Congratulations to “Grow Your Own” Alumni, Megan Perez

By: Freddie Jaquez

In April 2010, Megan Perez, a bright young high school student from Del Norte High School in the San Luis Valley applied to the San Luis Valley Area Health Education Center’s “Grow Your Own” Summer Health Careers Institute. Megan had a 3.5 grade point average, and her application showed significant volunteer involvement in her community. In her exceptional application essay, she stated that college was the next stepping stone for a future career in medicine. Megan was unanimously selected for the “Grow Your Own” program and became a model student enhancing the program with her wit, intellectual perception and beautiful smile. After one week of academia at Adams State University,

Continued on page 2
Megan was placed at Rio Grande Hospital as a Healthcare Support Worker for her summer work experience practicum. She completed all requirements of the program’s Student Health Careers Guild. Megan graduated from Del Norte High School in May, 2012. After graduation, she took a well-deserved trip with a national honor choir through Europe.

In the fall of 2012, Megan became a freshman at the University of Colorado Denver in the BA/BS-MD Program. While an undergrad, Megan was very involved in campus and community activities. Some of her accomplishments include: an internship for BA/BS-MD practicum designing a community project focusing on health-based needs and service learning in Jefferson County, student observer/mentorship shadowing Dowin Boatwright, MD at Denver Health Medical Center, participated in the Pre-Health Program at the Anschutz Medical Campus Saturday Academies, research member for the University of Colorado Physics Department and, she was an intern at Assistive Technology Partners creating reference guides for Connect for Health Colorado. In her spare time, she visited hospice patients in the community.

Megan graduated magna cum laude from the University of Colorado Denver with a BS in Biology on May 14, 2016. She has been accepted into the University of Colorado School of Medicine on the Anschutz Medical Campus for fall 2016. She received the Western Stock Show Trust Scholarship to attend medical school. SLVAHEC is extremely proud of our own “Grow Your Own” alumni, Megan Perez!
SLV N.E.E.D. (Naloxone-Education-Empowerment-Distribution)

Naloxone Saves Lives

Three lives have been saved in the San Luis Valley due to the training and administration of Nasal Narcan by law enforcement officers in the field. The staff at the San Luis Valley Area Health Education Center are very excited by this recent news.

The Alamosa Police Department had its first use of Naloxone since receiving training and issuance of the nasal application. On Thursday, April 14, 2016 at 3:37 p.m., Alamosa Officers responded to a residence within the city limits in reference to a female who was not breathing. Once at the residence, officers discovered the unresponsive female. Detective Tyler Schmidt, Captain Sam Maestas, Captain Ken Anderson and Officer Jason Russell began rendering aid by providing rescue breathing. As the officers rendered aid, they discovered that the subject may have suffered an overdose of an opiate based narcotic. They confirmed this information and Detective Tyler Schmidt administered four milligrams intranasal Naloxone via an atomizer that was provided by the San Luis Valley AHEC (Area Health Education Center). Officers continued to render aid until Alamosa County Emergency Medical Service personnel arrived and took over care of the subject. Shortly afterward, the subject regained consciousness. It was later discovered that the actions of the officers and the administration of Naloxone were instrumental in the preservation of her life.

Alamosa Sheriff’s Office and Monte Vista Police Department have also both used Nasal Narcan Kits as well; saving the lives of the persons that overdosed in both cases. “All of these police officers are really stepping up to the plate when it comes to recognizing opiate related overdose and administering the Nasal Narcan. Three lives have been saved!” stated Shane Benns, Health Educator for SLVAHEC and coordinator of project SLV N.E.E.D.

For information on the Naloxone training project, please contact Shane Benns at the San Luis Valley AHEC at 719-589-4977.
WCAHEC Partners Disseminate HPV Vaccination Information

The Western Colorado Area Health Education Center (WCAHEC) has collaborated with multiple entities across Colorado to help spread education on the Human Papilloma Virus (HPV). Through partnerships with clinics, health plans, and other AHECs, over 10,000 emails were sent out on behalf of WCAHEC specifically on HPV Immunizations. The Colorado AHEC Program Office on the University of Colorado Anschutz Medical Campus along with the Central Colorado AHEC regional office have helped to reach over 4,000 individuals in the medical community. On the Western slope, several organizations including Mesa County Health Department, Colorado Mesa University, Delta Hospital, Craig Hospital, and several other partners have made sure the important data and educational materials are being utilized.

