services affordable and consumer friendly. In a study conducted by Martinez, language was found to be an important aspect of healthcare access throughout the country, but was especially significant along the U.S. Mexico border where the population is predominantly Spanish speaking (Martinez, 2008).

Recently, the Arizona Department of Health Services through its Office of Border Health developed an online, updated inventory and resource guide providing border communities within the Arizona-Sonora region information on services available within their communities. This resource guide serves not only to make consumers aware of the services available, but also provides a health promotional tool linking community members with programs and service agencies throughout the border region. This guide also makes evident and recognizes the numerous assets available to community residents. The appendix (Prevention Services Matrix) at the end of this report provides a matrix listing prevention services available in the Yuma area. You can also access the Arizona-Sonora Health Inventory and Resource Guide online at http://www.azdhs.gov/phs/borderhealth/html/root.html for additional information and services.
Community Stakeholder Assessment

The purpose of the community interviews was to identify and describe perceptions of health issues in Yuma County from a provider perspective, to identify prevention and promotion services as well as gaps in services, and to explore potential training, internship and residency opportunities for graduate students in health-related fields. To identify a survey universe, the research team developed an inventory of health promotion and disease prevention programs available in Yuma County. Organizations were identified through a variety of strategies such as talking with local partners, accessing programs related to the University of Arizona Health Sciences Center, and utilizing a local resource guide. The survey universe was categorized into six types of agencies: 1) primary care providers, 2) behavioral health providers, 3) prevention services, 4) social services, 3) youth services and 6) elderly services. The inventory provided a sampling frame from which organizations were selected for interview. Fifty organizations were targeted for interviews.

The interview instrument was developed collaboratively by the research team. The Culture of Health Survey that had previously been used by the Migrant Health Promotion Project REACH 2010 in the Texas Rio Grande Valley, and subsequently modified for use by Project EXPORT in the “southside” of Tucson, Arizona with our Center for Health Equality provided the framework for the survey (Rosales, 2009). Questions were organized into five distinct categories: 1) Background Information of the Organization, 2) Local Health Disparities, 3) Existing and Needed Health Promotion and Disease Prevention Services in Yuma County, 4) Health Care Provider Services, and 5) Assets and Needs in Local Health Professions Education. A copy of the instrument is included in the appendices of this report.

Graduate and undergraduate students were recruited to participate in the data collection phase of the interviews. A recruitment flyer was disseminated to the MEZCOPH student list serves to identify students interested in gaining practical experience in conducting qualitative interviews. The project team trained seven students in interviewing techniques. The training workshop covered information on the purpose of the project, the basics of key informant interviews, interviewing etiquette, a role play with teams of two to practice interviewing skills and logistical information.

Research team members contacted potential interviewees by phone or email to schedule interviews. Under the direction of two members of the research team, a team of eight students conducted the interviews in Yuma between June 8th-11th and August 5th-7th. The students were paired in teams with one interviewer and one note taker. The interviews lasted between 20 and 45 minutes. The written interview notes from both interview team members were entered and consolidated into one electronic document.

To describe the survey population, information regarding the experience of the respondent, the type of agency or organization the respondent represented, prevention services provided by their agency or organization, and population served, as well as potential internship/training opportunities were extracted from each interview. Interview responses were then analyzed based on common health issues identified by interviews, contributing factors, existing programs, gaps in services, and potential programs to address these issues.
DEMOGRAPHICS

Forty-five (45) interviews representing a broad spectrum of service providers were conducted representing all six organization types identified in the sampling frame. These included 13 social services agencies, nine (9) prevention service providers, eight (8) primary care providers, six (6) youth agencies, five (5) elderly service providers, and four (4) behavioral health providers.

Distribution of Type of Agency Interviewed

Interview respondents had a wide range of years of experience serving in Yuma County, with the number of years ranging from 11 months to 43 years.

Distribution of Years Working in Yuma County as Given by Interviewees
The interview respondents held a variety of positions within the service sector, twelve serving as executive directors, two directors of human services, nine program coordinators, seven managers, four administrators, three human services workers, two *promotoras de salud*, and one pharmacist, nurse practitioner, director of operations, associate director, pastor, facilitator, branch director, firefighter/paramedic, police officer, infection preventionist, registered nurse endocrinologist, director of nursing, and social worker. Interview respondents can also be categorized by the level management within their organization. The table below presents the percentage of participants at upper management, middle management and direct service level.

<table>
<thead>
<tr>
<th>Level of position</th>
<th>Number of Interview Respondents (and %)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director/Manager</td>
<td>17 (37.8%)</td>
</tr>
<tr>
<td>Program Coordinator</td>
<td>17 (37.8%)</td>
</tr>
<tr>
<td>Direct Service Provider</td>
<td>11 (24.4%)</td>
</tr>
</tbody>
</table>
CONTEXT OF HEALTH

Interview respondents were asked to provide reasons and factors that they believed were affecting health services and healthcare in Yuma County. Their responses are organized by themes and summarized below.

Access to care. Many interview respondents identified access to care as a major health issue in Yuma County with multiple contributing factors that also impacted other health issues.

- Lack of health insurance: Providers feel that Yuma residents have insufficient insurance coverage, exacerbated by not being qualified for public insurance or being unable to afford insurance. Those who are poor, low-income, unemployed, and undocumented cannot afford insurance or are unable to pay a co-pay, which determines what, if any, health services they utilize. People are not accessing preventive services until they need medical services. One respondent stated that the “working poor don’t qualify for AHCCCS.” Additional impacts mentioned included limits on the care patients can receive and the inability for patients to fill prescriptions due to cost.

- Dental insurance is not accessible to many residents.

- Lack of health care providers: Physician practices are experiencing patient overload and they are unable to provide all the needed care. Providers are not taking on new clients and patients are left with having to look for health services elsewhere. Related factors were also mentioned such as lack of continuity of care and insufficient patient follow up.

Socioeconomic factors. In relation to health care access, interview respondents mentioned the underlying issue of low socio-economic status as a barrier to accessing health insurance and health care.

Community knowledge and available programs. Interview respondents felt that diverse groups of residents in Yuma County need basic health education and knowledge. Health professionals do not provide sufficient patient education, and, as one interviewee stated, there is a lack of “willingness to spend time with patients.” Interview respondents also reported that healthcare is not being sought even when it is readily available because people don’t know where to seek help. Transportation was mentioned as a barrier to reaching healthcare or specialists located out of town.

Family issues and relationships. The family environment was mentioned as a factor contributing to negative health outcomes stemming from the breakdown of the family. One interview respondent felt that “children do not have a sense of self-worth or self-esteem and are no longer being nourished; only sustained.” Interview respondents felt that parents do not have time for their children and there is a lack of communication between parents and children. Further, they felt parents are not involved or are not educated on how to take care of their children’s health.
**Lifestyle.** Interview respondent considered lifestyle to be a contributing factor to current health issues, such as obesity at a younger age. Lifestyle factors included eating habits, diet, and lack of physical activity.

**Cultural Barriers.** Yuma County is adjacent to the U.S.-Mexico border, and interview respondents felt that cultural and language barriers exist to accessing health care. It was mentioned that crossing ethnic lines to access health care can be intimidating. Another suggested that the role of religion needs to be considered in regards to education and the use of health-related services.

**Special Populations.** Some of the interview respondents mentioned health issues of specific population groups, including elderly, disabled, migrant, and rural residents. The elderly population doubles during the winter months, and with the elderly being more vulnerable to diseases or injuries, Yuma does not have enough services available to accommodate them. Disabled residents face additional barriers in accessing services. Immigrants and migrants have a difficult time accessing medical care, either due to their resident status or to lack of awareness of available medical services. The proximity to the border also presents health issues that are not common in non-border communities such as tuberculosis. Finally Yuma County incorporates rural areas, which suffer specific challenges in accessing health care due to the distance of services. Interview respondents also mentioned other aspects of the living environment, including poor sanitation, stray animals, and limited public services, as factors contributing to health issues.


HEALTH ISSUES

Interview respondents were asked to identify major health issues they felt impacted Yuma County residents, to name the populations mostly affected, and to identify programs designed to assist with these issues. These issues were access to health care (mentioned by 58% of interview respondents), mental/behavioral health (33%), chronic disease prevention (33%), diabetes (27%), communicable disease prevention (18%), teen pregnancy (15.5%), drug/substance abuse (11%), and asthma (7%).

<table>
<thead>
<tr>
<th>Major Health Issues Identified for Yuma County</th>
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<tbody>
<tr>
<td>Health Issue</td>
</tr>
<tr>
<td>---------------</td>
</tr>
<tr>
<td>Access to Healthcare</td>
</tr>
<tr>
<td>Mental/Behavioral Health</td>
</tr>
<tr>
<td>Chronic Disease Prevention</td>
</tr>
<tr>
<td>Diabetes</td>
</tr>
<tr>
<td>Communicable Disease Prevention</td>
</tr>
<tr>
<td>Teen Pregnancy/STDs</td>
</tr>
<tr>
<td>Drug/ Substance Abuse</td>
</tr>
<tr>
<td>Asthma</td>
</tr>
</tbody>
</table>

Access to Healthcare. The most often cited health related issue during the interviews (58%) was access to healthcare. Factors related to health care access include uninsured or underinsured status, lack of services, shortage of general and specialist practitioners, lack of adequate emergency care, and prescription costs. Overlapping populations identified as most affected are the elderly, those with low income, youth, immigrants, Hispanics, rural residents, and the uninsured. Interview respondents mentioned organizations that are working on the issue of access to healthcare such as Catholic Community Services Daybreak Adult Day Health Care Center, Regional Center for Border Health San-Luis Walk-in Clinic, Yuma Regional Medical Center, Yuma Regional Medical Center School Based Health Center, Yuma County Health Department, Salvation Army, Services Maximizing Independent Living and Empowerment,
Campesinos Sin Fronteras, Bridgeway, Meth Coalition, Red Cross, Border Health Alliance, REACH, Planned Parenthood, Regional Center for Border Health, Sunset Community Health Clinic, and Child and Family Services of Yuma.

**Mental & Behavioral Health.** Mental and behavioral health was a major concern for 33% of respondents. Factors related to this issue include lack of services, provider shortages, and barriers related to accessing behavioral health. In the community, the elderly, youth and children, and mentally ill are identified as the populations most affected. Interview respondents mentioned organizations that are working on the issue of access to healthcare such as, Catholic Community Services Daybreak Adult Day Health Care Center, Child and Family Services of Yuma, Yuma County Health Department, Hospice of Yuma, Yuma Private Industry Council, Community Intervention Associates, and Excel Group.

**Chronic Disease Prevention.** Among interview respondents, 33% felt that chronic disease prevention was a major health issue in Yuma County. Obesity and nutrition were frequently cited as sub-issues in chronic disease prevention, as well as inadequate services and programs. Youth, those of low income, Hispanics, migrants, farm workers, and the elderly were populations identified as most affected. Interview respondents mentioned organizations that are working on the issue of access to healthcare such as YMCA, Regional Center for Border Health, Campesinos Sin Fronteras, San Luis Youth Center, Catholic Community Services Daybreak Adult Day Health Care Center, Yuma Regional Medical Center Mobile Unit, Gadsen Elementary School District, Yuma County Health Department Mobile Clinic, Yuma County Food Bank, and United Way of Yuma County.

**Diabetes.** Diabetes was cited by 27% of interview respondents. One interview respondent said that “90% of people are affected by diabetes” in some way. Populations most identified as being affected are migrants, Hispanics, elderly, rural residents, children, low income, women, and Native Americans. Organizations addressing diabetes mentioned by interviewees included Catholic Community Services in Western Arizona, Community Intervention Associates, Yuma County Health Department, Sunset Community Health Center, United Way of Yuma County, and Campesinos Sin Fronteras.

**Communicable Disease.** Among interviewees, 18% felt that communicable diseases were a health issue in Yuma County, with tuberculosis, Hepatitis B, and flu mentioned most often. The overlapping populations most affected are the elderly, Hispanics, children, the poor, border communities, rural residents, and the disabled. Interview respondents mentioned organizations that are working on this issue as Catholic Community Services in Western Arizona, Yuma Regional Medical Center, Life Care Center of Yuma, Regional Center for Border Health San Luis Walk-in Clinic, Yuma County Health Department, and Yuma Regional Medical Center School Based Health Center.

**Teen Pregnancy and Sexually Transmitted Diseases.** Among interview respondents, 15.5% believed that teen pregnancy and/or STDs are a major health issue in Yuma County. Youth and teens are most affected along with Hispanics and Native Americans. Interview respondents mentioned organizations addressing teen pregnancy to be United Way of Yuma County, Comite
de Bien Estar, Planned Parenthood, Yuma County Health Department Family Planning Clinic, and the Border Health Foundation.

**Drug and Substance Abuse.** Drug and substance abuse was identified by 11% of interview respondents as a health issue in Yuma County. Youth, children and Hispanics were the groups most affected by this issue. Interview respondents mentioned Yuma Police Department, Community Intervention Associates, and Yuma Meth Task Force Arizona Community Foundation as organizations addressing this issue.

**Asthma.** Asthma was mentioned by 6.7% of interview respondents. Children, Hispanics, the poor, farm workers, and the elderly were the groups most affected by asthma. Yuma Regional Medical Center School Based Health Center was identified as addressing this issue.
GAPS IN SERVICES AND POTENTIAL PROGRAMS TO CLOSE THE GAPS

Interview respondents were asked to define specific gaps in services that exist in their community, as well as to propose programs or services that would address these issues. The table lists the gaps and the corresponding suggestions for addressing them. The information compiled here is informative to community organizations in prioritizing and developing prevention programs, which could also offer possible AHSC student involvement and training opportunities.

<table>
<thead>
<tr>
<th>Issue</th>
<th>Gaps in Services</th>
<th>Potential Programs/Solutions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Access to Care</strong></td>
<td><strong>Service Integration:</strong> “Organizations and agencies don’t work collaboratively enough as a network to know who and what people are doing.”</td>
<td><strong>Service Integration:</strong> • More coordination of care between doctors</td>
</tr>
<tr>
<td></td>
<td><strong>Service Availability:</strong> • Not enough services accessible for everyone who needs them • Challenge to find services • Transportation to health care</td>
<td><strong>Service Availability:</strong> • More PR of existing programs • More resources for schools • Another hospital: better efficient services; accessible without barriers for those with and without insurance; full crisis response unit • Wellness clinic: open 4 – 9 pm with quick physicals, screenings, treatment, and education • Development of free in-home care for elderly with follow-up • A location with multiple services with information about any health issue</td>
</tr>
<tr>
<td><strong>Behavioral Health and Substance Abuse</strong></td>
<td><strong>Access:</strong> • Accessing mental health system is not easy – takes 45 – 60 days to get in • Services only for patients with AHCCCS and insurance</td>
<td><strong>Access:</strong> • Go into schools to identify kids who are having trouble • Provide a place to go for testing, prevention, detox, and support</td>
</tr>
<tr>
<td></td>
<td><strong>Lack of Behavioral Health Services:</strong> • Few outpatient and no inpatient services for 11-21 year olds • No on-going, long-term support group for seniors and youth • Youth counseling • Stress management</td>
<td><strong>Behavioral Health Services:</strong> • We really need a psychiatric hospital, facility or high quality behavioral health agency • Mental Health services for Latinos</td>
</tr>
<tr>
<td></td>
<td><strong>Lack of Substance Abuse services:</strong> • Nothing for alcoholism for children • Addiction treatment for women with children • Limited substance abuse education</td>
<td><strong>Substance Abuse Services:</strong> • Substance abuse programs for kids, more safe functional activities • Drug rehabilitation available for free or by charitable foundations • Residential program for women and children and a sliding scale co-pay program</td>
</tr>
<tr>
<td>Issue</td>
<td>Gaps in Services</td>
<td>Potential Programs/Solutions</td>
</tr>
<tr>
<td>-------</td>
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</tbody>
</table>
| **Chronic Disease** | **Lack of Services:**  
- No case management for diabetes; it doesn’t seem to feel like a disease anymore.  
- Nothing in-depth for asthma; no specialist.  
- Not enough for heart disease | Services:  
- Diabetes Education Center  
  “Have patients and their families understand that they are at risk and help them to incorporate that into their lives.”  
- Diabetes education and awareness for Hispanic and Native Americans |
| **Infectious Disease** | **Lack of Vaccination Campaigns:**  
- Vaccination campaign has decreased  
- No “Well Baby Check” campaign | Vaccination Campaigns:  
- Hepatitis B screening for everyone  
- Free screening programs |
| **Disease Prevention, Education, and Outreach** | **Lack of Education:**  
- Other infectious disease education besides influenza  
- More family involvement in health education earlier to access resources  
- HIV prevention, education, and outreach | Education:  
- Sex education  
- General sanitation and hygiene education in layman’s terms |
| | **Lack of Prevention:**  
- Obesity and nutrition education and wellness promotion  
- Lack of health fairs and education in outer, north, and east county  
- Fall short on healthy lifestyle in school education  
- Exercise and diet programs  
- Education in general, especially amongst youth, is lacking | Prevention:  
- School health curriculum; Include parents  
- Better education on self-medicating  
- Community kitchen; Education and healthy food  
- Hand hygiene and personal accountability  
- Community-based workshops |
| | **Lack of Outreach:**  
- More community awareness; not a lot of outreach programs | Outreach:  
- Outreach  
- Advertise programs in schools and work  
- Marketing/media on local level of services to include all diverse groups |
<table>
<thead>
<tr>
<th>Issue</th>
<th>Gaps in Services</th>
<th>Potential Programs/Solutions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Training and Employment</td>
<td>Lack of Training:</td>
<td>Training:</td>
</tr>
<tr>
<td></td>
<td>• Only periodic trainings on health education</td>
<td>• Job training</td>
</tr>
<tr>
<td></td>
<td>• Lack of food safety and handling training</td>
<td>• Train local individuals; offer housing, scholarships, and loan services</td>
</tr>
<tr>
<td></td>
<td>• No ongoing trainings that come to Yuma County</td>
<td>• Training for doctors and office managers on how to implement and use the Primary Care Model</td>
</tr>
<tr>
<td></td>
<td>Lack of health care providers:</td>
<td>Employment:</td>
</tr>
<tr>
<td></td>
<td>• Specialists are lacking (psychiatrists, occupational therapists, dental, Medical Nutrition therapist)</td>
<td>• Trade program; “You come here, I’ll go there.”</td>
</tr>
<tr>
<td></td>
<td>• Lack of school nurses in this community</td>
<td>• Program to attract and retain providers especially for special needs children</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Advocacy empowerment program for the community to become educators</td>
</tr>
</tbody>
</table>
**INTERNSHIP, RESIDENCY AND OTHER TRAINING OPPORTUNITIES**

