



CITY OF
PORTLAND, OREGON

Amanda Fritz, Commissioner
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REPORT TO COUNCIL

DATE: June 8, 2010

TO: Portland City Council

FROM: Amanda Fritz, Commissioner

SUBJECT: Accept the final report on projects related to the National Women's Health Week grant

In February 2010, City Council accepted a grant award in the amount of \$2,500 from the U.S. Department of Health and Human Services Office on Women's Health in support of community health education activities during the 11th annual National Women's Health Week. Our project, entitled "Healthy Habits for Healthy Women", was only 1 of 8 projects funded in Oregon, Washington, Alaska, and Idaho. Funding was used to provide free health care classes in the community to low income women and women living outside who might not otherwise hear the information.

Two different types of workshops were held: a women's health education workshop led by professionals in the women's health field from the Multnomah County Health Department and Oregon Health and Sciences University (OHSU); and a workshop on nutrition education to low income women in transitional housing led by nutrition experts at the Oregon Food Bank. The women's health education workshops were held at two emergency shelters and one outside gathering, while the nutrition education workshop was held at the Oregon Food Bank for women in transitional housing. Partner organizations included:

- Dinner and a Movie Youth Program
- HomePDX
- Multnomah County Public Health Department's Community Capacitation Center
- Oregon Adult Immunization Coalition
- Oregon Food Bank
- Oregon Health and Sciences University (OHSU)
- Rose Haven Women's Shelter
- Salvation Army Female Emergency Shelter (SAFES)

The final report, which will be distributed at Council, discusses in detail the outcomes of the workshops and future recommendations.

It is recommended that the Council accepts this report.

Respectfully submitted,

Amanda Fritz
Commissioner of Public Utilities

**REGIONAL OFFICES ON WOMEN'S HEALTH
CITY OF PORTLAND AWARDEE FINAL REPORT**
(Please note: handwritten reports will not be accepted)

Date: June 15, 2010

Region: Region X

Submitted by

Organization: City of Portland, Commissioner Amanda Fritz's Office

Name: Sara Hussein

Address: 1221 SW 4th Ave, Suite 220, Portland, OR 97204

Phone: 503-823-3994

E-mail: Sara.hussein@portlandoregon.gov

1. Project, activity, workshop or event overview:

Name of project, activity, workshop or event: Eating Healthfully on a Budget
and
Healthy Habits for Healthy Women

Date(s) of project, activity, workshop or event: Wednesday, May 12th, 2010
Sunday, May 16th, 2010
Tuesday, May 18, 2010
Wednesday, May 19th, 2010

Time(s): May 12th: 10:00 am – 12:00 pm
May 16th: 1:00 – 2:30 pm
May 18th: 6:00-8:00 pm
May 19th: 10:00 am – 12:00 pm

Location(s): May 12th: Oregon Food Bank (NE Portland)
May 16th: HomePDX (Outside near Hawthorne Bridge)
May 18th: Dinner and a Movie (1st Baptist Church,
Downtown)
May 19th: Rose Haven Women's Shelter (NW Portland)

2. Provide a summary of your project, activity, workshop or event (please limit description to one paragraph):

We held two different types of workshops: a women's health education workshop led by professionals in the women's health field from the Multnomah County Health Department and Oregon Health and Sciences University (OHSU); and a workshop on nutrition education to low income women in transitional housing led by nutrition experts at the Oregon Food Bank. The women's health education workshops were held at two emergency shelters and one outside gathering, while the nutrition education workshop was held at the Oregon Food Bank for women in transitional housing.

3. List partner organization(s) for your project, activity, workshop, or event, if applicable:

- Dinner and a Movie Youth Program
- HomePDX
- Multnomah County Public Health Department's Community Capacitation Center
- Oregon Adult Immunization Coalition
- Oregon Food Bank
- Oregon Health and Sciences University (OHSU)
- Rose Haven Women's Shelter
- Salvation Army Female Emergency Shelter (SAFES)

4. Summary of individuals reached by your project, activity, workshop or event

Target Population	Number Reached
Females	
Girls Ages 9 -17	2
Women Ages 18 - 85+	121
Males	2
What was the total number of individuals reached by your project, activity, workshop or event?	125
Of the total number of individuals reached by your project, activity, workshop, or event, how many were health professionals?	0

5. What were the racial and/or ethnic backgrounds of the individuals that were reached by your project, activity, workshop or event? (check all that apply)

Race/ethnicity categories	Check all that apply
African American/ Black	X
American Indian/ Alaskan Native	X
Asian	X
Caucasian/White	X
Hispanic/ Latin American	X
Native Hawaiian/Pacific Islander	X
Other (please list below)	
• East Indian	X

6. Office on Women's Health Resource Materials: Did you use any Office on Women's Health (OWH) resource materials to support your project, activity, workshop or event? Yes No

If yes, what was your source for accessing the OWH resource materials? Please check from the list below.

