SLVAHEC’s Summer Health Careers Institute: A Look Back at 25 Years

It is well documented that much of Colorado – particularly its rural areas – is experiencing a shortage of health care providers. In 1979, the SLVAHEC addressed this shortage by founding its Summer Health Careers Institute.

This Institute, a summer program designed to introduce high school students to careers in healthcare, has continued since that time and now, 25 years later, the SLVAHEC has undertaken a follow-up survey of the program's participants. This survey, From High School to Health Careers, was funded by the Colorado AHEC System Office and the University of Colorado Denver Health Sciences Center School of Medicine.

Some of the more significant findings of the survey are:

• 243 individuals were in the original participant pool
• 182 participants were contacted
• 135 of those contacted completed the survey
• Of the 135 completed surveys, 44% of the former Summer Health Careers Institute participants are currently in a healthcare-related occupation

It is no wonder that the program continues today under the title of “Grow Your Own” Summer Health Careers Institute/Student Health Careers Guild, as we endeavor to grow our own health care professionals who will come home and help care for the residents of the beautiful San Luis Valley.

Details of the program and survey are included in a report entitled High School to Health Careers, available from the SLVAHEC. For more information on the report, please contact SLVAHEC by email at info@slvahec.org or by phone 719.589.4977.

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Colorado Conversations for Better Healthcare Policy

Colorado needs…a single-party payor for healthcare? No. Colorado needs…mandated employer-based healthcare? No. Colorado needs…to expand our Medicaid to cover all those without health insurance; health insurance for all children; to encourage marketplace reforms to lower healthcare costs.

There are many healthcare policy options, and much to consider regarding healthcare reform, access, workforce and quality. What is the AHEC role in these conversations? Thanks to the Colorado Trust, the Colorado AHECs are major partners in Colorado Conversations for Better Healthcare. The Colorado AHECs are one of eight grantees to receive funding to develop and implement innovative local and regional conversations about Colorado healthcare policy and advocacy. We are fortunate to work with a number of other great organizations to try and improve healthcare policy, and teach healthcare policy and advocacy around the state.


Colorado consists of a broad range of individuals, groups, organizations and institutions. This breadth provides Colorado with a rich diversity of culture, race, ethnicity, politics and religion. This diversity also means that a one-size-fits-all approach to a healthcare policy discussion will not work. AHEC is uniquely positioned to facilitate a common healthcare policy process in a custom, locally-relevant manner.

From the Librarian’s Desk

April is National Autism Awareness Month. The Autism Society of America offers information for individuals on the Autism spectrum, as well as family members and healthcare or teaching professionals (the website includes information in both English and Spanish): http://www.autism-society.org/site/PageServer

The Colorado Department of Public Health and Environment offers information and resources for Coloradans affected by Autism: http://www.cdphe.state.co.us/dc/crcsn/Autism/autismfaq.pdf

For more information on Autism, including the safety of vaccines, please visit http://www.medlineplus.gov. This free website from the National Library of Medicine includes information in both English and Spanish.
**What if...?**

What is a pipeline? A pipeline is how we describe our attempts to teach, engage and nourish interest in healthcare careers. The beginning of our pipeline is Kindergarten, and the end is post-graduate work. Ideally, the pipeline includes students at all levels of their education. Pipeline planning creates many opportunities to consider “what if...?”

What if …

... youngsters all over Delta County had a chance to participate in “The Great Hospital Adventure” and learned about various health careers early in their lives? We've made good headway on this by working with the Delta County Library system.

... through a partnership with WCAHEC, Delta High School had a Health Careers Club that provided subject matter help, job shadowing, goal setting, field trips, community service projects, mentoring and fun activities? All of these will take place next fall.

... there were time available at Delta High School every Tuesday and Thursday for students to receive mentoring and career counseling from a WCAHEC volunteer? This is in the planning stages for the upcoming academic year.

... at-risk students at Delta High School received tutoring in math and science with WCAHEC’s help? What if this increased the chances that at-risk students will be able to enter health careers? This is another part of the Pipeline that is under construction and will be started next school year.

... 20 students across the Western Slope participated in the Summer Health Career Institute (SHCI) and all 20 made the decision to pursue a health care career based on this experience? Well, we do have 20 students attending . . . who knows what could happen?