Interview respondents were asked to identify existing or potential internship and residency opportunities within their organizations that would mutually meet the priorities of the community while providing valuable training experience to students. Twenty-three of the 45 interview respondents suggested ways to involve students in internships and residencies, as well as other volunteer opportunities. The table below maps the organizational opportunities with the prioritized health issues raised through the interviews.

<table>
<thead>
<tr>
<th>Health Issue</th>
<th>Opportunities (By Organization)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Access to Healthcare</strong></td>
<td>1. Services Maximizing Independence Living and Empowerment</td>
</tr>
<tr>
<td></td>
<td>2. Yuma Private Industrial Council</td>
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<tr>
<td></td>
<td>3. Regional Center for Border Health</td>
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<tr>
<td></td>
<td>4. Child and Family Services</td>
</tr>
<tr>
<td></td>
<td>5. Gadsden School District</td>
</tr>
<tr>
<td><strong>Mental/Behavioral Health</strong></td>
<td>1. Adult Day Health Care</td>
</tr>
<tr>
<td></td>
<td>2. Adult Protective Services</td>
</tr>
<tr>
<td></td>
<td>3. Yuma YMCA</td>
</tr>
<tr>
<td></td>
<td>4. <em>Campesinos Sin Fronteras</em></td>
</tr>
<tr>
<td></td>
<td>5. Catholic Community Services</td>
</tr>
<tr>
<td></td>
<td>6. Community Intervention Association</td>
</tr>
<tr>
<td></td>
<td>7. Amberly's Place</td>
</tr>
<tr>
<td></td>
<td>8. The EXCEL group</td>
</tr>
<tr>
<td><strong>Chronic Disease Prevention</strong></td>
<td>1. Yuma Community Food Bank</td>
</tr>
<tr>
<td></td>
<td>2. Sunset Community Health Center</td>
</tr>
<tr>
<td></td>
<td>3. Yuma County Health Department</td>
</tr>
<tr>
<td></td>
<td>4. <em>Campesinos sin Fronteras</em></td>
</tr>
<tr>
<td><strong>Diabetes</strong></td>
<td>1. Adult day health care</td>
</tr>
<tr>
<td></td>
<td>2. Yuma Community Food Bank</td>
</tr>
<tr>
<td></td>
<td>3. Yuma Regional Medical Center</td>
</tr>
<tr>
<td></td>
<td>4. San Luis Walk-In Clinic</td>
</tr>
<tr>
<td></td>
<td>5. Sunset Community Health Center</td>
</tr>
<tr>
<td></td>
<td>6. Fry's Pharmacy</td>
</tr>
<tr>
<td></td>
<td>7. YRMC Diabetes Program</td>
</tr>
<tr>
<td></td>
<td>8. Hospice of Yuma</td>
</tr>
<tr>
<td></td>
<td>9. <em>Campesinos sin Fronteras</em></td>
</tr>
<tr>
<td></td>
<td>10. Regional Center for Border Health</td>
</tr>
<tr>
<td><strong>Communicable Disease</strong></td>
<td>1. Yuma County Health Department</td>
</tr>
<tr>
<td>Prevention**</td>
<td></td>
</tr>
<tr>
<td><strong>Teen Pregnancy/STDs</strong></td>
<td>1. Yuma County Health Department</td>
</tr>
<tr>
<td></td>
<td>2. Planned Parenthood</td>
</tr>
<tr>
<td><strong>Drug/Substance Abuse</strong></td>
<td>1. Yuma YMCA</td>
</tr>
<tr>
<td><strong>Asthma</strong></td>
<td>1. Yuma Regional Medical Center</td>
</tr>
<tr>
<td></td>
<td>2. Yuma County Health Department</td>
</tr>
<tr>
<td></td>
<td>3. Regional Center for Border Health</td>
</tr>
<tr>
<td></td>
<td>4. Yuma Regional Medical Center- School Based</td>
</tr>
</tbody>
</table>
Specific internship and residency activities mentioned by interviewees are briefly described by health priority below. This list is not exhaustive, but provides a snapshot of the internship and residency needs and opportunities in Yuma County related to prevention.

**Health Promotion**
- **Regional Center for Border Health (RCBH):** Currently, the RCBH has Physician Assistant and Medical Assistant program trainings. At this site, the intern can gain field and clinical experience. An intern could work in prevention care and routine visits.
- **Child and Family Services:** A student intern would do general medical and dental assessments. They also identified that they are a support agency for nursing rotations through NAU and AWC.
- **Hospice of Yuma:** There are plenty of opportunities for nursing students. They would learn from board certified physicians, work in pain management, and experience offering compassionate end-of-life care. In the future, there could be opportunities for pharmacy and public health students.
- **Yuma Regional Medical Center (YRMC):** The education department provides nursing education and provides training for EMTs and X-ray students. Pharmacy and nursing students would be able to shadow health professionals. As stated by one interviewee: “If there’s an interest, we can find a way to do it”.

**Behavioral Health**
- **Amberly’s Place:** If there was a student who is knowledgeable, they could educate about the social issues seen in clients and have them explain the signs of child abuse.
- **Community Intervention Associates (CIA):** An intern would receive field experience on counseling students. Interns would become part of the staff.
- **EXCEL group:** Currently, EXCEL is part of the AWC and NAU nursing program rotation. They could also use interns to facilitate and coordinate activities and work on web development.
- **Yuma YMCA:** This would be a great site for students interested in child psychology. An intern would have the opportunity to observe, survey children’s health, and also learn about substance abuse treatment.

**School-based Prevention**
- **Gadsden School District:** A student intern could do a clinical rotation from school to school taking blood pressure and temperature.
- **Yuma Regional Medical Center- School-based:** At YRMC School-based, there are opportunities for training experience for residents in family practice. They would also be willing to have nurses. They would implement a plan, give the nurses a guide, show them what to do, and then let them do it.

**Community-Based Prevention**
- **Adult Day Health Care:** An intern at this site would learn therapeutic communication. They could also work on nutrition and diabetes education. Other volunteer opportunities could focus on abuse.
Community-Based Prevention (continued)

- **Adult Protective Services:** At this site, a student intern would become integrated to the whole process and programming of the organization. Interns would be assigned to shadow an experienced case worker. They would be involved in completing assessments, making home visits, visiting assisted-living facilities, and investigate reports.

- **Campesinos sin Fronteras (CSF):** Interns at this site would shadow *promotores*.

- **Catholic Community Services:** An intern would work with the program supervisor to find out about current needs at organizations and would be given responsibilities accordingly. It would be helpful if the potential intern had experience working with a particular population. An intern would need to receive training on the policies of the organization.

- **Fry’s Pharmacy:** A pharmacy student intern would receive hands-on experience in dispensing, counseling, and education.

- **Planned Parenthood:** At this site, the intern would train on-site and do proficiency testing and training with clinician and health care assistants. It would be a hands-on approach to learning.

- **Services Maximizing Independent Living and Empowerment (SMILE):** A student intern at this site would have the opportunity to collaborate with other agencies, shadow professionals, attend meetings, and be involved at health fairs.

- **Sunset Community Health Center:** Public health and social services internships are available. Interns would work on making educational brochures, developing curricula, work in outreach, and conducting surveys.

- **Yuma Community Food Bank:** A student intern could create a training program on nutrition.

- **Yuma Community Health Department (YCHD):** YCHD would set guidelines for the student intern with academic standards. Interns would have a spectrum of health training opportunities available to them. Those interested in health promotion would go out into the field planning, would schedule presentations, work in parent advocacy, needs assessment, program evaluation, or on special projects, such as Worlds AIDS Day. Nursing students would also be able to intern.

- **Yuma County Health Department Family Planning:** An intern could teach classes, work at a clinic, or shadow a family.

- **Yuma Private Industrial Council (YPIC):** The intern at this site would work with local providers.

- **Yuma Regional Medical Center Diabetes Program:** Student interns in this program would be able to create and complete their own project. They would also have the opportunity to shadow in diabetes management and be involved in disease prevention and health promotion.
Conclusion

The Interprofessional Arizona Area Health Education Center (AHEC) Yuma Regional Health Professions Training Initiative Needs and Assets Assessment draws upon various perspectives in creating a comprehensive picture of the context for health in Yuma County, health issues facing the diversity of Yuma residents, and the strong and comprehensive system of service providers addressing health needs.

The surveillance data presented in this report provide a snapshot of health; however the data collected through in-depth interviews offer a richer portrayal of the complexities of this border community. An overall theme emerging from this assessment is the existence of a strong core of service providers with extensive experience and commitment to the community who demonstrate not only knowledge of the community, but also creative and tailored approaches to meeting the needs of the elderly, Hispanics, farm workers, youth, and border and rural residents.

Overarching issues in achieving a healthy community included difficulties in access to care due to lack of insurance, underinsurance and provider shortages. Behavioral health is also a major preoccupation for Yuma service providers despite the fact that Yuma is meeting many Health 2010 targets. For those living in the community, the elderly, children and youth, and Hispanics, as well as the community overall, are confronted with an underfunded and overloaded system.

The Yuma health promotion and disease prevention service community expresses strong interest in developing collaborative relationships with the Colleges of Nursing, Medicine, Public Health, and Pharmacy at the University of Arizona. Interviewees currently participate in training activities, and in addition have abundant ideas for creative programs that will meet the needs of both the students and the community. We encourage the Arizona Health Sciences Center to pursue relationships with diverse types of service agencies engaged in prevention activities in both short and long term training opportunities.

This project provided an incredible opportunity for the MEZCOPH research team to collaborate with our students and the Regional Center for Border Health and Western Arizona Area Health Education Center (RCBH/WAHEC) in a meaningful way in the Yuma area. Students, faculty and academic professionals were all inspired by the organizations in the region that provide services to the community. The MEZCOPH research team is committed to working with RCBH/WAHEC in disseminating findings from this report and pursuing recommendations relevant to our college. This report is a formal presentation of the assessment. The following pages contain other formats through which to distribute overall findings from this report and to share the results of the assessment to those who gave their time in the interviews and others community members interested in the findings.
Bibliography/ Webliography


### Prevention Services Matrix

<table>
<thead>
<tr>
<th>Agency/Organization</th>
<th>Location</th>
<th>Services</th>
</tr>
</thead>
</table>
| Yuma County Health Department                    | 2200 W. 28th St (928) 317-4550 | • TB testing, Clearance Cards, and Control  
• STD and HIV resources  
• Free child health and immunization clinic  
• Dental sealant program  
• Arizona Nutrition Network  
• WIC  
• Community Nutrition Program  
• Nurse Case Management for teens  
• *Comienzo Sano*  
• AZ Community Network- Quechan  
• Tobacco Prevention  
• Injury Prevention  
• K.I.S.S.  
• Safe Kids  
• Bicycle Safety and helmets  
• Health Start  
• PLAY  
• YTCC  
• W.E.L.L. |
| ALTEC (AHCCCS long term Care)                     | (928) 782-0776 | • Ongoing, in-home services  
• Aged (65 and over), blind, or disabled |
| Family Planning                                  | 1695 W. 24th St. (928) 341-4650 | • Reproductive healthcare services  
• Detection and treatment of STDs  
• Gynecological center; annual exams, pap smears |
| Arizona Early Intervention Program               | 3780 S. 4th Ave. Ste 1 (928) 344-8800 ext. 135 | • Support families of children  
• Birth to 3 with disabilities/special development needs |
| Yuma Regional Medical Center                     | 2400 S. Ave. A (928) 344-2000 | • Smoking cessation  
• Chronic illness support groups and classes  
• Inpatient health services |
| Regional Center for Border Health Inc.           | 214 W. Main Street, Somerton, AZ (928) 627-1120 | • Immunizations  
• Breathing treatment  
• Physical exams  
• Diabetes prevention and control education  
• Primary healthcare  
• Nutrition/cooking classes  
• Diabetes support group  
• Epilepsy support group  
• Breast cancer support group  
• Laboratory services for clinic  
• Patient referral |
| Regional Center for Border Health Inc. San Luis Walk-in Clinics | 1001 W. 16th St. Yuma AZ (928) 782-5258/ 627-8773 | |
| Hospice of Yuma                                  | 1824 S 8 Ave. (928) 343-2222 | • Alternative for people with terminal illness |
| Greater Foothills Helping Hands, Faith in Action | 11776 S. Sheryl Dr. (928) 305-9974 | • No cost home services for elderly and disabled  
• Transportation  
• Home repair  
• Yard work |
<table>
<thead>
<tr>
<th>Organization</th>
<th>Address/Contact Details</th>
<th>Services Provided</th>
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<tbody>
<tr>
<td>Greater Foothills Helping Hands, Faith in Action (continued)</td>
<td></td>
<td>Friendly phoning and visiting, Companion sitting, Personal business assistance, Pet emergency program, Home Emergency Life Protection (H.E.L.P.) program</td>
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<tr>
<td>Arizona Association of Community Health (EXCEL group)</td>
<td>3250A East 40th Street, Yuma, AZ (928) 341-0335</td>
<td>Migrant Health Program</td>
</tr>
<tr>
<td>Arizona Department of Health Services</td>
<td></td>
<td>SONRISA, Children’s Coordinating Council of Yuma County, VIPER: School-based violence prevention and preparedness, Battered immigrant women project</td>
</tr>
<tr>
<td>Border Community Child Care Resource Center</td>
<td>1050 Arizona Street, San Luis, AZ (928) 627-0919</td>
<td>Food Nutrition Program</td>
</tr>
<tr>
<td>Border Health Foundation</td>
<td>210 N. Bingham Avenue, Suite #8, Somerton, AZ (928) 627-4280</td>
<td>Arizona Border HIV/AIDS project, Rural health outreach, Disparities project, Entre Familia</td>
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<tr>
<td>Campesinos sin Fronteras</td>
<td>144 W Main St, Somerton, AZ (928) 627-7426</td>
<td>Robert Wood Johnson Project, Border Health Strategic Initiative, HIV Prevention, Salud para todos, El futuro claro</td>
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<tr>
<td>Catholic Community Services of Yuma</td>
<td>690 East 32nd Street, Yuma, AZ (928) 782-0044</td>
<td>Meals on Wheels</td>
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<tr>
<td>Chicanos por La Causa</td>
<td>1020 South 4th Avenue, Yuma, AZ (928) 343-9825</td>
<td>Centro de La Familia, STYLE</td>
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<tr>
<td>Crossroads Mission</td>
<td>944 South Arizona Avenue, Yuma, AZ (928) 783-9362</td>
<td>Recovery Life Skills Program, Renewed Life</td>
</tr>
<tr>
<td>Life Care Center</td>
<td>2450 South 19th Avenue, Yuma, AZ (928) 344-0425</td>
<td>Life Care Center</td>
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<tr>
<td>Planned Parenthood</td>
<td>1455 West 16th Street, Yuma, AZ (928) 343-3012</td>
<td>Counseling, Teen Pregnancy Task Force, Positive Force Players, Sexual Education</td>
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<tr>
<td>Quechuan Indian Tribe</td>
<td>604 Picacho Road, Winterhaven, CA (760) 572-0215</td>
<td>Stop Violence Against Indian Women</td>
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<tr>
<td>San Luis Walk-In Clinic, Inc.</td>
<td>1896 E Babbitt Lane, San Luis, AZ (928) 722-6112, 214 W Main Street, Somerton, AZ (928) 627-1120</td>
<td>Immunizations, Lacerations, Industrial Injuries, Breathing Treatments, Physical Exams (sports, new born), Primary healthcare</td>
</tr>
</tbody>
</table>
| San Luis Walk-In Clinic, Inc. (continued) | • All minor procedures (EKG’s, ear lavage, wart removal)  
• Women’s and teen health  
• Laboratory services  
• Referrals to other providers  
• Osteoporosis  
• Diabetes Control  
• Cholesterol Prevention  
• Nutrition/Cooking Classes  
• Epilepsy Support  
• Breast Cancer Support |
| Somerton/Cocopah Fire Department | 445 East Main Street, Somerton, AZ  
(928) 722-7300 | • Cardiovascular Heart Saver |
| Sunset Community Health Center | 115 N. Somerton Avenue, Somerton, AZ  
(928) 627-8806 | • Sunset Diabetes Outreach and Education Program |
| University of Arizona Cooperative Extension | 2200 West 28th Street, Yuma, AZ  
(928) 726-3904 | • Border Health SI  
• Bone Builders  
• Yuma on the Move |
| Regional Center for Border Health, Inc. | 214 W Main St, Somerton, AZ  
(928) 627-9222  
1896 Babbitt Lane, San Luis, AZ  
(928) 722-6112 | • Annual Nuestros Niños Household Census and Immunization Campaign  
• Asthma “Not a Choo” Camp in collaboration with Yuma County Asthma Alliance  
• Breast & Cervical Cancer early screening and education awareness.  
• Environmental Justice “Illegal Dumping Prevention” International Alliance  
• Behavioral health-medical home in collaboration with ASU-Behavioral Health  
• CAPAZ-MEX Medical Discount Network, Diabetes education-Medical Home initiative and outreach  
• HOISA and School Health Clubs  
• Primary Care student rotations program  
• Clinical Preceptor’s Training  
• Immunizations campaign binational and local efforts  
• Quality Assurance/medical home Chronic Illness prevention control and management.  
• Teaching Hospital, Dispensing Pharmacy, Fast Track Nursing Program  
• Learn More Know More After school program  
• Well Woman Healthcheck Screenings |
| Yuma Elementary School District | 4250 West 16th Street, Yuma, AZ  
(928) 373-3400 | • Screenings |
| Yuma Regional Medical Center | 2400 S Avenue A, Yuma, AZ  
(928) 344-2000 | • Lifeline  
• Diabetes Education  
• School healthcare program  
• Helping Victims in their time of need |
HEALTH ISSUE INFORMATION SHEETS