OWH Sources	Check all that apply
Office on Women's Health website http://www.womenshealth.gov	X
Office on Women's Health, Girls Health website http://www.girlshealth.gov	
Quick Health Data Online http://www.healthstatus2010.com/owh/	
Telephone request for materials (1-800-994-9662)	
Telephone request for materials (TDD 1-888-220-5446)	

7. Other Resource Materials: In addition to OWH resource materials, did you use any other resource materials to support your project, activity, workshop or event?

Yes No

If yes, please list the other resources that were used below.

In-Kind Donations:

- 200 Rose City Resource Guides (courtesy of Street Roots Newspaper)
- Food (courtesy of Safeway grocery store)
- Nearly 100 hours of volunteered time from staff and volunteers at partner organizations
- Tri-Met Bus passes for transporting women from SAFES to Oregon Food Bank (courtesy of SAFES)

Materials provided by partner organizations:

- "Eating Healthy on a Budget" Recipe Guide and Cookbook (provided by the Oregon Food Bank)
- Family Planning Expansion Program (FPEP) Pocket Guides
- OHSU Center for Women's Health "Campaign to Eradicate Cervical Cancer Free Screening Program" fliers
- Vaccines provided by the Oregon Adult Immunization Coalition

Materials provided by Commissioner Fritz's office:

- "Handy Health Care Resources" Phone Number Card

8. Evaluation: What were the outcomes, results, lessons learned and recommendations from this women's/girls' health project, activity, workshop or event?

Evaluation methods that were described in our application included: a group pre-test on the subject matter; a group post-test/evaluation; and individual evaluation forms for participants to complete reflecting the value of the workshop. The following pages show, in detail, the outcomes of the two different types of workshops and their respective evaluations.

Eating Healthfully on a Budget Workshop Evaluation Results

The "Eating Healthfully on a Budget" Workshop, which had seven women in attendance, was taught by two volunteer chefs with the Oregon Food Bank and structured with three main goals in mind:

1. Participants learn basic nutrition information
2. Participants learn tips and tricks to stretch their "food dollar"
3. Participants learn to create delicious and healthy meals and snacks

As an introduction to the workshop, the women were asked to write the foods they have eaten in the previous 24 hours. This opened the discussion to what foods are healthy and if each woman's current eating habits were economically sound.

For the remainder of the workshop, the chefs demonstrated how to prepare some of the meals and snacks that are included in the recipe book each participant received. Participants were able to sample the foods made, while the chefs created an interactive atmosphere that allowed for women to ask questions that catered to their individual needs.

Upon conclusion of the workshop, the Oregon Food Bank provided each woman with a bag of groceries to take home with her, which included the ingredients to make pasta salad. Due to the lack of time, we were unable to complete a group evaluation. However, each woman completed an individual evaluation form created by our office. The questions that were asked on the evaluation form, along with the results, are shown below.

1. List 3 things you learned today

Category	Number of Responses
How to use seasoning	3
Buying on a Budget	1
How to stretch your food	3
How to cook	3
Healthy cooking tips	2
Using versatile foods	1
Handy kitchen staples to have	1

2. Please tell us one thing you will do as a result of the workshop

Category	Number of Responses
Shop more budget wise	4
Cook using fresh herbs and vegetables	2
Cook breakfast more	1
Shop more budget wise	4

3. What was your favorite part of the workshop?

Category	Number of Responses
Mother/daughter chef team	2
Watching the cooking	2
Meeting other participants	1
Tasting the food	2

4. What was your least favorite part of the workshop?

Category	Number of Responses
Nothing	7

5. How can we make the workshop more interesting and more helpful? Please include additional topics you would have liked to learn about.

Category	Number of Responses
Nothing	4
Quick and Easy cooking	1
Helpful exercise tips	1
Cooking/shopping for one	1

6. Would you be interested in participating in a 6 week hands-on cooking course?

Category	Number of Responses
Yes	5
Not at this time	1
Did not answer	1

7. How did you hear about this workshop?

Category	Number of Responses
Flier	7
A friend	--
SAFES Staff/Volunteers	--
Other	--

8. What is your age group?

Category	Number of Responses
9-17 years old	--
18 and older	7

9. What is your race/ethnicity?

Category	Number of Responses
African American/Black	1
Asian	1
Hispanic/Latin American	--
American/Indian/Alaskan Native	--
Caucasian/White	3
Native Hawaiian/Pacific Islander	1
Multi-Racial	--
Prefer not to answer	1
Other	--

