

# EXHIBIT E

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## ARKANSAS TOBACCO SETTLEMENT COMMISSION

EXECUTIVE SUMMARY HIGHLIGHTS ♦ April – June, 2014

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### ARKANSAS AGING INITIATIVE (AAI)

- In this quarter

- Hosted the 2<sup>nd</sup> annual APRN Pharmacology Conference in April w/100+ statewide attendees
- Held annual retreat with focus on health literacy
- Now has 2 Certified Dementia Care Specialists – starting to educate others across the state

### ARKANSAS BIOSCIENCES INSTITUTE (ABI)

- In this quarter

- ABI-ACHRI researchers, Gilbert & Blossom served as editors for a new book on environmental toxicology
- ABI-ACHRI, Dr. C. Hobbs was awarded \$350,000 for a birth defects study to evaluate pregnancy exposures
- Dr. L. Howard, UA Div. of Agri filed for a patent for the process of purifying Gamma-tocols from Rice Bran Oil

### TOBACCO PREVENTION AND CESSATION PROGRAM (TPCP)

- In this quarter

- Youth prevention programs engaged 21,314 young Arkansans
- AR Dept. of Health issued a public health advisory to Arkansas citizens regarding ENDS
- Grassroots efforts produced 31 new tobacco- and nicotine-related policies including Riverfest in LR

### FAYE BOOZMAN COLLEGE OF PUBLIC HEALTH (COPH)

- In this quarter

- A \$1M planned giving commitment to establish a new endowed chair
- Fifty-three new COPH graduates
- Successful recruitment of 3 new faculty

### MEDICAID EXPANSION PROGRAM (MEP)

- In this quarter

- Leveraged \$4.72 Million in Federal Medicaid matching funds
- ARSeniors Program provided expanded Medicaid coverage to 5,528 seniors
- Pregnant Women Expansion Program – Average of 1,100 women per month

### ARKANSAS MINORITY HEALTH INITIATIVE (MHI)

- In this quarter

- 7,055 citizen encounters in 49 counties representing all 4 congressional districts
- Provided 5,736 health screenings
- Partnered with AR Dept. of Health Office of Minority Health and Health Disparities to educate African-American and Hispanic men and women to make better health choices and to address chronic diseases

### UAMS-East/DELTA AREA HEALTH EDUCATION CENTER (AHEC)

- In this quarter

- 2<sup>nd</sup> annual "Get Healthy Delta 5K" Kids Fun Run and Zumbathon
- Health Screenings events reaching 875 participants
- Fitness & exercise education offered to 26,294 youth and adults

# Arkansas Biosciences Institute

**Program Description:** Arkansas Biosciences Institute, the agricultural and biomedical research program of the Tobacco Settlement Proceeds Act, is a partnership of scientists from Arkansas Children's Hospital Research Institute, Arkansas State University, the University of Arkansas-Division of Agriculture, the University of Arkansas, Fayetteville, and the University of Arkansas for Medical Sciences. ABI supports long-term agricultural and biomedical research at its five member institutions and focuses on fostering collaborative research that connects investigators from various disciplines across institutions. ABI uses this operational approach to directly address the goals as outlined in the Tobacco Settlement Proceeds Act, which is to conduct: 1-Agricultural research with medical implications; 2-Bioengineering research that expands genetic knowledge and creates new potential applications in the agricultural-medical fields; 3-Tobacco-related research that identifies and applies behavioral, diagnostic, and therapeutic knowledge to address the high level of tobacco-related illnesses in Arkansas; 4- Nutritional and other research that is aimed at preventing and treating cancer, congenital and hereditary conditions, or other related conditions; and 5-Other areas of developing research that are related to complimentary to primary ABI-supported programs.

## Progress and Highlights

The five ABI member institutions recently announced new external funding projects for Arkansas investigators. The majority of the funding has come from the National Institutes of Health and the National Science Foundation. New research projects include:

--Dr. Yuchun Du, University of Arkansas: Identification of the Molecules/Pathways that Confer Acquired Radioresistance in Pancreatic Cancer Cells. NIH; \$72,000.

--Dr. Magda El-Shenawee, et al, University of Arkansas: A Combined Experiment and Modeling Approach for Advancing Terahertz Imaging of Three Dimensional Breast Cancer Tumors. NSF; \$129,637.