The WCAHEC office also attended the Summer Youth Options Fair with District 51 and spoke with over 400 parents, students, teachers, and community patrons about the importance of HPV and providing Colorado specific information emphasizing the importance of the immunization.

WCAHEC has also worked with the Colorado AHEC Program Office to assist in medical student, provider, and student immunization presentations. One medical student from the Anschutz Medical Campus along with other healthcare providers educated over 200 students in the Freshman Class at Montrose High School. This informational session gives medical students early exposure to the high importance and necessity of HPV immunizations in clinics. Colorado is working diligently to help spread the importance of HPV vaccinations among youth and through May 1st has reached out to providers, pharmacists and medical staff across the state.

The Human Papilloma Virus Immunization Training and Awareness program is funded by the National AHEC and the Centers for Disease Control and Prevention. The Colorado AHEC Program Office initially administered the Colorado portion of this grant but because of the limited amount of funding involved, it was best for the office to move the grant to one of our regional offices, according to Mark Deutchman, MD, Director of Colorado AHEC. Thus, WCAHEC took over this program to provide continuing education credits to healthcare providers who complete the in-person or online training.
WCAHEC is proud to announce Kathi Kamplain-Wilson, RN, WCC, MSN as the newest member of our small but dynamic team. As the Education Coordinator, Kathi is responsible for expanding WCAHEC’s medical certification and licensure courses and for ensuring ongoing quality instruction of existing training programs.

While her title may be new, Kathi is very familiar with WCAHEC. Since 2006, she’s served WCAHEC in a contract role, first as a CNA instructor and then as the Program Coordinator for the course. “I am very proud of my association with WCAHEC’s long standing Nurse Aid Training Program,” explains Kathi. “We’ve built a reputation for training highly qualified Nurse Aids who are well prepared to test for their CNA licensure and the recent addition of the Qualified Medication Administration Person Program is a nice compliment to our CNA program.”

“Kathi’s enthusiasm for her work radiates to everyone around her,” says WCAHEC Executive Director, Georgia Stewart. “She sees possibilities where others only see problems, and she’s always ready to seize every new opportunity.” After learning that another program had unexpectedly cancelled their CNA courses for the summer, Kathi was quick to seize the opportunity to add an additional class to meet the needs of those students.

Kathi graduated from Regis University’s Master’s of Science in Nursing program with a focus on education in May of 2006. In her spare time, Kathi loves spending time with her granddaughter who enjoys being outside in the garden.

CPR Course Gains Popularity

It’s been nearly one year since WCAHEC began offering CPR certification courses through the American Red Cross. Slowly but surely the course is gaining in popularity as WCAHEC steadily offers the training every third Wednesday of the month.

Earlier this year the American Red Cross updated their training which emphasizes teaching students to work as a team when responding to a cardiac or other first aid emergency.
Central AHEC Goes International!

By: Lin Browning

For the past three years, CCAHEC has been in charge of the Denver Metro Regional Science and Engineering Fair (DMRSEF) which celebrated its 53rd anniversary this year. Recruiting for health careers has been a secondary goal of this popular program which had 37 public, private, and homeschools participating in the fair from seven different counties. From these schools, 382 projects were entered with 447 students registered and competing at the fair. This year over $10,000 in cash and prizes, 175 certificates, and 80 ribbons were awarded to the top science and engineering projects, with more than $2000 being awarded to the Grand Award winners: the Best in Fair for Junior and Senior Division. Four students from our regional fair and one of our students who placed at the Colorado State Science Fair (CSEF) were selected to attend the Intel International Science and Engineering Fair (ISEF) in Phoenix, Arizona.

Courtney Butler, Director, Colorado Science & Engineering Fair at Colorado State University partners with CCAHEC to bring career preparation to students. “ISEF and CSEF give high school and middle school students the opportunity to present their research to an audience outside of their school in a professional and educational manner. By creating a scientific research project, they are truly advancing science and communicating their findings to other scientists is key in today’s world.”

Fair Co-Directors Jennifer Hellier, PhD. and Lin Browning, ED, chaperoned the students for a week of awe-inspiring adventure. ISEF, a program of Society for Science & the Public (SSP), is the world’s largest international pre-college science competition. Approximately 1,700 high school students from more than 75 countries, regions, and territories are awarded the opportunity to showcase their independent research and compete for approximately $4 million in prizes. Intel ISEF unites these top young scientific minds, showcasing their talents on an international stage, where doctoral level scientists review and judge their work.

