With continued enthusiasm, The College of Public Health is delighted to report on another highly productive year of our Rural Health Professions Program. Our partnership with the Arizona Area Health Education Centers Program provides outstanding opportunities for our faculty, students, and community partners to strengthen their commitment to underserved populations and strengthening health equity in our communities.

The overall goal of our program focuses on increasing the numbers of public health students who practice in rural and underserved communities in the state of Arizona. Our specific objectives include:

**Objectives:**
- To create opportunities for MPH and DrPH students at the College of Public Health to participate in *service learning field experiences* that provide them with direct exposure to and participation in public health programs that are implemented in rural and underserved communities in the state of Arizona.
- To create opportunities for MPH and DrPH students at the College to participate in *service learning courses for academic credit* that increase their knowledge and understanding of public health issues in rural and underserved communities in Arizona.
- To create opportunities for MPH and DrPH students to have positive internship experiences and *fellowship experiences* in rural and underserved communities that will impact their career choices upon completion of their degrees.
- To create opportunities for faculty and academic professionals to *partner with community based organizations to meet the public health needs* of their communities.
- To support *fellowship opportunities* for MPH and/or DrPH students that will provide for participating in public health programs that are implemented in rural and underserved areas in the state of Arizona and will impact their career choices upon completion of their degrees.

**Specific Activities:**

**CPH 597B Maternal and Child Health in Rural Settings of northern Arizona, May 2013:**
This course provides an opportunity for MPH students to understand the complex interaction of the social determinants of family and child health through working in Native American communities in northern Arizona. Through presentations and conversations with staff working for federal, tribal and state health care agencies, Native healers and reservation residents, students learn about the array of local health care services, and the challenges and strategies of health care systems working to serve
rural, culturally distinct populations.

This course uses an Exchange of Skills teaching approach. During the week long course, students are paired with tribal community health workers or community health representatives (CHR) on the Hopi, Acoma and Navajo reservations. CHR takes students on a home visit to observe and assist with services provided by CHR. This year, students provided nutrition education, reduced risk of injury by rearranging electrical cords and throw rugs, and hauled water. In return, students built CHR’s skills in looking for credible health information from the internet and in developing simple power point presentations for community presentations and educational handouts. This year, the students had an opportunity to gain insight into spiritual and social health and healing by visiting the traditional Acoma Pueblo (the residence of the religious leaders) and hearing the philosophy and songs of a traditional Navajo healer, learning about Native American Church ceremonies and songs, experiencing the camaraderie generated by building a ramada and bread making outside on an open grill. In their final representations and papers, students report an understanding of the unique skill set of CHR, the challenges created by unmaintained/muddy road and long distance to health care clinics, the need for better coordination between health care systems, and the importance of social and spiritual health in overall well-being.

Figure 1 Students collaborating to make tortillas for a “ramada” building gathering

CPH 597A Family and Child Health Issues in Urban Settings in Tucson, Arizona, August, 2013:
In light of monumental changes in our Nation’s health care system, we focused this year’s Family and Child Health Issues in Urban Setting (CPH 597A) service learning course on the Patient Protection and Affordable Care Act (ACA). Beginning in March 2013, course faculty worked closely with leadership of the Pima County Health Department, El Rio Community Health Center, and the Pascua Yaqui Health Department to prepare opportunities for critical dialogue on the development of the new health care law, and its implications for health care delivery and public health. We specifically focused our understanding of the ACA from perspectives of the uninsured and underinsured, immigrant, and refugee families and citizens of sovereign tribal nations.
Our service-learning component was in direct response to community partners need to prepare for outreach, education, and training related to the ACA among staff and clients. Beginning in March, course instructors and partnering agencies developed agency qualitative and quantitative survey instruments. Over the course of the week-long course, master’s and doctoral level service-learning students conducted the surveys and lead focus groups with clients and staff, perform quantitative and qualitative analyses and prepared a brief report and presentation on their findings and recommendations for partners.

Students also engaged in a daylong activity that focused on the various ways the Affordable Care Act may affect immigrant families. The day began with representatives of Clinica Amistad, a non-profit organization with the primary goal to provide free health care to low income communities of Tucson. The organization is integrated by a large group of volunteers including primary care providers, registered nurses, physical therapists and holistic and integrative health care practitioners. The students also attended “Operation Streamline” and met with human rights leaders to discuss the impact of our immigration policies on the health and well-being of families in our community. Finally, students facilitated a community meeting on the ACA with over 60 parents from various refugee and immigrant families. Tucson Unified School District (TUSD) approved this activity and provided equipment and certified interpretation for the five unique language groups.

Figure 2 Students and Faculty of the Family and Child Health Issues in Urban Settings.