... there were a special website dedicated to students who participate in the SHCI to share information and keep in touch with each other and WCAHEC staff? This is planned for the 2009 SHCI students.

With a little perseverance, all of these “what ifs” will soon be a reality in Delta County. And “what if” this work spreads to Montrose County, Mesa County and the other 18 WCAHEC Counties? Our watchwords: One county at a time. WCAHEC’s health careers pipeline is coming together this year!
Denver Metropolitan Regional Science & Engineering Fair: A Judge’s Perspective

For the ninth consecutive year, the Central Colorado AHEC had the great pleasure of hosting the Denver Metropolitan Regional Science & Engineering Fair. The event took place February 25-26, 2009 at the Denver Museum of Nature and Science. Co-directed by James O. Stevens, DVM, PhD and Kristina Wenzel, RN, MBA, Executive Director of Central Colorado AHEC, it was bigger and better than ever. This year, I thought I’d give you the perspective of a judge for the event…

A total of 412 students exhibited this year, an increase from 132 students who participated last year.

The exhibits were broken into categories for review, including physical science, engineering, microbiology, medicine and behavioral science. Professionals from all the represented fields gathered into teams to examine the exhibits and award prizes. Awards for the winners were sponsored by: Central Colorado AHEC; Colorado AHEC System Office; Denver Museum of Nature & Science; Denver Section of the Society of Petroleum Engineers; SYNOPSYS; Lockheed-Martin; INTEL; University of Colorado Denver Department of Family Medicine; University of Colorado Denver School of Medicine; Colorado BioScience Association; Caring for Colorado; Hutton Architecture Studio; and WIN – Whitney & Ian Navarro. Additional special awards are given also by all branches of the military and professional scientific organizations.

We spent time reviewing the projects for good research methods, innovative ideas and effective presentation. We also had the opportunity to speak with the students individually, allowing them to tell us in their own words about their process and results. Equally important was their take on the applicability of their work and future projects that would grow from their findings. A wide variety of topics were examined, including: bacteria counts on items such as a household sponge or a baby’s pacifier; mental fatigue and gender; color blindness; migraines; and the effect of chewing gum during test-taking.

The best part of being a judge was the opportunity to listen to the students discuss their research. Their bright faces matched their bright minds. The excitement in their voices and their grasp of scientific method was inspiring, and their ability to articulately describe sometimes complex research designs was equally impressive.

This judge’s final evaluation? Students of today are intelligent and capable; the future is in good hands! For more information on this event, or to volunteer as a judge for next year, contact Beth Ingram at 303.724.0360.

Central Colorado AHEC
http://www.centralcoahec.org
PO Box 6267, Aurora, CO 80045
Phone: 303.724.0335 / Fax: 303.724.1548
SECAHEC Epilepsy Education Project a Success

Thanks to a new SECAHEC project, southeastern Colorado will now have a greater understanding of epilepsy and seizure first aid. The Epilepsy Outreach Program, in partnership with the Epilepsy Foundation http://www.epilepsycolorado.org, is now offering 15 public training programs. The trainings sessions include a video, PowerPoint presentation and participant discussion. They are customized for specific groups, including police officers, teens, school personnel, older adults and the general public. Topics include: seizure types; seizure triggers; seizure first aid; what to do and what not to do; statistics; and treatments.

A major goal of the program is to provide accurate education on epilepsy and to eradicate many of the myths and stigmas that have previously been associated with the condition. In addition, the program provides assistance in establishing support groups for persons with epilepsy and their families. The first session drew 10 participants who shared experiences and discussed how to further educate the general public on symptoms and first aid procedures. Additional volunteer leaders are being offered free training through the Epilepsy Foundation of Colorado. For more information, please contact Cathryn Sanchez, SECAHEC’s Education and Outreach Coordinator at cathryn.sanchez@secahec.org or 719.544.7833.

Student Intern Enjoys Participating in Health Education Outreach

Nicole Horton is a high school student, and a health education intern at SECAHEC. After participating in one of SECAHEC’s collaborative programs with Sandia National Labs High School Homeland Defense course, Nicole was looking for an opportunity to do some work to qualify for a scholarship program and thought that working with SECAHEC might help her learn about health careers and teaching. Always happy to help students learn about health careers, SECAHEC worked out a plan for the scholarship requirements and began training Nicole to assist in education outreach. So far, Nichole has learned to guide patients through a computerized Heart Health Risk Assessment, participated in a seizure first aid training, taken part in teaching a smoking prevention program to fifth-graders, and is teaching the Great Hospital Adventure, a program for four- to nine-year olds that uses puppets to teach about health careers, healthy behaviors and emergency preparedness.