Edwin Bodoni, a freshman at Cherry Creek High School, looks forward to returning again next year. “Intel ISEF was one of the best weeks of my life! The entire experience was so much fun that I am determined to do my best and qualify again. Creating a science fair project integrates a myriad of skills:
scientific writing, math, statistics, ethics, logic, critical thinking, research skills, and graphic arts.

Participation at ISEF enhances public speaking and presentation skills since projects are judged by top scientists in the world (sometimes even Nobel Prize winners!). It certainly takes preparation and discipline to produce a successful project.”

The event was inspiring for all. Bodoni shared, “At ISEF I met so many other students and professionals who inspired me to become even more interested in science and research. I had the opportunity to view projects and attend lectures, which exposed me to fields of science I knew little about and thought I was not interested in. I changed my mind! I will definitely pursue a science based undergraduate college education because science opens the door to so many exciting professions.” Edwin placed first in a special awards category, receiving $2000 from the American Dental Association.

Sophomore Isani Singh, also from Cherry Creek High School, will never forget her experience at her first International Fair. “ISEF was a life-changing experience. Not only did I get to learn about all the different kinds of sciences, but I also saw the dedication, intelligence, and uniqueness each individual project had to offer.”

“After having my project on Turner Syndrome judged at ISEF, I feel confident about presenting it at conferences all around the world. Aside from seeing projects that have the potential to truly change the world, I got to meet people from all different countries at ISEF. Seeing how students internationally think is an extremely educational process. I made friendships and connections that will last a lifetime.” Isani placed 4th in her category of Biomedical Health Sciences. She plans to continue studying Turner’s Syndrome in years to follow.

Eileen Xia and Sirey Zhang joined the Denver Metro team in Phoenix along with Evelyn Bodoni, who attended as a student observer. Evelyn was invited to attend ISEF as a finalist of the Broadcom MASTERS (Math, Applied Science, Technology and Engineering Rising Stars), the premier science and engineering competition for middle school students.

As CCAHEC begins to gear up for the next DMRSEF in 2017, volunteers and event sponsors are graciously appreciated!
Partnering for Summer Programs Equals Student Success

By: Mitch Fittro

Whether you are a healthcare consumer or provider, the quality of service is of utmost importance. Employers in the healthcare field have expressed that across their pool of young applicants, there is a shortage of what are called “21st Century” or essential skills. These skills encompass simple but valuable attributes that are lacking in today’s workforce such as critical thinking skills, technology use, and interpersonal skills. The aim of our summer program in conjunction with Arapahoe-Douglas Workforce Center, and the Healthcare Pre-Apprenticeship program is to not only expose participants age 18-24 to different careers in healthcare, but to hone these 21st century skills as well. We want to make our participants the most qualified competitive candidates while making sure they have the knowledge/exposure to any health industry job they are interested in.

Participants will have access to experiential learning excursions to the Wellness Center on the Anschutz Medical Campus, the Colorado State Veterans Home, research labs, and a trip to our corporate sponsor, Donor Alliance (an organ procurement organization). A few times throughout the weeks, healthcare professionals will be brought in to speak and have lunch with the participants to give them first-hand knowledge of their career industry and to make participants feel at ease talking to professionals. Participants will also have the opportunity to mock-interview with these professionals at a later date to improve and practice their interviewing skills in a non-pressure situation. At the conclusion of the pre-apprenticeship program, participants will either seek employment at entry level positions or elect to continue their education and training, using funds provided by the Arapahoe-Douglas Workforce Center. Central Colorado AHEC is to see the impact and benefit of this great program and partnership. For more information please contact Mitch Fittro.
Corporate Sponsorship: A Source of Creative Funding

By: Lin Browning

At Central Colorado AHEC, we are working to establish new financial practices to ensure our organizational vitality in an environment of economic uncertainty. In a similar effort to reach our communities, we are seeking partners with similar goals and developing corporate sponsorship in order to achieve our objectives.

According to the National Council of Nonprofits, corporate sponsorship support is a payment by a business to a nonprofit to further the nonprofit’s mission, that is generally recognized by the nonprofit with an acknowledgment that the business has supported the nonprofit's activities, programs, or special event. A successful corporate sponsorship benefits both the charitable nonprofit and its sponsor.

Trevor Hartland, writing in the International Journal of Sports Marketing & Sponsorship, sums our philosophy up well when he states, “In addition to the advertising and promotional aspects of corporate sponsorship, it also provides benefits in the realm of community relations. A comprehensive, ongoing community relations program—including event/program sponsorship—can help virtually any organization achieve visibility as a good community citizen. Organizations are recognized as good community citizens when they support programs that improve the quality of life in their community.”

