



# ARIZONA ADVISORY COUNCIL ON INDIAN HEALTH CARE

## August 2024 Newsletter

**Mission statement:** *The mission of the AACIHC is to advocate for increasing access to high quality health care programs for all American Indians in Arizona.*

### At-a-Glance

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### AACIHC Agency Updates

Greetings Everyone!

I hope this month's newsletter finds you and your family enjoying these summer months, staying safe and hydrated! As you read this month's newsletter, staying hydrated is important and has many other health benefits. From an Indigenous perspective we know that water is also sacred and is to be respected and



**Dr. John Molina**  
*Director, Arizona Advisory*

protected.

*Council on Indian Health Care*

This month's newsletter also highlights our Agency's achievements and upcoming training events for your staff and community that will be of interest and beneficial to enhancing your operations.

All our activities are planned by our Agency's skilled team, who are always available to provide any information may you need and work towards meeting our mission to "...serve as a resource for all Tribal governments...by supporting prevention, training, education, workforce development, policy and legislation to meet the unique health care needs of American Indian and Alaska Native (AI/AN) populations in Arizona.

Have a safe and healthy summer!

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## AACIHC Agency Updates

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### **American Indian Health-AHEC** **AHEC Scholars Two-Year Program**



# AHEC SCHOLARS TWO-YEAR PROGRAM

The Arizona AHEC Scholars Program (ASP) is a two-year interprofessional program for health profession undergraduate and graduate students. It is comprised of community-based experiential training conducted in rural and/or underserved settings in one of the Arizona AHEC Regions. The ASP builds from the Rural Health Professions Programs (RHPP) at the University of Arizona, Arizona State University and Northern Arizona University. Undergraduate and graduate students enrolled in Northern Arizona University Public Health and undergraduate Nursing programs are eligible and encouraged to apply. Priority will be given to Indigenous students focused on healthcare issues.

## PROGRAM REQUIREMENTS OF AHEC SCHOLARS

- Assigned to an interprofessional team of health professions students from the three ABOR universities, a Faculty Mentor, and American Indian Health-AHEC (AIH-AHEC).
- Student must be enrolled and remain enrolled in and meet all academic and didactic training requirements of their respective health professional program.
- Commit to 80 hours each year for two years (didactic + community experiential learning).
- Participate in reflection, active learning and critical inquiry in a group setting with students from various health professions programs.
- Engage directly and indirectly with rural and/or underserved communities and guided by their Faculty Mentor and AIH-AHEC Regional Center Director and team.
- Learn about factors affecting the social determinants of health, cultural competency, behavioral health integration, practice transformation, inter-professional education, current and emerging health issues, connecting communities and supporting health professionals, and seek to improve virtual learning and telehealth training.

## PROGRAM BENEFITS FOR AHEC SCHOLARS

- Develop an understanding that individual patients, families, communities and health providers are partners in shaping and delivering the educational experience.
- Progress in learning experiences – reflective journaling; review community health needs assessments in published literature; review publicly available health information and reports; develop and administer surveys; collect, synthesize, and report data; present findings with data visualizations targeted to specific audiences, and make recommendations to improve individual and community health.
- Learn about collaborative relationships, engage in team-based care, and use interprofessional approaches to problems that include community agencies, patients, and health providers.
- More information, including stipends and activity dates can be found on the first page of the online application (link is below).

► Apply at: <https://formstack.io/4CAE2>

- [Download PDF](#) AHEC Scholars Manual 2023-2024  
*2024-25 manual forthcoming*
- **Application Deadline: September 15, 2024**



DATE: 3/28/24  THE UNIVERSITY OF ARIZONA  
**Arizona AHEC**  
Area Health Education Centers



## AzHIP Updates

### Arizona Health Improvement (AzHIP) Plan Grant

The Arizona Advisory Council on Indian Health Care (AACIHC) has successfully completed several significant initiatives to improve the health and well-being of American Indians and Alaskan Natives (AI/AN) within Arizona. These accomplishments were made possible through the Arizona Health Improvement Plan (AzHIP) Rural and Urban Underserved Health Plan and establishing a close partnership with the Arizona Department of Economic Security (DES), Arizona Department of Health Services (ADHS), Arizona Health Care Cost Containment System (AHCCCS), and First Things First (FTF).

## **Key Achievements:**

### **2024 State-Tribal Epidemiology Summit**

The AACIHC successfully convened the first 2024 State-Tribal Epidemiology Summit on May 7, a milestone event that will shape the future of data transparency and access between State agencies and Tribes. The summit brought together a diverse group of experts from Tribal, State and Federal programs to engage in meaningful discussions about best practices. This collaboration underscores AACIHC's commitment to advancing data-driven decision-making for better health outcomes for Arizona's Tribal communities.

### **Health and Housing Among Tribal Communities in Arizona**

The AACIHC coordinated a study to gather insights from Tribal Health stakeholders in Arizona, focusing on health and housing challenges in Tribal communities. The report outlines the need for a combined approach to address healthcare and housing needs and proposing strategies for integrating these services. It shares examples of effective initiatives and strategies, highlighting successful efforts to improve health and housing conditions in Tribal communities. This report serves as a critical resource for understanding and addressing the health and housing needs of Tribal communities in Arizona.