“Teaching students about health and health careers is not only an opportunity for the students to gain great knowledge but for me to gain knowledge as well. Throughout my journey I have already learned a great deal about health, rural communities, how to deal with different age groups and additional leadership skills. I have become more aware of health education options and plan to continue to inform more people about health education and health careers.”
San Luis Valley AHEC Active in Local Community

Service learning projects give healthcare students in our region the opportunity to learn about our communities by getting involved with local residents outside of their own clinical coursework. For instance, students may volunteer at a local homeless shelter, or get involved in crafts and sports with the children at the local Boys and Girls Club. During December 2008 and January 2009, the SLVAHEC had seven pharmacy students take part in a service learning project at the Boys and Girls Club in Alamosa. In addition, a medical student participated in a project at the Rio Grande County Immunization Clinic, and another made a presentation to Student Health Careers Guild students and parents on the importance of graduating from high school and attending higher education. Both students and community benefit from the service learning project program.

Women’s Health Conference

The SLVAHEC is co-sponsoring the 21st Annual Women’s Health Conference on May 13, 2009.

Opalanga Pugh, renowned storyteller and educator, and dynamic motivational speaker Nancy Noonan are the key presenters this year. For more information, please contact us at 719.589.4977 or info@slvahec.org.

“Love Your Sweet Heart” Health Fair

Through a three-year contract with the Colorado Prevention Center, the SLVAHEC conducted the “Love Your Sweet Heart” health fair on February 14, 2009 (Valentine’s Day!) at the La Jara Elementary School. Three hundred twenty four (324) people were screened for cholesterol levels, blood glucose, blood pressure, BMI, height and weight. Professional health counseling services were available along with numerous health care agency booths and children’s activities.

Create Health

Numerous planned health career awareness presentations will be provided to San Luis Valley elementary, junior high, high school and college level students through the Create Health program. Each grade level will have activities designed to give the student an appropriate perspective on healthcare professions and the occupational need for health care professionals.

San Luis Valley AHEC

http://www.slvahec.org

300 Ross, PO Box 1657, Alamosa, CO 81101
Phone: 719.589.4977 / Fax: 719.589.4978
The following statements, taken from the High School to Health Careers survey, come from the 135 Summer Health Careers Institute who responded to the survey:

- The Summer Health Careers Institute does have a significant and measurable impact on high school students pursuing a health career.
- 100% of the high school students surveyed who participated in the Summer Health Careers Institute graduated from High School.
- 71% of all surveyed Summer Health Careers participants attended some type of post-secondary education and/or training.
- 61% of the Summer Health Careers Institute participants who currently are employed in the health care workforce have family members who were also employed in the health care workforce.
- 40% of the surveyed Summer Health Careers Institute participants are currently employed in a health care occupation.
- Of the surveyed Summer Health Careers Institute participants who are not currently in the health care, 39% stated that they still had the desire to pursue a health career.
- Participation in the Summer Health Careers Institute generally increased the participant interest level to attend post secondary education at completion of the program.
- The Summer Health Careers Institute afforded those students the tools, capacity and self-esteem to attain other post secondary degrees or certifications.
- The majority of Summer Health Careers Institute participants surveyed stated that high school students need the personal and academic guidance and support of such programs as the Summer Health Careers Institute to be better prepared for post-secondary education and/or training.
- A significant number of surveyed Summer Health Careers Institute participants offered their own services to counsel and/or tutor other Summer Health Careers Institute participants, past or present, to enhance their academic success.
serve the needs of Colorado and ensure the unique challenges facing each region are recognized and addressed. On March 3rd, the Northeast Regional Council granted more than $188,000 in funds to local organizations impacting family literacy, education and children’s health.

