

ARIZONA  
RURAL WOMEN'S  
HEALTH INITIATIVE

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

## HEALTH MATTERS FOR RURAL WOMEN

SEPTEMBER • OCTOBER 2009

**Arizona Rural Women's Health Network Update**

The Arizona Rural Women's Health Network participated in a panel discussion at the 36th Annual Arizona Rural Health Conference August 3 and 4 in Flagstaff. The panel, moderated by Holly Crump, was titled "Good to Great: Improving Health Outcomes for Rural and Underserved Arizona Women." Panelists included Jeri Byrne of EAHEC, Lourdes Paez-Baddi of SEAHEC, Agnes Attakai of UA MEZCOPH, and Keiotha Blake of WAHEC. The excerpt below is from the Rural Women's Health Network newsletter detailing Lourdes' domestic violence discussion.

**Breast Cancer and Domestic Violence Awareness Month**

October is the national awareness month for two issues adversely affecting Arizona's rural women: breast cancer and domestic violence. Though Arizona has a lower incidence of breast cancer diagnosis and mortality in comparison to other states, rural women report higher rates of cancer and are more likely to be diagnosed at a later stage of cancer than urban women. According to the American Cancer Society, breast cancer is the most commonly diagnosed cancer and 2nd leading cause of death for women in Arizona. Nationally, Hispanic women die of breast cancer more than any other cancer. Regular mammograms are key to early detection. This issue of Health Matters provides resources for community partners to raise awareness of breast cancer and the importance of mammograms.

As of August 17, there have been 73 domestic violence related deaths in Arizona, and 35 women have died at the hands of an intimate partner or family member. The AZ Coalition Against Domestic Violence (AZCADV) reports that the current economy has multiple impacts on the incidence of domestic violence: victims may not be financially able to leave their relationship, the severity of violence increases during bad economical times, and the lack of jobs increases the time that victims must stay in already overburdened shelters. While AZ has made progress in reducing domestic violence in recent years, potential budget cuts to shelter funding and other resources for battered women make it even more imperative that we provide resources to victims. See page 3 for more information.

**"Good to Great": Perspectives on Domestic Violence from the Conference**

70% of the Domestic Violence cases seen in emergency rooms would not have been repeated visits if the domestic violence issues had been addressed on the first visit. Most of the women said, "They didn't ask me if I had been abused." The personnel relied on family members to translate and verify information, and the patients found this too threatening to openly share the family violence. Hired staff to interpret and dialogue with the patients would be beneficial and support trusted conversation. In addition to increased awareness in Domestic Violence medical interactions, Lourdes offered the Clothesline Project

as a successful tool to bring domestic violence awareness to communities. The Payson community experimented with the project and included some of the tee shirts on their rodeo parade float. A community campaign will include this activity for October's Domestic Violence awareness month. Learn more about The Clothesline Project on page 4.

*For more information about the Arizona Rural Women's Health Network, contact the Network Coordinator, Holly Crump, at [coppercutup@msn.com](mailto:coppercutup@msn.com).*

## RESOURCES

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### The Community Guide for Program Development

The Community Guide is a resource to help you develop effective programs by reviewing the literature on existing interventions for a variety of health topic, including breast cancer. The guide offers a review of client-oriented and provider-oriented interventions to increase breast cancer screening. Among the client-oriented interventions, the following types were classified as recommended:

- Client reminders
- Small media (videos, printed materials, letters, brochures, newsletters)
- One-on-one education
- Reducing structural barriers
- Reducing out-of-pocket cost

To learn more, visit:  
[www.thecommunityguide.org/cancer/index.html](http://www.thecommunityguide.org/cancer/index.html)

### Educational Materials from Susan G. Komen for the Cure of Arizona

The Tucson affiliate of Susan G. Komen for the Cure provides materials such as breast self-exam shower cards, mammogram info cards, and other pamphlets. Call the office at (520) 319-0155 for more information.

The Phoenix affiliate website provides breast self-awareness cards in different languages that you can download and print. Visit the website at [www.komenphoenix.org](http://www.komenphoenix.org) or call (602) 544-2873 for more information.

