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NEWS FOR YOU:

We want your content! Submit any events, stories or photos you would like to share with the community and we will include them in the next issue.

If you would like to subscribe to the newsletter, send us an email and we will be sure to add you to our mailing list!

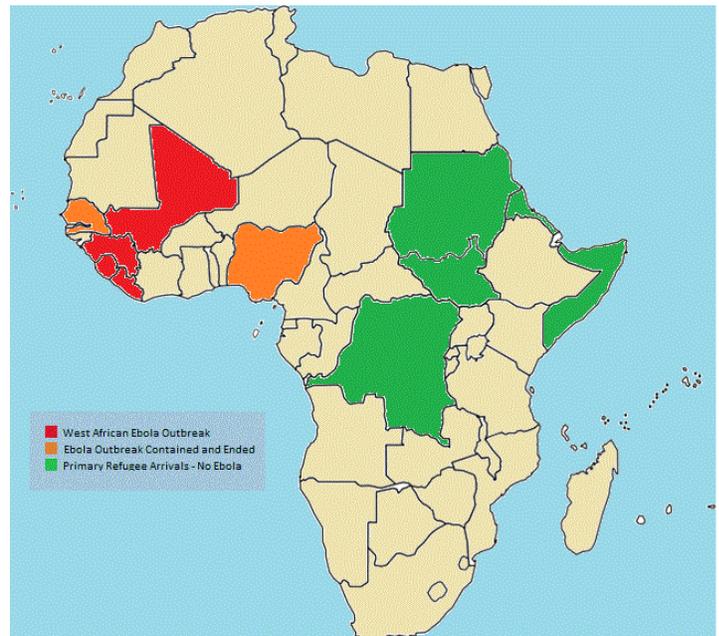
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Arizona's Refugees: Not an Ebola Threat

The current Ebola outbreak, which has infected more than 13,000 and caused nearly 5,000 deaths in Liberia, Sierra Leone, Guinea, and Mali has led to concern among Arizona's citizens. Following the knowledge that Arizona receives a large number of African refugees each year, many are asking whether this should be a cause for caution or concern. However, for several reasons, **refugees do not pose an increased Ebola threat.**

Here are the facts:

1. There has not been a single case of Ebola associated with a US-bound refugee.
2. The United States has only received 46 individuals from any of the three affected countries in 2014. The last arrival to the US came in early August, while the last arrival to Arizona was in late July. States will be notified if any individuals from these areas are scheduled for arrival.
3. Ebola specific measures are being taken during the overseas screening for anyone departing from one of the affected countries.
4. While Arizona is receiving a



large number of African refugees, these populations are coming from countries at least as far away from the epidemic as Los Angeles is from Philadelphia.

In the unlikely event that Arizona is faced with a case, healthcare facilities are being prepared to respond in the safest manner possible. For more details on preparedness, visit ADHS' Ebola Preparedness Website at azhealth.gov/ebola.

The primary concern with refugees

is not that they pose a health risk to Arizona's citizens, but rather that they themselves are at an increased risk of discrimination. Individuals who have been in Arizona for years as well as new arrivals from other regions of Africa are at risk of mistreatment in schools, healthcare facilities, and their places of work, making it critically important that accurate information is disseminated as widely as possible.

For more information, visit the ADHS or the [CDC website](http://CDC).

Water Safety From All Angles

Two important initiatives are working to improve different aspects of water safety in refugee communities. Iskashitaa Refugee Network is planning to roll out their new water safety curriculum this month, which aims to provide refugees with important information on issues like clean water and staying hydrated. For more information on this program, you can reach out to information@iskashitaa.org.

Taking a different approach to water safety, a City of Phoenix initiative led by Councilmen Daniel Valenzuela's office in District 5 is focusing on drowning prevention. The program is currently in the planning phase and is bringing together a range of community members and stakeholders who can pool their knowledge and resources to effectively address the issue. For more information, email bithia.ratnasamy@phoenix.gov.

Community Submission from St. Joseph's

Family Medicine at St Joseph's Hospital and Medical Center provides group prenatal and group baby visits to our refugee patients using the CenteringPregnancy™ and CenteringParenting™ models. We have been providing these group visits for about 6 years. Prenatal groups meet monthly and baby groups meet every other month. Our prenatal groups vary a little from the Centering model as they are based on language groups rather than estimated due dates. Feedback from refugees for both

groups has been very enthusiastic. The women and parents love to learn about healthy eating, safety, breastfeeding, and oral health. We also take a very practical approach to what we teach. We take the women on a detailed tour of labor and delivery (L&D) and the postpartum floor, teaching them how to use elevators on the way. Up on L&D, they see the baby warmers, learn how to use the hospital bed, how to order food and what the monitors are for. One of our medical assistants is a trained car seat technician and

thoroughly teaches parents on proper car seat installation. After the training, the family receives a new car seat provided in collaboration with Phoenix Children's Hospital. Our babies come to group visits through age 6 months but many hang on much longer because they like the group so much! Right now we have a group for our Karen and Karenni patients, but would love to start a group for any language group provided we have at least 4 patients for that group. We work with many different insurance programs. If you'd like to refer a mom or baby to group, please call our nurse, Leah, at 602-406-3452.