Coming at a time when resources are increasingly scarce, this funding will enable Centennial AHEC to join forces with rural schools, healthcare providers and agencies, as well as the University of Colorado Health Science Center, to send a message of opportunity. Healthcare is a strong industry that offers well-paying jobs with family benefits to those who complete training programs as short as six months or as long as eight years post high school. Over the next year, youth in rural communities will be exposed to those opportunities through a variety of classroom hands-on learning experiences, job-shadows and field trips. This program will provide both breadth (the awareness career fairs will affect numerous rural communities) and depth (the pilot programs will impact students interested in exploring health careers by staying connected for an on-going series of activities).

The Northeast Regional Council of the El Pomar Foundation has awarded $50,000 to Centennial AHEC for health careers recruitment programs. A so-called “Grow Your Own” effort, the funding will support six career fairs and two community pilot projects on the Eastern Plains, which are marked by rural and frontier counties with severe health workforce needs. Grow Your Own Programs create awareness in local youth to consider one of the more than one hundred careers in health and return home to practice. Research has repeatedly demonstrated that the most successful rural practitioners are those who have grown up in rural communities.

The El Pomar Foundation is a private foundation located in Colorado Springs that contributes $25 million annually to non-profit organizations. The foundation expanded its role as a catalyst and convener with the creation of their Regional Partnership Program in 2003. Regional partnerships engage local leaders in proactive philanthropy to effectively
High School Students Learn Valuable Lessons in Aurora LIGHTS Saturday Academy

Central Colorado AHEC (CAHEC) is part of a remarkable program funded by a grant from the Health Careers Opportunity Program (HCOP), known as Aurora LIGHTS. This is a pathway or pipeline program to interest historically disadvantaged students in careers in healthcare. As part of the Aurora LIGHTS program, CAHEC is committed to running a Saturday Academy, an enrichment program in which students can gain further knowledge about healthcare and the careers available to them, in addition to the information they are exposed to through Aurora public schools.

Twenty-eight students, from three Aurora schools, are involved in the program, which runs from January through May 2009. In addition to their regular classes, participants attend classes on Saturdays.

The Saturday Academy focuses on cultural experiences, math skills, and hands-on science activities, all designed to inform the students about a wide variety of health-related careers. In addition to these activities, students learn communication skills through simulated encounters with patients and hospital simulation experiences, and learn how the body works using clay anatomy and 3D human disectors. They also learn about their own self-reported strengths and barriers via the Sphere program, a personality/aptitude test. The students attended the Regional Science and Engineering Fair as apprentice judges while learning about different research methods, and scientific presentations.

With help from a variety of speakers, and by doing research on the College In Colorado Website http://www.collegeincolorado.org/, the students will finish the program by presenting their personal education plan or health careers engagement plan to their parents through a PowerPoint presentation and speech. The program’s closing ceremony will consist of a group presentation by the students, in which they will report on their job-shadowing experiences, and describe their vision of where they might be in 10 years.
The Non-Financial “Cost” of FASD

A woman who drinks alcohol during pregnancy runs the risk of causing damage to her unborn child. Alcohol is a known teratogen – a substance that causes birth defects. A child exposed to alcohol before birth may be born with Fetal Alcohol Spectrum Disorder (FASD). The non-financial “cost” to a person who suffers from any of the many complications of FASD is difficult to measure. FASD is the leading known cause of preventable mental retardation in the United States. Other challenges facing individuals with FASD include:

- Small size for gestational age
- Facial anomalies
- Poor hand-eye coordination
- Sleep and eating difficulties
- Problems learning from mistakes
- Low IQ/learning disabilities
- Problems with judgment
- Difficulty with life skills

These individuals frequently have problems with the law, have mental health difficulties, and often are unable to maintain employment or live independently. One of the best protective factors for these secondary problems is an early diagnosis (before the age of six) and living in a loving, stable family environment. While this can help a child with FASD with the challenges of daily life, these individuals suffer the greatest loss, the cost being greater than any financial figure.

For more information, please visit:

Colorado Department of Public Health and Environment at http://www.cdphe.state.co.us/dc/crcsn/fetalsyn.html


March of Dimes

KidsHealth

All FASDs are 100% preventable—if a woman does not drink alcohol while she is pregnant.

http://www.cdc.gov/ncbddd/fas/fasask.htm

Colorado Conversations for Better Healthcare Policy (continued from page 2)

The Colorado AHECs are implementing local, regional and statewide Conversations for Better Healthcare Policy. While the goal is to encourage an ongoing conversation at all levels of community (individual, group, business, government, etc.), the AHECs are initiating this broader conversation by seeding numerous smaller discussions throughout the state. Policy conversations may be a one-hour small group discussion at a local club or organization, or a luncheon seminar series on the local campus, a half-day seminar and skill-building workshop, or any of a host of opportunities.