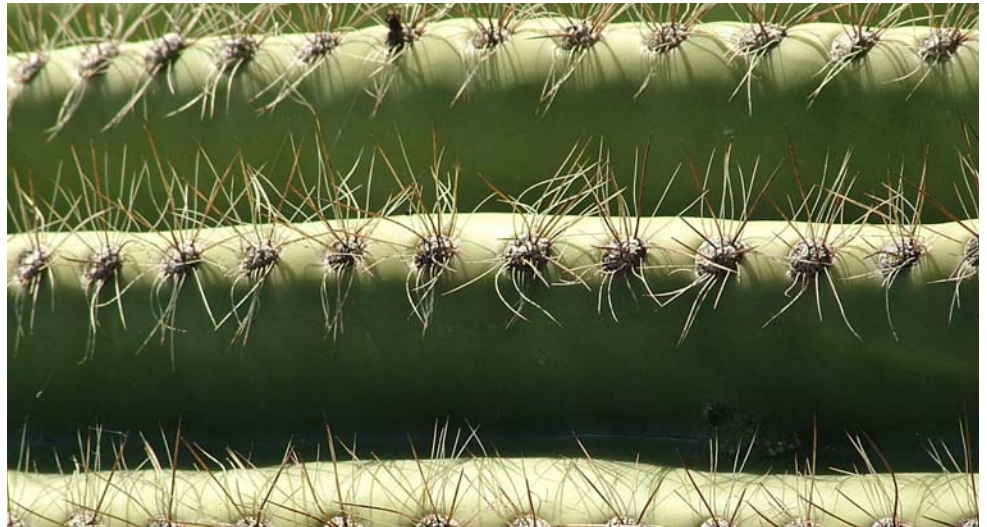


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### Well Woman HealthCheck Program

The Well Woman HealthCheck Program is a state-wide program that provides free cancer screening to women that qualify. The program is operated by the Arizona Department of Health Services through a cooperative agreement with the Centers for Disease Control and Prevention. Women on the program may receive the following services:

- Clinical breast exam
- Mammogram
- Pelvic exam
- Pap test

#### Online Info

For more information, visit:  
[www.wellwomanhealthcheck.org](http://www.wellwomanhealthcheck.org)

#### En español:

[www.wellwomanhealthcheck.org/index\\_sp.htm](http://www.wellwomanhealthcheck.org/index_sp.htm)

To learn how to enroll and determine eligibility, contact information is available by county:  
[www.wellwomanhealthcheck.org/how\\_to\\_enroll.htm](http://www.wellwomanhealthcheck.org/how_to_enroll.htm)

### More Resources for Early Detection and Cancer Risk

#### Breast and Cervical Cancer Early Detection Program

The Centers for Disease Control and Prevention offers specific early detection programs for the Hopi Tribe and Navajo Nation.

#### Hopi Tribe

PO Box 123  
 Kykotsmovi, AZ 86039  
 (928) 734-1150

#### Navajo Nation

PO Box 1390  
 Window Rock, AZ 86515  
 (928) 871-6249 Ext. 23

#### Breast Cancer Risk Calculator

This interactive assessment tool was developed by the National Cancer Institute to be used by health professionals to measure a woman's risk of developing invasive breast cancer in the next 5 years.  
[www.cancer.gov/bcrisktool/](http://www.cancer.gov/bcrisktool/)

#### The Arizona Institute for Breast Health

Provides a second opinion to women who have been diagnosed with breast cancer free of charge. This institute is located in the Phoenix area.  
[www.aibh.org](http://www.aibh.org)

## Southern Arizona Battered Immigrant Women Project wins “Program of the Year” at Rural Health Conference

Undocumented immigrant women who are survivors of domestic violence face challenges beyond those experienced by other women in the US because they may be isolated in a foreign country, in constant fear of deportation and feel at the mercy of their spouse to gain legal status. In rural areas, limited programs and resources exacerbate these challenges. The Southern Arizona Battered Immigrant Women Project has established six task forces to address these issues in Arizona’s seven southern counties: Graham, Greenlee, Cochise, Pinal, Pima, Santa Cruz and Yuma Counties. The task forces have trained thousands of community service providers including law enforcement, health care professionals, educators, victim advocates, legal service providers and community members regarding rights and proper response to victims and survivors. The project’s efforts were recognized by their peers this year, when they received this year’s Arizona Rural Health Conference Program of the Year Award.

During seven years of collaborative work, the Southern Arizona Battered Immigrant Women Project has actively pursued its goal “to improve the access to culturally appropriate services for battered immigrant women, thereby ensuring their rights under the Violence Against Women Act (VAWA),” and its mission of “safety and empowerment for immigrant women and children victims of sexual and domestic violence.” The bulk of this work has involved strengthening relationships between organizations and agencies serving immigrant women in southern Arizona, developing and implementing trainings regarding immigrant women’s rights under VAWA for self-petition and for victims of crime (U) Visas, and building community awareness about the experiences of immigrant women.



