22nd Annual Nurse Educator Conference Planned

The 22nd Annual Nurse Educator Conference in the Rockies (NEC), sponsored by Centennial AHEC, will be held at Beaver Run Resort in Breckenridge, July 21-23, 2011. The conference provides a forum for nursing faculty and clinical nurse educators to learn the latest information and innovative strategies to meet today’s nursing education and staff development challenges. Conference themes focus on 1) Research and Scholarly Activity; 2) Evidence-based Innovative Teaching Techniques; 3) Faculty Development Tools; 4) Simulation and Interactive Technology; and 5) Academic Environment.

CAHEC continues to be an approved provider of continuing education credits by the Colorado Nurses Association and by the American Nurses Credentialing Center’s Commission on Accreditation. Participants will have an opportunity to earn more than 20 Continuing Education hours at this year’s conference.

As a year-round conference and family resort destination, Breckenridge provides participants with a beautiful setting for learning, hiking, dining, sightseeing, and exploring again this year. Several hundred nurse educators from across the United States and neighboring countries are expected to attend this annual conference.
From the Director

What the Heck’s an AHEC?
Health Career Pipeline

The Colorado AHEC is committed to helping fill the healthcare workforce pipeline for Colorado. From primary care to pharmacy to nursing, dentistry, public health, physical therapy, and the host of allied healthcare careers, AHEC introduces kids to health careers.

The Colorado AHEC starts early. The Great Hospital Adventure includes puppets that help elementary school kids get an early idea about all the various health careers. The Summer Health Careers Institute and the Rural Scholars Program bring hundreds of high school students to Aurora to explore health careers, visit the University of Colorado Denver Anschutz Medical Campus, shadow health care providers, and generally have a great time working and learning.

American Heart Health Month

February is American Heart Month! According to the Centers for Disease Control and Prevention, 26.8 million Americans are currently diagnosed with heart disease. That’s 12% of the population of the United States. Heart disease is the leading cause of death for both men and women in the U.S. (Visit http://www.cdc.gov/nchs/fastats/heart.htm for details.)

Many of us are interested in learning how to care for our heart. A good source of free, reliable health information – including information on heart health – is Healthfinder (www.healthfinder.gov), a website from the Department of Health and Human Services (DHHS).


Health Matters

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Continued on page 10
SWCAHEC Plans Body Shop Camp for Middle-Schoolers

Southwest Colorado AHEC (SWCAHEC) has partnered with the Durango Discovery Museum to offer the Body Shop Camp to middle-schoolers in the Ridgway/Ouray area in June 2011. The Body Shop Camp has been developed by the Durango Discovery Museum, a local non-profit organization in Durango with the vision to be a “leading science and educational center in the southwest that brings together curious minds of all ages, inspires innovative learning, and unleash[es] human potential.” During the week-long Body Shop Camp, youth ages 11-13 will learn about body systems through animal organ dissection, become experienced scientists through using microscopes, scalpels, scientific method and more. SWCAHEC’s Teri Williams, BSN, will co-teach the course with a Durango Discovery Museum educator. The cost of the course is subsidized through a generous grant from the Mt. Sneffels Education Foundation in Ouray, Colorado to make it accessible to students in Ouray County both financially and geographically.

Colorado Conversations: Health & Health Care in La Plata County

SWCAHEC is taking a locally-focused Colorado Conversation on the road throughout La Plata County as part of The Colorado Trust advocacy grant to the Colorado AHEC program. The Conversation was developed in conjunction with the Citizens Health Advisory Council (CHAC) in La Plata County, an “open coalition of interested citizens and organizations that advocates for community health and wellness.” CHAC has played an instrumental role in moving health care access improvement forward in La Plata County via a grant from the Colorado Health Foundation called the Community Health Care Capacity Project. The goal of the Colorado Conversation is to build awareness and interest among a larger network of community members about positive changes in health care access that are occurring at the local level as a result of the Community Health Care Capacity Project. Additionally, feedback and expectations about some of the changes will be gathered from community members to provide essential community-level input into the changes. SWCAHEC is very excited to be facilitating these conversations; we look forward to the exciting results that will continue to shape health care improvement in Southwest Colorado and throughout the state. For more information, please contact Emily Burns at 970.403.6848.
Southern Colorado Clinical Nurse Scholars Program Graduates

To address the clinical nursing instructor shortage, nursing schools and healthcare facilities in southern Colorado formed a coalition to develop and offer Clinical Nurse Scholar training for the San Luis Valley.