- Access to Health Care
- Asthma
- Behavioral Health
- Chronic Disease Prevention
- Communicable Disease Prevention
- Diabetes
- Substance Abuse
- Teen Pregnancy
Access to Healthcare

Current thoughts

“the issue our community faces is access to care, specialized providers don’t exist”
“shortage of 1400 nurses in Yuma County.”

“the whole medical home for some people is the ER”

“Services are out there, but limited to how many they can support”

“A lot of providers don’t take new clients. There tends to be a challenge to find services.”

“Needs to be more awareness of services available to the community.” “People don’t access (preventive) services until they really need them.”

“Some families don’t have access because of their immigration status”

“Competition with cheaper health care across the border, this creates problems with accessing adequate health care.”

“Nothing’s been implemented to help low-income people be seen at other facilities”

Sample of current programs:

- **San Luis Walk-in-Clinic:**
  - Capaz: Discount network for patients
  - Community outreach help with AHCCCS applications
  - Family awareness & preventive care events

- **Salvation army:**
  - Sam's Club Optical: screenings
  - Kool Smiles: education & screenings (4 x per year)
  - Health Choice: Salvation army is trying to have a satellite office

- **Yuma Regional Medical Center:**
  - Health Fair
  - Community Screens
  - KRAMES system to provide handouts to patients (TB, flu, any condition)

- **Regional Center for Border Health:**
  - Prevention Education
  - Well Women's Health Program (annual exams and screenings)

Training Opportunities

RCBH (Regional Center for Border Health): PA training, prevention care and routine visits, MA program assist the physician

Child and Family Services: Support agency for rotations, students could do general medical and dental assessments

Gadsden School District: Do clinical from school to school; take blood pressure and temperature.

Yuma Private Industry Council: Working with local providers

SMILE (Services Maximizing Independent Living and Empowerment): Shadowing, collaborating with other agencies, attend meetings, health fairs

58% of responses said ‘Access to Healthcare’ as a concern for Yuma County

It affects Low income, Elderly, Youth, Immigrants, Hispanic, Rural, Uninsured

Current thoughts

It affects Low income, Elderly, Youth, Immigrants, Hispanic, Rural, Uninsured
Asthma

6.7% (3/45) responses said that Asthma was a health issue in Yuma County.

Populations that are most affected:
Children, Hispanic, Poor, Farm workers, elderly

TRAINING OPPORTUNITY

Yuma Regional Medical Center:
“If there is an interest we can do it.”

Yuma Community Health Department:
Health promotions interns go out into the field planning scheduling presentations guidelines with academic standards parent advocacy Needs Assessment Nursing special projects

Regional Center for Border Health:
Job training for MAs field experience clinical experience will train YPIC students over summer.

Yuma Regional Medical Center School-Based:
Opportunities for residents in family practice Implement a plan for nurses- give them a guide, show them how to do it and then let them do it

SAMPLE OF CURRENT PROGRAMS

Yuma Regional Medical Center School-based Clinic
Sponsors asthma education & medication provision

Regional Center for Border Health
Sponsors asthma camp

“We live in farm based community, pesticides that get sprayed around here that trigger allergic reactions.”
Mental/Behavioral Health

33% of responses indicated Mental/Behavioral Health as an issue in Yuma County.

"Mental health is taboo, it’s the unseen disease."

"Those with severe mental illness are lost in the system because continuity of care is difficult to maintain."

"Biggest thing that’s missing is mental health services for children."

Populations that are most affected:
- Elderly
- Mentally ill
- Youth & Children

SAMPLE OF CURRENT PROGRAMS

Community Intervention Associates (CIA):
- Addiction treatment services
- Decreasing the stigma of mental health and addiction problems
- Crisis team

Regional Center for Border Health and CIA
- "Project Hero" - focuses on youth

Hospice of Yuma
- Compassionate, palliate end of life care
- Grief counseling
- Hispanic outreach programs

EXCEL
- Balance mental health with stress of work
- Offer behavioral health and medical facility
- Correlation between physical and mental well-being

Training Opportunities

Adult Day Health Care:
- Therapeutic communication, volunteering

The EXCEL group:
- AWC & NAU on Nursing program rotation, Facilitators, Coordinators, Web development

Catholic Community Services:
- Training on policies, *it’s a plus if they have experience working with a specific population.
- Work with the program supervisor to find the current needs and responsibilities.

Amberly’s Place:
- Have health care provider that is aware and educate about social issues seen in clients; have them show what child abuse looks like

YMCA:
- Observation, survey of children’s health, substance abuse treatment, child psychology

Campesinos Sin Fronteras:
- Shadow promotores

Adult Protective Services:
- Be assigned to an experienced case worker - would be integrated to the whole process and program, complete assessments, shadow, make home visits, go into assisted-living facilities, investigate reports.

Community Intervention Associates:
- To Counseling students. Interns become part of the staff, training opportunities.
33% (15/45) of responses indicated Chronic Disease Prevention as a health issue in Yuma County.

Populations that are most affected: Youth, low income, Hispanic, Migrants, Farm workers, Elderly.

“Not enough access to nutrition. Parents should be aware of this. Need to understand how it affects family unit. Education works and family is affected as a whole.”

Sample of Current Programs

YMCA - Teen leadership group
- prevents substance abuse
- promotes healthy lifestyles & community attachments
- charts their work-outs
- teaches nutrition
- tracks BMI
- teaches about low-calorie snacks
- YMCA membership

Gadsen Elementary School District - Health and wellness fairs
- For everybody: community, parents, kids
- includes cholesterol, vision
- fun and games for kids
- mammograms: nobody will be turned away

Yuma Community Food Bank:
Student would create training on nutrition

Campesinos sin Fronteras:
Shadow promotores

Sunset Community Health Center:
Public health and social services internships - educational brochures, curriculum, outreach, surveys

Regional Center for Border Health - Prevention Education
- address cardiovascular disease, nutrition, diabetes, tobaccos, cholesterol, physical activity, health behaviors, importance of annual exams.
- “Between Friends” program: cervical and breast cancer prevention and education

Yuma County Health Department:
Health promotion interns go out into the field, planning, scheduling presentations, guidelines with academic standards, parent advocacy, Needs Assessment, Nursing, special projects - example: World AIDS Day, Nutritionists NEEDED, Program evaluation needed
Communicable Disease Prevention

18% (8/45) responses said that Communicable Disease Prevention was a health issue in Yuma County.

Populations that are most affected:
- Elderly
- Hispanics
- Children
- Poor
- Border communities
- Rural residents
- Disabled

SAMPLE OF CURRENT PROGRAMS

Life Care Center of Yuma
- Annual in-services on infection control
- CNAs/Nurses do education on flu shots
- Educate residents about flu shots/infection control watching & identify flu symptoms
- Flu shots are given

Infectious disease prevention
- Yuma Regional Medical Center
- Yuma County Health Department
- Saguaro Foundation Community Home Programs
- Planned Parenthood
- Gadsen Elementary School District

Pamphlets-
Catholic Community Services in Western AZ
- facts on TB, flu, other health issues & policies
- how to work with people susceptible to these issues

Yuma Regional Medical Center
- use KRAMES system to provide handouts to patients

San Luis Walk-in- Clinic
- Vaccine campaigns
- 2-3 or more than 3 throughout the year

“Senior residents are most affected; Can be widespread and wide-ranging. If 2–3 people visit our 100 senior residents, that's 300 people a day and if people aren’t informed on symptoms it can be a problem.”

Tuberculosis, Hepatitis B, and flu were the most mentioned communicable diseases specific to Yuma County.

“active / untreated TB has increasing incidence here”

TRAINING OPPORTUNITY

Yuma County Health Department
Assist with special projects like World Aids Day

Tuberculosis, Hepatitis B, and flu were the most mentioned communicable diseases specific to Yuma County.
Populations affected:
Migrants, Hispanic, elderly, rural, children, low income women, Native American

Sample of Current Services:
- **Diabetes Pilot Program** – measure A1C scores; teach what could be done to self-monitor
- **Diabetes 101 - Yuma Regional Medical Center** education in English and Spanish
- **Lectures on Diabetes** – Dr. Patricia Gabriel once a year for YRMC nurse educators

"Most affected are a combination of age, culture, and geographic location of the community."

Training Opportunities

- **Regional Center for Border Health San Luis Walk-In-clinic:**
  - PA training
  - Prevention care and routine visits
  - MA program assist the physician / Job training for MAs
  - Field and/or clinical experience

- **Hospice of Yuma:**
  - Pharmacy/public health in the future
  - Nursing opportunities:
  - Learn from a board certified physician
  - Pain management
  - Compassionate end of life care

- **Sunset Community Health Clinic:**
  - Public health and social services internships with experience in educational brochures, curriculum, outreach, surveys

- **Yuma Regional Medical Center:**
  - "If there’s an interest, we can find a way to do it."
  - Shadowing for pharmacy and nursing students
  - Education department does nursing education train EMTs, X-ray students

- **Adult day health care:**
  - Nutrition education
  - Diabetes
  - Therapeutic communication
  - Abuse - hands on volunteer opportunities

- **Campesinos sin Frontera:**
  - Shadow promotores

- **Fry's Pharmacy:**
  - Intern would have hands on dispensing, counseling, & education

- **Yuma Community Foodbank:**
  - Student would create a nutrition curriculum

- **Hospice of Yuma:**
  - Pharmacy/public health in the future
  - Nursing opportunities:
  - Learn from a board certified physician
  - Pain management
  - Compassionate end of life care

- **YRMC Diabetes Program:**
  - Job shadowing in diabetes management
  - Students create projects and complete them while they’re here
  - Disease prevention and health promotion

"90% of all people are affected by diabetes"
Drug & Substance Abuse

Sample of Current Services:

Yuma Police Department
- Crisis prevention
- Emergency planning

Yuma Meth Task Force

11% (5/45) of those interviewed said Drug & Substance Abuse was a health issue in Yuma County.

Populations affected are Youth/teen & Hispanics.

Training Opportunity

Yuma YMCA
- Observation
- survey of children's health
- treatment substance abuse
- child psychology

Community Intervention Associates Addiction/treatment services
- Decrease the stigma for addiction problems.
- Psychiatry/Therapy for adults and children
- Addiction treatment
- Support in rehab. Services
- Crisis team
- Domestic violence/substance abuse groups

“We need recreation centers so kids can go and check out a basketball or go swimming at very low cost.”
Teen Pregnancy & Sexually Transmitted Diseases

Sample of Current Services:

**Border Health Foundation**
- STD/Abstinence Education
- Abstinence program-goals for the future
- Difference between viruses and bacteria infection
- Types of STDs and cures

**Yuma County Health Department**
- Family Planning Clinic
- STD clinic
- HIV testing
- teen pregnancy program

**Planned Parenthood**
- Low-cost/no-cost screenings - STDs, cervical & breast cancer
- Vaccines – HPV, Hep A & B
- Sexual Education
- Provide birth control/contraceptives
- Sexual Health

**United Way and Roden**
- program to help bring up math and reading from 3rd grade and up
- Increasing grad rate, education measures

Training Opportunities

**Yuma County Health Department**
- Family Planning:
  - teach classes
  - work a clinic
  - follow a family

**Planned Parenthood**:
- Hands-on approach-
  “They’d train on-site and do proficiency testing and training with clinician & health care assistants”
Interprofessional Arizona AHEC
Yuma Regional Health Professions Training Initiative

Introduction  We would like to ask you about a few topics of interest to public health: 1) health care provider services, 2) assets and needs in local health professions education, 3) local health care disparities, and 4) existing and needed disease prevention and health promotion services in Yuma County. Before asking about those four topics, however, we would like to ask you some background information.

I.  Background Information

1. Name of Agency/Organization: ______________________________________________________

2. # of Health Professionals employed: _____

3. # of Other Health-related Professionals: ______

4. Geographic Service Area: ____________________________________________________________

5. Interviewee Name: ____________________________

6. Interviewee Position Title: ____________________________________________________________

7. Years of Service with Agency/Organization: ______

8. Years of Service in Yuma: ________________

II.  Local Health Disparities

9. What are the three most important health issues in your community?

   1st.  _____________________________________________________________________________

   2nd.  _____________________________________________________________________________

   3rd.  _____________________________________________________________________________

   Probe: Are there any other that you consider important?

10. Who is most affected by these health issues in Yuma and what are the contributing factors?

   _____________________________________________________________________________

   _____________________________________________________________________________

   _____________________________________________________________________________

   Probe: Geographic location, socioeconomic status, ethnicity, gender, age, vulnerable populations such as migrants, farmworkers and indigenous.
### III. Existing and Needed Disease Prevention and Health Promotion Services in Yuma County

11. What disease prevention and health promotion programs or services does your agency/organization offer to address these health issues?