PHOTO COURTESY JANET MAJORS

Jeremy Arp, Program Administrator,  
Governor Brewer’s Office for Children,  
Youth and Families Division

Through their local efforts, the Battered Immigrant Women Task Forces have brought together key individuals from multiple sectors of their communities to develop and implement effective mechanisms for coordinated response and support for immigrant victims of violence, as well as for conducting provider for training and building awareness regarding battered immigrant women’s rights. Most recently, their efforts have culminated in the development of a coordinated community response protocol specifically addressing the unique needs of battered immigrant women.

Currently the project is developing a tool kit of a “Protocol for Coordinated Community Response for Battered Immigrant Women” that will be shared with rural communities in addressing this important systemic issue. The Southern Arizona Battered Immigrant Women Project is funded by a rural domestic violence grant from the US Department of Justice to the Governor’s Office for Children, Youth and Families. If you would like to join the Battered Immigrant Women Task Force in your county you may contact your county coordinator (see sidebar).

## RESOURCES

### Task Force County Coordinators

#### Cochise County

Araceli Cabrales  
Catholic Community Services  
acabrales@ccs-seaz.org  
(520)458-9096

#### Graham/Greenlee County

Mount Graham Safe House  
Felicia Padilla  
mgshafm@cableone.net  
(928) 348-9104  
or  
Sonya Ferber  
mgshbiw@cableone.net  
(928) 348-9104

#### Pima County

Montserrat Caballero  
Su Voz Vale  
mcaballero@arizonaschildren.org  
(520) 434-0195

#### Pinal County

Tammy McCarville  
Pinal Hispanic Council  
tmccarville@pinalhispaniccouncil.org  
(520) 466-0921

#### Santa Cruz County

Dora Taddey  
Southeast Arizona Behavioral Health Services  
dtadd7@gmail.com  
(520) 604-6468

#### Yuma County

Aster Garcia  
Amberly’s Place  
agarcia@amberlyspace.com  
(928) 373-0849

## OPPORTUNITIES

### First Annual Arizona Domestic Violence Summit

The Arizona Coalition Against Domestic Violence, along with the Glendale Police Dept and other partners, is sponsoring the first annual Arizona Domestic Violence Summit on October 6, 2009 in Glendale. The summit will feature 12 different workshops with four tracks. The goal of the summit is to provide those working in the field with the tools to keep domestic violence victims safe and hold offenders accountable.

For registration information, contact the AZCADV at (602) 279-2900.

### No Time to Attend a Training?

The AZCADV website has training materials for download, including:

- Lay Legal Advocacy Manual
- Confidentiality Manual
- Sex Trafficking Manual
- Best Practices Manual
- The Policy Manual
- The Model Code Manual
- Court Watch Program Brochure
- Battered Mothers Testimony Project

On the web:  
[www.azcadv.org/get-involved-training-manuals.shtml](http://www.azcadv.org/get-involved-training-manuals.shtml)

## How to Help a Victim of Intimate Partner Violence

Intimate Partner Violence (IPV) is emotional, verbal, physical or sexual violence occurring between partners. IPV takes place regardless of sexual orientation, race, social status, economic status, age group or educational background. IPV is not a heterosexual phenomenon nor is it based on gender. IPV is a choice to exert power and control over one's partner (source: DVAM Fact Sheet).

### *Tips from the Arizona Coalition Against Domestic Violence (AZCADV)*

#### How you can help an individual:

- educate yourself
- active listening
- provide support

- safety planning
- intervene during a violent incident

#### How you can help in the community:

- model safety
- volunteer
- give
- get involved

#### Raise awareness during Domestic Violence Awareness Month:

- wear a purple ribbon
- host a training on domestic violence
- have a silent witness display
- collect cell phones to donate
- display posters or brochures

For additional information or resources on the web, visit <http://dvam.vawnet.org> or call the AZCADV at (602) 279-2900.

