A health fair attendee receives a screening for healthy weight. Health screenings for ideal body weight, glucose and cholesterol were conducted at several fairs held on the Arizona-Sonora border in celebration of Border Binational Health Week 2012.
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I. 9th Border Health Information for Action Forum “Moving Upstream: Building New Ideas for Health Promotion across the Border Region”

The Arizona Outreach Office and the Arizona Department of Health Services, Office of Border Health in collaboration with planning committee partners that included: the University of Arizona, Mel & Enid Zuckerman College of Public Health, the Secretaria de Salud de Sonora, El Colegio de Sonora, Asociacion Sonorense para la Salud Reproductiva, and Southeastern Arizona Area Health Education Center (SEAHEC) held the 9th Border Health Information for Action Forum on Tuesday, October 9, 2012 in Nogales, Sonora. The theme of the forum was “Moving Upstream: Building New Ideas for Health Promotion across the Border Region”. The event consisted of a one day forum with eight topics that focused on:

- non-communicable chronic disease
- role of promoters to encourage healthy communities
- public policy
- the link between mental health and chronic disease
- how promoters can influence social determinants of obesity
- health promotion and human rights
- everyone is a promoter, investigator, public policy maker
- awareness of parents about childhood obesity

The forum was intended for community health workers (promotores) and program managers. Key organizations on the Arizona-Sonora border were identified and invited to participate. The forum agenda encouraged interaction and dialogue of key issues along with the goals:

- To encourage cross-border exchange of prevention and chronic disease and health promotion programs
- To generate a discussion that provides interdisciplinary problem solving elements to the obesity epidemic and non-communicable chronic disease
- To contribute to the strengthening of the role of community promotores as models of social change
- To identify best practices in childhood obesity prevention

Ideas and recommendations developed from the forum will be submitted to the U.S.-Mexico Border Obesity Prevention Summit 2013 that will take place in Texas.

The participation of community health worker promoters in this forum of experts in primary prevention of chronic disease and promoting healthy communities was invaluable towards decreasing obesity, especially among our children.

Promotores participate in worktable activities that include defining a healthy community and indicating community strengths and needs.
II. Cochise County, Arizona

*Community Health Fair (Douglas, AZ)-Migrant and Seasonal Farmworker Health Fair (Willcox, AZ)*

The Chiricahua Community Health Center in collaboration with the Consulate of Mexico and other partners in the Douglas/Agua Prieta community, held events in celebration of Border Binational Health Week. The health fair included the Cochise County Health Department, Hospital General of Agua Prieta, Cenpatico Behavioral Health of Arizona, the Department of Economic Security, the Douglas Area Food Bank, and the House of Hope in Douglas. These community organizations disseminated information and provided services such as glucose, blood pressure and body mass index screenings and provided influenza and pertussis vaccine. Nutrition, mental health, reproductive health workshops were also provided. Healthy food demonstrations and physical activity demonstrations for Zumba were held. 150 people attended this event.

A health fair was held that targeted seasonal and migrant farmworkers. The area of Winchester Heights in Cochise County is home to approximately 700 people that mainly includes seasonal and migrant farmworkers and their families. This health fair was held in collaboration with the Mexican Consulate and the Chiricahua Community Health Center mobile medical unit. 60 people attended the health fair and were provided influenza and pertussis vaccinations and health screenings for hypertension, diabetes and cholesterol. A local attorney provided free immigration and labor rights advice. The Mexican Consulate provided attendees passports, visas and other documentation. Plans are to continue service through the mobile unit to this rural and isolated population. Other plans include securing funding to develop play and recreational areas in this neighborhood.

**Douglas community agencies provide health screening, health education and information, and physical activity demonstrations to health fair attendees.**
III. Santa Cruz County, Arizona
Community Activities (Nogales, AZ)

The Mariposa Community Health Center in collaboration with the Ventanilla de Salud celebrated Border Binational Health Week with a variety of events for the Ambos Nogales region. Activities were held throughout the week. An inauguration ceremony was hosted at the Abelardo L. Rodríguez Elementary School in Nogales, Sonora. During the inauguration, the students honored the flag and gave a review of the Border Binational Health Week activities and events. The Mexican Consulate held a lecture series for the community. The topics were “Diabetes Control, Whose Responsibility?” “Resources in the Community”, “Nutrition for Diabetics” and “Obesity Prevention”. The featured speakers were Dr. Carlos J. Bórquez Arriaga from the Hospital General of Nogales, Sonora, Carmen Ramirez, Community Program Coordinator from the Arizona Department of Health Services and Carmen Ferlan, Training and Curriculum Development Specialist from Mariposa Community Health Center and Dr. Eva Davis, Director of the State Diabetes Association, Sonora, Mexico. Twenty-two people attended the lectures.