_________________________________________________________________________________

_________________________________________________________________________________

_________________________________________________________________________________

12. What other disease prevention and health promotion programs or services are you aware of in Yuma County?

_________________________________________________________________________________

_________________________________________________________________________________

_________________________________________________________________________________

13. Which Disease Prevention and Health Promotion Services do you think are missing in Yuma County?

_________________________________________________________________________________

_________________________________________________________________________________

_________________________________________________________________________________

14. If you had the resources, what kind of program would you create to address the health issues we have discussed?

_________________________________________________________________________________

_________________________________________________________________________________

_________________________________________________________________________________

_________________________________________________________________________________
### IV. Health Care Provider Services

15. What type of services does your organization provide?
   (Probe: Do you provide prevention services, and if so, for which conditions?)

   __________________________________________________________________________________
   __________________________________________________________________________________
   __________________________________________________________________________________
   __________________________________________________________________________________

16. Please describe the population that your agency serves.
   (Probe: Geographic location, socioeconomic status, ethnicity, gender, age, vulnerable populations such as migrants, farmworkers and indigenous.)

   __________________________________________________________________________________
   __________________________________________________________________________________
   __________________________________________________________________________________

17. Are there any other programs/facilities in the area that offer similar services to similar populations to those you offer?

   Yes __ No ___

   If so, which ones?

   __________________________________________________________________________________
   __________________________________________________________________________________
   __________________________________________________________________________________
   __________________________________________________________________________________
   __________________________________________________________________________________
## V. Assets and Needs in Local Health Professions Education

*The purpose of this interview or survey is to identify and develop training opportunities for medical students, medical residents, nursing, public health and pharmacy students.*

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
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</thead>
<tbody>
<tr>
<td>18. Does your agency provide any training opportunities in prevention and health promotion?</td>
<td>______________________________________________________________________</td>
</tr>
<tr>
<td>19. Does your agency have the capacity to provide training opportunities for these students?</td>
<td>Yes___No__</td>
</tr>
<tr>
<td>How might you integrate these students into your prevention and health promotion programs in a manner that would benefit your organization?</td>
<td>______________________________________________________________________</td>
</tr>
<tr>
<td>20. What types of health professions training would you like to provide in addition to what you already provide? <em>(Probe: Why?)</em></td>
<td>______________________________________________________________________</td>
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</tbody>
</table>

## VI. Final Question: Is there anything else in regard to the topics we have discussed that you would like to add? 

______________________________________________________________________

______________________________________________________________________

______________________________________________________________________

😊 THANK YOU!!! 😊
Health Professional Shortage Data for Yuma County

Primary Care HPSA
The entire county of Yuma is designated as a Primary Care HPSA with a score of 12. In addition, several facilities and one correctional facility are also designated as Primary Care HPSAs. Currently there are no primary care HPSA applications pending approval from HRSA.

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<td>104027</td>
<td>Designated</td>
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<td>38</td>
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Dental HPSAs
There are several dental HPSAs in Yuma County. Dental HPSA applications for the rational service areas of Yuma North, Yuma South and Yuma West are currently pending approval from HRSA.

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<td>17</td>
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</table>

Mental Health HPSAs
The entire county of Yuma is designated as a mental health HPSA, as part of the Southwest Arizona Catchment Area, with a score of 18. There are also several facilities with mental health designations. Currently there are no mental health HPSA applications pending approval from HRSA.

<table>
<thead>
<tr>
<th>HPSA Name</th>
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<td>10/26/2002</td>
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SOURCE: ADHS Bureau of Health Systems Development, March 2010
Yuma County Health Indicators: Comparison Tables (2007 Data)

The following health-related indicators were taken from various sources and provide a general indication of how Yuma County fares in comparison with the state of Arizona, the country as a whole and to desired target levels, if established. **It should be noted that the differences indicated are qualitative, as no statistical tests have been used to test for variation between comparison groups. Rates are age-adjusted.**

Where available, indicators are broken down by sex and by ethnicity (non-Hispanic White and Hispanic; other ethnic groups are not present in Yuma County in significant numbers to provide meaningful data.) In addition, the sources of data are varied, so some indicators may appear to be inconsistent with other similar indicators. The information presented here is intended to provide a general view of health-related issues in Yuma County, Arizona.

**Some key findings include the following:**

- **Women and Children's Health:** Indicators suggest that women's and children's health issues are areas in which improvement is needed, for example, the rates of fetal and infant mortality. While prenatal care indicators are generally favorable compared to the rest of the state, they are generally below target levels.

- **Infectious Diseases:** Yuma compares favorably for most infectious diseases indicated; however, the reported rate of tuberculosis is higher than in most other counties in the state and is above targeted levels.

- **Cardiovascular Disease:** The prevalence rates in Yuma County are higher than in Arizona and in the US; however, reported rates of death are lower.

- **Cancer:** The overall death rate due to cancer is lower in Yuma County than in Arizona and in the US. This is also true for the specific types of cancer that are the leading causes of cancer-related deaths. Yuma also meets or exceeds cancer-related targets.

- **Mental & Behavioral Health:** Mental health issues are generally favorable in Yuma County, except for the suicide rate among older adults, aged 65 and older. Drug-related deaths are higher; rates of homicide and unintentional injuries are generally lower in Yuma. Behavioral indicators, such as drinking, smoking and obesity levels are generally more favorable in Yuma, with some exceptions among non-Hispanic White women.

- **General Health Indicators:** Self-reported overall health status is poorer in Yuma, as is the incidence of diabetes and hypertension. Indicators related to arthritis and cirrhosis are less favorable for Yuma, although asthma-related indicators are more favorable. Access to health insurance is generally lower in Yuma than in the state and the country, although these indicators are inconsistent.

**Reference Links:**
Healthy People 2010: http://www.healthypeople.gov/
Healthy Aging 2010: http://www.azdhs.gov/phs/healthyagingarizona/

**KEY: Qualitative Comparison Color Code**

<table>
<thead>
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<th>Code</th>
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<tr>
<td>Yuma equivalent</td>
<td>HB Healthy Border 2010</td>
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<td>Yuma less favorable</td>
<td>HG Healthy Aging 2010</td>
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<td>NF</td>
<td>HI Health Indicator</td>
</tr>
<tr>
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<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>HI</td>
<td>Infant Mortality Rate (Per 1,000 births)</td>
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<tr>
<td></td>
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</tr>
<tr>
<td>HB</td>
<td>Mortality among Children (1-14 yrs) due to Congenital Abnormalities</td>
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<tr>
<td></td>
<td>(Deaths per 100,000 children)</td>
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<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>HB</td>
<td>Proportion of Women that Began Prenatal Care in 1st Trimester (%)</td>
</tr>
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<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>HI</td>
<td>Abstinence from cigarette smoking among pregnant women (%)</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>HB</td>
<td>Proportion of pregnant women who receive prenatal care in the first trimester (%)</td>
</tr>
<tr>
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<tr>
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<td>Preterm births (%)</td>
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<tr>
<td>HB</td>
<td>Low birth weight (%)</td>
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<td>HB</td>
<td>Very low birth weight (%)</td>
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<tr>
<td>HB</td>
<td>Neonatal deaths (Ratio per 1,000 Live Births)</td>
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<tr>
<td>HB</td>
<td>Postneonatal deaths (Ratio per 1,000 Live Births)</td>
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<tr>
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<td>Fetal deaths at 20 or more weeks of gestation (Ratio per 1,000 Live Births)</td>
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<tr>
<td>HB</td>
<td>Fetal and infant deaths during perinatal period (Per 1,000 Live births + Perinatal Deaths)</td>
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### AHEC Yuma Regional Health Professions
### Training Initiative Needs and Assets Assessment
### June 1, 2010

#### Teen Pregnancy Rates
(Per 1,000 females aged 19 yrs and younger)

<table>
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<tr>
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<th>Comparison of Yuma to AZ</th>
<th>U.S.</th>
<th>Target</th>
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<td>Teen Pregnancy Rates</td>
<td>Total</td>
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<td>59.6</td>
<td>41.9</td>
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<td>Hispanic</td>
<td>-</td>
<td>NF</td>
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#### Pregnancies among adolescent females aged 15 to 17 years
(Rate per 1,000 Females)

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<thead>
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<th>Yuma</th>
<th>Comparison of Yuma to AZ</th>
<th>U.S.</th>
<th>Target</th>
</tr>
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<td>Pregnancies among adolescent females aged 15 to 17 years</td>
<td>Total</td>
<td>40.8</td>
<td>39.6</td>
<td>NF</td>
<td>25</td>
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#### Infectious Disease

#### Incidence of primary and secondary syphilis b
(Rate per 100,000 Pop.)

<table>
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<th>Population Group</th>
<th>Yuma</th>
<th>Comparison of Yuma to AZ</th>
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<th>Target</th>
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<td>Incidence of primary and secondary syphilis b</td>
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<td>Hispanic</td>
<td>-</td>
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#### Incidence of meningococcal disease
(Rate per 100,000 Pop.)

<table>
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<th>Yuma</th>
<th>Comparison of Yuma to AZ</th>
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<td>Incidence of meningococcal disease</td>
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#### HIV prevalence
(Per 100,000 Pop.)

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<th>Comparison of Yuma to AZ</th>
<th>U.S.</th>
<th>Target</th>
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<td>100.5</td>
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<td>38.7</td>
<td>77.9</td>
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#### Reported HIV/AIDS incidence
(Rate per 100,000 Pop.)

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<th>Indicator</th>
<th>Population Group</th>
<th>Yuma</th>
<th>Comparison of Yuma to AZ</th>
<th>U.S.</th>
<th>Target</th>
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<td>Total</td>
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<td>NF</td>
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<td>NF</td>
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<tr>
<td></td>
<td></td>
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<td>-</td>
<td>NF</td>
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<td>Hispanic</td>
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#### Reported rates of Hepatitis A
(Per 100,000 Pop.)

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<th>Yuma</th>
<th>Comparison of Yuma to AZ</th>
<th>U.S.</th>
<th>Target</th>
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<td></td>
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<td>5.0</td>
<td>2.7</td>
<td>NF</td>
<td>NF</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Female</td>
<td>2.0</td>
<td>2.0</td>
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<td>Hispanic</td>
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<td>NF</td>
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#### Reported rates of acute Hepatitis B
(Per 100,000 Pop.)

<table>
<thead>
<tr>
<th>Ref</th>
<th>Indicator</th>
<th>Population Group</th>
<th>Yuma</th>
<th>Comparison of Yuma to AZ</th>
<th>U.S.</th>
<th>Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>HB</td>
<td>Reported rates of acute Hepatitis B</td>
<td>Total</td>
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#### Reported rates of chronic Hepatitis B
(Per 100,000 Pop.)

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<tr>
<td>HB</td>
<td>Deaths caused by unintentional injuries (Per 100,000 Pop.)</td>
<td>Total</td>
<td>41.4</td>
<td>46.6</td>
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<td>17.5</td>
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<td>Firearm-related deaths (Per 100,000 Pop.)</td>
<td>Total</td>
<td>8.8</td>
<td>14.4</td>
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<tr>
<td>HI</td>
<td>Homicides (Per 100,000 Pop.)</td>
<td>Total</td>
<td>4.5</td>
<td>7.7</td>
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<td>HA</td>
<td>Adults who are Current Smokers (%)</td>
<td>Total</td>
<td>15.2</td>
<td>19.8</td>
<td>19.8</td>
<td>14</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Male</td>
<td>19.2</td>
<td>23.3</td>
<td>21.2</td>
<td>14</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Female</td>
<td>11.3</td>
<td>16.3</td>
<td>18.4</td>
<td>14</td>
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<td>17.5</td>
<td>19.5</td>
<td>19.4</td>
<td>14</td>
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<td></td>
<td></td>
<td>Hispanic</td>
<td>12.9</td>
<td>18.1</td>
<td>16.7</td>
<td>14</td>
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<tr>
<td>HP</td>
<td>Adults Participating in Moderate Physical Activity (%)</td>
<td>Total</td>
<td>53.8</td>
<td>52.4</td>
<td>49.5</td>
<td>30</td>
</tr>
<tr>
<td></td>
<td>(Moderate defined as &gt;30 min 5 days/week or vigorous activity 20 min/day for &gt;=3 days)</td>
<td>Male</td>
<td>54.8</td>
<td>54.4</td>
<td>51.5</td>
<td>30</td>
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<tr>
<td></td>
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<td>Female</td>
<td>52.8</td>
<td>50.5</td>
<td>47.5</td>
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<td></td>
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<td>White, Non-Hispanic</td>
<td>47.9</td>
<td>54.1</td>
<td>51.6</td>
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<td>Hispanic</td>
<td>59.2</td>
<td>48.4</td>
<td>44.7</td>
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<tr>
<td>HI</td>
<td>Binge Drinkers (%)</td>
<td>Total</td>
<td>13.2</td>
<td>15</td>
<td>15.8</td>
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<tr>
<td></td>
<td>(Binge Drinker defined as: Males &gt;=5 Drinks/Females &gt;=4 Drinks, in One Occasion)</td>
<td>Male</td>
<td>17.0</td>
<td>19.8</td>
<td>21.2</td>
<td>NF</td>
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<tr>
<td></td>
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<td>Female</td>
<td>9.6</td>
<td>10.3</td>
<td>10.1</td>
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<td></td>
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<td>White, Non-Hispanic</td>
<td>15.4</td>
<td>13.6</td>
<td>16.1</td>
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<tr>
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<td>Hispanic</td>
<td>10.9</td>
<td>16.1</td>
<td>15.0</td>
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### AHEC Yuma Regional Health Professions Training Initiative Needs and Assets Assessment

#### June 1, 2010

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<th>Comparison of Yuma to</th>
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<th>U.S.</th>
<th>Target</th>
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<td>HI</td>
<td>Heavy Drinkers (%)</td>
<td>Total</td>
<td>5.5</td>
<td>5.8</td>
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<td><em>(Heavy Drinker defined as Adult men &gt; 2 drinks/day &amp; Adult women &gt; 1 drink/day)</em></td>
<td>Male</td>
<td>4.2</td>
<td>7.2</td>
<td>6.1</td>
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<td>7.1</td>
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<td>3.2</td>
<td>4.6</td>
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<td>HP</td>
<td>Adults reporting a body mass index of ≥ 30 (%)</td>
<td>Total</td>
<td>24.4</td>
<td>25.8</td>
<td>26.3</td>
<td>15</td>
<td></td>
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<td></td>
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<td>Male</td>
<td>25.2</td>
<td>30.0</td>
<td>27.2</td>
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<td></td>
<td>Female</td>
<td>23.5</td>
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<td>21.5</td>
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<td>27.6</td>
<td>36.5</td>
<td>26.7</td>
<td>15</td>
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</table>

### General Health Conditions

#### HI
- **Adults Reporting Poor or Fair Health Status (%)**
  - Total: 20.3, 17.3, 14.9, NF
  - Male: 17.8, 17.5, 14.8, NF
  - Female: 22.6, 17.1, 15.2, NF
  - White, Non-Hispanic: 15.5, 14.6, 13.1, NF
  - Hispanic: 26.7, 24.4, 22.6, NF

#### HA/HB
- **Adults Ever Told by a Doctor that they had Diabetes (%)**
  - Total: 11.4, 8.4, 8.0, NF
  - Male: 12.2, 9.3, 8.1, NF
  - Female: 10.7, 7.6, 7.9, NF
  - White, Non-Hispanic: 11.4, 8.3, 7.6, NF
  - Hispanic: 11.4, 9.4, 7.1, NF

#### HI
- **Adults Ever Told by a Health Professional that they have Hypertension (%)**
  - Total: 31.2, 24.8, 27.8, NF
  - Male: 33.7, 26.0, 28.1, NF
  - Female: 28.9, 23.6, 26.4, NF
  - White, Non-Hispanic: 38.2, 28.8, 27.9, NF
  - Hispanic: 22.5, 14.0, 17.1, NF

#### HB/HA
- **Adults Who Have Ever Been Told they Have Asthma (%)**
  - Total: 10.9, 14.0, 13.1, NF
  - Male: 8.7, 10.9, 11.2, NF
  - Female: 13.1, 17.0, 14.6, NF
  - White, Non-Hispanic: 13.7, 16.2, 13.0, NF
  - Hispanic: 8.8, 7.1, 10.0, NF