### **Enhancing State-Tribal Engagement**

The AACIHC has completed an action plan to enhance how state workers engage with Tribal Nations and communities in Arizona. We researched existing training materials, identified common themes, and developed recommended improvements. Working closely with the Tribal Liaisons from partnered state agencies, we gathered and analyzed current training resources. Moving forward, we are excited to create a new, comprehensive training to improve relationships and foster more effective interactions between State workers and Tribal communities.

### **Moving Forward**

These achievements mark significant progress in AACIHC's mission to advocate for improving health outcomes for the AI/AN population in Arizona. The collaborative efforts between the Arizona Advisory Council on Indian Health Care (AACIHC), Department of Economic Security (DES), Arizona Department of Health Services (ADHS), Arizona Health Care Cost Containment System (AHCCCS), and First Things First (FTF) have laid a strong foundation for ongoing improvements and continued partnership. The AACIHC looks forward to building on this momentum and continuing our work to create meaningful and lasting changes that benefit Arizona's Tribal communities.

For more information or questions, please contact Mckayla Keams, Executive Project Coordinator, at [mckayla.keams@aacihc.az.gov](mailto:mckayla.keams@aacihc.az.gov).

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**COVID-19 Health Disparities Grant  
Team**



# Importance of Drinking Water

Did you know the human body is made up of approximately 60% water?

The COVID-19 Health Disparities Grant team wants to remind you to stay hydrated throughout the year, not just during these hot summer months! Staying hydrated is vital to the many important functions of your body's most vital organs! According to the CDC, getting enough water daily is essential for health. Drinking water can prevent dehydration, which may cause unclear thinking, mood change, overheating, constipation, and kidney stones. Water helps regulate body temperature, improve digestion, prevent constipation, boost energy levels, and help flush out toxins. Maintaining adequate water intake can prevent health issues such as heat injury and urinary and kidney problems.

We recommend starting your day with a big 16-ounce glass of water and aiming for about 64 ounces throughout the day, which is the recommended average. That's about eight 8-ounce glasses of water throughout your day! We encourage you to turn those water bottle bottoms up and enjoy some extra H<sub>2</sub>O today! Check out our infographic on the importance of drinking more water below!



# DRINKING MORE WATER



Drinking more water is essential for maintaining a healthy lifestyle. Here are some benefits of drinking enough water:

## 1 HELPS REGULATE BODY TEMPERATURE

Water helps maintain a stable internal temperature within the body by dissipating heat through perspiration. Thermoregulation is the biological mechanism responsible for maintaining a steady internal body temperature. Water absorbs and moves heat and cools the body through evaporation which is why it is important to stay hydrated.



## 2 IMPROVES DIGESTION AND PREVENTS CONSTIPATION

Water helps break down food and keeps the digestive system smooth and flexible, ensuring food moves efficiently through the intestines. Water also keeps stool soft and makes it easier to pass. Water is also essential for digesting soluble fiber which makes bowel movements more regular with less straining.



## 3 KEEPS SKIN LOOKING HEALTHY AND GLOWING

Water keeps skin cells hydrated and helps to maintain skin elasticity. Water aids in keeping skin moist and hydrated by improving blood flow that is providing nutrients to the skin. When your skin needs water it is more prone to dryness, irritation, and inflammation as well as skin cells being slower to repair.



## 4 BOOSTS ENERGY LEVELS

Your brain function is impacted by your hydration levels. A lack of water can have an impact on both mood and impair concentration, many times, resulting in the increased frequency of headaches. Additionally water is most important during intense exercise or high heat.



## 5 HELPS FLUSH OUT TOXINS FROM THE BODY

Water aids in the removal of toxins throughout the body. Water acts as a lubricate for many organs and aids the kidneys and liver to efficiently remove waste ensuring there is enough fluid to eliminate waste and supporting the livers detoxification process.



Resources:  
Schuster BG, Kosar L, Kamrul R. Constipation in older adults: stepwise approach to keep things moving. Can Fam Physician. 2015 Feb;61(2):152-8. PMID: 25676646; PMCID: PMC4325863.

Magee PJ, Gallagher AM, McCormack JM. High Prevalence of Dehydration and Inadequate Nutritional Knowledge Among University and Club Level Athletes. Int J Sport Nutr Exerc Metab. 2017 Apr;27(2):158-168. doi: 10.1123/ijsem.2016-0053. Epub 2016 Oct 6. PMID: 27710146.

# Virtual Training Series



The AACIHC's Health Education team and the COVID-19 Health Disparities grant team holds virtual training sessions for:

- 1) Community members seeking to learn more about health topics, such as managing chronic diseases, health and wellness (e.g. nutrition and exercise), navigating the healthcare system, health insurance, and general health literacy topics (e.g. how vaccines work, what are viruses and how do they transmit from person-to-person, what is Personal Protective Equipment and how can you use it in your daily life?) etc.
- 2) Health care providers serving the American Indian and Alaska Native (AI/AN) community.

All training sessions are held via ZOOM.