CPH 597C The Border Health Service Learning Institute in Yuma Arizona, August, 2013: Understanding the complex relationship of migration, health and economic development at the U.S.-Mexico border is an incredible challenge for our students and faculty. Each year this course rotates to a different border community to develop a deeper understanding of these connections and their relationship to health disparities. This year the Border Health Service Learning Institute was conducted in the communities of Somerton/San Luis Arizona and San Luis Rio Colorado with fifteen students. We were hosted by WAHEC for the entire week. One of the outstanding highlights of the week included delicious and nutritious meals provided by Main Street Café of the Regional Center for Border Health. We had an extremely full week with service activities in partnership with Yuma County Health Department, San Luis Rio Colorado Health Department, Campesinos sin Fronteras, Sunset Community Health Center, Regional Center for Border Health and El Centro Independiente de Trabajadores Agricolas. The students had the opportunity to partner with community health workers in three different organizations to
participate in outreach activities including monitoring tobacco sales to minors, delivering educational sessions on diabetes prevention, pesticide exposure, and community invitations to immigration reform forums. Working with the San Luis Rio Colorado Public Health Department the students were front and center in several different “colonias” assisting in public health outreach for immunizations, dengue prevention and primary care. The Yuma County Health Department provided the opportunity to work directly with mosquito trapping for Dengue and West Nile prevention and control.

This was our first year of partnering with the Centro Independiente de Trabajadores Agricolas, which is a non-profit organization funded through Catholic Relief Services to provide services to connect agricultural workers from Mexico with employers utilizing H2A workers in the United States. Workers and growers sign a “code of conduct” ensuring ethical employment practices and responsible workers. Students learned how worker salaries in the United States provided for investments in health and education with worker families in Mexico and opened doors to new opportunities for worker families. Students talked with workers in asparagus fields of San Luis and examined occupational and environmental health issues impacting this population. Students also visited with programs in Mexico providing for the health and welfare of migrants deported to San Luis Rio Colorado. Students presented their final team reflections at the end of the course to community partners and faculty integrating migration, health and economic development within a framework of advocacy and elimination of health disparities.

Figure 3  Students presenting final reflections to faculty and community partners in Yuma

**CPH 597D The Rural Health Service Learning Institute in Thatcher/ Safford area, August, 2013:**

The title of our 2013 Rural Health Service Learning Institute was "Frontiers of Community Public Health," and during the week of August 12-17, 14 students and four faculty members from the MEZCOPH experienced many of those frontiers, along with our community partners in Graham County and the San Carlos Apache Reservation. Highlights of the course included: a windshield orientation to the Safford and Thatcher communities by Bill Brandau, a 37-year resident of the area and Director of Graham County Cooperative Extension; a trip to the San Carlos Apache Reservation – where we visited the San Carlos Apache Cultural Center to learn about their history and culture and experienced a delicious traditional meal made by Herb Stevens, Cultural Center Director, and his cousin; a day spent on oral health education for pre-school children in Pima, Arizona who attend Headstart at the Dan Hinton School for special needs children – led by Cindy Pearson, Program Coordinator for Graham County Cooperative Extension; work at Our Neighbor's Farm in Safford starting at 6 AM! – where we broke into groups and worked with community volunteers to harvest fresh vegetables and fruit for Our neighbor's Pantry to augment food bank supplies; a visit with Mt Graham Regional Medical Center
leadership – where Dr. Dan Derksen, Arizona Center for Rural Health Director and Professor in the Zuckerman College of Public Health, led a discussion about rural health workforce issues and the Affordable Care Act’s new Health Insurance Marketplace and the positive impact it will have on the health of rural Arizona residents who are currently uninsured or underinsured; and after-school sessions at the Safford Boys and Girls Club – where our students provided health education the children need to grow into healthy teenagers, and information about health careers and how to prepare to go to college.

Figure 4 MPH students Annie Schiffmacher, Erin Lockley, John Lopez and Shiana Ferng read the Dr. Seuss Tooth Book to Headstart students to help them understand the importance of taking care of their teeth

The course ended on Saturday morning with a Community Partner Thank You Breakfast, hosted by the EAHEC, where the students reflected on their learning experiences during the week and answered questions from the community partners. Everyone at the breakfast agreed that it was great week of reciprocal learning, and discussed next steps, including internships and other opportunities. All of the students, most of whom were at the beginning of their MPH studies, felt that this rural health service-learning experience had opened up new frontiers of community public health for them that they would continue to think about and be able to relate to the rest of their MPH studies. And they are planning to visit Safford again for the Salsa Fest on September 28 – the hottest event in Southern Arizona with hot air balloons, live entertainment, delicious food, Chihuahua races, and the chance to sample some of the greatest salsas on the Southwest Salsa Trail.