#### HB/HA
- **Adults who Have been Told They Currently Have Asthma (%)**
  - Total: 7.2, 8.7, 8.4, NF
  - Male: 5.6, 6.1, 6.4, NF
  - Female: 8.7, 11.2, 10.4, NF
  - White, Non-Hispanic: 9.6, 10.3, 8.4, NF
  - Hispanic: 4.8, 4.4, 5.6, NF

#### HI
- **Hospitalization Rate for Ambulatory-care Sensitive Conditions**
  - Total: 43.3, 47.2, NF, NF
  - Male: - NF NF NF
  - Female: - NF NF NF
  - White, Non-Hispanic: - NF NF NF
  - Hispanic: - NF NF NF
<table>
<thead>
<tr>
<th>Ref</th>
<th>Indicator</th>
<th>Population Group</th>
<th>Yuma</th>
<th>Comparison of Yuma to</th>
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<td></td>
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<td>U.S.</td>
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<tr>
<td>HI</td>
<td>Adults Who Have Been Diagnosed with Some Form of Arthritis (%)</td>
<td>Total</td>
<td>29.8</td>
<td>25.3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Male</td>
<td>24.3</td>
<td>20.9</td>
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<td></td>
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<td>Female</td>
<td>35.2</td>
<td>29.6</td>
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<td></td>
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<td>White, Non-Hispanic</td>
<td>40.9</td>
<td>30.7</td>
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<td>17.7</td>
<td>12.9</td>
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<tr>
<td>HB</td>
<td>Cirrhosis deaths (Per 100,000 Pop.)</td>
<td>Total</td>
<td>12.5</td>
<td>11.3</td>
</tr>
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<td></td>
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<tr>
<td>HA</td>
<td>Individuals With Health Care Coverage (%)*</td>
<td>Total</td>
<td>79.7</td>
<td>81.9</td>
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<tr>
<td></td>
<td>Target: 90%</td>
<td>Male</td>
<td>78.4</td>
<td>78.7</td>
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<td>Female</td>
<td>80.8</td>
<td>85.0</td>
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<td>White, Non-Hispanic</td>
<td>90.8</td>
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<td>Hispanic</td>
<td>67.5</td>
<td>57.1</td>
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<td>HA</td>
<td>Adults &gt; 65 years who are up-to-date with flu vaccination (%)</td>
<td>Total</td>
<td>63.5</td>
<td>69.0</td>
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<tr>
<td>HA</td>
<td>Adults &gt; 65 years who are up-to-date with pneumonia vaccination (%)</td>
<td>Total</td>
<td>70.2</td>
<td>67.2</td>
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<td></td>
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Yuma County, located in the Southwest portion of the state, it is one of the original four counties of Arizona. Yuma county has a population of over 165,000, with a large portion being of Hispanic heritage. Some of the cities in Yuma County are San Luis, Somerton, Wellton, and of course the City of Yuma, with an estimated population of over 70,000.

Yuma County has a very high unemployment rate, near 25%, of which 66% occurring in San Luis and 44% in Somerton. This rate continues to increase and when compared to the Arizona unemployment rate of 4.7%, the disparity in employment is quite apparent. The unemployment rate is partly related to the seasonality of many of the jobs available in the area of fresh produce.

Much of Yuma County (5,522 miles) is desert land surrounded by rugged mountains. Despite the desert-like conditions, the valley regions contain an abundance of arable land, which is irrigated using water from the Colorado River. The county’s principal industries are agriculture followed by tourism and the military. During winter months, the population of Yuma County grows significantly with the influx of part-time residents and workers.

Yuma, similar to many of the other border cities, has a large flow of people crossing its border. Many border residents prefer to obtain services “on the other side” rather than obtaining them on the U.S. side of the border. The consumers make decisions about where to acquire health services based on various criteria, such as cost of services, quality, availability, and the environment (how their cultural needs are met and the treatment of the consumers). And like other border cities/counties, over half of the population (50.5%) is of Hispanic heritage.

As per the HB-HG 2010 survey regarding the 25 Objectives, 69 Yuma programs were found to be working towards the following objectives:

- 37% were recognized as working towards HG2010 Objective of Access to Care.
- 7% Tobacco
- 20% Nutrition
- 13% HIV
- 19% Mental Health
- 10% Maternal and Child Health

When surveyed regarding which health areas Yuma County health agencies addressed:

- 21% Adolescent health
- 60% Health Education and Promotion
- 18% in Maternal and Child Health
- 28% in Women’s Health
- 9.86% in Environmental Health
- 6% are reported as conducting epidemiological studies
- 8% in Chronic and Degenerative Disease

45% of the surveyed agencies had knowledge of HG 2010.
Mission:
Resources for Interdependence and Self-Empowerment

Project: Pequeños del Sol

Objective
Serve infants and toddlers, 0-3 years.

Expected Activities and Outcome
Unavailable

Target Population
Developmentally disabled infants and toddlers, 0-3 years.

Collaborators
Unavailable

Funding Source
DES/ Division of Developmental Disabilities

Contact Agency
ARISE, INC.

Healthy Gente
Healthy Border 2010

Objectives Addressed by this Project
Unavailable
Mission:
Protecting children, Preserving Families

Project: Intensive Family Preservation

Objective
Services under this program are completed by a Two-person team made up of a Child and Family Therapist and a Behavior Management Specialist. The program is 8 weeks of intensive therapy using standard and strategic approaches to treatment of the family system.

Expected Activities and Outcomes
Unavailable

Target Population
Unavailable

Contact Agency
Arizona's Children Association-Western Region

Collaborators
Unavailable

Funding Source
Arizona Department of Economic Security/Administration for Children, Youth and Families, the Arizona Administrative Offices of the Court, the City of Yuma and the Yuma County Superior Court. Additional programmatic funding is received from the Arizona’s Children Association Foundation.

Project: Professional Family Foster Care

Objective
This service provides therapeutic support and guidance in a family setting to youth referred by ACYF or the Juvenile Court. Under this DES contract, services are provided to 5 children in a family home setting by two parents supported by agency clinical staff.

Expected Activities and Outcomes
Unavailable

Target Population
Youth referred by ACYF or the Juvenile Court

Contact Agency
Arizona's Children Association-Western Region

Collaborators
Unavailable

Funding Source
Arizona Department of Economic Security/Administration for Children, Youth and Families, the Arizona Administrative Offices of the Court, the City of Yuma and the Yuma County Superior Court. Additional programmatic funding is received from the Arizona’s Children Association Foundation.

Healthy Gente
Healthy Border 2010
Objectives Addressed by this Project

Injury and violence prevention, mental health
Project: Adoption Services

Objective
These services include the recruitment, training and certification and case management of adoptive applicants. Homes studies are prepared according to State law and Superior Court guidelines and presented to the Court for pre-adoption certification. Recertification studies are conducted on an annual basis thereafter.

Expected Activities and Outcomes
Unavailable

Target Population
All Adoptive applicants.

Contact Agency
Arizona's Children Association-Western Region

Collaborators
Unavailable

Funding Source

Project: Foster Family Home

Objective
These services include recruitment, training and licensing of family foster homes. Studies are conducted according to State and Federal Policy. Homes are re-licensed on an annual basis according to DES policy. Retention and support of licensed foster parents are provided by four foster care workers and a supervisor.

Expected Activities and Outcomes
Unavailable

Target Population
Family foster homes.

Contact Agency
Arizona's Children Association-Western Region

Collaborators
Unavailable

Funding Source
Arizona Department of Economic Security/Administration for Children, Youth and Families, the Arizona Administrative Offices of the Court, the City of Yuma and the Yuma County Superior Court. Additional programmatic funding is received from the Arizona’s Children Association Foundation.
Mission:
BCCCRC is committed to trained, and improved good nutrition in the community (family, children).

Project: Food Nutrition Program

Objective
Unavailable

Expected Activities and Outcomes
Unavailable

Target Population
Unavailable

Collaborators
Unavailable

Funding Source
Unavailable

Contact Agency
Unavailable

Healthy Gente
Healthy Border 2010

Objectives Addressed by this Project

Nutrition
**Mission:**
To improve the health of people of the Americas with a particular focus on the US-Mexico border by developing relationships that further knowledge, empower people, and maximize the utilization of resources, while respecting diversity.

**Project: The Arizona Border HIV/AIDS Care Project (ABHAC)**

**Objective**
Provide outreach activities to identified at-risk individuals, submit outreach contact cards, submit reports within established time frames.

**Expected Activities and Outcomes**
To reduce risk factors associated with transmission of HIV/AIDS. Enhance resiliency and protective factors.

**Target Population**
Predominantly Mexican/Mexican American borderland populations, including hard-to-access migrant farm workers. The total number to be contacted are 260 per year (Yuma County).

**Collaborators**
El Rio Santa Cruz Neighborhood Health Center

**Funding Source**
El Rio Health Center

**Contact Agency**
Puentes de Amistad

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**Project: Rural Health Outreach Project (RHO)**

**Objective**
Outreach to those at-risk for diabetes. Recruitment into monthly diabetes classes. Encourage the formation of support groups for families and for individuals.

**Expected Activities and Outcomes**
Increase the number of individuals to become aware that they have diabetes, and provide educational and family support services to improve their condition.

**Target Population**
Mexican/Mexican American borderland populations.

**Collaborators**
Community-based agencies

**Funding Source**
Sunset Community Health Center

**Contact Agency**
Puentes de Amistad

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**Objectives Addressed by this Project**
Access to care, HIV

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**Objectives Addressed by this Project**
Access to care, Diabetes, Nutrition
Project: Disparities Project (Substance Abuse/Mental Health of Latinas)

Objective
Conduct outreach for Latinas at risk for substance abuse and/or mental health problems. Perform educational sessions, referrals, and follow-ups to at-risk Latinas.

Expected Activities and Outcomes
Unavailable

Target Population
Yuma County/borderland women (18-60 years of age)

Contact Agency
Puentes de Amistad

Collaborators
Numerous community-based agencies USMBHA (United States Mexico Border Health Association), SAMHSA

Project: Entre Familia- Strengthening Families

Objective
The long-term goal of the Entre Familia program is to increase community capacity to enhance family resiliency and reduce familial substance abuse through eight objectives.

Expected Activities and Outcomes
Reduce risk factors, while strengthening community resiliency factors that will address at-risk families about substance abuse.

Target Population
Las Cruces, NM-welfare to work clients; Douglas, AZ- Welfare-to-work; Nogales, AZ- Low-income housing residents; and Somerton, AZ-migrant farm workers (Yuma County).

Contact Agency
Puentes de Amistad

Collaborators
Numerous community-based groups

Funding Source
Centers for Substance Prevention (CSAP)
Mission:
A non profit organization providing assistance and facilitating access to social services such as: health education, health services, housing referrals, job re-training and placement to low income families and farm workers.

Project: Robert Wood Johnson

Objective
Building leadership and health prevention among farm workers

Expected Activities and Outcomes
Increase the access to medical services among farm workers.

Target Population
Farm worker population

Contact Agency
Campesinos Sin Fronteras

Collaborators
Yuma County Health Department, Victim Services, Sunset Community Health Center, Yuma Regional Medical Center, ADHS-Office of Border Health, UA-Rural Health Office

Funding Source
Robert Wood Johnson (private funding)

Project: Border Health Strategic Initiative

Objective
Increase the range of primary prevention behaviors of family members of patients with diabetes through capacity building, target action, risk and protective behavior change.

Expected Activities and Outcomes
Educate family members of diabetic patients on how to prevent diabetes.

Target Population
Farm worker Population

Contact Agency
Campesinos Sin Fronteras

Collaborators
University of Arizona, Sunset Clinic, WAHEC, Rural Health Office, and U of A Cooperative Extension

Funding Source
CDC, University of Arizona
**Project: HIV Promotion Program**

**Objective**
Increase HIV/AIDS awareness among farm workers.

**Expected Activities and Outcomes**
Increase the number of migrant and seasonal farm workers tested for HIV/AIDS.

**Target Population**
Farm worker Population

**Contact Agency**
Campesinos Sin Fronteras

**Collaborators**
Farm worker Justice Fund, Yuma County Health Department

**Funding Source**
HRSA

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**Objectives Addressed by this Project**

- HIV
Senior Nutrition Program
160 E. 1st Street
Yuma, Arizona 85364
Phone:  (928) 782-4489
Fax:  (928) 782-9048
E-mail:  Unavailable
Website:  Unavailable

Mission:
Catholic Community Services in Western Arizona, in collaboration with people of many beliefs, provides supportive and healing services to individuals and families in need.

Project: Meals on Wheels

Objective
To provide meals to congregate and homebound clients. To insure our clients have the recommended daily vitamins and nutrients provided in our lunch menu to help them retain healthy bodies.

Expected Activities and Outcomes
Feed the hungry with nutritional meals.

Target Population          Contact Agency
All of Yuma County          Catholic Community Services

Collaborators
Yuma Community Food Bank, Western Arizona Council of Government (area aging),
United Way

Funding Source
Unavailable

Nutrition
Mission:
Were a community development Corporation committed to building better communities by being a leading advocate, coalition builder and direct service provider. We promote positive change and self-sufficiency to change the quality of life for those we serve.

**Project: "Si Se Puede" Computer Lab**

**Objective**
To provide an after-school computer lab for youth in the community and for adults who are continuing their education.

**Expected Activities and Outcomes**
To provide a safe/educational learning space for youth. It is expected that by providing the computer lab, youth will see an increase in their educational gains.

**Target Population**
Any youth in the community

**Collaborators**
Yuma Private Industry, Yuma Community Foundation, United Way of Yuma County.

**Funding Source**
Yuma Private Industry Council, Yuma Community Foundation, United Way of Yuma County.

**Contact Agency**
Chicanos Por La Causa

**Funding Source**
Unavailable

**Objectives Addressed by this Project**
- Access to care

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**Project: Form Completion/Information**

**Objective**
To complete all types of forms and to provide information on a variety of services. Forms are primarily those that can provide a public benefit (food stamps, housing, disability, Social Security, Orders of protection, unemployment, etc).

**Expected Activities and Outcomes**
Clients will be able to take advantage of the benefits that they are qualified to receive.

**Target Population**
Any person who requests the service

**Collaborators**
Service agencies are the direct providers.

**Funding Source**
Unavailable

**Objectives Addressed by this Project**
- Access to care

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Project: Immigration Services/translations and notary services.

Objective
To unify families by providing immigration services

Expected Activities and Outcomes
To document persons so they can remain in the US with their family members.

Target Population
All documented and undocumented persons requesting services.

Contact Agency
Unavailable

Collaborators
Unavailable

Funding Source
Client donations

Project: Adult Education Program

Objective
To provide English as a Second Language, citizenship, and basic adult education to adult learners.

Expected Activities and Outcomes
Adult learners will be prepared to pass the GED exam, adult learners will pass the citizenship test and become US citizens, adults will enhance their community involvement and employment.

Target Population
All adults over the age of 18 who express a need for the classes that are provided.

Contact Agency
Chicanos por La Causa

Collaborators
Somerton School District, Arizona Western College, and CPLC have formed a consortium in an effort to provide and coordinate these services.

Funding Source
Arizona Department of Education/Adult Education Programs
**Mission:**
A community resource providing advocacy, information and direct services for the benefit of children at risk and their families.

**Project: Child and Family Services of Yuma, Inc.**

**Objective**
To provide short term residential services for children and adolescents.

**Expected Activities and Outcomes**
To stabilize and improve the behaviors which have warranted out-of-home placement for the clients we serve.

**Target Population**
Yuma County

**Contact Agency**
Child and Family Services of Yuma

**Collaborators**
DES, the EXCEL Group, AOC, the Bureau of Indian Affairs, Cocopah Tribal Services, CRIT Tribal services.

**Funding Source**
DES, AOC, The RBHA, BIA, Cocopah, CRIT

**Healthy Gente**
**Healthy Border 2010**

Objectives Addressed by this Project

Access to Care
CROSSROADS Mission

944 S. Arizona Avenue
Yuma, Arizona 85364
Phone: (928) 783-9364
Fax: (928) 329-1021
E-mail: mgarlit@crossroadsmission.org
Website: www.crossroadsmission.org

Mission:
Crossroads Mission is a Christian organization dedicated to helping individuals who find themselves at a "crossroads" in their lives. Our goal is to help them make that turn that will bring them to a personal encounter with God, and to help them make changes that will result in better lives.