## The Clothesline Project

The Clothesline Project is a visual display that bears witness to the violence against women and children. The Clothesline Project comprises t-shirts designed by survivors of abuse and those who have lost loved ones to it. The shirts are hung on a clothesline display to:

- Honor survivors and memorialize victims

- Help with the healing process for survivors and people who have lost a loved one to violence
- Educate, document, and raise society's awareness of about the crimes of violence against women and children

For more information online, visit [www.clotheslineproject.org](http://www.clotheslineproject.org)



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## UPCOMING EVENTS

### 14th Annual Pinal County Domestic Violence Conference

- **Presented by:** Pinal County Domestic Violence Coalition
- **Dates:** Sept. 25, 2009
- **Location:** The Holiday Inn, Casa Grande, AZ
- **Contact:** Cathy Bush (520) 838-0858

### 2009 Hispanic Women's Conference - Latina Power: Rising to Service and Change

- **Dates:** Oct. 1-2
- **Location:** Phoenix Convention Center, South Building, 33 South Third St., Phoenix, AZ
- **Contact:** 602-954-7995 / 888-388-4HWC or [www.hispanicwomen.org](http://www.hispanicwomen.org)

### First Annual Domestic Violence Summit

- **Presented by:** Arizona Coalition Against Domestic Violence
- **Dates:** Oct. 6, 2009
- **Location:** The Comfort Suites, Glendale
- **Contact:** (602) 279-2900

### Rural Health Clinic and Critical Access Hospital Conferences

- **Presented by:** National Rural Health Association
- **Dates:** RHC Conference, Oct 6-7. CAH Conference, Oct 7-9.
- **Location:** Portland Marriot Downtown Waterfront, 1401 SW Naito Parkway, Portland, OR
- **Contact:** [www.ruralhealthweb.org](http://www.ruralhealthweb.org)



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### IHS Adolescent Health Conference

- **Presented by:** The Navajo Area, Kayenta Service Unit and the Adolescent Reproductive Health Project
- **Dates:** Nov. 13 - 14
- **Location:** Window Rock, AZ
- **Contact:** Andrew Terranella at [atandrew.terranela@ihs.gov](mailto:atandrew.terranela@ihs.gov) or 928-697-4203

### Breast Cancer 3-Day Walk Arizona

- **Dates:** Nov. 13-15
- **Location:** Gilbert, AZ
- **Contact:** [www.the3day.org](http://www.the3day.org)

### Native Health Women's Services Domestic Violence Prevention and Intervention Presentation

- **Presented by:** AZCADV
- **Dates:** Oct. 28, 2009, 4-7pm
- **Location:** 3rd Floor, Native Health
- **Contact:** <http://www.azcadv.org/events.php?month=1>

## EDITOR'S NOTE

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

**Jennifer Peters**, Coordinator  
(520) 626-2254 | [petersjs@u.arizona.edu](mailto:petersjs@u.arizona.edu)

**Elizabeth Ferris**, Graduate Assistant  
(520) 626-4937 | [eaferris@email.arizona.edu](mailto:eaferris@email.arizona.edu)

## RESOURCES

### Breast Cancer

**Native Circle** – Native Cancer Information Resource Center and Learning Exchange  
[www.nativeamericanprograms.org/index-circle.html](http://www.nativeamericanprograms.org/index-circle.html)

**Vida! Breast Cancer Tele-Education Series** - Bio-medical Communications from Arizona Cancer Center  
[streaming.biocom.arizona.edu/categories/?id=114](http://streaming.biocom.arizona.edu/categories/?id=114)

### Arizona Breast Cancer Statistics

- Arizona versus US cancer rates by gender
- Breast Cancer Incidence and Mortality
- Mammography Screening Rates
- Arizona Breast Cancer Fact Sheet

### Domestic Violence

**The Domestic Violence Awareness Project 2009 Resource Packet**  
[dvam.vawnet.org/materials/index.php](http://dvam.vawnet.org/materials/index.php)

**The Arizona Coalition Against Domestic Violence**  
(602) 279-2900 or (800) 782-6400

### Community Information and Referral

(800) 799-7739, in the 602, 623, and 480 area codes, (800) 352-3792, in the 520 area code

### National Domestic Violence Hotline

1-800-799-7233

### AZ Shelters and DV Providers

[www.azcadv.org/domestic-violence-info/list-of-shelters-and](http://www.azcadv.org/domestic-violence-info/list-of-shelters-and)

### Screen to End Abuse, 32-minute video

Demonstrates techniques for screening and responding to domestic violence in primary care settings.  
<http://fvpfstore.stores.yahoo.net/screentoenda.html>