The primary goal of the program is to prepare highly-qualified clinical nurses to be highly-qualified clinical instructors. These clinical nurse scholars work in a collaborative role between the nursing schools and the healthcare facilities to train student nurses and new nurse hires. The benefits of this program include higher quality and more consistent training of students, better prepared nurses for the workforce, higher job satisfaction for clinical instructors, better integration of students into the healthcare institution, reduced orientation time for new hires, increased professionalism amongst the nursing staff, better retention of nurses in the region and, most importantly, improved quality of patient care.

The three-day program graduated 12 participants on November 1, 2010. The program was highly interactive and used “best practices” in educational theory and adult learning. Participants in the program increased their level of confidence and competence in providing clinical instruction to nursing students who precept at their health care facility. For more information, please contact SLVAHEC’s Charlotte Ledonne at 719-589-4977.

At left, Clinical Nurse Scholars:

Front Row: Elizabeth Romero, RN; Kley Gibbs, RN; Bianca Munoz, MA; Debi Tringham, RN

Back Row: Dennis Bertin, RN; Patricia Gallegos, RN; Jacque Trujillo, LPN; Sherry James, LPN; Ruth Archuleta, RN; Eva Muniz Valdez, RN; Lisa Larson, RN; Brenda Marchildon, RN

SHCI Participant Looks Forward to Giving Back

2009 Summer Health Careers Institute participant Vicente Quintana, from Centennial High School in San Luis, Colorado, is set to graduate in May of 2011. After graduation he will be attending Adams State College as a pre-med major. Vicente stated that his experiences at the Summer Health Careers Institute solidified his interest in orthopedic surgery.

While completing his last semester of high school, Vicente is working part time at the San Luis Health Center, a community-based clinic in his home town. Although a majority of his duties are clerical, he has the opportunity to shadow various health care providers on a daily basis. In addition to his work at a health center, he is active in providing health education to his community, whether it is through assisting in the coordination tobacco cessation programs or assisting at health fairs. It is Vicente’s hope to give back to the community that has given so much to him, by one day practicing in the San Luis Valley.
Invisible Wounds of War

In February 2011, Western Colorado AHEC (WCAHEC) sponsored Invisible Wounds of War, a workshop on traumatic brain injury (TBI) and post-traumatic stress disorder (PTSD) in veterans of the United States armed forces. We had over 140 attendees, including physicians, social workers, mental health professionals and Veterans Administration staff. Dr. James Kelly gave a two-hour clinical presentation on TBI, and how those in the medical field can help to diagnose and treat those returning soldiers who may not have been diagnosed or treated while in active service. Dr. Harold Kudler’s clinical presentation discussed diagnosis and treatment of PTSD in our retired military forces. These very informative presentations are useful for health professionals in the private sector as well.

Our “Boots on the Ground Citizen Soldiers” Carrie Acree and Jerri Wilson, both retired military that saw active service for many years, discussed their first-hand experience with TBI and PTSD and the unique challenges of integrating into civilian life. Ms Acree and Mr. Wilson gave dynamic and highly informative presentations and those in attendance were deeply touched and thankful for their insights.

For information on how to receive copies of these presentations, please contact WCAHEC at http://www.wcahec.org or 970-434-5474.