--Dr. Argelia Lorence, Arkansas State University: Vitamin C Screening and Phenotyping of Selected Rice Materials. USDA ARS Dale Bumpers National Rice Research Center (DBNRR); \$31,500.

--Dr. Daohong Zhou, University of Arkansas for Medical Sciences: Cancer Therapy-induced Long-term Bone Marrow Injury. NIH; \$301,725.

## Key Accomplishments This Quarter

- ACHRI researchers, Gilbert and Blossom, serve as editors for new book on environmental toxicology.
- Patent activity in FY13 and FY14 by ABI-supported researchers has increased over previous years, based on preliminary end of year reports.

--Dr. Charlotte Hobbs, Arkansas Children's Hospital Research Institute: Birth Defects Study to Evaluate Pregnancy exposures (BD-STEPS). CDC; \$350,000.

--Dr. Burt Bluhm, et al, UA Division of Agriculture: Prevention of Mycotoxin Development and Quality Degradation in Rice. AR Rice Research and Promotion Board; \$63,000.

**Key Accomplishments this Past Quarter:**

ABI institutions recently announced numerous patent filings from ABI-supported investigators:

--Dr. Elizabeth Hood, et al, Arkansas State University: Methods of Expressing and Detecting Activity of Expansin in Plant Cells. US provisional patent 61/771,965.

--Dr. Alan Tackett, Dr. Kevin Raney, University of Arkansas for Medical Sciences: CRISPR-based Methods for Purification of Chromosome Sections. Continuation-in-part patent to 61/726,936.

--Dr. Luke Howard, UA Division of Agriculture: Process of Purifying Gamma-tocols from Rice Bran Oil Deodorizer Distillate. US provisional patent 61/935,065.

--Dr. Fabricio Medina-Bolivar, et al, Arkansas State University: Method to Increase the Yield of Products in Plant Material. European patent application EP13194534.7

Arkansas Children's Hospital Research Institute announced the release of a new book edited by ACHRI investigators Dr. Kathleen Gilbert and Dr. Sarah Blossom. Springer Press's Molecular and Integrative Toxicology series published "Trichlorethylene: Toxicity and Health Risks" as a resource on TCE toxicity for health clinicians, industry scientists, and medical researchers. Drs. Gilbert and Blossom collaborated with chapter authors for 18 months to produce this comprehensive overview of the effects of TCE toxicity.

**Challenges and Opportunities:** Related extramural funding from sources such as National Institutes of Health, the National Science Foundation, and the US Department of Agriculture continues to decrease. Related extramural funding fell from \$43.4 million in FY2012 to \$37.4 million in FY2013; estimates for FY14 show funding has decreased by approximately 11.7% to \$33 million. This translates into fewer and smaller research projects and less funding for laboratory and technical personnel.

**Plans for Next Quarter:** ABI funding for FY15 will be distributed to investigators in July and August, based on recommendations from research review committees at each institution. ABI-supported investigators from FY14 will submit annual reports covering ABI research activities for the past year; reports include information on publications, patents, clinical trials, and external grant funding.

# Tobacco Prevention and Cessation Program

April - June 2014

**Program Description:** The Arkansas Department of Health (ADH) Tobacco Prevention and Cessation Program (TPCP) includes community and school education prevention programs, enforcement of youth tobacco control laws, tobacco cessation programs, health communications, and awareness campaigns. The TPCP also sponsors statewide tobacco control programs that involve youth to increase local coalition activities, tobacco-related disease prevention programs, minority initiatives and monitoring, and evaluation. The TPCP follows the Centers for Disease Control and Prevention (CDC) *Best Practices for Tobacco Control* as a guide for program development. Outcomes achieved by Arkansas's TPCP includes a reduction in disease, disability and death related to tobacco use by preventing initial use of tobacco by young people, promoting quitting, eliminating exposure to secondhand smoke, and educating Arkansans about the deleterious health effects of tobacco use.

**Progress and Highlights:** Grassroots efforts produced 31 new tobacco and nicotine related policies. Fort Smith Airport and Ozark Health Foundation included electronic delivery systems (ENDS) to their existing policy. City operated parks and recreational facilities in Perryville, Yellville, and Batesville passed tobacco-free ordinances including ENDS. The City of Little Rock enforced its smoke-free parks policy during Riverfest, an annual three day event drawing a quarter million attendees. Seven faith based organizations implemented tobacco and ENDS free grounds policies. Otter Creek Pharmacy revised its hiring policy requiring all new employees to be tobacco free.

