

## Community Action Board

### Co-Chairs:

Susan Kunz, Mariposa Community Health Center  
(MCHC)/Platicamos Salud  
Floribella Redondo, Campesinos Sin Fronteras

### Past Chairs:

Ila Tittelbaugh, Pima County Health Dept.  
Evelyn B. Whitmer, University of Arizona  
Cooperative Extension (Cochise Co.)

### Members:

Tina M. Aguilar, Pascua Yaqui Nation  
Jennie F. Becenti, Tohono O'odham Nation Dept. of  
Health and Human Services  
Jill Bullock, Marana Health Center (MHC) Healthcare  
Darcy Dixon, University of Arizona Cooperative  
Extension (Santa Cruz Co.)  
Lea Dodge, Douglas Area Food Bank, Inc.  
Gail Emrick, South East Area Health Education  
Center  
Robin Falconer, Cochise County Health Dept.  
Gwen Gallegos, Carondelet Holy Cross Hospital, Inc.  
Miranda Graves, Arizona Dept. of Education  
Robert Guerrero, Arizona Dept. of Health Services  
Vaira Harik, Cochise County Health Dept.  
Frances Herrera, Regional Center for Border  
Health, Inc.  
Trish Herrmann, Arizona Dept. of Health Services  
Carol Huddleston, Douglas Turning Point Initiative/  
Cochise County Board of Health  
Susan Lange, Chiricahua Community Health Centers,  
Inc. (CCHCI)  
Penny Marshall, Mercy Care  
Patty B. Molina, MCHC  
Lucy Murrieta, Sunset Community Health Center  
Rich Polheber, Carondelet Holy Cross Hospital, Inc./  
Carondelet Health Network  
David Rogers, Sunset Community Health Center  
Jennifer "Ginger" Ryan, CCHCI  
Juanita Theis, Pascua Yaqui Nation  
Cynthia Thomas, Arizona Community Health  
Outreach Worker Network (AzCHOW)  
Emma Torres, U.S.-Mexico Border Health  
Commissioner/Campesinos Sin Fronteras  
Marlene Wade, Carondelet Holy Cross Hospital,  
Inc./Carondelet Health Network

## Faculty and Staff

### Director/Principal Investigator

Lisa K. Staten

### Affiliated Faculty

Christina Cutshaw	Denise Roe
Rebecca Drummond	Cecilia Rosales
Jill Guernsey de Zapien	Samantha Sabo
Maia Ingram	Kenneth Schachter
Kerstin M. Reinschmidt	

### Affiliated Staff

Griselda Martinez	Sonia Medina
Rosie E. Stewart	
Susan Hanson—Business Manager	
Mary Contreras—Administrative Associate	
Tanyha Nelson—Data Entry Operator, Senior	

### Community-Based Support

Rosa Lidia Alvidrez  
Martha Barrera  
Maria Lourdes Fernandez  
Blanca Robles

### Consultants

Joel Meister

## Where to Find Us

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### Website:

<http://www.crcphp.publichealth.arizona.edu/>

June 2009

# Canyon Ranch Center for Prevention and Health Promotion



*Promoting the Health of  
Multiethnic Communities in the  
U.S.-Mexico Border Region*

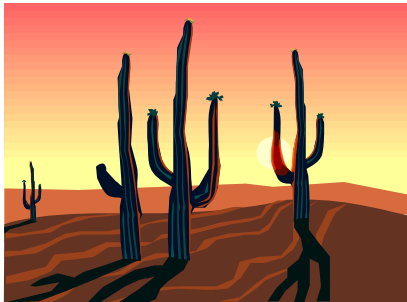


Mel and Enid Zuckerman  
College of Public Health

Website: <http://www.publichealth.arizona.edu/>

## CRCPHP Mission

The Canyon Ranch Center for Prevention and Health Promotion (CRCPHP) partners with communities to improve the health and well-being of people living in the U.S.-Mexico Border States through research, training, advocacy and policy change.



The Center is one of 33 Prevention Research Centers funded by the Centers for Disease Control and Prevention.

## CRCPHP Goals

- ⇒ To contribute to the reduction of health disparities and improvement in health status of multiethnic communities primarily in the U.S.-Mexico border region.
- ⇒ To make a significant contribution to the application and evaluation of participatory research strategies in these communities.

## Participatory Research Projects

### Prevention and Control of Diabetes:

#### **Behavioral Interventions**

- ◆ **Education for people living with diabetes**—The goal of this intervention is to find out if participation in group education sessions and follow-up support by a community health worker helps diabetic patients make healthy changes to their lives and better manage their diabetes.
- ◆ **Diabetes and the Family/*La Diabetes y La Unión Familiar***—The goal of this intervention is to find out if participation in family education sessions and follow-up support from a community health worker will teach family members how to better support the family member with diabetes and increase their prevention knowledge, skills, and behaviors.
- ◆ **Steps Forward/*Pasos Adelante***—The goal of the Steps Forward program is to find out if participating in educational classes and walking clubs will increase physical activity and improve eating patterns.

#### **Environment and Policy**

- ◆ **Local Special Action Groups (SAGs)**—The SAGs are designed to link all of the behavioral interventions to a broad coalition of organizations from diverse sectors within the community. While the behavioral interventions focus on specific community driven activities, the focus of the SAG is developing and implementing policy as well as monitoring its outcomes and success stories.

## Program Evaluation

- Healthy Start (Mariposa Community Health Center)
- Salud Para Todos (Campesinos Sin Fronteras)
- Arizona Department of Health Services Diabetes Prevention and Control
- Arizona Department of Education Coordinated School Health



## Capacity Building and Training

- Arizona Community Health Outreach Workers Network (AzCHOW)—Leadership Development
- Community Health Worker Evaluation Toolkit
- Border Women's Health Institute (Mariposa Community Health Center)
- Border Health Service Learning Institute
- Masters of Public Health Courses