CCAHEC’s mission is to provide educational programs through academic and community partnerships to address the needs of the healthcare workforce as well as the underinsured and uninsured in central Colorado. We are seeking corporate partnerships with companies who share the passion to improve the workforce and the health of our communities. Working together with similar strategies is a recipe for a win-win collaboration and improves communities. Good community relations programs also give employees a reason to be proud of their company, which increases loyalty and may help to reduce labor and production costs. Furthermore, a company with happy employees and a good reputation in the community is likely to attract highly qualified new employees.

According to Hartland, “with corporate sponsorship—unlike conventional marketing techniques—the company, the product, and the event or cause being sponsored tend to become linked in consumers’ minds. By sponsoring an event/program or funding the broadcast of an event, a sponsor is able to gain visibility while simultaneously creating an association to itself with the event's values.”

CCAHEC is funded by a variety of contracts, grants, fees, donations and sponsorships. Some funding is obtained through contracts with the Colorado AHEC Program Office at CU from both state (University of Colorado) and Federal (Health Resources and Services Administration [HRSA]) sources. These contracts partially support general operations including administrative staff, pipeline development activities, and student housing as well as supplies and equipment.
However, federal funding is uncertain as we look to the future. The National AHEC Organization (NAO) is requesting that Congress fund HRSA $40 million for the AHEC Program in FY2017. The funding level was $30.250 million in 2015 and will be so again in FY2016. This new ask of $40 million represents a roughly 32% increase.

According to Rob Trachtenberg, NAO CEO, “The AHEC Grant is authorized for up to $125 million (set in 2010). Recent past funding levels range from $27 to $33 million. Level funding essentially decreases in resources due to increasing cost of doing business. Currently, we believe the climate is favorable in Washington D.C. to ask for an increase in funding.”

But what happens if federal funding isn’t received? With a major program restructuring on the table, and ambiguity regarding future national leadership, this could become a reality. It is the plan of CCAHEC to thrive and keep working with partners who share our vision and are willing to support us in our work financially.

One such partner we are proud to team up with is Donor Alliance. Donor Alliance is the federally-designated, non-profit organ procurement organization and an American Association of Tissue Banks (AATB) accredited tissue bank serving Colorado and most of Wyoming. As a recognized leader in facilitating the donation and recovery of transplantable organs and tissues, Donor Alliance’s mission is to save lives through organ and tissue donation and transplantation. To achieve this mission, Donor Alliance employs effective family approach and recovery programs in more than 100 hospitals. Donor Alliance also inspires the public to register as organ and tissue donors through community partnerships, public outreach and education campaigns throughout its donation service area. For more information, visit the Donate Life Colorado or Donate Life Wyoming Facebook pages.

CCAHEC and Donor Alliance have teamed up to support one another’s missions and have recognized common goals. Both strive to educate a healthy and informed populace served by a well-educated, diverse workforce in an accessible healthcare delivery system. Recognizing a common target-audience, CCAHEC and Donor Alliance will be working together in several summer healthcare career training programs. Funding provided by Donor Alliance will support students participating in the programs and educational experiences will be organized by Donor Alliance staff, helping to spread the important message regarding organ and tissue donation.

To date, 67 percent of Coloradans and 59 percent of Wyoming citizens have registered to be organ and tissue donors. Organ, eye and tissue donation provides lifesaving and healing opportunities to the more than 120,000 people waiting for transplants nationwide. It is a way to give the ultimate gift – the gift of life. For more information about organ and tissue donation, please visit DonorAlliance.org. To register to be an organ and tissue donor, please visit DonateLifeColorado.org, DonateLifeWyoming.org or call 303-329-4747 or 1-888-256-4386 for more information.

CCAHEC continues to develop partnerships in the 11 counties it serves including Adams, Arapahoe, Boulder, Broomfield, Clear Creek, Denver, Douglas, Elbert, El Paso, Gilpin and Jefferson. For more information on how to become a sponsor, please contact linbrowning@centralcoahec.org or 303.923.3734.
Nightingale Luminary and Star Award Winners
Honoring Those Nurses Who Serve in Our Community

More than 75 people gathered on May 6, 2016, at the Strater Hotel in Durango to celebrate the 2016 Nightingale Luminary and STAR Nursing Awards. The Southwestern Colorado Area Health Education Center (SWCAHEC) annual awards and fundraising event acknowledges exceptional nurses from the region, people who inspire compassionate care and whose hard work shines a light on community health. All proceeds from the event went to support the Nightingale Community Nursing Scholarship.