Healthcare reform and policy are “hot topics” all over Colorado and have significant political implications. The Colorado AHECs aspire to educate and inform our local citizenry and leaders about healthcare policy. We hope that you will join us in our Conversations for Better Healthcare Policy. For more information, please contact Clint Cresawn at clint.cresawn@ucdenver.edu or 303.724.2480.

Jack Westfall, MD, MPH
Colorado AHEC System Director
Health Professions Scholarship Recipients Honored

On March 7, 2009 the Colorado Area Health Education Center (AHEC) System office hosted a special evening at The Westin Tabor Center Denver to honor 18 recipients of the Colorado Trust Health Profession Scholars award.

The Colorado AHEC System office, based at the University of Colorado Denver’s Anschutz Medical Campus, has partnered with The Colorado Trust to award health professions scholarships to help increase the health care workforce in rural Colorado. These two-year $30,000 scholarships are designed to assist graduate level health professions students by paying for a significant portion of their education. Target groups for this scholarship include graduate level nursing, graduate level allied health, dental, pharmacy, public health and medical students. Scholarship recipients agree to practice in a rural, frontier, urban underserved community or faculty position upon completion of their training for a minimum of two years.

These 18 scholarship recipients were chosen from over 92 applicants from the five Colorado AHEC regions. Applications for the 2009-2011 funding period will open May 1, 2009 and end June 30, 2009. Scholarship criteria and the online application may be found at the following website: http://hschealth.uchsc.edu/ahec.
Colorado AHEC Participates in National Western Stock Show

During the 2009 National Western Stock Show, the Colorado Area Health Education Center (AHEC) System office, along with students, faculty and staff from the University of Colorado Denver Anschutz Medical Campus and other agency partners, provided health screenings to Stock Show visitors.

This interdisciplinary event included 121 students and 112 faculty and staff from CHA/PA, College of Nursing, Graduate, Medicine, Pharmacy and Public Health Schools, Colorado Area Health Education System staff from around the state and other various program volunteers.

Health professions students provided health screenings to 3,317 adults and children. Adult health screenings included blood pressure checks, and glucose and cholesterol readings. Children were measured for height and weight and participated in the Heart Smart Kids healthy heart risk assessment. Approximately 30% of the patients screened were rural/frontier farmers and ranchers.

The Colorado AHEC System office appreciates the time and effort of all the volunteers. This three-year program has grown from approximately 300 screenings to its current level of 3,317.
Rocky Vista University College of Osteopathic Medicine: A New Member of Colorado’s Health Education Team

Rocky Vista University College of Osteopathic Medicine (RVUCOM) is the first college of osteopathic medicine, and second school of medicine, in the state of Colorado. Its inaugural class is scheduled to graduate in 2012. These students have begun a journey that could help alleviate Colorado’s critical shortage of primary care physicians, and improve access to quality health care for many of the state’s citizens.

The RVUCOM curriculum, which integrates biomedical and clinical sciences with osteopathic principles, emphasizes active learning. Our state-of-the-art educational facility includes a standardized patient lab, an extensive simulation laboratory and computer graphics programs, as well as auditoriums, laboratories and study areas designed to foster a positive learning environment.

RVUCOM is dedicated to meeting the needs of Colorado and the west by producing graduates to enter community-based practices. Graduates will be qualified to enter any medical discipline, but we emphasize primary fields such as family medicine, internal medicine, geriatrics, pediatrics, women’s health, emergency medicine, general surgery, psychiatry and orthopedics.

For more information, please visit: http://www.rockyvistauniversity.org/.

Developing a healthy eating plan is an important lifestyle change that benefits your health and well-being.

A healthy eating plan:

- Emphasizes fruits, vegetables, whole grains and fat-free or low-fat milk and milk products.
- Includes lean meats, poultry, fish, beans, eggs and nuts.
- Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

Focus on fruits. Eat a variety of fruits - fresh, frozen, canned or dried. For a 2,000 calorie diet, you need 2 cups of fruit.