Do you have an article you would like featured in the Refugee Health Newsletter? Email your submission for consideration to refugeehealth@azdhs.gov!

Farewell to Zach Holden!

In early September, the Refugee Health Program said goodbye to Zach Holden, who had served as the Refugee Health Coordinator since April 2012, as he set off for a Rome-based

position with the United Nations Food Program. Candidates are currently being interviewed for the vacant position, which is expected to be filled in 1-2 months. In the interim, you can

continue to direct any refugee health questions or concerns to the Refugee Health Program at refugeehealth@azdhs.gov or (602) 542-0112.

Mortality Data Analysis

In collaboration with the State Vital Statistician, the Refugee Health Program completed an analysis of the common causes of death in current and former refugees in Arizona. This has provided a lot of valuable information that had previously gone unnoticed, such as the increased rate of deaths due to car accidents in refugee populations. Because Arizona’s refugee resettlement program began as recently as the 1980s, as of 2013 less than 1,000 refugees had reported deaths in Arizona of the more than 62,000 that have arrived. As a result, it is not possible to draw any statistically significant conclusions in comparing mortality statistics between the refugee and general Arizona populations. However, observing the general trends indicated in the chart on the right is critical to identifying potential areas of concern. Visit the [Latest Statistics](#) page for more refugee health data.

Cause of Death	Refugees Compared to General AZ
Infectious Disease	
Chronic lower respiratory diseases (pneumonia, flu, TB)	↓
Septicemia (blood poisoning)	↑
Chronic Disease	
Malignant neoplasm (cancer)	≈
•Malignant neoplasm of trachea, bronchus and lung (lung cancer)	↑
Coronary heart disease (heart attacks)	≈
Cerebrovascular diseases (stroke)	↑
Accidents and Injury	
Transport accidents (car wrecks)	↑↑
Injury by firearms (homicide and accidental)	↑
Suicide	≈
Other accidents (drowning, fall, poisoning)	↓
↑ / ↑↑ refugee rates higher/much higher than general AZ rates	
↓ refugee rates lower than general AZ rates	
≈ refugee rates similar to general AZ rates	

Get Covered: Marketplace Open Enrollment

As we approach the open enrollment period for purchasing health insurance through [the Marketplace](#), it is important to understand how the process will differ this year and to find resources available to refugees who need assistance enrolling in a health insurance plan.

Although open enrollment last year lasted about 6 months, this year it will only last from November 15, 2014—February 15, 2015. Outside of this open enrollment period, people can

only purchase health insurance through the Marketplace if they have had a [Qualifying Life Event](#) that would make them eligible for a special enrollment period. However, as always, eligible individuals can apply for AHCCCS, Arizona’s Medicaid, at any time.

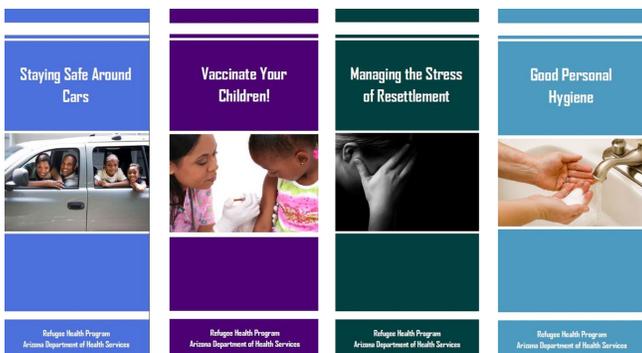
In addition, the penalty for not having health insurance has increased in 2015 to 2% of household income or \$325, whichever is higher.

The Refugee Health Program’s [events calendar](#) will stay updated with enroll-

ment events and Affordable Care Act educational opportunities. One such event, hosted by Maricopa Integrated Health System, will not only have enrollment representatives for both AHCCCS and the Marketplace, but will also offer in-person interpretation in: Arabic, Burmese, Chin, Kirundi, Kinyarwanda, French, Nepali, Somali, Swahili, and Spanish.

For more information, visit the [Upcoming Events section on pg. 4](#).

New Resources at AZRefugeeHealth.org!



Four new health education pamphlets have been translated into 12 languages and [posted online](#) the Refugee Health Program’s website for community use. These pamphlets cover car safety, vaccination, behavioral health, and personal hygiene. Our program is continuing to develop health education materials for refugee populations. Feel free to write to refugee-health@azdhs.gov with any feedback or suggestions!