Things to note:

- Zoom training reminders are emailed via AACIHC email alert 1 week, 1 day, and 1 hour ahead of the scheduled training session.
- The training schedule is subject to change and participants will be notified of any changes.
- A brief Zoom tutorial is at the bottom of the training schedule, which can be found on our website here: [2024 Summer - AACIHC Training Schedule.pdf \(az.gov\)](#)

## Legislative Updates





Every year, the AACIHC identifies and tracks legislative bills that may have a potential impact on the American Indian health care system in Arizona. Please see the information below on the bills we are currently tracking:



## LEGISLATIVE TRACKER



[www.aacihc.az.gov](http://www.aacihc.az.gov)

The AACIHC identifies and tracks legislative bills that may have a potential impact on the American Indian health care system in Arizona. Please scan the QR code to see the bills we are currently tracking!

If you have any questions regarding AACIHC's Policy Initiatives, please reach out to: Corey Hemstreet, Legislative Specialist |  
Email: [corey.hemstreet@aacihc.az.gov](mailto:corey.hemstreet@aacihc.az.gov)

## Policy Analyst Internship

Job Summary:

The AACIHC is offering unpaid



internship opportunities to individuals (students and adult workers) seeking to gain more experience in the health education sector. In particular, we seek individuals who wish to work with indigenous peoples of Tribal nations in Arizona, with the aim of reducing health disparities among historically underrepresented and underserved peoples.



The Policy Analyst Intern would join the AACIHC team for 12 weeks, working 4 to 10 hours per week. However, for college students and organizations, we can be flexible with the number of weeks and hours per week, based on your education program's requirements for internship qualifications.

We believe that opportunities should not be open just to individuals with the funds to enroll in college. Internship consideration will be based upon your cover letter, your interview, and your resume.

In this role, you will have the opportunity to assist the team with our ongoing public health policy initiatives.

Your responsibilities will include:

- Researching, tracking, and analyzing public health policies that may impact the social determinants of health
- Creating educational and advocacy materials such as factsheets, policy briefs, infographics and other educational materials for respective leaders, partners and stakeholders on a variety of topics related to public health policy, tribal health, and social determinants of health.
- Support and assist with root cause analysis, needs assessment, legislative tracking, and other policy/program initiatives (as needed)
- Assisting with outreach events such as health fairs (as needed)

You will have the opportunity to be coached and mentored by our legislative specialist and executive project coordinator by collaborating with them on health education, advocacy, and public health policy initiatives.

Start Date: As soon as an interested party has applied, we will schedule a meeting that accommodates your class or work schedule. Our on staff team members work staggered shifts, ranging from 6 a.m. to 8 p.m., so we can accommodate meetings that work around your schedule.

Hours and Time Commitment: To be discussed during the initial meeting. 4-10 per week.

- Research and analyze public health policies:
  - The creation of public health policy education materials can be done on your own time, on your own schedule. The expectation would be to check in with your internship supervisor, as tracking

policies is a fast and collaborative process, and often several drafts and edits must be gone through to achieve a final product.

- Educational and Advocacy Materials:
  - The creation of public health policy education materials can be done on your own time, on your own schedule. The expectation would be to check in with your internship supervisor, as the creation of health education materials is a collaborative process, and often several drafts and edits must be gone through to achieve a final product.
- Community Events:
  - If you have an interest in attending community events or providing advocacy assistance to members of the community, this will need to be during regular business hours.

#### Required for Consideration:

- You will need to upload a copy of your resume and a well-written cover letter explaining how your skills are a good fit for this position.

#### What You Will Gain

- Knowledge and experience regarding common social determinants of health and public health policies affecting the American Indian population in Arizona and the United States.
- Experience in the development of advocacy and educational campaigns and materials creation for educational and advocacy purposes. Please note that we can customize an internship for you based on your field of study. (e.g. someone specializing in cancer prevention can focus on cancer prevention for their health education materials)
- Field experience such as participating in meetings, legislative hearings, and assisting with community engagement efforts.
- Experience in advocacy, public health policy or health equity initiatives
- Understanding of the importance of fostering strategic partnerships between public health and health care professionals, and community-based organizations to achieve health equity
- In-person and virtual public health outreach, advocacy and engagement strategies.
- Collaboration with a diverse team of professionals.

If you have any questions or would like to learn more, please reach out to either:

Corey Hemstreet, Legislative Specialist |  
Email: [corey.hemstreet@aacihc.az.gov](mailto:corey.hemstreet@aacihc.az.gov)

or

McKayla Keams, Executive Project Coordinator |  
Email: [mckayla.keams@aacihc.az.gov](mailto:mckayla.keams@aacihc.az.gov)

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# & Newsletters!

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## AACIHC's Office Location



**Arizona Advisory Council  
on Indian Health Care  
AHCCCS | 801 E. Jefferson  
Street, MD 4600  
Phoenix, AZ 85034**

**Office #: (602) 542-5725**

*The AACIHC, utilizing its knowledge of Indian healthcare issues and tribal sovereignty, serves as a resource for Tribal governments and the State of Arizona, and supports prevention, training, education, and policy development as the keys to meeting the unique health care needs of the Arizona Indian population.*

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