Educational advertorials were disseminated through Arkansas parenting publications and social media outlets. The advertorial featured the dangers associated with accidental nicotine poisoning and methods used by Big Tobacco to target youths via marketing, advertising, and electronic cigarettes. Additional data included Arkansas specific statistics on youth tobacco use, as well as, information on control initiatives, volunteer opportunities, and quit resources.

The substance abuse facilities funded by the Division of Behavioral Health became tobacco free in June. TPCP has confirmed the status from nine facilities. TPCP's partnership with Arkansas Community Correction's drug court program averaged 1,829 education participants and 89 treatment participants, the probation and parole program averaged 1,789 education participants and 116 treatment participants. Additionally, 79 people completed the Dimensions program with seven remaining tobacco free after three months.

TPCP received a total of 21,314 entries statewide for its youth prevention programs inclusive of Art Contest, Big Pitch Film Festival, Coloring Contest, Essay Contest and Sketch Contest.

## Key Accomplishments This Quarter

- Youth Prevention Programs engaged 21,314 Arkansas young people
- Arkansas Department of Health issued a public health advisory to consumers on ENDS
- TPCP sponsored Dr. Victor DeNoble, who presented to over 625 conference participants on his work with Phillip Morris, and his congressional testimony which lead to changes in public policy

# Tobacco Prevention and Cessation Program

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April - June 2014

**Key Accomplishments this Past Quarter:** The Arkansas Department of Health issued a Public Health Advisory to consumers and healthcare providers on electronic cigarettes and electronic nicotine delivery systems, including other vapor products.

TPCP collaborated with University of Massachusetts Medical School, Center for Tobacco Treatment Resource and Training to provide Train-the-Trainer programs throughout Arkansas. These programs targeted to remote locations and participants who were unable to travel to centralized group trainings for the purpose creating sustainability within existing tobacco treatment programs.

Dr. Victor DeNoble was a guest lecturer, sponsored by TPCP, at the MidSOUTH Summer School, an annual mental health and substance abuse conference hosted by the University of Arkansas at Little Rock. Four hundred attendees heard his presentation on his experience with Phillip Morris, which preceded his congressional testimony and the sweeping changes in public policy that resulted. Dr. DeNoble's afternoon workshop yielded 230 attendees.

TPCP collaborated with Dr. Chad Morris of Colorado University, Behavior Wellness Program, on a webinar entitled Ending Tobacco Use in Criminal Justice Settings. Sponsored by the National Council for Behavioral Health, the webinar detailed Arkansas TPCP's developing partnerships in behavior health and criminal justice fields.

In collaboration with Northwest Arkansas Tobacco Free Coalition, TPCP sponsored an Arkansas Razorbacks baseball game. Messaging focused on smokeless tobacco and provided Quitline resource information.

**Challenges and Opportunities:** The Affordable Care Act's rollout presents challenges due to confusion about which specific cessation services will be covered; however it also presents opportunities as more people will have coverage. Electronic Nicotine Delivery Systems, such as e-cigarettes, remain one of TPCP's biggest challenges as they are unregulated products that are exuberantly advertised with focus on renormalizing indoor smoking and flavoring that is appealing to youth.

**Plans for Next Quarter:** Develop a comprehensive evaluation to determine return-on-investment of TPCP efforts. Reorganize TPCP's internal organizational structure to increase efficiency and effectiveness in service delivery.

Revise and distribute to private colleges and universities the Oxygen Project Toolkit, a guide for institutions who are working to become tobacco and nicotine free.

Develop a Health Communications Guide to assist TPCP grantees with consistent and timely media messages over a variety of media mediums. Finalize and distribute Coalition Logo Usage Guidelines to all grantees. Guidelines will cover proper use of required logos and pre-approved ads made available for grantee use.