CPH 597F Phoenix Urban Service Learning, March, 2013:
University of Arizona Mel and Enid Zuckerman College of Public Health students spent a week in the community, gardening and collaborating with community groups in an intensive service learning course focusing on underserved populations in Phoenix. Ten master’s students participated in the course that ran from Sunday, March 10th through Friday, March 15th, 2013. Students spent a week in the community, partnering with health and social service groups throughout central Phoenix. The students worked with Tiger
Mountain Foundation community garden and with Valley View Elementary School’s community garden. Faculty and students also collaborated with the Valle del Sol and Central Arizona Shelter Services to better understand the public health needs of the individuals they will serve.

Figure 5 Students Erika Schuster, Casey Piermarini and Teresita Oaks as they prepare to take a bus visit to organizations serving mothers and children in the region.

CPH 594B Rural Health Policy Practicums:
This year four students participated in our Rural Health Policy Practicums: Benjamin Brady, a MPH student, surveyed by phone all rural hospitals under 50 beds in the state on the status of their community needs assessment required by the IRS. Ali Gabriel, a PhD student, worked with the Hopi Health Care Center to update their hospital strategic plan. Matthew Eckhoff, a MPH student, conducted a focus group of southern Arizona and other Fire Departments/EMS Services on planning for the implementation of Community Paramedicine and Nicholas Jennings, a PhD student, worked with workforce data to develop a report on the needs to the state’s rural communities’ health workforce needs along with a secondary literature review of workforce ratios by population size.

Internships and Fellowships:
Three MPH students are completing their internships through the Rural Health Professions Program this year. Two internships were conducted in the SEAHEC region, one in the GAVAHEC region and one in the NAHEC region. Our DrPH doctoral fellow, Samantha Sabo defended her dissertation in the spring and was awarded her doctoral degree (DrPH) in May, 2013.

Final Comments:
Again, it has been a very productive year for our Rural Health Professions Program. All of the service learning courses have large numbers of enrolled students and several courses have waiting lists. This past year two additional concentrations modified their requirements to include a requirement for all of their MPH students to take a service learning course (Health Behavior, Health Promotion concentration and the Policy and Management concentration). Family and Child Health, Public Health Practice and the DrPH all require two service learning courses. We are excited about this growth but it is also a challenge to assure that we are able to meet the demand of students within our College who are interested in taking these courses as well as to incorporate inter-professional opportunities for students in other health science schools. We attempted to broaden the Rural Health Service Learning Course to include students from other schools, but there were numerous issues with schedules for faculty and students. We will continue to collaborate with IPEP in order to develop mechanisms for encouraging service learning courses which will include inter-professional opportunities for our students and faculty. As always we look forward to a continued strong partnership with our AHEC program as we grow.
2013 SERVICE-LEARNING INSTITUTES

One week. One life changing opportunity.
Community Engaged Learning: Increasing Capacity to Eliminate Health Disparities

CPH 597F Phoenix Urban Service Learning
March 10-15, 2013 - SPRING BREAK
Central Phoenix
Explore public health policy and action in Phoenix, one of the country’s fastest growing cities. Interact with state and community based programs meeting the needs of a diverse metropolitan city.
Instructors: Cecilia Rosales and Janet Foote

CPH 597B Maternal and Child Health in Rural Settings
May 12-18, 2013 - Summer Pre Session
Hopi and Navajo Nations
Northern Arizona is diverse and expansive. Interact with tribal and rural health systems that serve children and families.
Instructors: Nicky Teufel-Shone

CPH 597D Rural Health Service Learning Institute
May 13-18, 2013 - Summer Pre Session
Safford, Arizona
Historical mining and cotton communities of Arizona come alive through participation in health promotion and community collaboration.
Instructors: Lynda Bergsma and Karen Heckert

CPH 597C Border Health Service Learning Institute
August 11-16, 2013 - Register Fall
Yuma, Arizona – San Luis Rio Colorado, Sonora, México
Grab your passport and prepare for a binational, bicultural experience. Explore the role of public health advocacy in globalization, migration and health.
Instructors: Cecilia Rosales, Jill Guernsey de Zapien and Eric Lutz

CPH 597A Maternal and Child Health in Urban Settings
August 11-16, 2013 - Register Fall
Tucson, Arizona
Whether you have lived in Tucson all your life or are newly transplanted, this course will immerse you in Pima County agencies that serve the public health needs of children and families.
Instructors: Nicky Teufel-Shone, Samantha Sabo and Stephanie Rainie

Registration Begins
January 9, 2013
Contact course Instructor for registration approval

Service-Learning is a teaching and learning strategy that integrates meaningful community service with instruction and reflection to enrich the learning experience, teach civic responsibility, and strengthen communities.

- Courses require out of town travel. Long days.
- Food and lodging are paid. Students are responsible for tuition.
- Open to all masters (MPH) and doctoral (DrPH/PhD) and dual degree public health students.
- Due to high demand for these courses- enrollment is limited to two service learning courses.

Sponsored by the
Rural Health Professions Program
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The Mel and Enid Zuckerman College of Public Health