James Kelly, MD

WCAHEC Active In Health Career Pipeline Programs

WCAHEC Program Director Rob Dolan is actively promoting the Summer Health Career Institute for 2011. His involvement with the Delta High School Health Careers Club is helping students in the Delta, Colorado area gain exposure to numerous health career options. Obstetricians, occupational therapists, physical therapists, emergency medical technicians, pharmacists have visited the club members to talk about their careers. Club members have begun job shadowing and volunteering at Delta County Memorial Hospital. Rob is interested in replicating this successful club in other school districts throughout the western Colorado region.

Epilepsy Trainings Continue in Western Colorado

Steven Cruse, WCAHEC Student Support Services Coordinator, is collaborating with the Epilepsy Foundation of Colorado. In January 2011 he conducted an Epilepsy 101 workshop and first aid training to nearly 50 nurses and health assistants in a Grand Junction school district. The Epilepsy Foundation provided packets containing posters and educational materials for all of the school health staff. Attendees reported that they were pleased with the information and presentation. Recurring trainings have now been established in Mesa County and Delta County for every Nurse Aide Training class that goes through Hilltop and the Delta Montrose Technical College, respectively.

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Centennial AHEC Hosts Meetings with Partners

Early December was a particularly busy time for Centennial AHEC as the staff hosted a series of meetings for their AHEC partners. The first meeting was an introductory session with the University of Colorado School of Public Health, Public Health Training Center (CO-PHTC) staff. The rural AHEC directors enjoyed a “getting to know you” discussion with Tim Beyers MD MPH, associate dean and director of the Center for Public Health Practice; Laurie Schneider MPH, training center coordinator, and others. The AHEC centers look forward to partnering with the new HRSA-funded center in providing current, evidence-based information to our rural partners.

Next the Colorado AHEC leadership met at the Medical Center of the Rockies, Loveland, to discuss current joint ventures and plans for new ones. The meeting proved valuable as leaders took advantage of rare time together to work on details and direction, as well as networking.

Finally, all employees of the Colorado AHEC System were invited to the annual holiday party. Featuring a variety of winter festivals of cultures around the world, the party provided good food and good times. And the optional gift exchange involved a lot of competitive stealing as everyone tried to end up with a favorite item!

New Staff at Centennial AHEC

One year after she left CAHEC, Anna Vickery, MHSE, returns home as Community Health Director. Anna spent the past year working as a Quality Improvement Coach for Health TeamWorks expanding her experiences helping primary care practices become patient-centered medical homes. Anna comes back to us with over 10 years experience in public health and will resume many of her former programs with a primary focus on the new partnership with the Colorado Public Health Training Center to advance public health in rural Colorado. Anna says “I am fortunate to be back doing what I enjoy with the communities that have touched my heart for so many years!”

Tracy Darrington joined the Centennial AHEC (CAHEC) staff as administrative assistant in October 2010. She brings more than 20 years of administrative experience to CAHEC, plus nine years as the editor of an agricultural newspaper. Tracy has lived in rural Colorado all of her adult life, and wouldn’t change that for anything. She will readily tell you that rural folks are the true “salt of the earth.” If you ask Tracy what she likes to do when she is not busy working, she will quickly tell you, “I love to sew and quilt!”

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Farewell to CAHEC’s Donna Herman

When Donna Herman’s name is mentioned in AHEC circles, at Nightingale Events, the Nurse Educators Conference in the Rockies and a multitude of other events in which Centennial AHEC (CAHEC) is involved, there are few people who don’t recognize her. Donna has been an integral part of making the gears turn smoothly at Centennial AHEC for nearly 14 years. Donna’s art of conversation, coupled with her strong administrative skills and multi-tasking abilities, made her a perfect fit for an ever-changing roster of responsibilities with the CAHEC organization.

But, as in all really good books, there is a rewarding chapter of Donna’s life that is yet to be written. In 2010, Donna announced her intention to leave CAHEC so she can devote more time to her family and other personal interests. (Donna is a Commissioned Lay Pastor for the Presbyterian Church, the Hospital Chaplain at North Colorado Medical Center, and an avid fan of her grandchildren’s school and sporting events – and a very busy lady!) Even after her decision was made, Donna graciously agreed to continue as CAHEC’s Student Housing Liaison on a part-time basis through February, 2011. Regarding her time with CAHEC, Donna recently stated:

“In this day and age there is some talk of tenure in regards to a position and I guess it could be said that is what I had at Centennial AHEC after 13 years!