## Fay W. Boozman College of Public Health University of Arkansas for Medical Sciences

**Program Description:** The Fay W. Boozman College of Public Health (COPH) educates a public health workforce and advances the health of the public by investigating the causes, treatments and prevention of human health problems. Preventing chronic disease and promoting positive health behavior is the most effective way to improve the health of all people. Our mission of improving the health of all Arkansans is realized through teaching and research, as well as service to elected officials, agencies, organizations and communities. Examples of the complex health issues addressed include improving the multiple dimensions of access to health care; reducing the preventable causes of chronic disease; controlling infectious diseases; reducing environmental hazards, violence, substance abuse, and injury; and promoting preparedness for health issues resulting from terrorist acts, natural disasters, and newly emerging infectious diseases. A long-term goal for the COPH, as noted in the Tobacco Settlement Proceeds Act, is to elevate the overall ranking of the health status of Arkansans. The COPH is working towards this goal through an array of education, research and service programs, while realizing that a multipronged, collaborative approach is required. Thus, the COPH is committed to partnerships and collaborations with health organizations, health care providers and public health practitioners throughout Arkansas.

### **Progress and Highlights:**

*Short-term goal: Obtain federal and philanthropic funding.* Last year, the COPH established an advisory board to direct its development efforts to assist in raising philanthropic funds to supplement current philanthropic funding that comes from foundations. The most noteworthy philanthropic contribution this quarter was \$1 million that two donors have agreed to contribute from their estate to endow a Chair in the Social Determinants of Health. A donor has committed to a \$20,000 gift to go toward two student scholarships if match funds can be secured; matching funds were raised during the last quarter to establish the first of these two scholarships, and funds are now being raised to establish the second one. Finally, recruitment commenced for the College's first director of development to oversee philanthropic fundraising and marketing. COPH revenues from grants and contracts in the past two years have declined due to reductions in federal funding, which affected all of UAMS significantly. In addition, several senior faculty who were heavily funded researchers also departed. In the last quarter of FY2014, faculty recruitment efforts by two departments (Health Behavior/Health Education and Health Policy and Management) resulted in offers being accepted by three highly qualified candidates. They are joining COPH this summer.

*Long-term goal: Elevate the overall ranking of the health status of Arkansas.* This requires that Arkansas has a trained public health workforce, and this is central to the mission of the COPH.

### **Key Accomplishments This Quarter**

- Successful recruitment of three new faculty
- Completion of accreditation self-study
- Completion of accreditation site visit
- 53 new graduates
- A \$1 million planned giving commitment to establish a new endowed chair

Arkansas Tobacco Settlement Commission  
COPH Quarterly Report for QTR 3 FY2014: APR-JUN 2014

Graduation this spring recognized our 53 2013-14 graduates (34 Masters of Public Health, nine Masters of Health Services Administration, 7 Post-Baccalaureate Certificates in Public Health, and 3 PhDs in Health Systems and Services Research). Earners of the MPH were well distributed across disciplines and programs: 10 in Health Behavior/Health Education, 6 in Health Policy and Management, 2 in Environmental and Occupational Health, 6 in Epidemiology, and 5 in Biostatistics, as well as 2 MPH/MD, 1 MPH/JD, and 1 MPH/PharmD combined degrees. This cohort of 53 brought the total number of graduates since the founding of the College to 392.

Current student enrollment during the summer totaled 202. These included 30 in doctoral programs, 36 in combined degree programs, 89 in master's programs, 22 in certificate programs, and 25 undeclared. Students represented 29 of the state's 75 counties. The student body is diverse – 113 (56%) white, 52 (26%) black, 15 (7%) Asian, 7 (3%) Hispanic, 1 American Indian/Alaska Native, 1 identifying as one or more races, and the remainder of unknown race/ethnicity. The majority were female (64%) and between the ages of 20 and 40 (80%).

Students' preceptorships and final projects continue to demonstrate their interest and capability in addressing important public health issues. This spring, 23 of 29 (79.3%) student preceptorship and culminating experience projects focused on Arkansans' health and well-being.

The COPH Department of Environmental and Occupational Health continued efforts to establish a Master of Science degree program in Regulatory Science. Enrollment of students is anticipated for fall 2015.

**Key Accomplishments this Past Quarter:** In the past quarter, the College proceeded according to its timeline for the re-accreditation process with the Council on Education for Public Health (CEPH). The final self-study document was submitted on time to CEPH in May, and the accreditation site visit was successfully completed in early June.

Funding for the Arkansas Prevention Research Center (APRC) at the COPH was re-authorized by the CDC for another five years. The APRC's mission is to improve the health and well-being of Arkansas' racial and ethnic minorities through community-based, participatory research. The focus for the next funding period will be control of hypertension among Arkansas' racial and ethnic minorities through cost-effective self-management strategies using community health workers.