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>> Call for Submissions <<

If you have any events, stories or photos you would like to share on the Arizona Refugee Health Newsletter, please submit them to RefugeeHealth@azdhs.gov !

Research Spotlight

[Cultural Competency Training for Healthcare Providers to Improve African Immigrant & Refugee Health.](#) Nov 2014. Emeobong Martin, MPH, Deirdre Washington, PhD, Marcos Pesquera, RPh, MPH, Marilyn Lynk, PhD. *American Public Health Association.*

[Exploring socio-cultural factors that mediate, facilitate, & constrain the health and empowerment of refugee youth.](#) Sept. 2014. Sara Edge, K. Bruce Newbold, Marie McKeary. *Social Science and Medicine*, 117: 34-41.

[Unique Interdisciplinary Public Health Model Doubles Latent Tuberculosis Infection Treatment Completion of Refugee Patients in a Large Metropolitan Area.](#) June 2014. Christine O'Leary, PharmD, Kevin Scott, MD, Marc Altshuler, MD, Karen Kitagawa-James, RN, BSN, Maria Hervada-Paige, MSS. *North American Refugee Health Conference 2014.*

Upcoming Events

22 November—3rd Annual Glendale Family Health and Resource Fair
9am-2pm at Glendale Civic Center, 5750 West Glenn Drive Glendale, AZ 85301
This event will feature health insurance enrollment assistance, wellness screenings, 'Ask a Doctor', as well as fun events for children. For more information, contact venus.ramirez@mihs.org or (602) 344-2550.

23 November—Spaghetti Dinner Fundraiser
4-7pm at St. Margaret's Parish Hall, 801 N. Grande Tucson, AZ 85745
Join Catholic Social Services for salad, drinks, and deserts. The \$20 minimum donation will benefit their refugee program. Contact (520) 623-0344 x 1012 or flossou@ccs-soaz.org for details.

24, 31 January; 7 February—Refugee ACA Enrollment Events
12-4pm at MIHS CHC 2525 E Roosevelt Street Phoenix, AZ 85008
This event will have enrollment representatives for AHCCCS and the Marketplace as well as in-person interpretation in 10 languages (see page 3). Contact (602) 344-2550 for more information.

18 February—Refugee Public Safety Committee Meeting
3-4.30am at IASPF 3581 W. Northern Ave, Suite #8 Phoenix, AZ 85051
Join representatives from refugee communities, resettlement agencies, police and fire departments, and many others to discuss refugee public safety issues and get involved in projects like the water safety initiative discussed on page 2.

Every Tuesday—Swahili Women's Support Group for Survivors of Torture
11am-12pm at IRC 3100 N Campbell Suite #101 Tucson, AZ 85719
Originally designed for survivors of torture, this group also welcomes other Swahili-speaking refugee mothers. Some meetings also provide interpretation in Kinyarwanda. Contact (520) 319-2128 x120 for more information.

Every Sunday—St. Philip's Farmer's Market
8am-1pm at 4380 N Campbell Ave, Tucson, AZ
Iskashitaa's event will feature their fresh produce harvested in collaboration with the refugee communities as well as refugee-made baskets, bags, and other crafts.

For additional events and contact information, please refer to the calendar at <https://www.google.com/calendar/embed?src=azrefugeehealth%40gmail.com>

Funding Opportunities

[Pediatric Research Project - Gerber Foundation](#)

Amount: as needed
Deadline: 1 December 2014
Eligibility: Non-profits with research projects focusing on health, nutrition, and development of youth and infants.

[Pearson Early Career Grant - American Psychological Foundation](#)

Amount: \$12,000
Deadline: 31 December 2014
Eligibility: Early-career psychologists in pursuing work with underserved populations

[Kelly Care Foundation Grant](#)

Amount: \$10,000
Deadline: 31 December 2014
Eligibility: Non-profit institutions working projects that support the three focuses of the Kelly Care foundation: education, health, and community projects.

[NIMHD Academic Research Enhancement Award: Enhancing Health Disparities Research at Undergraduate Institutions \(R15\) - NIH](#)

Amount: Up to \$300,000
Deadline: 12 January 2015
Eligibility: University faculty members with innovative small-scale projects focused on minority health and health disparities.

[Humana Foundation Grants](#)

Amount: No maximum or minimum; \$10,000 or more recommended
Deadline: 15 January 2016
Eligibility: Non-profits pursuing projects focused on childhood health, including nutritional, lifestyle, and physical activity.

[System-Level Health Services and Policy Research on Health Disparities \(R01\) - NIH](#)

Amount: Up to \$350,000
Deadline: 20 January 2015
Eligibility: Non-profits with systems-level health policy research projects that will promote the elimination of health disparities.