Spending most of my life in Yuma, and having a special place in my heart for rural people, it has been fulfilling to see the growth of programs offered by AHEC throughout the state. From continuing education programs to retain health professionals, working with host homes to recruit health profession students, and participating in health fairs to better serve the needs of communities, it has been rewarding.

I have enjoyed getting to know all of you – many who have become friends – and thank you for letting me part of your family for so many years! As I ride off into the sunset (yes, we do have horses) my wish is nothing but the best for the Colorado AHEC Program.”

Thank you, Donna, for your tireless work and dedication to CAHEC. You will be missed.

New Staff at Centennial AHEC, cont’d.

Sue Hamilton and Debby Spence currently work for the Centennial AHEC sponsored Plains Partnership for Health Program (funded by The Colorado Trust), as Cooking Co-op Coordinators.

Sue Hamilton, who has a Dietary Aide Certificate, is responsible for the cooking co-op program in Flagler and Vona. She is also a Retired Senior Volunteer Program (RSVP) volunteer in Burlington and Bethune. Says Sue, “I truly love working with seniors and the elderly. I am rewarded over and over by their genuine warmth and compassion. I hope to continue to give them confidence and a gentle heart for a better life.”

Debby Spence is responsible for the cooking co-op program in Karval and Limon. Debby has taught preschool and managed two different businesses over the years. She is a self-taught cake decorator and has made hundreds of wedding cakes! Debby remarks, “My real joy in life is being a grandma, not only to my four grandchildren, but to many of the children I know and love.”
Clinical Connections Program

The Clinical Connections Program was a collaboration between Adams County Education Consortium, Center for Nursing. Their goal was to have 60 new sites that could, in total, provide for 1,000 pre-health career students. Sandra Steiner, Deborah Center, and Joy Hinshaw were honored with the Hero Award for their work with the Clinical Connections Program.

Welcome New Central Colorado AHEC Staff

Welcome Jordan Ingram

Jordan has joined our team as the Communication Specialist. Jordan has been involved in various Colorado AHEC projects in past and it was time to have him aboard for the long haul! Although he grew up in Aurora, Colorado, Jordan decided to go to East Texas Baptist University. He graduated with a Bachelor’s degree in communication and minor in religion. He and his wife Jodi decided to stay in Fort Worth, Texas for a year, but they quickly learned that Colorado was their true home! Jordan will be working with us to maintain a current website, graphic and written communication and provide support to other programs as needed. He and his wife recently bought their first house and have been learning how to be Mr. and Mrs. Fix-it. Jordan is looking forward to being a part of Central Colorado AHEC and hopes to be a positive influence on its future.

Welcome Chelsea Belotte

Chelsea is our new Community Health Outreach Coordinator. She recently made the move to Colorado to pursue her passion of public health while enjoying the Colorado landscape. She completed her internship here at Central Colorado AHEC as a completion of her B.S. in Public Health Education and Health Promotions from Central Michigan University, where she was actively involved in campus life. She was born and raised in Rochester, Michigan where her parents and brother still reside, but is now calling Parker, Colorado home. She recently added to her family with a puppy named Chip. She is enjoying living and working in Colorado and is looking forward to what the future holds. Some day she would like to continue her education with a Masters to pursue her long term goal of working in substance abuse intervention, prevention and treatment. She would like to help people better their lives by looking at well-being as a whole that needs to be in balance.
With Project TEACH Dynamite Does Come in Small Packages

On February 23 and 24 the Southeastern AHEC (SECAHEC) hosted Project TEACH (Teaching Equity to Advance Community Health) at the Colorado State University, Pueblo Campus. The Project TEACH staff brought targeted training, technical assistance and super support to eight community-based organizations (CBOs).