Spring graduation recognized 53 graduates of COPH certificate, master's and doctoral programs.

**Challenges and Opportunities:** Declining revenues from federal, state, and foundation sources have impacted the College as has been the case for other programs and schools of public health nationally. Our College will continue to aggressively seek extramural and philanthropic funding.

**Plans for Next Quarter:** Planned activities include continuing recruitment efforts for students; continuing development of new educational programs; progress in the area of philanthropic fundraising for endowed faculty chairs/professorships and student scholarships within the College and in collaboration with UAMS Institutional Advancement.

## Medicaid Expansion Program

**Program Description:** The Medicaid Expansion Program creates a separate and distinct component of the Arkansas Medicaid Program that improves the health of Arkansans by expanding health care coverage and benefits to targeted populations as established by Initiated Act 1 of 2000.

*Population 1: Expands Medicaid coverage and benefits to pregnant women with incomes ranging from 133 – 200% of the Federal Poverty Level*

*Population 2: Expands inpatient and outpatient hospital reimbursements and benefits to adults age 19-64*

*Population 3: Expands Non-Institutional coverage and benefits to seniors age 65 and over*

*Population 4: Expands to provide a limited benefits package to low-income employed adults age 19-64*

The Tobacco Settlement funds are used to pay the state share required to leverage approximately 70% federal Medicaid matching funds.

**Progress and Highlights:** Program activity this quarter is best described as stable in the Pregnant Women, ARSeniors and Hospital Benefit Coverage initiatives. Enrollment in the ARHealthNetworks Program was discontinued on 12/31/13. Total claims paid for the MEP populations this quarter were just under \$7.9 Million.

The Department has discontinued all marketing and outreach activities for ARHealthNetworks. These adults will be eligible to apply for health care coverage through the Federally Facilitated Marketplace as part of the Affordable Care Act (ACA) passed by Congress and the Arkansas Health Care Independence Act/Private Option passed by the 89<sup>th</sup> General Assembly.

**Key Accomplishments this Past Quarter:** The most significant accomplishment this quarter was the continued enrollment of low-income adults into the Health Care Independence Program/Private Option. Since the Tobacco Settlement – Medicaid Expansion Program (TS-MEP) initiatives also serve low-income adults, it is no surprise that the passage of the ACA and the state's Private Option will have a significant impact on these TS-MEP populations. In fact, these adults will become a sub-set of a larger group to be covered by the health care reform efforts at the state and national levels.

**Challenges and Opportunities:** The future of the program is filled with both opportunities and challenges as we continue to build new information systems and re-engineer our eligibility manuals,

### Key Accomplishments This Quarter

- Leveraged \$4.7 Million in Federal Medicaid matching funds.
- ARSeniors Program provides expanded Medicaid coverage to 5,528 seniors
- Pregnant Women's Expansion provides prenatal care to an average of 1,100 women per month



operating procedures and business workflows to prepare for the second Open Enrollment Period to begin on November 15, 2014. More specific to the TS-MEP, the agency needs to re-think the performance measurements for this program. Up until now, performance has been measured by growth in the number of eligibles and paid claims. As we move forward, individuals should transition out of the TS-MEP to the new coverage groups. Instead of measuring performance against a baseline, it may be more meaningful to track the progress of our systems development, eligibility group transition plans and actual migration from TS-MEP to federally funded services provided either through the Private Option or the federal marketplace.

**Plans for Next Quarter:** Activities for the next quarter will focus on enhancing the functionality of the computer systems to support the eligibility and enrollment processes for the ACA at the state and federal levels. Since the vast majority of persons served through the Tobacco Settlement funded MEP initiatives will convert to coverage under the ACA and Arkansas Private Option models, it is imperative that the computer systems that support these exchanges or “marketplaces” be fully developed and very stable in time for the re-enrollment process in the fall.

## Arkansas Minority Health

The Arkansas Minority Health Initiative (MHI) was established in 2001 through *Initiated Act 1* to administer the Targeted State Needs for screening, monitoring, and treating hypertension, strokes, and other disorders disproportionately critical to minority groups in Arkansas by 1) increasing awareness, 2) providing screening or access to screening, 3) developing intervention strategies (including educational programs) and developing/maintaining a database. To achieve this goal, the Commission's focus is on addressing existing disparities in minority communities, educating these communities on diseases that disproportionately impact them, encouraging healthier lifestyles, promoting awareness of services and accessibility within our current health care system, and collaborating with community partners, public health leaders and key policy decision-makers towards reaching shared goals.