Project: Crossroads Recovery Life Skills Program

Objective
To assist the addicted to overcome their self-defeating, addictive behaviors to attain a higher quality of life through remission from chemical dependence.

Expected Activities and Outcomes
Remission from substance dependence and return to being “normal” productive members of our community. The Life Skills Program is a complete drug and alcohol recovery program. It features:
- A Chemical Withdrawal Unit that allows for safe and supervised detoxification, open 24 hours a day, 7 days a week, 24 hour monitoring by qualified medical technicians. All cases overseen by a Medical Doctor. Including a 120 day residential program following detoxification based on 12 step method and Christian principles. Crossroads offer Individualized counseling, group meetings, spiritually/religious oriented meetings and activities.

Target Population
Any person who meets the assessment criteria (DSM IV criteria for substance dependence.

Contact Agency
Crossroads

Collaborators
The Crossroads Mission Board, Executive Director, Treatment Director, counseling staff, shelter, education, and emergency services.

Funding Source
State Funding, other grants

Project: Renewed Life Program, Education Center, Family Shelter, Homeless Shelter.

Objective
To help disadvantaged, disabled, and disenfranchised individuals and families achieve a better quality of life.

Expected Activities and Outcomes
Our services are coordinated by individual case management and education plans. Our Case Managements and Instructors identify individual goals and needs, the services required to meet these goals and partner with the client to accomplish these goals as an achievement for better quality of life.

Target Population
Homeless, Alcoholics, Addicts, Near Homeless

Contact Agency
Crossroads

Collaborators
Housing Authority of the City of Yuma, City of Yuma, County of Yuma, Western Arizona Counties of Governments, Department of Economic Security, Arizona Coalition to End Homelessness, Yuma Regional medical Center, Salvation Army Community contributions, state funding and other grants.
**Project: Serenity House**

**Objective**
To help disadvantaged, disabled and disenfranchised individuals and families achieve a better quality of life.

**Expected Activities and Outcomes**
Our services are coordinated by individual case management and education plans. Our Case Managers and Instructors identify individual goals and needs, the services required to meet these goals and partner with the client to accomplish these goals as an achievement for a better quality of life.

**Target Population**
Homeless, Alcoholics, Addicts, Near Homeless, The Poor and Those That Are In Need

**Collaborators**
Housing Authority of the City of Yuma, City of Yuma, County of Yuma, Western Arizona Counties of Governments, Department of Economic Security, Arizona Collation to End Homelessness, Yuma Regional Medical Center, Salvation Army

**Funding Source**
Community contributions, state funding, other grants.

**Contact Agency**
Crossroads

**Healthy Gente**
**Healthy Border 2010**
Objectives Addressed by this Project

**Access to care, Mental Health**
Mission:
Housing America Corporation is a non-profit organization dedicated to improving communities in the area it serves by providing decent, safe and affordable housing through education and economic opportunity to very low, low and moderate-income individuals and families.

Project: Self Help Program

Objective
To provide technical assistance and homeownership education and counseling to self-help families.

Expected Activities and Outcomes
To have low and very low income families build their own homes and also prepare them with homeownership education.

Target Population
Low and very low income families of Yuma and Mojave Counties.

Contact Agency
Housing Corps of America

Collaborators
USDA Rural Development, Rural Community Assistance Corporation (RCAC).

Funding Source
USDA Rural Development

Project: Homeownership Education Counseling Program

Objective
To provide families with education counseling and down payment assistance to help them achieve home ownership.

Expected Activities and Outcomes
Provide first-time homebuyer education classes to help families in the process of preparing themselves to become homeowners and being successful homeowners in the long run.

Target Population
First-time home buyers of Yuma County.

Contact Agency
Housing Corps of America

Collaborators
Banks, mortgage companies, tile companies, builders and public housing agencies.

Funding Source
National Council of La Raza (NCLR), Arizona Department of Housing
Project: Multi Family Housing (Del Pueblo, Colorado/Orchid Street and Amistad Apartments)

Objective
Provide decent, safe and sanitary housing for very low-income families of Yuma County. Assist low-income families in obtaining decent, affordable rental housing.

Expected Activities and Outcomes
HAC hopes that the families that participate in Multi Family program use this opportunity as a stepping stone to homeownership.

Target Population
Low and very low-income families of Yuma County

Contact Agency
Housing Corps of America

Collaborators
ESIC – for low income housing tax credits

Funding Source
USDA Rural Development, HUD, Home Funds, Low Income Housing Tax Credits.
Mission:
We are committed to being a premier nursing, rehab, and long term care provider for our community and region. We endeavor to enhance the quality of life for our residents and staff.

Project: Life Care Center

Objective
We are committed to being a premier nursing, rehabilitation, and long term care provider for our community and region. We endeavor to enhance the quality of life for our residents and staff.

Expected Activities and Outcomes
To provide high quality nursing and rehab care to those in need of skilled nursing, rehabilitation, respite, and long term care to improve health, rehabilitation and quality of life.

Target Population
Yuma County residents

Contact Agency
Life Care Center of Yuma

Collaborators
Yuma Regional Medical Center

Funding Source
Medicare, Medicaid, Private Pay, Insurance

Healthy Gente
Healthy Border 2010

Objectives Addressed by this Project

Access to care
Project: Western Wellness Center

Objective
Health screening, Health promotion, Exercise promotion.

Expected Activities and Outcomes
To increase healthy practices in relation to the body and mind (physical fitness, screenings, etc).

Target Population
Yuma area

Contact Agency
Northend Health and Wellness

Collaborators
Unavailable

Funding Source
Private funding sources, the fees charged for services, activity fees.

Healthy Gente
Healthy Border 2010

Objectives Addressed
by this Project

Access to care
Mission:
Planned Parenthood of Central and Northern Arizona promotes strong families, planned and wanted children, and sexual health for all.

Project: Counseling

Objective
The following counseling services are offered:
- Premarital
- Pregnancy options
- Marriage
- Individual

Expected Activities and Outcomes
Counseling at Planned Parenthood include:
- Unplanned Pregnancy
- Recent diagnosis with a sexually transmitted infection
- Relationship problems
- Depression, anxiety, and other emotional discomforts
- Problems at school or work
- Problems within families

Target Population
Men and women of Yuma County

Contact Agency
Planned Parenthood

Collaborators
Unavailable

Funding Source
Unavailable

Project: Teen Pregnancy Task Force

Objective
To reduce teen pregnancies in Yuma County and surrounding areas.

Expected Activities and Outcomes
To reduce the rate of teen pregnancies, and to improve education about teen pregnancies.

Target Population
Teens in Yuma County and outlying areas.

Contact Agency
Unavailable

Collaborators
Various agencies throughout the cities of Yuma and San Luis.

Funding Source
Various grants
Project: Positive Force Players

Objective
Positive Force Players is a driving force in Planned Parenthood's peer-to-peer education program. The Players are a cross-cultural cast of young actors from across the Valley who perform original theater pieces about critical issues that affect today's youth for over 25,000 people each year.

Expected Activities and Outcomes
Subject matter of plays deal with very sensitive issues, including unintended pregnancy, drug and alcohol abuse, domestic abuse, date rape and violence. Other themes include:
- Addict Family Member
- Body Image
- Date Rape
- Divorce
- Drinking and Driving
- Drug Abuse
- Eating Disorders
- Family Communication
- Gang Awareness
- HIV/AIDS
- Homophobia
- The Macho Image
- Negotiation Skills
- Prejudice
- Relationship Violence
- Rumors & Gossip
- Safer Sex
- Sexual Harassment
- Sexually Transmitted Infections (sexually transmitted infections)
- Smoking
- Social Cruelty
- Stereotypes
- Suicide/Depression
- Teen Pregnancy
- Teen Pressure
- Verbal Violence

Target Population
Teens of Yuma County

Contact Agency
Unavailable

Collaborators
Unavailable

Funding Source
Unavailable
**Project: Health Care Services**

**Objective**
Services Provided:
- Family Planning Services including all types of birth control.
- Testing and treatment of sexually transmitted diseases.
- HIV testing and counseling for AIDS.
- Medical exams for women and men
- Pregnancy testing
- Pap-Smears (cancer screening)
- Breast exams
- Breast exams and referrals for mammograms
- HOPE (hormonal and contraceptives with optimal pelvic exam)
- (Emergency Contraceptive Pills)
- Treatment of vaginal infections
- Tubal Ligation
- Vasectomy (male sterilization)
- Abortion-medical and surgical
- Mid-Life services --for women experiencing menopause
- Referrals to other medical programs
- Medical research studies

**Expected Activities and Outcomes**
Unavailable

**Target Population**
All men and women of Yuma County

**Contact Agency**
Planned Parenthood

**Collaborators**
Unavailable

**Funding Source**
Unavailable

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**Project: Sexual Education**

**Objective**
Including Parenting classes: Puberty education; Court mandated parent information classes; Sexuality education and programming for individuals with developmental and physical challenges; S.A.F.E programs for schools and youth organizations.

**Expected Activities and Outcomes**
Unavailable

**Target Population**
All men and women of Yuma County

**Contact Agency**
Planned Parenthood

**Collaborators**
Unavailable

**Funding Source**
Unavailable
Mission:
Provide temporary financial assistance and referral to other resources and advocacy to ensure that Indian children remain with family, extended family and community of tribal members.

Project: Indian Health Services

Objective
Treat physical and mental conditions.

Expected Activities and Outcomes
Provision of health care

Target Population
Native Americans only

Services

Contact Agency
Quechan Indian Health Services

Collaborators
U.S. Public Health Service

Funding Source
U.S. Government

Project: Stop Violence Against Indian Women

Objective
Enhance women’s ability to resolve or leave violent situations and advocate as necessary, because No woman “Deserves” violent treatment or abuse.

Expected Activities and Outcomes
Provide advocacy to obtain restraining orders, orders for protection, develop safety plan, transport to shelter and counseling.

Target Population
Native American Women in service area (reservation, bard, Yuma, Winterhaven).

Contact Agency
Quechan Indian Health Services

Collaborators
Woman Haven, Safe House, Ambercy’s Place, Quechan Social Services, Courts of Jurisdiction.

Funding Source
U.S. Department of Justice, Quechan Indian Tribe.
**Project: Social Services**

**Objective**
Provide temporary services-crisis resolution.

**Expected Activities and Outcomes**
Problem resolution, economic, individual self-sufficiency

**Target Population**
Enrolled Native Americans (FEDL Recognized Tribes)
in service. Area: Winterhaven, Bard, Yuma,
FT.Yuma Indian Reservation

**Contact Agency**
Quechan Indian Tribe

**Collaborators**
Bureau of Indian affairs, U.S. Govt.; Quechan Indian Tribe; Imperial county social services,
yuma county (AZ-DES).

**Funding Source**
U.S. Government

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**Project: Family Reunification**

**Objective**
Due to the disproportionate incidence rate of violence because of history of cultural disruption since European Contact, this programs seeks to safely return abused children to natural parent, and/or extended family or residence with a Native American Home on the Reservation. To preserve individual and tribal identity and culture.

**Expected Activities and Outcomes**
Safe and Healthy children maturing to healthy self-sufficient adults.

**Target Population**
Children under age 18

**Contact Agency**
Quechan Indian Tribe

**Collaborators**
Imperial County Social Services, Indian Health Service, Yuma County Social Services

**Funding Source**
State of AZ-DES; Quechan Indian Tribe

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**Healthy Gente Healthy Border 2010**

**Objectives Addressed by this Project**

**Access to care**

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**Healthy Gente Healthy Border 2010**

**Objectives Addressed by this Project**

**Injury and Violence Prevention**
Fire/E.M.S Services  
135 N. State Av  
Somerton, Arizona 85350  
Phone:  (928) 627-4165  
Fax:  (928) 627-3794  
E-mail:  Unavailable  
Website:  Unavailable

Mission:  
We foster a philosophy that values employees and contributions, promotes teamwork, and participation. We provide the highest quality of customer care, and assure a positive atmosphere directed towards the service we are providing.

Project: Cardiovascular-Heart saver

Objective  
To provide CPR classes to the public in the area

Expected Activities and Outcomes  
For the people who reside in this area to know how to perform CPR.

Target Population  
The area in which we respond for emergency services  
Contact Agency  
Somerton-Cocopah Fire  
Collaborators  
Unavailable  
Funding Source  
General funds

Project: Emergency, Fire and EMS Services

Objective  
Provide complete Emergency, Fire and EMS service for the community.

Expected Activities and Outcomes  
Public education. Code development and enforcement. Comprehensive fire investigation. Fire inspections, plans and reviews. Provide Non-emergency support services designed to provide a safe community.

Target Population  
Unavailable  
Contact Agency  
Somerton-Cocopah Fire  
Collaborators  
Unavailable  
Funding Source  
Unavailable
Mission:
To build a healthy community by providing affordable, accessible quality health care services with dignity and respect for all.

Project: Sunset Diabetes Outreach and Education Program

Objective
Promotoras will conduct outreach to 1600 individuals during the 3 year span of the grant and recruit 480 individuals to attend a five week diabetes education intervention.

Expected Activities and Outcomes
During the 3 year grant, we will provide a five week diabetes education intervention to 480 individuals.

Target Population
Farm workers and their families in Yuma County.

Contact Agency
Sunset Diabetes Outreach and Education Program

Collaborators
Yuma Regional Medical Center, Puentes de Amistad, Rural Health Office

Funding Source
Rural Health Outreach grant through Health Resources and Services Administration, Rural Health Policy

Healthy Gente
Healthy Border 2010

Objectives Addressed by this Project
Access to care, Diabetes, Nutrition
**University of Arizona Cooperative Extension**

Yuma County  
2200 W. 28th Street, Suite 102  
Yuma, Arizona 85364  
Phone: (928) 726-3904  
Fax: (928) 720-8472  
E-mail: Unavailable  
Website: [http://www.ag.arizona.edu](http://www.ag.arizona.edu)

**Mission:**  
*Extension's mission is to stimulate learning through exploration and discovery to enhance agriculture, the environment, our natural resource base, family and youth well-being, and the development of local communities.*

### Project: Border Health SI

**Objective**  
To promote physical activity and good nutrition as prevention strategies, and reduce the prevalence of diabetes and other chronic diseases.

**Expected Activities and Outcomes**  
Reduce the high incidence of diabetes and other chronic diseases along the border through promoting physical activity and good nutrition.

**Target Population**  
South Yuma County, Arizona

**Contact Agency**  
University of Arizona-Cooperative Extension

**Collaborators**  
Western Arizona Health Education Center, Sunset Community Health Center, Campesinos Sin Fronteras, Puentes de Amistad and UA CoPH and Rural Health Office Faculty

**Funding Source**  
Federal Appropriations through CDC to the University of Arizona College of Public Health.

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### Project: Bone Builders - Osteoporosis Awareness and Prevention

**Objective**  
Raise awareness of the impact of osteoporosis on Arizona residents through education, communication, and public activity.

**Expected Activities and Outcomes**  
Raise awareness among residents. Provide education, promote appropriate diagnosis and treatment, and improve prevention strategies, screening, and treatment.

**Target Population**  
Women 25 years and older and men over 65.

**Contact Agency**  
University of Arizona-Cooperative Extension

**Collaborators**  
University of Arizona, county health departments, health providers, and interested citizens.

**Funding Source**  
Arizona Department of Health Services, Arizona Osteoporosis Coalition, and the University of Arizona.
Project: Yuma on the Move

Objective
To understand the benefits of physical activity, and to have people change their lifestyle to include physical activity.

Expected Activities and Outcomes
To have the participants change their lifestyles to include physical activity, to become more active and less sedentary.

Target Population
Yumans 30-64 years of age

Contact Agency
University of Arizona-Cooperative Extension

Collaborators
University of Arizona, Yuma Regional Medical Center, Yuma Friends of the Arizona Health Sciences Center, YCHD, City of Yuma Parks and Recreation, Crane School District, Get in Gear, Yuma area YMCA, and Yuma School District #1

Funding Source
University of Arizona-Cooperative Extension

Objectives Addressed
Nutrition, Diabetes, Cancer
Regional Center for Border Health  
1896 East Babbit Lane, P.O. Box 1669  
San Luis, Arizona 85349  
Phone: (928) 627-9222  
Fax: (928)-627-8315  
E-mail: aaguirre@wahec.com  
Website: http://www.azahec.org/centers/wahec/index.asp  

Mission:  
Improve access to quality healthcare for Arizona’s rural and underserved communities through the improvement of the recruitment, retention and distribution of healthcare providers across the state.