For two full days, upbeat and inspiring presenters Dr. Angela Savaia, Nicole Tuitt, Carol Kaufman, Mariana Ledezma-Amorosi, Cerise Hunt, Ginger Harrel and Iris Clark offered dynamite information to the varied group of area non-profits. In addition, the participants took home a second stick of dynamite in the form of a flash drive loaded with reference material related to the presentations and lab practicum. Armed with “dynamite,” the fourteen participants left the workshop eager to work on funding proposals to decrease health disparities in the SECAHEC region. With one-on-one help from the Project TEACH staff, they actually began to research and draft their proposals.

Modules of the TEACH training included in the workshop and flash drive include:

- Baseline Assessment
- Logic Models
- Health Data/Social Determinants
- Networking
- Evidence based interventions
- Community Engagement
- Diversity of the Healthcare workforce
- Strategies for Sustainability/Cultural Competence
- Program Evaluation
- What the heck is an AHEC
- Successful/Sustainable Partnerships
- Healthcare Access in the New Reformed System

Among the CBOs represented were: Custer County Public Health Agency, Pueblo Rape Crisis, Pueblo Step-Up, Pueblo Catholic Charities, Lamar Community College, Pueblo City-County Health Department, Latin American Health Network and Southeastern Colorado AHEC. Coordination of CBO participation took place by Eve Muniz Valdez, RN, SECAHEC health educator.

Feedback was clearly a “thumbs-up.” After two days of focused learning, the group was noticeably upbeat about their new tools and the prospects of writing winning proposals to further their work in southeastern Colorado.
cited about the connections between science and healthcare (for more on the Denver Metro Regional Science Fair, see pages 12 and 13). The new CREATE Health Scholars program includes college students from all over Colorado who get to spend time on the Anschutz Medical Campus while increasing the support and connections back at their home colleges. Aurora LIGHTS combines all levels of our pipeline programs, focused on Aurora Public Schools from kindergarten through high school and college. The Rural Track and Urban Track target students from specific communities and those with commitment to serve those underrepresented communities. Throughout this issue you will see examples of exciting Colorado AHEC pipeline programs.

Colorado AHEC partners with many organizations to support and expand healthcare opportunities for students throughout their school including the Health Occupations Student Association (HOSA), Community Colleges, Center for Nursing Excellence, Colorado Rural Health Center, and others. The Colorado AHEC is filling the pipeline early, early and often. Together, Colorado students have lots of opportunities to explore health careers, and get experiences so that they can find their way to your community. I hope you will join us as we fill the pipeline with students from all over Colorado.

Jack Westfall, MD
Program Director, Colorado AHEC Program

FASD: March is National Alcohol Awareness Month

March is National Alcohol Awareness Month. Many individuals lack knowledge on the dangers of drinking and think because it is a legal substance it is safe. Take some time and get familiar with what the harms of alcohol use/abuse are.

Did you know that one out of five teenagers have had their first drink by age 13? Did you know these same teens are five times more likely to have alcohol problems later in life than those who have their first drink after age 21?

Underage Drinking: It’s an Adult Problem is a series of three videos made in Colorado. To watch these videos go to: http://www.stopalcoholabuse.gov/StateVideos.aspx#table

Mother’s day is around the corner. Be a responsible mother-to-be, and avoid any form of alcohol if you are pregnant, if you are trying to get pregnant, or if you have unprotected sex. Alcohol -- even in small amounts -- can be harmful to a developing fetus. Many women stop drinking once they know they are pregnant. However, alcohol can affect the fetus throughout pregnancy -- even in the earliest weeks. Damage to a baby’s developing brain can take place before a woman even knows she is pregnant.

