



Wyoming Office of Multicultural Health

NOVEMBER 2012

**WYOMING
DEPARTMENT
OF HEALTH**

**PUBLIC
HEALTH
DIVISION**

**Outreach &
Education
Manager**

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Healthy People 2020: Leading Health Indicators

Leading Health Indicators are a smaller set of Healthy People 2020 objectives that have been selected to communicate high priority health issues and actions that can be taken to address them. These indicators will be used to assess the health of the Nation, facilitate collaboration across sectors, and motivate action at the national, State, and community levels to improve the health of the U.S. population.

- Access to Health Services
- Clinical Preventive Services
- Environmental Quality
- Injury and Violence
- Maternal, Infant, and Child Health
- Mental Health
- Nutrition, Physical Activity, and Obesity
- Oral Health
- Reproductive and Sexual Health
- Social Determinants
- Substance Abuse
- Tobacco



For more information visit: <http://healthypeople.gov/2020/LHI>

Mini-Grants 2012-2013

Don't forget to apply for funding from our mini-grants!
Please visit www.womh.org online to download the
required application materials.

The deadline for applications is December 3, 2012.

For more information, please contact Brittany Wardle
at 307-777-1941 or brittany.wardle@wyo.gov.



UNNatural Causes: Is inequality making us sick?

The U.S. and the World

For all the rich countries for which there is data, the U.S. has:

- The highest teenage birth rate
- The highest infant mortality rate
- The highest homicide rate
- The highest poverty rate and child poverty rate
- The highest child injury death rate
- The highest incarceration rate (housing 1/4 of the world's prisoners)
- The greatest gap between high and low mortality rates within a country
- The highest number of people living alone
- The most hours worked (except for New Zealand)
- The smallest middle class
- The largest wealth gap between the rich and the rest of the population
- The lowest voter turnout

A study published by the journal *Health Affairs* found that Americans were nearly twice as likely as Europeans to be obese (33.1% vs. 17.1%).

The Japanese smoke twice as much as Americans but still live four years longer, on average.

Many African-American and Native American populations are less likely to reach 65 than people from Bangladesh or Ghana. African American males living in Washington, D.C. have a lower life expectancy (57.9 years) than men in Bangladesh (58.1) and Ghana (58.3).



The Pima Indians of southern Arizona suffer one of the highest diabetes rates in the world. One study found that 40% of Pima adults are afflicted, while, across the border, fewer than 7% of the Mexican Pima had diabetes.

The U.S. is the only industrialized nation that doesn't require employers to provide paid sick leave. When they get sick, 47% of U.S. private sector workers must choose between staying home or losing a day's pay.

The U.S. is the only industrialized country that doesn't require paid vacations by law. As a result, one in four American workers receive NO paid holidays or vacations. European countries mandate paid holidays and vacations of between four and six weeks.

www.unnaturalcauses.org

November 2012 Events/Observances

Month

American Diabetes Month
 Chronic Obstructive Pulmonary Disease (COPD) Awareness Month
 Diabetic Eye Disease Month
 Lung Cancer Awareness Month
 National Alzheimer's Disease Awareness Month
 National Family Caregivers Month
 National Healthy Skin Month
 National Hospice Palliative Care Month
 National Stomach Cancer Awareness Month

Week

National Donor Sabbath—9-11
 Drowsy Driving Prevention—12-18
 Get Smart About Antibiotics—14-18
 Gastroesophageal Reflux Disease Awareness—18-24

Day

Great American Smokeout—15
 International Survivors of Suicide—17

Thanksgiving Day—22



Fun fact:

The average weight of turkeys purchased for Thanksgiving is 15 pounds.

www.history.com/topics/thanksgiving-facts

10 Attributes of a Health Literate Organization

By: C. Brach, B. Dreyer, P. Schyve, L. Hernandez, C. Baur, A. Lemerise, and R. Parker*

Health Literacy:

The capacity to obtain, process, and understand basic health information and services to make appropriate health decisions.

1. **Leadership makes health literacy integral to its mission, structure, and operations.**
 - Develops and implements policies and standards
 - Sets goals for health literacy improvement, establishes accountability, and provides incentives
 - Allocates fiscal and human resources
 - Redesigns systems and physical space
2. **Integrates health literacy into planning, evaluation measures, patient safety, and quality improvement.**
 - Conducts health literacy organizational assessments
 - Assesses the impact of policies and programs on individuals with limited health literacy
 - Factors health literacy into all patient safety plans
3. **Prepares the workforce to be health literate and monitors progress.**
 - Hires diverse staff with expertise in health literacy
 - Sets goals for training of staff at all levels
4. **Includes populations served in the design, implementation, and evaluation of health information and services.**
 - Includes individuals who are adult learners or have limited health literacy
 - Obtains feedback on health information and services from individuals who use them
5. **Meets needs of populations with a range of health literacy skills while avoiding stigmatization.**
 - Adopts health literacy universal precautions, such as offering everyone health literacy tasks
 - Allocates resources proportionate to the concentration of individuals with limited health literacy

6. Uses health literacy strategies in interpersonal communications and confirms understanding at all points of contact.

- Secures language assistance for speakers of languages other than English
- Limits to two or three messages at a time

7. Provides easy access to health information and services and navigation assistance.

- Makes electronic patient portals user-centered and provides training on how to use them
- Facilitates scheduling appointments with other services
- Uses easily understood symbols in signage

8. Designs and distributes print, audiovisual, and social media content that is easy to understand and act on.

- Involves diverse audiences, including those with limited health literacy, in development and rigorous user testing
- Uses a quality translation process to produce materials in languages other than English

9. Addresses health literacy in high-risk situations, including care transitions, and communications about medicine.

- Prioritizes high-risk situations (ex: informed consent for surgery and other invasive procedures)
- Emphasizes high-risk topics (ex: conditions that require extensive self-management)

10. Communicates clearly what health plans cover and what individuals will have to pay for services.

- Provides easy-to-understand descriptions of health insurance policies
- Communicates the out-of-pocket costs for health services before they are delivered

*The authors were participants in the Workgroup on Attributes of a Health Literate Organization of the Institute of Medicine Roundtable on Health Literacy.



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**We look forward to working with you
to eliminate health disparities in
Wyoming.**

The mission of the Wyoming Office of Multicultural Health (WOMH) is to minimize health disparities among underserved populations in the state through networking, partnerships, education, collaboration, and advocacy; and to promote culturally competent programs aimed at improving health equity.



Wyoming
Department
of Health

Commit to your health.

Cent\$ible Nutrition Tips, 307.633.4383



Did you know that we need 2 ½ cups of vegetables and 2 cups of fruit every day? By filling half of your plate with colorful fruits and vegetables, you will get most of the nutrients and fiber your body needs to be healthy and helps decrease your risk of heart disease and diabetes. Use these tips to add more fruits and vegetables to your meals:

- Puree fruit to make a sauce for pancakes, waffles, and grilled fish or chicken.
- Grate vegetables and add to lasagnas, soups, grain dishes, or breads.
- Make a habit of adding a fruit to your lunch bag or for an afternoon snack.
- Stuff an omelet with vegetables like broccoli, squash, spinach, tomatoes, onions, and mushrooms.
- Fill your sandwich or top your pizza with endless vegetables.
- Use pureed fruit in place of half of the fat in baked goods recipes.
- Fill your fridge with cleaned and cut fruits and vegetables that are easy to grab and go.
- Add dried fruits to rice dishes, salads, breads, casseroles, and desserts.
- Make a quick stir-fry or pasta dish with any vegetables or fruits that you need to use up before they spoil.

