

STATE OF COLORADO

Bill Ritter, Jr., Governor
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Dedicated to protecting and improving the health and environment of the people of Colorado

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Colorado Department
of Public Health
and Environment

Funding Recommendations for the FY 2010-11 Health Disparities Grant Program For the period of July 1, 2010 – June 30, 2011 Continuation Grants (Year 2 of 2)

*These projects were recommended for funding by the Minority Health Advisory Commission
and approved by the State Board of Health for Fiscal Year 10-11*

I. Cancer Projects

Women's Resource Center (Reducing Health Disparities Through Outreach, Education...)

II. Cardiovascular Disease (including Diabetes and other precursors) Projects

Northwest Colorado Visiting Nurse Association (Improving Access to Cardiovascular Care)
Colorado Coalition for the Homeless (Talking Circles for Homeless Native American Pop.)
Denver Health Medical Center (Community Led Bilingual Cardiovascular Risk Reduction)
Center for African American Health (Project Power: Church Outreach Initiative)

III. Crosscutting (addresses more than one priority area) Projects

Asian Pacific Development Center (Community Health Information & Screening)
Plains Medical Center/Limon Doctor's Committee (Minority Access Project)
High Plains Community Health Center (Prowers County United Voices for Healthy Lives)
Southern Ute Indian Tribe (Cardiovascular/Breast Cancer: Reducing Disparities)
A Woman's Worth (Jump Start to Health Program)
Gunnison County Dept. of Health & Human Services (Expanding Access to Healthcare)

Grantee 1: Women's Resource Center
Project Title: Reducing Health Disparities through Outreach, Education and Access to Low-Cost Care for Reproductive Cancers
Project Category: Cancer
Target Population: Latino/Hispanic
Counties Served: Larimer

Contact: Annette Zacharias (azacharias@womens-resource.org)

Total Funding Awarded
Year 1 (FY 10): \$74,486
Year 2 (FY 11): \$38,814

Project Summary:

The goals of this project are to alleviate health disparities by providing targeted, culturally-competent outreach and education; to provide access to free or low-cost reproductive health care; and work collaboratively with providers, health care stakeholders, other women-serving agencies and public officials to advocate, develop and implement long-term solutions for providing health care for medically-underserved minority women in Larimer County. During the grant period, approximately 120 women will receive diagnostic and preventive procedures for cervical and uterine cancers, 350 women will participate in one-to-one or small group women's wellness education workshops, 340 low-income women will receive referrals to free or low-cost mammograms, 80 eligible women will be connected to WWC clinics for breast and reproductive health services, 100 women will receive patient navigation services and 3,500 women will receive direct education through community outreach activities.

Grantee 2: Northwest Colorado Visiting Nurse Association
Project Title: Improving Access to Cardiovascular Care for Minority Populations
Project Category: Cardiovascular Disease (including diabetes and other precursors)
Target Population: Latino/Hispanic
Counties Served: Routt, Moffat, Jackson, Rio Blanco, Grand

Contact: Stephanie Anderson (sanderso@nwcovna.org)

Total Funding Awarded
Year 1 (FY 10): \$196,180
Year 2 (FY 11): \$100,775

Project Summary:

The goal of this program is to improve control of cardiovascular disease, diabetes and related precursors in minority populations in Northwest Colorado. Short term objectives include screening 350 minority members of the community for cardiovascular disease risk factors, including diabetes and other risk factors. Intermediate objectives include identifying 150 minority community members in Routt, Moffat and Jackson counties who are at risk for cardiovascular disease, diabetes and related risk factors, increase their knowledge and refer them to appropriate treatment programs. The project will increase

community-wide education of minority populations on cardiovascular disease, diabetes and related risk factors through four or more community based classes. Long term objectives include increasing the number of minority residents participating in risk factor management. The overall anticipated outcome is to improve heart health and heart health behaviors among minority residents in Northwest Colorado.

Grantee 3: Colorado Coalition for the Homeless
Project Title: Talking Circles for those who are Homeless in Metropolitan Denver
Project Category: Cardiovascular Disease and Precursors Including Diabetes
Target Population: Native American/American Indian
Counties Served: Adams, Arapahoe, Denver, Jefferson
Contact: James Ginsburg (jginsburg@coloradocoalition.org)

Total Funding Awarded
Year 1 (FY 10): \$190,320
Year 2 (FY 11): \$100,815

Project Summary:

This project addresses health disparities among homeless and at-risk Native American adults in metropolitan Denver conjoining Native and western medicine by enhancing and expanding the Colorado Coalition for the Homeless (CCH)-hosted Talking Circles. Two Talking Circles will be hosted weekly at two sites frequented by homeless Native Americans. The project also enhances cultural awareness of CCH staff members, medical and other treatment providers. Medical treatment for this target population will be delivered by these trained providers. Health education and screening concerning chronic disease, especially diabetes and hypertension, will be provided by culturally competent staff members. Patients will receive facilitated access to follow-up evaluation and treatment, provided at no cost. Patients with positive screens will be followed and staff will provide assistance for treatment adherence. Four hundred eighty homeless and at-risk Native American adults will be served at the Talking Circle ceremonies, Colorado Coalition for the Homeless health care delivery sites and at other community sites. Approximately 125 adults will be screened for diabetes and hypertension and at least 100 CCH staff members will receive training regarding provision of culturally competent services delivered to homeless Native Americans.