For more information on Fetal Alcohol Spectrum Disorders (FASD) contact Dr. Pamela Gillen at 1-888-724-3274 or visit our website for more information: http://www.ucdenver.edu/life/services/AHEC/ProgramAreas/cofas/Pages/cofas.aspx.
Healthcare Advocacy: Colorado Conversations

Through the Access to Health grant, from the Colorado Trust, the Colorado AHEC Program created a new program three years ago called “Colorado Conversations for Better Healthcare,” also known as Healthcare Advocacy.

Through the grant, the Colorado AHEC Program formally entered into the realm of healthcare advocacy. While individuals within the Colorado AHEC Program had been involved in healthcare advocacy in current or prior positions, this grant enabled us to take a more systemic approach to advocacy (including building internal capacity), as well as convening conversations designed to engage communities around the state in healthcare policy discussions.

Healthcare Advocacy seeks to increase awareness, education and involvement of citizens throughout Colorado in ongoing discussions about healthcare policy at the local, state and federal levels.

Colorado AHEC has developed a variety of presentations to offer to the community. Please contact your local AHEC office to schedule a conversation.

• AHEC 101: Why AHEC? Why Now?
• Advocacy at Home: Strengthening the AHEC Connection in your Community
• Limited English Proficiency – Impacts Health Care Access
• Primary Care Workforce
• HealthCare 101
• Colorado Health Institute Series
• Election Information Series (completed in fall of 2010)

Our series brings about mutually agreed upon changes and outcomes for healthcare policies by providing conversations that are based upon truth of healthcare knowledge through honest discussions, and allowing for collaborative advocacy work. Please visit www.ucdenver.edu/coahec/advocacy for a complete library of past conversations that you may download.

In two years, Colorado AHEC has reached more than 120 communities throughout the state and met with more than 4,500 individuals. On average, 40 people attend each of our conversations statewide. At the Anschutz Medical Campus more than 1,000 people have attended our conversations, with an average of 100 people attending each conversation. Of the attendees of the Election Information Series, 61% discovered a new perspective they had never considered before, and 88% said the series met their expectations.

The Healthcare Advocacy program has strengthened our relationships throughout the community. The Colorado AHEC Program is now known as a neutral convener and informative health advocate and resource. To view the full content of the conversations on the Anschutz Campus please visit our website at www.ucdenver.edu/life/services/AHEC/ProgramAreas/Pages/Advocacy.asp. We view ourselves as an advocacy organization much more so today than before the implementation of the grant.
Do you know how to Harvest Waste Kinetic Energy Through Footwear for Therapeutic Use?

If not, just ask Tara Sowrirajan, Senior at Cherry Creek High School. Her project was selected as the Senior Division Grand Award First Place at the 2011 Denver Metropolitan Regional Science and Engineering Fair (DMRSEF) held on February 23, 2011 at the Denver Museum of Nature and Science. Tara will advance and compete at the Colorado State Science Fair in Fort Collins, Colorado and the International Science and Engineering Fair in Los Angeles California.

Tara was one of 574 future scientists who competed in the 2011 DMRSEF fair, which was a 35% increase over last year. The fair is open to students in grades six through twelve who are enrolled in public, charter, private or parochial schools or who are homeschooled within the fair’s territory. The DMRSEF includes the seven counties of Adams, Arapahoe, Clear Creek, Denver, Douglas, Jefferson, Summit and Broomfield. In general, the fair follows the same rules as the Colorado State Science Fair established by Society for Science and the Public, Washington, DC in the International Rules for Pre-college Science Research: Guidelines for Science and Engineering Fairs.