Jennifer Adams, a second year nursing student at SW Colorado Community College received the nursing scholarship award.

Two local nurses Katelyn Bach and Roxanne Hupp, received the “Nightingale Luminaries” and both will be attending the statewide award ceremony held in Denver on Saturday, May 7, 2016. Bach has worked at Mercy Regional Medical Center for the past two years and was nominated in the area of Leadership. Hupp, a nurse at Mercy since 2000, was nominated for recognition in Advocacy.

Southwest Regional STAR Nursing Awards

Registered nurses Roberto Baca and Laverne Page, both seasoned nurses with more than 15 years of experience received the Shining STAR Nursing award. Other nominees honored include: Robyn Bragg, Agnes Eytchison, Judy Williams, Elizabeth Hamilton, and Judy Jarvis. The Shining STAR Award honors a registered nurse who has worked or is currently working within the field of nursing; has more than 15 years of experience; has demonstrated leadership skills; and has made an impact on the profession and/or on patients.

Rising STAR Award

Erin McMahon was presented the Rising STAR Award. The Rising STAR recognizes a nurse who is currently working in SW Colorado; has ten years or less experience; and shows leadership and growth potential. Other four corners nurses nominated for the Rising STAR Awards include: Sara Ballantyne and Danielle Patton.

The SWCAHEC Regional STAR Awards event was founded in 2014 to honor novice and experienced nurses from the eight county regions who embody the essence of nursing: blending the best of science, compassion, and caring in a way that heals and makes a difference in the lives of others.
The Nightingale Awards event was founded in 1985 to honor nurses who best exemplify the philosophy and practice of Florence Nightingale, a 19th century nursing pioneer who epitomized the art of helping people toward their optimal health. Registered Nurses throughout the state are nominated by solicitation from the regional Area Health Education Centers. Each regional AHEC hosts a local event for nominees and finalists (Luminaries) are selected; the State Selection Committee then determines the recipients of the Nightingale Award.

CoECC Invites Community to Bi-Annual Dialogue

Coordinating Support for Recovery from Addiction

The Center of Excellence in Care Coordination (CoECC) invites community members to a public conversation about coordinating support for recovery from addiction. In a panel presentation format, health professionals will lend their expertise. Topics of discussion will include: Acute Withdrawal, Incarceration Diversion & Drug Court Programs, Long-Term Recovery, a Personal Perspective on the Coordination of Services, and an open dialogue about Prescription Drug Abuse Prevention. Lunch is provided and the event is free. Register for the event at www.swcahec.org or call 970-375-3250.

Recovery from Addiction Bi-Annual Dialogue

Tuesday, May 24
11 am - 1 pm
Board Conference Room, La Plata Electric Association, 45 Stewart St, Durango

CoECC has demonstrated significant progress by working with the local health care community. For the past two years, more than 40 partner organizations have come together to build a health infrastructure for improved patient services and greater health system efficiency. The results show improved access to timely and appropriate care for patients as well as cost savings across southwest Colorado.

ABOUT SWCAHEC:
SWCAHEC is a regional non-profit organization in Southwestern Colorado that broadly focuses on improving access to quality healthcare in eight counties; Archuleta, Dolores, Hinsdale, La Plata, Montezuma, Ouray, San Juan and San Miguel. SWCAHEC provides support and coordinates programs for the community, health professionals and students interested in advancing health.
Southeastern Colorado AHEC is happy to announce a new addition to its staff. Mario Aguilera, Jr. was hired as a part-time health education specialist. Mario began with Southeastern as a volunteer for the Delta Dental of Colorado Foundation “Cavities Get Around” campaign where he provided family oral health education at various locations within Pueblo and Huerfano counties.

Mario is a graduate of Adams State University with a Bachelor of Science in Business & Healthcare Administration. He is also trained as a Certified Patient Navigator and Chronic Disease Self-Management leader. He is an active community volunteer for many senior healthcare issues and is an organizer for the Pueblo Community College Senior Law Day. Mario brings an added advantage by providing community trainings and programming in English and Spanish.

Classes Focus on Managing Diabetes in Crowley and Otero Counties

Managing one’s own health will be emphasized during the six-week class series. This includes how to communicate better with doctors and family members, how to eat healthier and get beneficial exercise, and how to meet emotional as well as physical needs.