**Project: WAHEC-Regional Center for Border Health**

**Objective**  
The April 6, 2001 ground-breaking ceremony for the Regional Center for Border Health marked the success of a dream for WAHEC to establish a comprehensive center for primary care, community outreach and health education in the City of San Luis. The center was open in May 17, 2002 and is designed to improve the effectiveness of medical services in San Luis, Arizona. The partnership with Women’s Health Specialists and Yuma Pediatric Associates have allowed WAHEC to bring medical services to this very isolated and underserved community.

**Expected Activities and Outcomes**  
Establish a comprehensive center for primary care, community outreach and health education in the City of San Luis

**Target Population**

**Contact Agency**

WAHEC

**Collaborators**

Women’s Health Specialists and Yuma Pediatric Associates

**Funding Source**

Unavailable

**Project: “Paso a Paso.” A Physical Activity and Cardiovascular Diseases Awareness Program.**

**Objective**

This program is implementing community nutrition/walking clubs and education to prevent cardiovascular diseases

**Expected Activities and Outcomes**

Unavailable

**Target Population**

Women of Yuma County  

**Contact Agency**

WAHEC

**Collaborators**

Unavailable

**Funding Source**

Unavailable

Healthy Gente  
Healthy Border 2010

**Objectives Addressed by this Project**

Diabetes, Nutrition
**Project: Cancer Prevention for Post-Reproductive Age Women Along the US-Mexico Border**

**Objective**
This program is a two year intervention study conducted in the communities of Yuma, Somerton and San Luis, Arizona within an established and well characterized community-based cohort of post reproductive age women. The purpose of this study is to assess the effectiveness of an educational intervention on the utilization of cancer screening services and cancer awareness among old poor Hispanic women.

**Expected Activities and Outcomes**
Assess the effectiveness of an educational intervention on the utilization of cancer screening services and cancer awareness among old poor Hispanic women.

**Target Population**
Cohort of post reproductive age women Yuma, Somerton and San Luis, Arizona

**Contact Agency**
WAHEC

**Collaborators**
Unavailable

**Funding Source**
Unavailable

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**Project: National Community Health Workers/Promotoras Conference**

**Objective**
For 10 years, WAHEC has sponsored and coordinated the National Health Workers/Promotoras Conference. These conferences began to attract lay health workers/promotores from all over the United States and Mexico. In 1998, the Lay Health Workers/Promotores Conference became national and brought together more than 350 promotores. Last year the conference was held in San Antonio, Texas and reflected more than just a deeper understanding of health: it was an appreciation and celebration of health and diversity. Over 400 lay health workers from all corners of the United States and Mexico enjoyed the three days of Train-the-Trainers and Workshops sessions presented.

**Expected Activities and Outcomes**
Unavailable

**Target Population**
Lay health workers/promotores from all over the United States and Mexico

**Contact Agency**
WAHEC

**Collaborators**
Unavailable

**Funding Source**
Unavailable
Project: AHEC State and Federal Programs

Objective
The AHEC’s programs are focused on Matriculation into Post-Secondary Education Programs for Health Profession, Graduation From Post-Secondary Education Program in Health Profession and Employment in Rural Practice and Retention of Health Professionals.

Expected Activities and Outcomes
Unavailable

Target Population
Health Professionals of Yuma County

Collaborators
Unavailable

Funding Source
Unavailable

Contact Agency
WAHEC

Project: The Community Access Program of Arizona (CAPAZ)

Objective
Funded in March of 2001, CAPAZ has been designed to strengthen the medical “safety net” among practitioners serving residents in Yuma County and work with medical providers to improve access to medical services in four selected U.S. Mexico border communities.

Expected Activities and Outcomes
Unavailable

Target Population
Practitioners serving residents in Yuma County

Collaborators
Unavailable

Funding Source
Unavailable

Contact Agency
WAHEC

Project: Southern Arizona Border Health Careers Opportunity Program

Objective
The primary goal of the program is to recruit students into health career pathways. Health career clubs are established at high schools and collegiate levels. The clubs are intended to give students the exposure necessary to pursue a career in medicine.

Expected Activities and Outcomes
Give students the exposure necessary to pursue a career in medicine.

Target Population
Students

Collaborators
Unavailable

Funding Source
Unavailable

Contact Agency
WAHEC
**Project: Well Woman Health Check Program**

**Objective**
A breast and cervical cancer screening diagnosis, serving selected communities, functioning under the auspices of the Arizona Department of Health Services. The program offers services to women living under the 250% of the Federal Poverty Level.

**Expected Activities and Outcomes**
Breast and cervical cancer screening diagnosis

**Target Population**
Women living under the 250% of the Federal Poverty Level

**Collaborators**
Unavailable

**Funding Source**
Unavailable

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**Project: WAHEC/HETC**

**Objective**
This project extends the basic AzAHEC mission to educate health care professionals and the community, providing medical services by initiating a community-oriented strategy that uses students from multiple health care disciplines to educate. WAHEC/HETC was instrumental in the formalization and coordination of the Binational San Luis R.C., Sonora/Yuma County, Arizona Health and Environmental Council since 1992.

**Expected Activities and Outcomes**
Provide health professional education, community awareness on disease prevention, health promotion, Binational collaboration to facilitate and find solutions to public health and environmental issues impacting our border area.

**Target Population**
Yuma, Somerton, Gadsden, San Luis, Arizona and San Luis R. C., Sonora, Mexico

**Collaborators**
Yuma County Department of Health Services, The Excel Group, Yuma Regional Medical Center, Yuma County AHCCCS, Women’s Health Specialist, Pediatric Associates of Yuma, Sunset Community Health Center, School Base Programs, Planned Parenthood, Arizona Western College, Northern Arizona University, U of A Cooperative Extension, Gadsden School District, Somerton School District, Yuma School District, Western Arizona council of Governments, Chicanos por la Causa, Border Health Foundation Puentes de Amistad, City of San Luis, City of Somerton, City of Yuma, The Cocopah Indian Tribe, Cultural Council of Yuma, Yuma County Chamber of Commerce, Consulado de Mexico, Hospice of Yuma, Binational Partners, Servicios de Salud de Sonora

**Funding Source**
MEXFAMHRSA, EPA, BHP/HRSA, Private Foundations, AzAHEC System, Health Sciences Center University of Arizona, Arizona Instituto Mexicano del Seguro Social Department of Health Services, and local organizations. City of San Luis R. C. Sonora CECATI and CBATIS, Arizona Partners: Arizona Department of Health Services, American Lung Association’
Project: Gotitas de Aire

Objective
A program committed to improve asthma morbidity by helping people with asthma understand how they can better control their condition; by working with the health systems so that individuals understand the importance of implementing the National Asthma Education and Prevention Program guidelines, and working through schools so that we can most directly affect the health of children in Yuma County.

Expected Activities and Outcomes
Unavailable

Target Population
Children of Yuma County

Collaborators
Unavailable

Funding Source
Unavailable

Project: Border Vision Fronteriza Program

Objective
This program trains community health workers as KidsCare/SCHIP specialists to work within selected sites to recruit, document, secure enrollment, and encourage re-certification of children eligible for Arizona Health Care Cost Containment System and the Arizona Children’s Health Insurance program.

Expected Activities and Outcomes
Unavailable

Target Population
Infants and Children of Yuma County

Collaborators
Unavailable

Funding Source
Unavailable

Project: School Health Index Program

Objective
The program assist schools in implementing physical activity and good dietary habits pertaining to improve the health of children.

Expected Activities and Outcomes
Unavailable

Target Population
School-aged children of Yuma County

Collaborators
Unavailable

Funding Source
Unavailable
Project: Transferring Technical Capacity to the Community:

**Objective**
This is a comprehensive, community oriented effort to reduce the risk and complications of diabetes.

**Expected Activities and Outcomes**
Unavailable

**Target Population**
Yuma County Residents

**Contact Agency**
WAHEC

**Target Population**

**Collaborators**
Unavailable

**Funding Source**
Unavailable

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Project: Between Friends/Entre Amigas

**Objective**
A community outreach program on breast and cervical cancer awareness education, self-esteem, nutrition, menopause, osteoporosis and physical activity.

**Expected Activities and Outcomes**
Unavailable

**Target Population**
Women of Yuma County

**Contact Agency**
WAHEC

**Target Population**

**Collaborators**
Unavailable

**Funding Source**
Unavailable

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Project: Community-Based After School Program

**Objective**
This program provides different activities such as: Caring role models: Students need ongoing relationships with school and community members who can provide the right support and direction at the right time. A “youth development” approach: A sports activity is not just throwing a ball around, but a chance to develop youth leadership. A balance of activities: Students need homework help, fun and educational projects and education regarding nutritious snacks and physical exercise, etc. This program will be extended during the summer of 2003.

**Expected Activities and Outcomes**
Unavailable

**Target Population**
Adolescents of Yuma County

**Contact Agency**
WAHEC

**Target Population**

**Collaborators**
Unavailable

**Funding Source**
Unavailable

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Healthy Gente
Healthy Border 2010

Objectives Addressed by this Project

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Nutrition
Project: Project Hero

Objective
This program provides community health education and health promotion engaging students, practitioners and community-based health and human services partners in Yuma County. The program offers CE/CME programs for medical providers focusing on adolescent health related issues, including but not limited to substance abuse, sexually transmitted disease, and violence, domestic violence, depression, teen suicide and the importance of physical education and good nutrition.

Expected Activities and Outcomes
Unavailable

Target Population
Community health education and health promotion engaging students, practitioners and community-based health and human services partners in Yuma County.

Contact Agency
WAHEC

Collaborators
Unavailable

Funding Source
Unavailable

Objectives Addressed by this Project
HIV, Injury and Violence Prevention, Mental Health, Nutrition, Substance Abuse
Yuma Children's Rehabilitative Services

Objective
Children's Rehabilitative Services is a medical Diagnosis driven program. CRS provides services for the following types of conditions:

- Deformities present at birth or acquired, such as club feet, dislocated hip, cleft lip and/or palate, mal-united fractures, scoliosis, pina bifida, and congenital GU and GI anomalies.
- Many muscle and nerve disorders
- Some conditions of epilepsy
- Congenital heart disease
- Cerebral Palsy
- Cystic Fibrosis
- Burn scars which cause functional limitations
- PKU and other related metabolic disorders
- Sickle Cell Anemia
- Neurofibromatosis
- Hydrocephalus

Expected Activities and Outcomes
Unavailable

Target Population
Arizona residents with eligible covered medical conditions.

Collaborators
CRS has four sites: Phoenix, Tucson, Flagstaff & Yuma

Funding
Title XIX, Title XXI and also Title V

Mission:
The mission of Children's Rehabilitative Services is to improve the quality of life for children by providing family-centered medical treatment, rehabilitation, and related support services to enrolled individuals who have certain medical handicapping, or potentially handicapping conditions.

Project: Yuma Children's Rehabilitative Services

Objective
Children's Rehabilitative Services is a medical Diagnosis driven program. CRS provides services for the following types of conditions:

- Deformities present at birth or acquired, such as club feet, dislocated hip, cleft lip and/or palate, mal-united fractures, scoliosis, pina bifida, and congenital GU and GI anomalies.
- Many muscle and nerve disorders
- Some conditions of epilepsy
- Congenital heart disease
- Cerebral Palsy
- Cystic Fibrosis
- Burn scars which cause functional limitations
- PKU and other related metabolic disorders
- Sickle Cell Anemia
- Neurofibromatosis
- Hydrocephalus

Expected Activities and Outcomes
Unavailable

Target Population
Arizona residents with eligible covered medical conditions.

Collaborators
CRS has four sites: Phoenix, Tucson, Flagstaff & Yuma

Funding
Title XIX, Title XXI and also Title V
Mission:
To provide customer focused, cost effective health services which promote healthy lifestyles and prevent disease and disability. We contribute toward the accomplishment of our Mission in a variety of ways. Among these are programs that:

- Provide services that prevent epidemics and the spread of disease,
- Protect against environmental hazards,
- Promote and encourage healthy behaviors and,
- Refer individuals to appropriate health services.

**Project: Yuma County Dental Sealant Program**

**Objective**
Through dental screening, identify 2nd and 6th graders who could benefit from dental sealants, and provide dental sealants to children that need them.

**Expected Activities and Outcomes**
For dentists to perform dental screenings to the target population, and for hygienists to place the dental sealants.

**Target Population**
2nd and 6th graders in schools interested in having the program (in Yuma County).

**Contact Agency**
YCHD-Office of Oral Health

**Collaborators**
Arizona Dental Health Services, Yuma County dentists, hygienists, and assistants.

**Funding Source**
Arizona Department of Health Services

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**Nutrition Manager Division**

**Project: Arizona Nutrition Network Program**

**Objective**
Reduce risk factors of diet-related chronic diseases such as cardiovascular disease, cancer, obesity, and osteoporosis. Deliver the common nutrition messages to the low income population.

**Expected Activities and Outcomes**
Teaching the 5 a Day Program, Building Better Bones, and other nutrition-related topics. Food and phone contacts and breastfeeding mothers.

**Target Population**
School children, adults, and breastfeeding mothers from low income sectors.

**Contact Agency**
Lisa Medrow

**Collaborators**
Schools, Yuma Community Food Bank, Senior Centers, Grocery Stores and Libraries

**Funding Source**
Yuma County Health Department, ADHS (Funding originates from USDA/DES Food Stamp and Federal grants, Local Incentive Award Program)
Project: Women Infant and Children Program (WIC)

Objective
To improve nutrition status of women, infants, and children.

Expected Activities and Outcomes
Improve health status through: Nutrition counseling, immunization referrals, breastfeeding support, individual counseling and classes, referrals to a variety of health and social services

Target Population
Pregnant and nursing women and children under the age of 5.

Contact Agency
Health Promotions Division

Collaborators
Social service agencies, nursing, immunizations, HUD housing.

Funding Source
Yuma County Health Department, USDA though ADHS, Federal Funds

Project: Community Nutrition Program

Objective
Increase fruits, vegetables and grains and decrease fat.

Expected Activities and Outcomes
Provide 5 a Day Program to approx. 800 3rd graders.

Target Population
Low-income schools – Students.

Contact Agency
Community Nutrition Program

Collaborators
Low-income school districts and grocery stores.

Funding Source
Arizona Department of Health Services

Director of Nursing Division

Project: Nurse Case Management for Pregnant Teens

Objective
To provide nurse case management for pregnant teens under 20 years of age. To identify pregnant teens early to increase their abilities to attain pre-natal care early on in their pregnancy to promote better health outcomes. Early initiation of prenatal care will help produce healthier mothers and babies. Teachings obtained in this program will help promote better decision making in the future.

Expected Activities and Outcomes
Reduce future teenage pregnancy rates.

Target Population
Yuma County teens under 20 years of age.

Contact Agency
Nursing Division

Collaborators
Multidisciplinary Maternal and Child Health Advisory Committee.

Funding Source
Prenatal Block Grant

Objectives Addressed by this Project
Access to care, Maternal, Infant and Child Health

Nutrition

Maternal, Infant and Child Health

Healthy Gente Healthy Border 2010
Project: Prenatal Care and Pregnancy Testing

Objective
Provide referral service and pregnancy testing for women and teens and follow-up after birth.

Expected Activities and Outcomes
Unavailable

Target Population
Unavailable

Contact Agency
YCHD-Nursing Division, Family Planning Program

Collaborators
Unavailable

Funding Source
Unavailable

Project: High-Risk Child Health

Objective
To reduce infant and child mortality, morbidity, and long-term developmental disability through home visits by specially trained community health nurses and support staff.

Expected Activities and Outcomes
Home visits by public health nurses trained to provide infant/child health exams, guidance in: normal growth and development, nutrition, and instruction in special treatments.

Target Population
Children from birth to 17 years of age with special health problems (prematurely, birth defects, and chronic medical problems).

Contact Agency
YCHD-Nursing Division, High Risk Child Program

Collaborators
Unavailable

Funding Source
Unavailable

Project: Babes Program

Objective
Teach values, decision making and provide counseling through a puppet programming Yuma County Public Schools.

Expected Activities and Outcomes
A puppet program will be distributed to be used in schools programs and by school counselors to encourage life lessons.