Over 150 students received awards that included a certificate, ribbon or medal and gift card. The DMRSEF’s award sponsors include: Lockheed Martin; Synopsys, Inc.; Denver Society of Petroleum Engineers; Hutton Architecture Studio; Colorado AHEC Program; Central Colorado AHEC; University of Colorado Department of Family Medicine; Colorado BioScience; Smart-Girl; Cherry Creek Watershed Partners; Univer-
News from the Colorado Area Health Education Center Program

2011 DMRSEF Top Winners include:

- **Senior Division Grand Award First Place:** Tara Sowrirajan, 12th Grade, Cherry Creek High School

- **Grand Award Senior Division Second Place:** Myles Scolnick, 11th Grade, Cherry Creek High School

- **Junior Division Grand Award First Place:** Kelcey Beckman, 8th Grade, American Academy

- **Junior Division Grand Award Second Place:** Bridget Galaty, 6th Grade, Denver School of the Arts
The Colorado Area Health Education Center Program office sponsored four booths that provided free adult and child health screenings, and one oral health screening booth, during the National Western Stock Show January 8-23, 2011. The Colorado Area Health Education Center Program and the University of Colorado Anschutz Medical Campus partnered to provide free adult and child health screenings and oral health screenings.

This interdisciplinary event brought together students, faculty, staff and community members from a range of schools and organizations including physician assistant, nursing, medicine, pharmacy, dental medicine, public health and University of Colorado Denver Downtown Campus Aurora LIGHTS pre-health profession students. We had 282 volunteers who provided a total of 2,884 hours of their time to screen 1,916 adults and 934 children.

The Colorado AHEC Program health screenings booth was awarded by the National Western Stock Show Executive Committee the Commercial Exhibits 2011 First Place Ribbon for the Most Educational Display.

As our target population, farmers, ranchers and uninsured adults were offered free on-site screening for blood pressure, blood sugar (glucose), blood cholesterol and body mass index assessment. All other adults were offered free on-site screening for blood pressure, blood sugar and body mass index. Youth ages 2-18 participated in the interactive Heart Smart Kids cardiovascular risk assessment, and parents were given a handout with a few goals for improvement.

Of the 1,916 adults screened, 30% were farmers or ranchers and 23% were uninsured. These adults were from all over the nation (including Colorado), and six different countries. In our fifth year providing free health screenings at the National Western Stock Show, the Colorado AHEC Program continues to enhance the delivery of health care services throughout the state,
with special emphasis on frontier and rural populations.

A new research study to provide follow up was offered to patients at risk. A total of 80 patients consented to participate. Patients will be contacted at three and six months to learn whether or not they were seen by a primary care provider. If not, they will be asked to identify the barriers. Study participants will also be asked come back to the 2012 National Western Stock Show so their progress can be documented.

This was the first year we provided free oral health screenings to adult tobacco users. Oral health exams were performed for 35 adults; smoking cessation information was provided to 170 adults, and tobacco-chewing cessation information was provided to 140 adult users. In addition, toothbrushes, along with oral hygiene education, were distributed to 700 children. Finally, 18 oral health education lesson plans were distributed to teachers accompanying school children.
Cavity Free at Three Is In High Gear

Cavity Free at Three is really kicking into high gear! The regional AHEC Centers are perfectly poised to help us achieve our goal of a cavity-free Colorado. Cavity Free at Three (CF3) is a Colorado-based educational program for primary care providers, public health programs, and dental providers.

CF3 trains health professionals to provide education along with dental screening in a wide variety of settings. Education is provided focusing on oral hygiene, behavior modification and dietary counseling. Screening appointments incorporating fluoride varnish application for high-risk children provide the opportunity to prevent the onset of early childhood caries. Through the CF3 perinatal model, providers are trained on the importance of oral health during pregnancy. Educating providers to the importance of the oral health of pregnant women in relation to outcomes for the child is instrumental in improving oral health for families. Prevention of oral disease begins before birth!

The CF3 website, www.cavityfreeathree.org, provides valuable resources for communities and providers. Training applications are accepted and educational materials for providers and families easily accessed. Materials are available in a wide variety of languages for our diverse Colorado population.

Cavity Free at Three has trained over 600 individuals statewide to provide these valuable oral health services. Over 10,000 infants and families have been contacted through this program. AHEC connections provide the valuable link to connect communities on behalf of such initiatives. It has been well established that regional AHEC offices are experts in networking such programs and your involvement is key to the future success of these efforts. Thank you for your continued support of Cavity Free at Three.