“Many strategies (presented) are helpful to anyone looking to improve their overall health,” reflects Leslie Hall-Huz, MSN, RN from Crowley County Nursing Center located in Ordway.

Participants received a virtual self-management toolbox that includes things like sleeping, breathing techniques, how to relax, and a wide variety of other ways to help themselves.

Carol Mumm, resident of Crowley County, participated in a recent session. She indicates, “This class has given us tools to become self-managers of our chronic condition – diabetes. Our discussions have helped each and every one of us to set weekly action plans that we can achieve with confidence. The resources and instructors are excellent. I highly recommend this class.” Kaz Ashida adds, “The instructors encouraged us to do better in controlling the disease.”

The classes are interactive, with member participation and brainstorming encouraged but not required. The group format is helpful because participants are able to share what has and has not worked for them. When you join a group, you do have something in common with someone else. Your experience might not
be exactly the same, but your experiences are similar. Participants share: “It’s hard to get to the doctor.”
“Should I take this medication?” “This is how I made the decision.” “Learning that you aren’t alone helps.”

The whole goal is to help people problem-solve and identify what they can control and to help them deal with the emotions around what they can’t control. Problem-solving is key.

Dealing with chronic health conditions can feel overwhelming at times but breaking the challenge down into small parts and tackling them one at a time can help. The class series and the accompanying workbook, “Living a Healthy Life with Chronic Conditions,” encourage people to make action plans and set small, achievable goals — which can be as simple as walking around the block every day. Often, half of the battle is just getting started.

The curriculum is based on a five-year research project by Stanford University and includes input from the first 1,000 participants in the chronic disease self-management study as well as many health professionals.

The book explains that having a chronic health problem causes most people to experience fatigue and to lose physical strength and endurance. It also can cause emotional distress, including frustration, anger, anxiety and feelings of helplessness. A healthy way to live with the chronic condition or illness is to work at overcoming the physical, mental and emotional problems it causes.

WHAT’S NEW AT CAHEC?

On May 18, 2016, students from Greeley Central High School participated in a ceremony commemorating the completion of their participation in the University of Maryland Project SHARE program. Project SHARE (Student Health Advocates Redefining Empowerment) is a curriculum developed at the University of Maryland Health Sciences and Human Services Library with an aim to develop teens into community health advocates, to promote health, reduce health disparities, and increase teen literacy.

Project SHARE increases educational awareness relating to health equity and health disparities on a personal level, within the family, and the community. The curriculum aligns with national standards for diverse settings and students develop skills to diminish health disparities through peer to peer programs and community health advocacy. The curriculum includes six (6) modules, each with five (5) lessons. Each module or lesson may be used in a series or standalone with experiential learning to complement the classroom experience. Students experience classroom learning as well as experiential learning activities along the way, making the experience both fun and rewarding.
Additionally, as students continue through the selected modules, they began applying what they have learned and began applying quality health information, making good health choices, identifying health disparities and the components of community health and wellness, developing advocacy roles, and employing communications strategies.

The National Library of Medicine Component encourages participants to locate and evaluate quality health information through research. Students are introduced to policy, advocacy, research, and leadership training as well as ways to improve the health of their community by becoming community health advocates; goals accomplished by being involved in Project SHARE. Many outreach efforts in communities to reduce disparities involved showing community members and family members how to access information or providing them with health information. By empowering people with the skills and tools to advocate for themselves and their communities, there will be a greater opportunity for success.

The CAHEC program provided experiential learning activities for students to attend the Obesity Cadaver Lab at the University of Colorado Anschutz Medical Campus. This unique experience allowed the students to demonstrate the knowledge of anatomy and physiology they had learned throughout the school year. This group of students was the youngest group of students to experience the Obesity Cadaver Lab. Most of these students are in the Health Sciences Academy at Greeley Central and hope to pursue careers in the health science field. By exposing students to a cadaver lab, they gain insight into different health careers, which helps them build confidence to continue pursuing a health career of their own.

The second experiential activity was the Iron Chef event. This event allowed students to showcase their knowledge of healthy eating, making healthy food choices, healthy cooking, and food safety. Students selected and prepared a recipe, and then they were judged by community members based on a rubric developed by the National Library of Medicine.

Project SHARE provides an evidence based curriculum to inspire and encourage students to better prepare themselves for a healthy future and hopefully one in the healthcare field. Funding for the project was received from the National AHEC Organization (NAO).
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