**Progress and Highlights:** MHI collaborated with community partners in identifying critical deficiencies that negatively impact the health of the minority populations with a focus on assessment, education, prevention, screenings and intervention strategies. During the 4<sup>th</sup> Quarter of FY2014, MHI provided 5,736 health screenings and documented 7,055 citizen encounters in 49 counties representing all four congressional districts. The events targeted individuals who reside in the following counties: Craighead, Poinsett, Randolph, Saline, Pulaski, Garland, Lonoke, Faulkner, Conway, Perry, Chicot, Jefferson, Phillips,

Union, Lee, Hot Springs, Bradley, St. Francis, Howard, Drew, Hempstead, Arkansas, Ashley, Clark, Cleburne, Columbia, Crittenden, Cross, Dallas, Desha, Grant, Independence, Lafayette, Lawrence, Little River, Miller, Mississippi, Monroe, Nevada, Ouachita, Pike, Polk, Pope, St. Francis, Stone, Van Buren, Washington, White and Yell. During this quarter, MHI partnered with Arkansas Department of Health (ADH), Office of Minority Health and Health Disparities (OMHHD) for the Arkansas Minority Barber & Beauty Shop Health Initiative. This intervention strategy encourages African-American and Hispanic Men and Women who visit hair salons to take charge of their health and make better health choices using the ABCs of Million Hearts as a baseline to address chronic diseases and educational materials on tobacco prevention and cessation, nutrition, physical activity and chronic disease disproportionately affecting this minority population. Preventive screenings (blood pressure, glucose and cholesterol) were provided to individuals who visited salons in Pulaski, Jefferson and Chicot Counties. A total of 1,230 preventive screenings were provided. Two hundred and eight (208) individuals signed the Million Heart Pledge Form. MHI also partnered with ADH, OMHHD in 2013 on this initiative.

### Key Accomplishments Third Quarter FY2014

- Participated in over 40 initiatives with faith-based, state, and community organizations.
- 5,736 health screenings
- 7,055 citizen encounters
- 677 HIM enrollment

**Key Accomplishments this Quarter:** Through grant from Arkansas Insurance Department (AID) 12 In-Person Assisters (IPAs) provided outreach, education and enrollment opportunities into the Health Insurance Marketplace through public forums and presentations. Simultaneously, MHI staffers coordinated health fairs with health information booths, presenters and health screenings at these

events. During the 4<sup>th</sup> Qtr., IPAs and MHI staffers travelled **14,643** miles to educate **4,999** consumers and assist **677** Arkansans with enrollment.

**Camp iRock:** The final follow-up meeting for 2013 Camp iRock was held at Arkansas Children's Hospital and a total of 54 individuals were in attendance. This consisted of fourteen (14) campers 2 mentors and 38 family members and friends. Arkansas Children Hospital facilitated the nutrition education and assessment component and guest fitness instructors coordinated the physical activity. Presentations focused on the following topics : sweetened drinks and associated health risks, self-esteem and a creative fitness activity called S.T.O.M.P. (Stepping to Obliterate My Pounds). The physical activity worked every muscle in the body and all 54 attendees participated.

**The Southern Ain't Fried Sundays (SAFS) Program** is designed to educate African American and Hispanic churches, communities and organizations about healthier alternatives to preparing and cooking traditional style meals. It is also a creative mechanism to assist in the reduction of heart disease, stroke, diabetes and obesity. A new component of the SAFS program is the 21-Day Meal Replacement Plan designed to gradually introduce individuals to healthier food alternatives. During the 4<sup>th</sup> quarter, MHI received a total of 19 new registrations from Drew, Pulaski, Faulkner, Ouachita and Hempstead Counties. One hundred and nineteen (119) took-kits were mailed to participants in Saline, Jefferson, Drew, Union, Ashley, Hempstead, Ouachita, Craighead, Miller, Pope, Hot Springs, Faulkner and Pulaski Counties. Fifty (50) participants completed the 21-Day Meal Replacement Program in Pulaski, Phillips and Jefferson Counties.