Vary your veggies. Eat more orange and dark green vegetables such as carrots, sweet potatoes, broccoli and dark leafy greens. Include beans and peas such as pinto beans, kidney beans, split peas and lentils more often.

Get your calcium-rich foods. Have 3 cups of low-fat or fat-free milk - or an equivalent amount of low-fat yogurt and/or low-fat cheese every day (1 1/2 ounces of cheese equals 1 cup of milk). If you don’t or can’t consume milk, choose lactose-free milk products and/or calcium-fortified foods and beverages.

Eat whole grains. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day. Look to see that grains such as wheat, rice, oats, or corn are referred to as “whole” in the list of ingredients.

Go lean with protein. Choose lean meats and poultry. Bake it, broil it or grill it.

Know the limits on fats, salt and sugars. Read the Nutrition Facts label on foods. Look for foods low in saturated fats and trans fats. Choose and prepare foods and beverages with little salt (sodium) and/or added sugars.

Regular physical activity is important for your overall health and fitness—plus it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.

- Be physically active for at 30-60 minutes most days of the week.
- Children and teenagers should be physically active for 60 minutes every day, or most days.
Exercise

Exercise is any physical activity that moves your body in various ways to keep fit and improve or maintain physical fitness.

Benefits

• Reduces the risk of coronary heart disease, stroke, colon and breast cancer, diabetes, and high blood pressure.
• Promotes psychological well-being by reducing symptoms of anxiety, depression, and stress.
• Builds and maintains healthy bones, muscles, and joints.
• Maintains full functioning and independence among the elderly.
• Is a key component of any weight loss or weight management effort.

Before beginning an exercise regimen…

• Talk to your health care provider about a physical activity plan that is right for you.
• Set realistic goals for yourself and determine what you want to accomplish.

The following are examples of some exercises that should be included in a good fitness program:

• Low Intensity: walking, yoga, and pilates.
• Moderate Intensity: jogging, dancing, hiking, swimming laps, weight training and bicycling
• High Intensity: running, sprint swimming, aerobic dancing, tennis, climbing stairs, and jumping rope

Helpful Hints:

• Start slowly (3 to 5 minutes a day) and build your program over time. Start at a low level and work your way up.
• Drink plenty of water to prevent dehydration.
• Find an exercise buddy. Exercising with someone else can make it more fun and motivating.

La actividad física

Ejercicio es una actividad física que hace mover su cuerpo de diferentes maneras para mantenerlo en forma e incluye movimientos corporales para mejorar o mantener una buena forma física.

Beneficios

• Reducir el riesgo de enfermedades cardiovasculares, derrame cerebral, cáncer de mama, cáncer colorectal, diabetes y presión alta.
• Promover el bienestar psicológico, reducir los síntomas de ansiedad, depresión y estrés.
• Mantener saludables los huesos, músculos y articulaciones.
• Mejorar el nivel de energía y fuerza muscular en las personas con condiciones crónicas.
• Es un componente clave para el esfuerzo de reducir o mantener su peso.

Antes de comenzar una actividad física…

• Hable con su proveedor de salud acerca de un programa de actividad que más le favorezca.
• Establezca metas alcanzables y determine qué quiere cumplir antes de empezar su programa.

Abajo son unos buenos ejemplos de ejercicios para incluir en su programa, actividades de:

• Bajo intensidad: caminar, yoga, y pilates.
• Moderadamente intensidad: bailar, hacer pesas, montar en bicicleta, y ir de excursión.
• Alto intensidad: correr, nadar, bailar, subir escaleras, y saltar a la cuerda.

Otras buenas ideas:

• Comience despacio (3 a 5 minutos al día) y desarrolle su programa con tiempo. Empieze con un nivel bajo y suba a niveles más exigentes.
• Tome suficiente agua para prevenir la deshidratación.
• Practique la actividad física con un amigo o amiga, esto lo hace más divertido y le dará motivación.
Information about Diabetes

Diabetes is a disease in which the body no longer produces sufficient quantities of insulin or the insulin produced no longer functions correctly. Insulin is essential for converting sugar into energy. People with Diabetes have higher than normal blood glucose levels.

2 Principal Types:

• Type 1 (Juvenile Diabetes) mainly affects children, adolescents, and young adults and requires daily insulin shots.

• Type 2 generally affects people 45 or older and is treated with a healthy diet and regular exercise. Sometimes insulin pills or shots are also necessary.