10. Additional comments

- Terrific class
- Everything was great
- Very helpful

Recommendations and Lessons Learned:

Referencing back to the three main goals of the workshop (participants learn basic nutrition information; participants learn tips and tricks to stretch their "food dollar"; participants learn to create delicious and healthy meals and snacks), the evaluation results show that we met our workshop goals. However, our target number of participants for the workshop was 20 women and although 20 women signed up to attend, only seven attended. We believe that this was due to the location of the workshop, which was not near the shelter itself. This is a factor we were unable to change because the Oregon Food Bank has the facilities needed to teach a nutrition education workshop. The women that attended met at the shelter with a staff person and used public transportation to arrive at the Oregon Food Bank. If feasible, finding a central location that has the necessary facilities to teach a cooking class may yield higher numbers of participation.

Healthy Habits for Healthy Women Workshop Evaluation Results

The "Healthy Habits for Healthy Women" workshops took place at HomePDX (a church that meets outside), Dinner and a Movie, and Rose Haven Women's Shelter, all of which are programs that serve low income and people living outside. Facilitating the workshops were staff members from Multnomah County Health Department's Community Capacitation Center. A physician from OHSU and a reproductive health educator taught the material to the women. At the end of the workshop, we wanted participants to know:

1. What cancer and a pap test are
2. What a pap test can and cannot find
3. Who needs pap tests and how often
4. Different methods of birth control
5. Side effects of birth control
6. How to access screening and reproductive health services
7. How to overcome barriers of accessing services

The methodology used to teach the workshops was Popular Education, a philosophy and methodology of teaching and community organizing, best known by the contributions of Brazilian Paulo Freire¹. A detailed lesson plan is included in the email attachments.

To open up the workshops, we posed the question, "what steps can you take to protect your sexual health?" to gauge the participants' knowledge on the topic. Answers that the women came up with included: condoms, abstinence, HPV vaccine, knowing your sexual partner and their partners, and getting tested for STD's. As women became comfortable discussing the topic, the reproductive health educator began a "show and tell" discussion on birth control methods and the effectiveness and side effects of each method.

The cervical cancer portion of the workshop was taught and led by a physician from OHSU. Using the Popular Education model of teaching, a handful of workshop participants volunteered to be in a skit that showed the complex process of cervical cancer formation and the importance of pap smears in monitoring this. Two participants were normal cervical cells, two were HPV cells, and three were antibodies. The skit demonstrated the process of HPV cells attacking the normal cervical cells, causing them to slightly deform. It was explained that the pap smear can detect abnormal cells, yet abnormal cell formation does not always equate to cervical cancer. To demonstrate that these cells needed to be observed, two participants were "watchers", using binoculars to monitor the cervical cancer cells' formations. Cell scrapping was also demonstrated as a way to rid the body of HPV cells. Once the antibodies were no longer able to protect the cells, the cervical cells then became cancerous. The importance of receiving regular pap smears to prevent cervical cancer was emphasized during this portion of the workshop.

Once the participants learned the birth control methods available and the facts about cervical cancer and pap smears, the instructors informed the women of where they can receive free or reduced cost services in the Portland area and across Oregon.

¹ Wiggins, N. & Rios, T. (2007). An Introduction to Popular Education. Community Capacitation Center, Multnomah County Health Department.

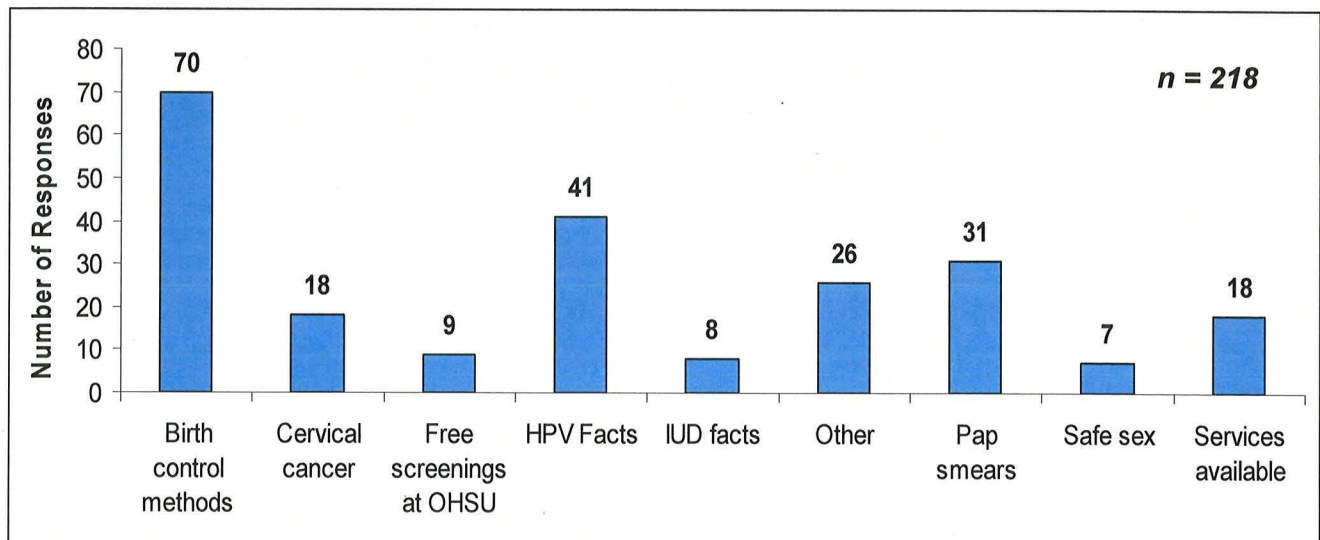
This led to a discussion about what barriers to services the women encounter, namely: money, fear, location, and not finding a physician they are comfortable with. The women brainstormed some ways to overcome these barriers, such as having a “buddy system” when going to the doctor, demanding your rights, and communicating with your sexual partner.