Grantee 4: Denver Health Medical Center
Project Title: Community Led Bilingual, Multifaceted Cardiovascular Risk Reduction Program for Latino/Hispanics
Project Category: Cardiovascular Disease and Precursors Including Diabetes
Target Population: Latinos/Hispanics
Counties Served: Denver
Contact: Dr. Ricardo Padilla (rick.padilla@dhha.org)

Total Funding Awarded
Year 1 (FY 10): \$88,390
Year 2 (FY 11): \$45,267

Project Summary:

The goal of this project is to develop and implement a community led, bilingual, family-oriented cardiovascular risk reduction program to improve Latino health, increase knowledge of common health issues and improve self management strategies. The program will target Latinos with an emphasis on family participation. The intervention will include the development and implementation of a series of culturally proficient discussions in English and Spanish for the Latino community about health issues (such as diabetes, obesity, hypertension, tobacco use and cardiovascular disease). Staff will provide culturally proficient group activities, such as nutrition classes, cooking demonstrations and fitness sessions including cultural dance classes and group gym sessions. Objectives will be to: (a) increase awareness of and provide methods to improve cardiovascular risk factors; (b) screen for hypertension, diabetes, obesity and tobacco use; (c) provide culturally proficient educational activities and encourage follow up with a health care provider for all participants who are found to be at moderate or severe cardiovascular risk. Measurable outcomes will be: blood pressure values; finger stick blood sugar values; body mass index (BMI); smoking status; Framingham cardiac heart disease risk score; follow up rates for all participants with moderate or severe cardiovascular risk; attendance at our monthly sessions; education session pre- and post tests and physical activity patterns.

Grantee 5: Center for African American Health
Project Title: Project Power: A Church Outreach Initiative
Project Category: Cardiovascular Disease and Precursors Including Diabetes
Target Population: African American/Black
Counties Served: Denver, Adams, Arapahoe
Contact: Lucille Johnson (Lucille@caahealth.org)

Total Funding Awarded

Year 1 (FY 10): \$60,907
 Year 2 (FY 11): \$28,437

Project Summary:

Project Power is a church outreach initiative developed by the American Diabetes Association to educate the African-American community on the importance of diabetes prevention and self-management. This program emphasizes the link between diabetes and heart disease. The Center for African-American Health will implement Project Power in at least 10 black churches in metro Denver each year, using its well established Faith & Health Ministries program. This program works through black churches to promote healthy lives and lifestyles, and prevent disease among African Americans. Volunteer health outreach liaisons are appointed by pastors at participating churches throughout metro Denver and will work with Center staff to coordinate the routine delivery of health education and free health screenings and to promote increased physical activity and healthy eating habits.

Grantee 6: Asian Pacific Development Center
Project Title: Community Health Information and Screening Program
Project Category: Crosscutting
Target Population: Asian American/Pacific Islander
Counties Served: Metropolitan Denver

Contact: Dan Aiba (danaiba@apdc.org)

Total Funding Awarded

Year 1 (FY 10): \$188,000

Year 2 (FY 11): \$95,140

Project Summary:

The Asian Pacific Development Center (APDC) has identified several factors as obstacles to health screening and health education for Asian Americans/Pacific Islanders (AAPI), including language barriers, lack of health insurance, inability to use medical systems in the U.S., as well as inadequate knowledge and attitudes of risk factor management. APDC will work in partnership with the 9Health Fair to screen approximately 900 participants and will provide education prior to and after screening to help patients interpret results and learn to manage cardiovascular, cancer and pulmonary disease risk factors. Patients in need of follow up services will be referred to community health clinics or public health hospitals.

Grantee 7: Plains Medical Center

Project Title: Minority Access Project (MAP)

Project Category: Crosscutting

Target Population: Latino/Hispanic

Counties Served: Lincoln, Kit Carson, Elbert, Eastern Adams, Eastern Arapahoe

Contact: Linda Messer (lmesser@plainsmedicalcenter.com)

Total Funding Awarded

Year 1 (FY 10): \$189,073

Year 2 (FY 11): \$100,179

Project Summary:

The goals of the *Minority Access Project (MAP)* are to increase awareness and understanding of disparities in minority health and help reduce barriers to accessing existing diagnostic and preventive health care services. The project will target the Latino/Hispanic communities that extend across the service area. The project will promote access for entire families. A team of three Patient Navigators will engage in partnerships with area social service agencies, education systems, health providers, churches and law enforcement agencies to increase health risk awareness for the minority communities; provide access to health screening such as blood pressure, cholesterol, and glucose testing; and work directly with at-risk individuals and families to reduce barriers and create access to more culturally relevant extensive diagnostic testing and preventive care through an established health care home. Plains Medical Center will promote access to one of its three existing clinics in Limon, Flagler or Strasburg and develop a new access point in collaboration with Elbert County Health Department in Kiowa.