A Zumbathon was offered followed by Yogathon for four consecutive hours. Two local instructors lead the group to promote physical activity in the community. A “Health First is Love” walk was initiated at 8 am in front of the Dennis DeConcinni Port of Entry. Approximately 30 participants walked from there to the Mexican Consulate. Once the participants arrived, they were given hats, water and pedometers to encourage continued walking and to keep track of their steps.

The week’s events ended with a Health Fair that was held at the parking area of the Mexican Consulate. A diverse group of agencies from around Santa Cruz County participated by providing health education, resource information, and approximately 300 people received glucose, cholesterol and Blood Pressure screenings. In addition, an ophthalmologist provided early detection of glaucoma screening.
During the closing ceremony a representative of the Mayor’s office provided a Proclamation. There were also raffles held during the health fair and participants walked away with balls, resistance bands, weights and pedometers.

IV. Yuma County, Arizona

Inauguration Ceremony-Community Forums-Community Walk

A Community Walk was organized by Campesinos Sin Fronteras to open Border Binational Health Week events.

The Campesinos sin Fronteras held events in collaboration with many community partners to serve the communities of San Luis, AZ and San Luis Rio Colorado (San Luis R.C.), Sonora. These events targeted migrant families in the communities. An opening ceremony was held that included a community walk from San Luis, AZ to San Luis R.C., Sonora. The week long events consisted of forums on a variety of topics that included: heart disease, chronic disease, domestic violence, environment, adolescent health and physical activity. The community learned about controlling cholesterol, diabetes and hypertension; the laws about domestic violence and promotoras received training on domestic violence to better assist the community; issues facing youth around drugs and alcohol abuse; health plans and services offered at local clinics and; a Zumbathon was lead by a local fitness gym for two consecutive hours of physical activity. All the events were well attended by the community.

Partners included: the City of San Luis, AZ; San Luis, AZ Police Department; San Luis Municipal Courts; Domestic Violence Prevention; Secretary of Health, San Luis Rio Colorado (San Luis, R.C), Sonora; U.S. Border Patrol; Border Regional Health Center; General Hospital of San Luis R.C., Sonora; Consulate General of Mexico; Sunset Community Health Center; Camillus Health Center; Social Insurance, Sonora; Border Fitness; San Luis Parks and Recreation Department; and Gadsden School District.
### V. Arizona Border Binational Health Week Compilation of Events

<table>
<thead>
<tr>
<th>No.</th>
<th>Event</th>
<th>Location</th>
<th>No. of Participants</th>
</tr>
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<tbody>
<tr>
<td>1</td>
<td>Information for Action Forum</td>
<td>Nogales, Sonora</td>
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<tr>
<td>2</td>
<td>Health Fair</td>
<td>Douglas, AZ</td>
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<td>3</td>
<td>Health Fair-Migrant and Seasonal Farmworkers</td>
<td>Willcox, AZ</td>
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<td>4</td>
<td>Lecture Series</td>
<td>Nogales, AZ</td>
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<td>5</td>
<td>Zumba and Yogathon</td>
<td>Nogales, AZ</td>
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<td>Health Walk</td>
<td>Nogales, AZ</td>
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<td>7</td>
<td>Health Fair</td>
<td>Nogales, AZ</td>
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<td>Opening Ceremony</td>
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<td>Mutual Aid Group</td>
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<td>Youth Anti-Drugs Forum</td>
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<td>Breast and Cervical Cancer Survivors Forum</td>
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<td>Domestic Violence and the Judicial System Forum</td>
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<td>Domestic Violence Prevention Forum</td>
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<td><strong>Total</strong></td>
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VI. Photo Gallery

Community members of San Luis, AZ and San Luis Rio Colorado, Sonora attend forums on a variety of health topics.

Health Fairs were organized to provide communities along the Arizona-Sonora border with information about health plans and services offered by local health clinics.

To promote physical activity, community walks and Zumbathons were held along the Arizona-Sonora border.