**The Economic Cost of Health Inequalities in Arkansas:** Racial and ethnic disparities in health care that result in worse health outcomes impose both direct and indirect costs on the people of Arkansas. Understanding the costs of health disparities in minority populations provide important information for planning interventions to reduce the burden to the state. It is well known that racial and economic disparities result in significant economic consequences nationally. Given the economic circumstances of Arkansas, it is expected that racial and ethnic health disparities have significant economic consequences for the state of Arkansas. This study, commissioned by the Arkansas Minority Health Commission, sought to estimate the economic impact of racial and ethnic disparities in Arkansas. Using national and state-specific data, the study found that eliminating health disparities for Arkansas minorities would result in a reduction of direct medical care expenditures of \$518.6 million. More than 79% of these excess expenditures were attributable to African Americans who have the worst health profile among the racial and ethnic groups in the state. The potential direct medical cost savings for Hispanics was \$105 million, representing 20% of the total direct medical costs of health inequalities. Premature death also was significant for African Americans and accounted for \$1.7 billion in indirect costs. Findings from the study suggest that targeted interventions to reduce health disparities for minority populations in the state have the potential to generate significant benefits from reductions in both direct medical care and indirect health costs.

**Challenges and Opportunities:** MHI will continue to provide health education and preventive screenings, however, a long term goal of reduced death/disability due to tobacco, chronic, and other lifestyle related illnesses of Arkansans does not appear to be a reachable goal for MHI to accomplish alone with a disease that is the number one cause of death among men and women.

**Plans for 1<sup>st</sup> Quarter FY2015:**

1. 2014 Camp iRock will be held – August 10 -16, at Ferncliff Camp and Conference Center
2. Performance based sponsorship and partnerships
3. Review and award of FY2015 sponsorships for events held July - December, 2015
4. Diabetes focused initiative in Desha County.

## UAMS East (Delta AHEC)-April 1, 2014-June 30, 2014

**Program Description:** University of Arkansas Medical Sciences East (UAMS East) provides health care outreach services to seven counties including St. Francis, Lee, Phillips, Chicot, Desha, Monroe, and Crittenden counties. UAMS East, formerly known as the Delta Area Health Education Center (AHEC) started in 1990 with the purpose of providing health education to underserved populations in the Arkansas Delta region. The counties and populations served by UAMS East are some of the unhealthiest in the state with limited access to health care services being one of the challenges. As a result of limited access and health challenges, UAMS East has become a full service health education center, focusing on wellness and prevention for this region. The program has steadily shown an increase in encounters with the resident population and positive outcomes of impact of the programs offered. Programs to address local health needs of residents are being implemented in partnership with more than 100 different agencies. The overall mission is to improve the health of the Delta's population. Goals include increasing the number of communities and clients served and increasing access to a primary care provider in underserved counties.

**Progress and Highlights:** UAMS East strives to meet or exceed its short term goal of maintaining/increasing the number of communities and clients served throughout the seven county service area. This quarter's encounters totaled 46,158.

UAMS East continuously works towards its long term goals of increasing access to primary care through our VA-CBOC Clinic, Diabetes Education Clinic and continued collaboration with the Federally Qualified Health Clinics in the service area. UAMS East continues to provide Rx Assistance to clients as well as emergency medicine.

- The Veterans Affairs Community Based Outpatient Clinic current enrollment is 876 enrollees. This includes 20 new veterans enrolled in the month of June. 409 of the total enrollees are from Phillips County. The VA-CBOC co-hosted the Memorial Day Celebration in honor of all Veterans from the Tri-County Area.
- Prescription Assistance was provided to 209 participants this quarter. This includes both Chicot County and Phillips County programs.
- UAMS East is working diligently to enroll participants in both its Diabetes Education Clinic and Healthy Lifestyle Program. Reduction in staff and limited staff has been a barrier in getting our programs functioning to capacity. The nurse practitioner hired to run the Diabetes Education Clinic has had to cover a vacant position at the VA-CBOC but UAMS East is working hard to hire a nurse for the clinic.

### Key Accomplishments This Quarter

- Health Education Programs were offered this past quarter to 15,046 youth.
- Fitness and Exercise Education was offered to 26,294 youth and adults this quarter.
- Health Screening Events were held for 875 participants.

UAMS East continues to address the obesity epidemic by providing weight reduction, nutrition education and exercise programs for both adults and children.