Target Population
Yuma County teens under 20 years of age.

Contact Agency
YCHD-Nursing Division

Collaborators
Multidisciplinary Maternal and Child Health Advisory Committee.

Funding Source
Donations

Healthy Gente
Healthy Border 2010
Objectives Addressed by this Project
Access to care, Maternal, Infant and Child Health
Project: Immunizations

Objective
Immunize adults and children at low cost.

Expected Activities and Outcomes
Vaccines Available for Adults Include
• Tetanus Diphtheria (Td)
• Hepatitis A
• Hepatitis
• Measles, Mumps, Rubella (MMR)
• Pneumovax
• Flu (during Flu season only)

Child Immunizations:
The fee for child immunizations is $10.00 per visit. The fee is $10.00 whether the child gets 1 immunization or more than 1 immunization. If on AHCCCS present your card, the fee will be waived and AHCCCS will be billed. No one will be turned away for inability to pay.

Target Population
Unavailable

Contact Agency
YCHD-Nursing Division, Immunizations

Collaborators
Unavailable

Funding Source
Unavailable

Project: Teen Pregnancy

Objective
Provide confidential testing, education and counseling to the teen population

Expected Activities and Outcomes
• Teen Prenatal Care offers free and confidential testing on a walk in basis and by appointment.
• Talks on Teen Pregnancy related topics, prenatal counseling and education is offered.
• Confidential sexually transmitted disease and HIV testing is offered at low cost, yet no person will be denied services due to their inability to pay.
• Follow up and support in locating services is also offered to teens.

Target Population
Unavailable

Contact Agency
YCHD-Nursing

Division, Family Planning

Collaborators
Unavailable

Funding Source
Unavailable
**Project: Comenzando Sano -Health Start Program**

**Objective**
Provide referral service for pregnant women and follow up after birth to give the mother and her baby, the best chance for success as the child grows and develops.

**Expected Activities and Outcomes**
Provide outreach prenatal education, referral services to pregnant women throughout the course of their pregnancy. Follow-up services are offered once the child is born and continues into the child's fourth year. Home visits and education classes are offered to women and their families to talk about breastfeeding, family planning, and immunization monitoring.

**Target Population**
Unavailable

**Contact Agency**
YCHD-Nursing Division, Health Start Program

**Collaborators**
Unavailable

**Funding Source**
Unavailable

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**Project: TB Clearance Cards**

**Objective**
Reduce the spread of Tuberculosis in the workplace in the Yuma County by the screening at risk individuals.

**Expected Activities and Outcomes**
Provide tuberculin skin test for individuals employed in nursing home, daycare centers, or other jobs requiring TB screening.

**Target Population**
Health care workers, nursing homes, long term patients

**Contact Agency**
YCHD-Nursing Division, Communicable Disease Program

**Collaborators**

**Funding Source**
Unavailable

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**Project: Arizona Community Network Quechan Indian Tribe-Senior Nutrition Project**

**Objective**
To provide nutrition education information and training to the elders.

**Expected Activities and Outcomes**
Unavailable

**Target Population**
Family unit with the elder the primary contact.

**Contact Agency**
Nutrition Division

**Collaborators**
Unavailable

**Funding Source**
Arizona Department of Health Services-Local Incentive Award Program
Project: *Tuberculosis (TB) Control Program*

**Objective**
Yuma County by screening at-risk individuals. To protect, educate, and treat the public for tuberculosis.

**Expected Activities and Outcomes**
Provide diagnostic, case, and preventive treatment services. Consultation is provided about the disease including prevention and control measures. Individuals are provided education, and are monitored throughout the course of their treatment.

**Target Population**
Health care workers, nursing home population, long time care patients.

**Contact Agency**
YCHD-Nursing Division, Communicable Disease Program

**Healthy Promotions Manager Division**

Project: *Tobacco Use Prevention*

**Objective**
Reduce the use of tobacco through education and intervention.

**Expected Activities and Outcomes**
The Yuma County Tobacco Program works to increase awareness and understanding of the harmful effects of tobacco and to change attitudes and perceptions regarding tobacco use issues. A worksite wellness package that includes tobacco information and assistance with creating job specific tobacco policy is available through our partnership with The American Cancer Society. School children are reached through age appropriate presentations that include puppet shows as well as peer leadership training in selected schools. Community events such as the Farm Workers Health Fair, The Great American Smoke out, and Kick Butts Day, are examples of the many events that serve as opportunities to raise awareness and to counter advertise. Anyone residing in Yuma County is eligible for free cessation classes taught in English or Spanish. Nicotine replacement therapy (patches, gum, nasal spray, or Rx medication) is available at a 50% discount by using a voucher system administered through the cessation classes. Community members can access free prevention literature in many local doctor’s offices, at local agency sponsored health fairs, and by calling or stopping by the Tobacco Program office at the Health Department.

**Target Population**
Yuma County Residents

**Contact Agency**
YCHD-Healthy promotions Manager Division

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**Objectives Addressed by this Project**

- Tobacco Use
- Immunizations and Infectious Diseases
Project: Injury Prevention Program

Objective
To reduce the number of child motor vehicle deaths and injuries.

Injury Prevention Programs include:
- K.I.S.S. (Kids In Safety Seats) - Child occupant protection program
- SAFE KIDS Coalition (find out more or become involved)
- Bike Helmets & Bike Safety

Expected Activities and Outcomes

K.I.S.S. Program: (Kids In Safety Seats)
This program provides families the way to purchase child safety seats, by allowing them to purchase them at a substantial discount. Infant-only seats sell for $20-25 depending on model. Convertible seats (work as infant and toddler seat) and high-back booster seats sell for $25. Families must attend a 1-hour training class before receiving their seat.

Yuma County SAFE KIDS Coalition was started in 1992. We are affiliated with the National SAFE KIDS Campaign out of Washington, DC. The coalition is made up of all kinds of people; parents, business people, people in health care, law enforcement, EMS (Emergency Medical Services), educators, nurses, various agencies and organizations... and we are always looking for others. We deal with a wide-range of preventable injuries including: Drowning, poisoning, falls, burns (electrical, fires, & scalds), choking, and vehicular (motor vehicle, pedestrian and bicycle). Our motto is "Safe Kids is No Accident". Yuma County SAFE KIDS has programs involving various unintentional injury areas including; motor vehicle safety "car seats", bicycle safety, water safety, burn and fire prevention, child abduction, falls and choking prevention. Yuma County

SAFE KIDS initiated the current bicycle helmet ordinance in the City of Yuma requiring all kids under age 18 to wear a bicycle helmet when riding their bicycles in Yuma. SAFE KIDS members help at: Car seat checkups, health fairs, clubs, other exhibits and at other organizations as requested

Bicycle Safety & Helmets
HELMETS: The Program offers helmets to the public at a substantial discount ($10) in sizes from infant to adult. All helmets are SNELL Foundation or ANSI approved for safety, and come in a variety of colors and styles. Presently all bike helmets are only $10.00 regardless of size. We carry helmets from toddler to adult (allowing mom and dad to be good role models and wear their helmets too).

Target Population
All, but specialize on minority and low-income families.

Contact Agency
YCDPH-Health Promotions Division Program

Collaborators
Yuma County Health Department, Yuma Fire and Police, YRMC, Cities of Somerton and San Luis, AZ.

BIKE SAFETY: We work with local parks and recreation and law enforcement (many of which are on our SAFE KIDS Coalition)

Funding Source
The funding for the helmets come from donations to SAFE KIDS and all proceeds goes back to SAFE KIDS for additional activities such as bicycle safety rodeos and education classes.
**Project: Sexually Transmitted Disease (STD) Program**

**Objective**
This program deals with disease intervention activities to prevent disease transmission through education and by assuring that people who have a treatable STD or those that have been exposed to STD are, by referral, promptly examined and adequately treated.

**Expected Activities and Outcomes**
STD prevention presentations, with power point, are provided to groups of 12 or more people and are available in English and Spanish as time permits. The STD program, by referral, promotes health and disease management as well as provide support and contact follow-up to insure that clients are screened, examined and treated properly.

**Target Population**
Yuma County Residents

**Contact Agency**
YCDPH-Health Promotions Division

**Collaborators**
Unavailable

**Funding Source**
Unavailable

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**Project: Tobacco Use Prevention Program**

**Objective**
To educate the public about the dangers of Tobacco use and to give support to those trying to quit.

**Expected Activities and Outcomes**
Peer Education : Middle school children are presented with Tobacco prevention education, who then give the same workshops to 5th and 6th grade students. Kindergarten through 4th grade teachers can also receive modified Tobacco Prevention curriculum to present in their classrooms.

**Target Population**
Children and adults.

**Contact Agency**
YCDPH-Health Promotions Division, Tobacco Use Prevention Program

**Collaborators**
Yuma County Prevention and Education, University Cooperative Extension, Puentes de Amistad

**Funding Source**
Unavailable

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**Project: HIV Outpatient Program**

**Objective**
The mission of the office of HIV Services is to prevent further transmission of HIV and to increase the quality of life among those already infected through education, prevention, monitoring, treatment and services. HIV Services are located within the Yuma County Health Department, Health Promotions Division. The program has three staff members and is organized into three divisions: COMMUNITY OUTREACH AND PREVENTION; CARE AND SERVICES; AND SURVEILLANCE AND RESEARCH.

**Expected Activities and Outcomes**
Community Outreach and Prevention – Provides resources to prevent further transmission of HIV infection and delay the onset of symptoms in persons already infected. Services include targeted HIV prevention educational programs, counseling and testing services, workshops, and training. Contact the Health Educator Monday through Friday from 8 a.m. to 5 p.m. Some evening can be accommodated.
Project: HIV Outpatient Program (continued)

Expected Activities and Outcomes
HIV Care and Services – Provides HIV care and support services throughout Yuma and La Paz Counties to persons living with HIV disease. These services are in the areas of medical, AIDS Drug Assistance Program (ADAP), health and social support. The Partner Services Unit can assist HIV positive individuals with informing their sex partners or train providers to perform counseling and referral services for patients.

Surveillance and Research – Tracks the number of individuals infected with HIV in order to watch the trends of the epidemic. This information is used to target prevention activities, HIV care, and support services. HIV/AIDS data for the state of Arizona is available through the Arizona Department of Health Services (ADHS).

Target Population
Services for individual living with HIV/AIDS and their families.

Contact Agency
YCDPH - Health Promotions, HIV Services

Collaborators
Unavailable

Funding Source
Unavailable

Project: Health Start

Objective
Provide referral service for pregnant women and follow-up after birth and give them the best chance for success as the child grows and develops.

Expected Activities and Outcomes
HEALTH START / Comienzo Sano Program provides outreach prenatal education, referral services to pregnant through home visits and prenatal classes. Prenatal classes are held in Yuma, Somerton and San Luis and are bi-lingual and free of charge. Continuing services throughout the course of their pregnancy and follow-up services once the child is born for a period of two years. Low income women living in Yuma, Somerton, San Luis, Wellton and Eastern Yuma County who, wish help with referrals or want education through classes and home visits, are targeted. The purpose of the follow-up visits is to educate the family on: Breastfeeding, family planning, monitoring and referral for immunizations, etc. Also see section on Pregnancy Testing.

Target Population
Pregnant women and recent mothers.

Contact Agency
YCHD-Health Promotions Division, Health Start Program

Collaborators
Unavailable

Funding Source
Arizona Department of Health Services

Healthy Gente
Healthy Border 2010
Objectives Addressed by this Project
Access to care, HIV, Mental Health

Healthy Gente
Healthy Border 2010
Objectives Addressed by this Project
Access to care, Immunizations and Infectious Diseases, Injury and Violence Prevention, Maternal, Infant and Child
**Project: KidsCare**

**Objective**
Unavailable

**Expected Activities and Outcomes**

KidsCare is the Arizona health insurance program for children who do not qualify for AHCCCS.

**Target Population**

All Arizona Residents, with US Citizen status or 5 years legal resident with no current health insurance.

**Collaborators**

Unavailable

**Funding Source**

Unavailable

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**Project: Physical Activity**

**Objective**

Increase physical activity among children and adults of Yuma County.

**Expected Activities and Outcomes**

Provides programs for children (in schools for 4-8 grade) and adults that promote physical activity. The children's program is known as the PLAY (promoting lifetime activity in youth) program and is offered to teachers in all schools from grades 4th through 8th. It is a 12 week, 3 step program that gets children to realize that they can get sixty minutes of physical activity every day by doing everyday things and also by keeping a log of their activities for 8-11 weeks. The adult programs are known as the YTCC (Yuma Take Charge Challenge) and the W.E.L.L. AZ (Walk Everyday Live Longer) program. The YTCC is offered to all ages and focuses on businesses, homes, churches, friends, etc. getting teams of ten together to provide support for each other while setting a personal goal to increase their physical activity level for 12 weeks. The W.E.L.L. Arizona program focuses on adults ages 50 -64 and lasts for 4 weeks. All programs are free of charge to participants.

**Target Population**

Teachers in schools for 4 through 8th graders, adults

**Collaborators**

Unavailable

**Funding Source**

Unavailable

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**Healthy Gente Healthy Border 2010**

**Objectives Addressed by this Project**

Access to care, Immunizations and Infectious Diseases, Maternal, Infant and Child Health
School Health Services
811 W. 16th Street
Yuma, Arizona 85364
Phone: (928) 343-1232
Fax: (928) 782-1942
E-mail: srodriguez1@yumaed.org
Website: http://www.yuma.org

Mission:
District- "Preparing our students to succeed in a global community." Health services- The mission of school nursing is to enhance the education of our students by removing health related barriers to learning and by promoting an optimal level of wellness.

Project: Health Screenings

Objective
• Provide screening for: Hearing, Vision, Blood Pressure, Dental, Height/Weight and Scoliosis
• To identify deficits and make appropriate referrals for remediation and/or find local low or no cost resources for families.

Expected Activities and Outcomes
Remediation of problem and/or continued management.

Target Population
Pre K- 8th grade

Contact Agency
School Nurses of Health Services

Collaborators
YCHD, Lions Clubs, AHCCCS, KidsCare, District Food Services, YRMC, School Based Health Center, Healthy Kids Dental.

Funding Source
YUSD District pays for nurses at each school site, YRMC runs School Based Health Center, various primary care providers.

Healthy Gente
Healthy Border 2010
Objectives Addressed by this Project
Access to care
Mission:
To improve the health and well being of individuals, families and the communities we serve, through excellence, innovation and prudent use of resources.

Project: Lifeline

Objective
Connects individuals to the support of neighbors, friends, and emergency service in the community. The individual served is able to directly contact trained Lifeline staff 24 hours a day from around their home or yard by simply pressing a button.

Expected Activities and Outcomes
Unavailable

Target Population
All Yuma County residents.

Contact Agency
Yuma County Regional Medical Center

Collaborators
Unavailable

Funding Source
Unavailable

Project: Yuma Regional Medical Center-Diabetes Education

Objective
Provides comprehensive diabetes education and support to manage all phases of diabetes mellitus. Patients who participate in diabetes self management training class will experience fewer diseases and related complications, decreased hospital visits, greater compliance with disease management and enhanced quality of life.

Expected Activities and Outcomes
Patients who participate in diabetes self management training class will experience fewer diseases and related complications, decreased hospital visits, greater compliance with disease management and enhanced quality of life.

Target Population
Residents of Yuma County.

Contact Agency
Yuma Regional Medical Center

Collaborators
Unavailable

Funding Source
Unavailable
Project: School Health Care Program

Objective
Sponsor the only hospital-based mobile unit health clinic taking medical care to Arizona school children. The clinic is part of the School Health Care Program, which serves six elementary school districts from San Luis to Dateland.

Expected Activities and Outcomes
The key component of the program is health education for children and their parents to prevent medical problems.

Target Population
Various elementary schools.

Contact Agency
Yuma Regional Medical Center

Collaborators
Unavailable

Funding Source
Unavailable

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Project: Helping Victims in their Time of Need

Objective
Yuma Regional Medical Center is a participant in the effort to support victims of sexual and domestic violence at Amberly’s Place.

Expected Activities and Outcomes
YRMC is equipped and is maintaining medical examination room at Amberly’s place designed to offer a safe environment for victims in a fragile state of mind.

Target Population
Victims and families of sexual and domestic violence.

Contact Agency
Yuma Regional Medical Center

Collaborators
Unavailable

Funding Source
Unavailable