



ARIZONA

The **Preventive Health and Health Services (PHHS) Block Grant** provides funding for health problems in Arizona that range from melanoma cancer deaths to chronic diseases to lack of water fluoridation. PHHS Block Grant funds allow Arizona to apply dollars to public health problems where no funding or inadequate funding is available to address health problems. PHHS Block Grant funds allow Arizona to use dollars **where** they are needed, **when** they are needed to protect the public's health. The advisory committee selected six programs for funding including sun safety, physical activity promotion; falls and injury prevention; water fluoridation, rape prevention education; data and information systems. Examples include the following:



Melanoma Cancer Deaths—Skin Cancer Prevention

These funds can be credited for providing the education and awareness to policy and lawmakers and resulting in Arizona's legislature passing a mandatory sun safety curriculum in grades K–8. Funds are used to implement the SunWise program in the state's 1,100 elementary and middle schools. SunWise teaches children about the harmful effects of the sun and how to prevent melanoma and other skin cancers by protecting their skin. In the past year, the English and Spanish curriculums were implemented in Arizona's 122 school districts.



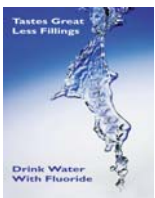
Physical Inactivity in Children and Adolescents—Physical Activity Program

Promoting Lifetime Activity for Youth is a 12-week classroom teacher-based behavior modification program aimed at increasing self-directed and lifetime sustainable physical activity behaviors in students in grades 4–8 to prevent a myriad of chronic diseases. The program focuses on fun, non-skill based, and non-competitive games. Funding provides for implementation in 120 schools reaching 23,056 students and 849 teachers. Approximately 3,620 Arizona students achieved the Presidential Active Lifestyle Award, bringing Arizona's total for 2005 to 15,435. More than 130 community-based events were sponsored for youth and their families reaching 24,000 youth. Funds were also used for collaboration and training with county health department partners.



Physical Inactivity in Adults—Physical Activity Program

Funds are used to support adult behavior change programs such as the Walk Everyday Live Longer (WELL) program, a 5-week pedometer program, and other programs to increase physical activity levels in adults and older teens. In 2005, 3,196 adults completed WELL or other behavior changing programs. Approximately 13,208 adults participated in community events. There were 7,000 residents that participated in 60 National Trails Day events. The Arizona Governor's Council on Health, Physical Fitness and Sports' Family Fun Run and Walk had more than 1,500 participants, families and individuals, in their day of physical activity and health screenings.



Community Water Fluoridation—Oral Health

Funds are used to develop and widely distribute educational materials, in both English and Spanish, aimed at increasing public awareness of the important benefits of community water fluoridation. Workshops are being held in collaboration with the Arizona Dental Association for key members of two major non-fluoridated communities. As a direct result of last year's PHHS Block Grant funded fluoridation workshop, Page, Arizona, has put fluoridation on the November ballot.



Falls Prevention for Older Adults

Funds are used to support a focus on healthy aging through a fall prevention public education program. Partnerships with the Active Arizona Coalition, the Advisory Council on Injury Prevention and the Governor's Council on Aging are moving fall prevention education and awareness forward.

Arizona Department of Health Services

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Eat and Play the Native Way: Preventing Diabetes with Navajo Nation Schoolchildren

Issue:

American Indians and Alaska Natives suffer from the world's highest rates of diabetes, a disease that, when left untreated, can lead to loss of limbs, eyesight and other serious health problems. Once limited to adults, diabetes is increasingly affecting American Indian and Alaska Native children and adolescents, something of particular concern in Arizona, home to 255,879 American Indians.

- Diabetes in American Indians/Alaska Natives aged 15–19 years increased 106% from 1990–2001.
- Approximately 15.1% of American Indians/Alaska Natives have diabetes, while diabetes affects 7% of the overall population.
- About 5% of Arizona's population is American Indian, compared to less than 1% of the total U.S. population.
- Diabetes cost the United States \$132 billion in 2002.

Intervention:

This program addresses two of the most important risk factors for diabetes—physical inactivity and poor nutrition. Recognizing the importance of the health issues these risk factors cause and that tradition and culture are highly honored by the Navajo population, *Eat and Play the Native Way* was developed in 2002. Funded by the Preventive Health and Health Services (PHHS) Block Grant, the Coconino County Health Department and the Navajo Nation's Kaibeto Boarding School developed this program using the evidence-based Promoting Lifetime Activity for Youth Program as a foundation. The program elements include the following:

- Teaching six traditional and culture-based lessons for children in grades K–3 to introduce the concepts of physical activity and healthy eating.
- Teaching traditional Native American physical activity games, such as Choom-Choom Game, Hot Rocks and Hoop Toss.
- Educating students on the importance of healthy eating using traditional Native American foods, such as sumac berries, hominy, and piñon nuts.



Impact:

2002—157 students and eight teachers at Kaibeto Boarding School participated in the pilot test of *Eat and Play the Native Way*.

2003/2004—1,072 students and 59 teachers in five Navajo Nation schools participated in the program.

2005—Continued implementation of the program with an evaluation component.

Until the evaluation of the program is complete, its success can be measured by feedback from students and teachers. Feedback from participant educators includes—

"The program has been well received and uniquely meets the physical activity, nutritional education and the cultural needs of our students."

"Before the implementation of the Eat and Play the Native Way program, there was no consistent and comprehensive health education for these grade levels at these schools. The lesson plans give teachers a new resource for introducing nutrition and physical activity concepts."

Future PHHS Block Grant funding of this program will allow for continued program improvement, outreach to more Navajo children and dissemination to the other 20 American Indian Nations in Arizona.

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