- UAMS Fitness Center encounters this past quarter are 9,514. UAMS East also provides various exercise classes throughout our communities which include Zumba, Tai-Chi, Peppi, Yoga and other organized exercise programs. 13,559 adults participated in exercise programs and 3,221 youth participated in exercise programs throughout our seven county service area. UAMS East also provided a "Bootcamp" for kids this quarter. This program was designed to encourage students to adopt healthy lifestyles and teach the importance of exercise in your life.
- UAMS East in Lake Village is an active part of the Healing Hearts Initiative (Healthy Eating, Active Living to Improve Neighborhoods and Growth) in Chicot County. UAMS East in Lake Village sponsored two events to encourage youth and adults to eat healthier and be active. National Kids to the Park Day and the Mayor's 1 mile walk to the Village Farmers Market were held. UAMS East provided free health screenings and education at those events over 150 people. UAMS East in Lake Village and the UA, Division of Agriculture continued offering Foodology and Cook Smart, Eat Smart. Both classes teach participants how to cook fun, healthy meals while encouraging them to eat more fruits and vegetables.
- UAMS East held its 2<sup>nd</sup> Annual "Get Healthy Delta 5K", Kids Fun Run and Zumbathon during this quarter. Entries overwhelming surprised staff with over 65 individuals competing on this rainy, stormy day. The event took place on Mother's Day weekend, honoring mothers everywhere. The concept was to encourage fitness for families and to raise funds to defray the expense of the new soft surface walking track.

**Key Accomplishments this Past Quarter:** UAMS East provided its usual summer camps for students who are interested in healthcare. Those include M\*A\*S\*H, CHAMPS, Funology, and Destine to be Doctors. These camps helps us stay connected to the students in order to direct them on towards a health career one day and continue to be a big success each summer. Also, this quarter the pre-health recruiter, started a new program named Hands on Health. This program was designed for students who had already attended our CHAMPS program but were too young to attend our M\*A\*S\*H camp. We had 9 students who enjoyed a day of hands on activities related to various careers. The pre-health recruiter had 1307 total attendees at various programs this quarter. This quarter, UAMS East Librarian provided literature searches and health related materials to 50 healthcare professionals from 5 counties. UAMS Library also provided services to 70 nursing students and 1406 consumers.

UAMS East in collaboration with ACH-Department of Injury Prevention and Phillips County Health Unit held a Car Seat Checkup Event. During this event, motorists allow qualified staff to check to see if the car seat they have meets standards and is installed correctly. If not, staff will give the motorists a new car seat and install properly in the vehicle. At this event, 39 car seats were installed properly for parents. UAMS East also installs car seats for those in need. This quarter UAMS East installed 72 car seats. In addition, UAMS East also provides monthly baby safety showers for mothers to be. During these events participants receive a free bag of safety items and education is given on many common safety issues. This quarter UAMS East staff held safety showers for 83.

**Challenges and Opportunities:** UAMS East provided internships for 2 students this past quarter. UAMS East provided an 80 hour internship for a Medical Office Technology Student attending PCC/UA and also provided an 8 week internship for a Health Education student attending UCA.

UAMS East was approached by Tammy Kellibrew, Pharm D to provide free health coaching for interested clients. She will be available to work with clients on weight loss, diabetes, setting and

keeping exercise goals. She is in the process of receiving her certification as an integrative health coach through Duke Integrative Medicine. She is offering this service free of charge to our clients and we believe this will supplement the additional programs we have here.

UAMS East partnerships are most definitely an opportunity to address needed programs and services. UAMS East staff understands the importance of partnerships and collaborations in meeting community's needs. UAMS East staff is very aware of additional health programs and services in the community and are very active in participating in community meetings and events.

**Plans for Next Quarter:**

1. Begin offering Integrative Health Coaching Appointments weekly from July-September
2. Cooking Matters Grocery Store Tour Event will be held in Phillips County in collaboration with Arkansas Hunger Relief Alliance and UA, Division of Agriculture.
3. UAMS East staff will attend "Back to School" In-Service Programs for area schools. UAMS East will update school faculty and staff in CPR skills including AED practice. They will also inform the faculty about programs and services provided by UAMS East.
4. UAMS East will begin teaching its "Kids for Health" program in various schools in the seven county service area.
5. UAMS East will offer its 4<sup>th</sup> Annual Health Awareness Update to residents in the area in September.
6. UAMS East in Lake Village will participate in the 4<sup>th</sup> Annual Firecracker 5K at the Community Outreach Center.