Grantee 8: High Plains Community Health Center

Project Title: Prowers County United Voices for Healthy Lives

Project Category: Crosscutting

Target Population: Latino/Hispanic

Counties Served: Baca, Bent, Kiowa, Prowers

Contact: Emily Montoya (Emily.montoya@highplainschc.net)

Total Funding Awarded

Year 1 (FY 10): \$151,208

Year 2 (FY 11): \$ 70,093

Project Summary:

This project is based on the Chronic Care Model that will promote healthy eating, active living, and effective chronic disease self-management support for Latinos diagnosed with or at high risk for diabetes and cardiovascular diseases. The project aims to improve the overall health status of this target group through activities that support productive healthcare interactions between patients and healthcare providers. High Plains will not only provide direct services to patients through this project but will also build and maintain active community collaborations and partnerships to reduce health disparities for Latinos in Prowers County.

Grantee 9: Southern Ute Indian Tribe
Project Title: Cardiovascular Disease/Breast Cancer: Reducing Native Disparity on the Southern Ute Indian Reservation

Project Category: Crosscutting

Target Population: Native American/American Indian

Counties Served: La Plata, Archuleta, Montezuma

Contact: Lynne Murison (lmurison@southern.ute.nsn.us)

Total Funding Awarded

Year 1 (FY 10): \$130,490

Year 2 (FY 11): \$64,278

Project Summary:

The purpose of this project is to reduce the burden of breast cancer and cardiovascular disease (CVD) on the Southern Ute Indian (SUIT) Reservation and to serve the resident native populations that currently experience these two health disparities. The project will target adults at risk for cardiovascular disease with screening, education and treatment. Community screenings will be held quarterly and a lifestyle training clinic will be offered to those identified during the screenings to be at risk for CVD. The goals of the clinic are to facilitate weight loss, lower cholesterol and blood pressure and promote cardiovascular fitness. Expected outcomes include increased community awareness and participation in healthier lifestyle choices. A secondary component will support women of childbearing age by promoting breastfeeding with the objective of lowering obesity rates in children and reducing the risk of breast cancer among this group. Community outreach, education and inclusion will play a large role in this project through a weekly, hour-long radio show broadcasted on SUIT tribal radio. The project will be infused with Native culture from radio talking circles to powwows and elder advising.

Grantee 10: A Woman's Worth
Project Title: Jump Start to Health

Project Category: Crosscutting

Target Population: African American/Black
Counties Served: Adams, Arapahoe, Denver

Contact: Kimberly Fowler (Kim@awwdenver.org)

Total Funding Awarded

Year 1 (FY 10): \$83,146

Year 2 (FY 11): \$41,152

Project Summary:

A Woman’s Worth (AWW) ‘Jump Start to Health’ Program is a health transformation program for African American women to help them ‘jump start’ their health and fitness awareness by teaching healthier choices for eating, exercising, and living, with the goal of initiating and maintaining a healthy lifestyle. This program is designed to help participants develop key habits necessary to implement permanent behavioral changes for the prevention of diseases and premature mortality affecting the African American female population. The staff will recruit participants from alliances within the AWW Beauty Salon Network of local salons and stylists. The Jump Start program is a 12-week course and participants will meet weekly in various community locations to be educated on topics addressing disease awareness such as cardiovascular disease, hypertension, diabetes and obesity. These interactive classes will include physical activity, hands-on nutritional cooking alternatives and informative health discussions; all of which will be facilitated by experts, specialists and health advocates in the field.

Grantee 11: Gunnison County Department of Health & Human Services
Project Title: Expanding Access to Healthcare for Minorities through Service Coordination and Navigation

Project Category: Crosscutting
Target Population: Latino/Hispanic
Counties Served: Gunnison, Hinsdale
Contact: Ellen Pedersen (epedersen@gunnisoncounty.org)

Total Funding Awarded

Year 1 (FY 10): \$51,289

Year 2 (FY 11): \$27,362

Project Summary:

This project will partially support the Gunnison County Multicultural Resource Office Coordinator in the role of the Local Health Disparities Coordinator in order to provide minority representation for community collaborations and planning boards and direct services for advocacy, education and linkage to existing and developing health and human services. The Coordinator also manages the interpreter and translation services for the county. Gunnison County has developed new initiatives to promote collaborations to access to health care for un/underinsured minorities to provide coordinated community based services to families. The key objectives are

- to assure representation of bilingual and bicultural needs in key community collaborations and direct services through participation in the Light Program access to health care advisory board and other key community groups related to the provision of health care;
- coordination of bilingual and bicultural volunteer and medical interpreter bank;

- coordination, direct assessment and referral services for minority populations to public health and other community human service programs and organizations.

The expected outcome is a centralized, comprehensive health resource that will facilitate appropriate service delivery models responsive to disparities in the Gunnison Valley.