Symptoms of Type 2 Diabetes

• Fatigue
• Frequent urination
• Constant thirst
• Blurred vision
• Excessive hunger

Is Type 2 Diabetes preventable?

The Diabetes Prevention Program showed that type 2 diabetes can be delayed or prevented in overweight adults by losing 5–7% of their body weight, being physically active for 30 minutes a day, 5 days a week, and by making healthier food choices.

Información Sobre la Diabetes

La Diabetes es una enfermedad en que la hormona llamada insulina (esencial para la conversión de la azúcar en energía), ya no se produce en cantidades suficientes, o la insulina producida no funciona correctamente. Las personas con diabetes tienen los niveles de azúcar en la sangre encima de los valores normales.

Hay 2 tipos principales:

• Tipo 1 (Diabetes juvenil) que afecta por lo general a niños, adolescentes y adultos jóvenes, y que requiere de inyecciones diarias de insulina.

• Tipo 2 que por lo general afecta a las personal mayores de 45 años, y que se trata con alimentación saludable y ejercicio regular. A veces son necesarias las tabletas y las inyecciones de insulina.

Síntomas de Tipo 2

• Cansancio
• Orina frecuente
• Sed constante
• Visión borrosa
• Hambre excesiva

¿Cómo se puede prevenir la diabetes tipo 2?

La Programa de Prevención de la Diabetes demostró que personas con más riesgo de desarrollar diabetes puede retrasar y prevenir la diabetes por bajar un poco de peso por la combinación de cambios moderados en la dieta con ejercicio moderado.
In August 2008, medical student Andrew Brookens launched the first annual Health Action Conference with University of Colorado Denver medical students and Metro Community Provider Network (MCPN). The goal of HAC is to increase student awareness of health access and advocacy issues and to build ties with the new campus community in Aurora.

The doors at MCPN’s new facility North Aurora Family Health Services (NAFHS) clinic opened at 8 a.m. and overwhelming response from the community greeted the volunteering providers and Anschutz health professions students on Saturday, August 23, 2008.

Visitors to the health fair partook in the many services offered through MCPN, such as free vaccinations for children 0-18 years, free dental screenings, and $25 sports physical services. In addition, information and enrollment for Medicaid was provided.

The 2nd annual HAC will be held in August 2009. Please keep your calendars open and stay tuned for more information as the date approaches.

For more information, visit: http://cms-mss.org.

The University of Colorado Denver School of Medicine

The School of Medicine faculty work to advance science and improve care as the physicians, educators and scientists at University of Colorado Hospital, The Children’s Hospital, Denver Health, National Jewish Medical and Research Center, and the Denver Veterans Affairs Medical Center. Degrees offered by the UC Denver School of Medicine include doctor of medicine, doctor of physical therapy, and masters of physician assistant studies. The School is part of the University of Colorado Denver, one of three universities in the University of Colorado system. For additional news and information, please visit the UC Denver newsroom online at http://www.uchsc.edu/news/.
The University of Colorado Foundation

The University of Colorado Foundation is the largest foundation in the Rocky Mountain West dedicated exclusively to higher education. Since 1967, the CU Foundation has partnered with the University of Colorado to raise, manage, and invest private funds for the benefit of the University. These funds also benefit the University’s initiative to ensure comprehensive healthcare for rural Colorado, the Rural Health Initiative. This critical support enables CU to invest in cutting edge research for our faculty, provide transformational educational experiences for our students and develop life-saving critical care for communities throughout Colorado and the nation. Private philanthropy allows CU to reach its full potential and to transform lives.

Generous individuals and foundations across the state have come together to make Rural Health Initiative programs a reality at the University of Colorado.

Now is the time to build upon this momentum in order to effect real change for rural communities in need. Scholarship support for healthcare students determined to return to practice in rural areas can make the difference between a community receiving the healthcare it needs or going without. The University is reliant on private support for this and many other rural outreach programs. We need your help. The CU Foundation is dedicated to a healthy rural Colorado. Please join us!

For additional information about how you can make a difference in your community, please contact Stephanie Spence, Senior Director of Development, at 303.728.4217 or stephanie.spence@cufund.org.

