



September 2023

Welcome to the Healthy Pima Newsletter!

This newsletter aims to provide ways to get involved in community health improvement, learn about Healthy Pima workgroups, and share upcoming community health events.

We Want to Include YOU in the Next Newsletter

Share program highlights, or let us know if you need collaborators and we'll include it in the next newsletter.

Email us at **Healthy Pima**

Healthy Pima action groups used the results of Pima County's 2021 Community Health Needs Assessment to develop action plans to address the county's priority health needs:

- Mental & Behavioral Health-
 - Substance Use Disorder-
-

Community Health Improvement Plan Update from Our Substance Use Disorder Health Partners



CODAC Deflections Program (Partnership between the Tucson Police Department and the Substance Use Disorder Resource Team)

- Two peer support members from the SUD Resource Team regularly go out with Police Officers and Sargent Leslie Gallagher to areas with unhoused people. The following information is given out during the outings: housing resources, detox treatment options, and information on doctors they can see. Water bottle and snacks are passed out.
- TPD works with CBI for housing.
- Training has been provided for jail staff on fentanyl and how to talk to inmates about treatment and Narcan.
- School outreach has occurred at Tucson High to talk about fentanyl and other drugs.
- **If you know of schools that would benefit from outreach around fentanyl and other drugs, reach out to Alex Fernandez at nfernandez@codac.org.**

CODAC Peer Support, Community Outreach, and Criminal Justice Teams

- Every Wednesday the CODAC teams and partner organizations - HOPE, COPE, EL Rio, The Haven, the VA, the City of Tucson, and more - walk through camps and parks (bike park at Swan & Golf Links, Amphi Park, Santa Rita Park, Estevan Park, and others) and provide resources, trainings, and services or connections to services to the people who are unhoused that they talk to. Services include: patients being seen by El Rio in the field, and prescriptions are called in. Resources include: band-aids, meta honey, resources to combat fentanyl, and adult incontinence products. Trainings are given on what Narcan is and how it works.
- In April, CODAC alone engaged 85 people who are unhoused, made 18 appointments, re-opened charts, and distributed 10 Narcan kits.
- In total, CODAC plus its partners are interacting with 300-400 people per month.

Enlightenment Hope Project

- Passes out goody bags - that contain educational materials, hygiene bags, and Narcan kits - at Santa Rita Park and on Sun Tran busses.
- 200 Narcan kits have been distributed.

Mental & Behavioral Health

Pima County Suicide Prevention Task Force

Healthy Pima partners with the Pima County Suicide Prevention Task Force, led by Arizona Complete Health, to coordinate action with

community collaborators around suicide prevention and postvention efforts.



The group meets **quarterly** via **ZOOM** on the **4th Tuesday** of the month.

The next meeting is Tuesday, **October 31**, from **3-4 p.m.**

Please contact Julie Mack at JUMACK@azcompletehealth.com for meeting information.

Substance Use Disorder

CODAC Collaboration Meeting Group

Healthy Pima partners with the CODAC Collaboration Meeting Group, led by CODAC, to increase substance misuse services for residents of Pima County.



The group meets virtually via **TEAMS** on the **4th Tuesday** of each month.

The next meeting is Tuesday, **September 26**, from **2:30-3:30 p.m.**

Please contact Alex Fernandez at nfernandez@codac.org for meeting information.

The Counter Narcotics Alliance and its Partners will be Conducting a Spanish Speaking Community Forum on Fentanyl



The community forum will be on **September 19** at the **El Pueblo Center (101 W. Irvington)** from **6-8 p.m.** The agenda and speakers are listed below. Tables will also be set up for community members to engage with the various groups and obtain information on fentanyl in Tucson. Please

pass along the flyer (link in button below) to any organizations, schools, or other groups you feel this may benefit. This is a great opportunity for the community to engage with experts in the various areas and get information that can save lives.

Time for interaction at the tables: 6-6:30 p.m.

Opening Remarks: Deputy Chief Prieto, TPD

Fentanyl Overview/Moderator: Officer Figueroa, TPD

Church/School Efforts: Jonathan Basurto, Pusch Ridge Christian School

School Program: Alejandro Van Pratt, AZ National Guard

Naloxone: Monica Vega, Pima County Health Department

Rehabilitation: Alex Fernandez, CODAC

Mother's Personal Story: TBD

Q&A time: 7:30-8 p.m.

[Access the Flyer Here](#)

Community Information

The University of Arizona Cooperative Extension Diabetes Prevention Program Has New Groups Starting!



The University of Arizona Cooperative Extension offers the National Diabetes Prevention Program (DPP) across the state. The National DPP is an initiative to address the growing problem of type 2 diabetes. It is a 12-month, group-based program which encourages lifestyle changes shown to reduce the risk of type 2 diabetes. The program is designed for those who are at high risk of developing type 2 diabetes or who have been diagnosed with prediabetes.

The program is free for those who meet the following criteria:

18 years of age or older

Body mass index of ≥ 25 kg/m² (≥ 23 kg/m², if Asian American)

Cannot have a previous diagnosis of type 2 diabetes

Cannot be pregnant at the time of enrollment

*Glucose blood test in the **prediabetic range***

HbA1C of 5.7 to 6.4

Plasma glucose of 140 to 199 mg/dl

Fasting glucose of 100 to 125 mg/dl

or

Risk Test score of 5 or more
or
Diagnosed with gestational diabetes

[Click Here to Learn More About Classes](#)

Join The REACH Program in Exercising at the Loop!



REACH THE LOOP IN-PERSON EVENT

This event is for all levels of physical activity and is free for the community to attend.

Breakfast, drinks, and resources will be provided.

WHERE: Julian Wash Archaeological Park

TIME: 6-9 a.m.

DATE: Friday, September 22

[RSVP Here for a Chance to Win \\$50 Walmart Gift Card!](#)

Join the REACH Program and Their Partners for the National Clean-Up Day @ New Pascua!



THE UNIVERSITY OF ARIZONA
COLLEGE OF SOCIAL & BEHAVIORAL SCIENCES
Mexican American
Studies



Help continue to welcome a new community clean-up!
Together we can keep Pascua clean!

What to Bring
Work gloves
Comfortable shoes
Water

Hat/sunglasses/sun protection

Snacks, drinks, and lunch will be provided.

WHEN: Saturday, September 23

TIME: 7:30-11 a.m.

WHERE: Meet at W. Los Reales Road and S. Camino Benem

[View the Flyer and RSVP Here](#)



[Visit the Healthy Pima Website](#)



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