Please look us up at http://www.cufund.org for more information.
Following Your Passion, Making a Difference

Janet Mordecai decided to make a personal investment in rural health. Last year, she donated a total of $1.9 million to the University of Colorado Denver School of Nursing. With $1.5 million she established the Daniel and Janet Mordecai Rural Health Nursing Endowed Chair; with the remaining $400,000 she endowed four Rural Health Nursing Fellowships. Mrs. Mordecai’s awareness of rural Colorado’s health-care shortage began in her first year of college, working as a nurse in a migrant labor camp in Ft. Lupton.

At the camp she met a 19-year-old man whom she brought into the clinic. He was diagnosed with a congenital heart defect called Tetralogy of Fallot. “You don’t see anybody with this disease today…because that kind of problem would routinely be diagnosed at birth and corrected,” Mrs. Mordecai says. That is, unless a family or child had no access to health care.

The young man couldn’t work in the fields because of his heart defect, and was shunned by his community as a result. “He came to our clinic and I got somebody from the University Clinic interested in talking to him. They sent him to the University of Colorado Hospital where they performed the surgery pro bono. The day he went to work in the fields was the proudest day of his life,” Mrs. Mordecai says. “All it took was what most of us take for granted, access to quality health care.”

Mrs. Mordecai has children and grandchildren in Alamosa, Colorado. Over the years she’s seen the difficulty they’ve had in getting good medical care.

“I know it’s still a problem that our friends and family in rural areas struggle with. It makes my passion to solve the shortage even stronger.”

Donors like Janet Mordecai are changing the landscape of rural health—for the better.
Paying it forward: Nurse Fellow Amanda Jojola

Amanda Jojola is one of the first recipients of the Rural Nursing Fellowships, established by Janet Mordecai. She has been a nurse for nearly 20 years, a family nurse practitioner since 1999 and for the past five years, a nurse educator at Adams State College in Alamosa.

“I can't tell you how much I appreciate this fellowship and opportunity to pursue my advanced degree…most people aren't this fortunate,” says Jojola. The fellowship pays for her tuition and provides a living stipend.

The goal of the fellowships is to produce more doctorate- and masters-prepared nurses in rural Colorado. Jojola has already signed a contract to come back and teach at Adams State, where she will train rural nurses.

“We have such a huge nursing shortage and it is even a greater problem in rural areas,” says Jojola. “With a doctorate under my belt, I hope to make myself heard at the local, state and national level, so I’ll have some influence to increase nursing professionals in rural areas.”

When she returns to teaching she’ll also return to part-time nursing practice. And best of all, for the folks in Alamosa, Jojola makes house calls.
Keeping Doctors in Rural Areas

The University of Colorado Denver School of Medicine tries to do its part to solve the state’s crisis in rural health care through its Rural Track and Rural Scholars programs. Both programs aim to supply physicians to underserved areas.

The numbers demonstrate the need. With baby boomers aging, demographers and health care policy researchers acknowledge a serious national shortage of physicians everywhere in the country. This workforce shortage is worst in rural America, where patients must routinely drive dozens of miles to find even basic health care.

The Rural Track program admits medical students based on their background and interest in establishing a future practice in a rural area. The program keeps these students grouped together in an academic and cultural curriculum that emphasizes the opportunities and challenges of rural practice. It supports their interests in rural healthcare throughout the four years of medical school and provides financial incentives when it can.

The Rural Track will boost the number of rural physicians by producing at least a dozen new physicians each year who seek further training to handle the unique responsibilities and rewards of rural medical practice.

While the Rural Track trains physicians, the medical school’s Rural Scholars program provides a pipeline that directs rural high school students toward health care careers. Each summer, the Rural Scholars program brings to the medical school high school juniors and seniors interested in becoming physicians. Their three-week, expenses-paid experience includes lectures from school of medicine professors and visits to clinical facilities.

The Rural Track and Rural Scholars programs target students from rural areas because statistics show that people who grow up in rural areas understand the lifestyle and health care challenges of those areas and are more likely to practice medicine in rural settings for extended periods of time. This adds continuity of treatment to the availability of rural health care.

With state funding for the School of Medicine decreasing, the need for philanthropic support has become critical. With your help, we can sustain and grow these programs to provide better rural health care that benefits everyone in the state.

Mark Deutchman, MD
Professor of Family Medicine
Director, Rural Track Program
University of Colorado Denver School of Medicine