A group evaluation was conducted prior to the close of the workshop. We asked the women what they liked about the workshop and what can be improved. They liked how the workshop was entertaining and all the information provided about HPV and cervical cancer. Women stated that they would have appreciated more written information on the subjects.

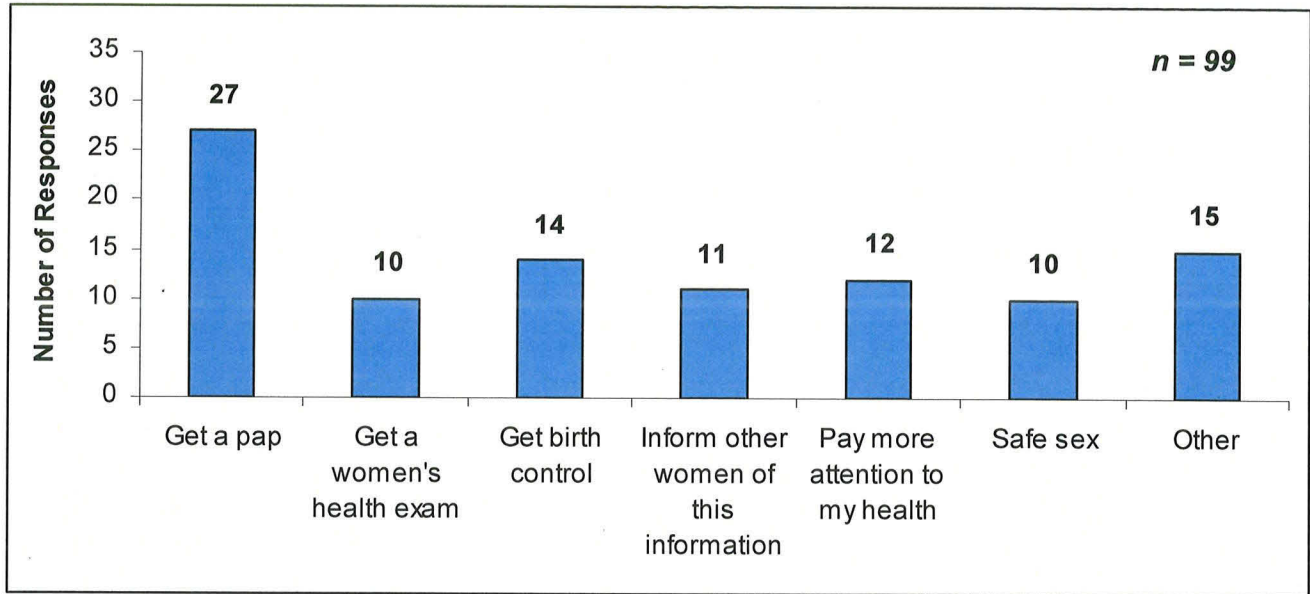
Staff from the Oregon Adult Immunization Coalition volunteered their time and services to hold a mobile vaccination clinic at the HomePDX workshop. This clinic was open to both men and women. Vaccines that were offered included: H1N1, Hepatitis A & B, Pneumococcal, and T-Pertussis. Seven people received vaccinations and a total of 11 vaccines were administered. Informational material about vaccines and services was available to those that were interested. Low turn out can be attributed to many people already being vaccinated.

The results of the individual evaluations are below. A total of 116 women participated in this set of workshops and 102 evaluations were completed.

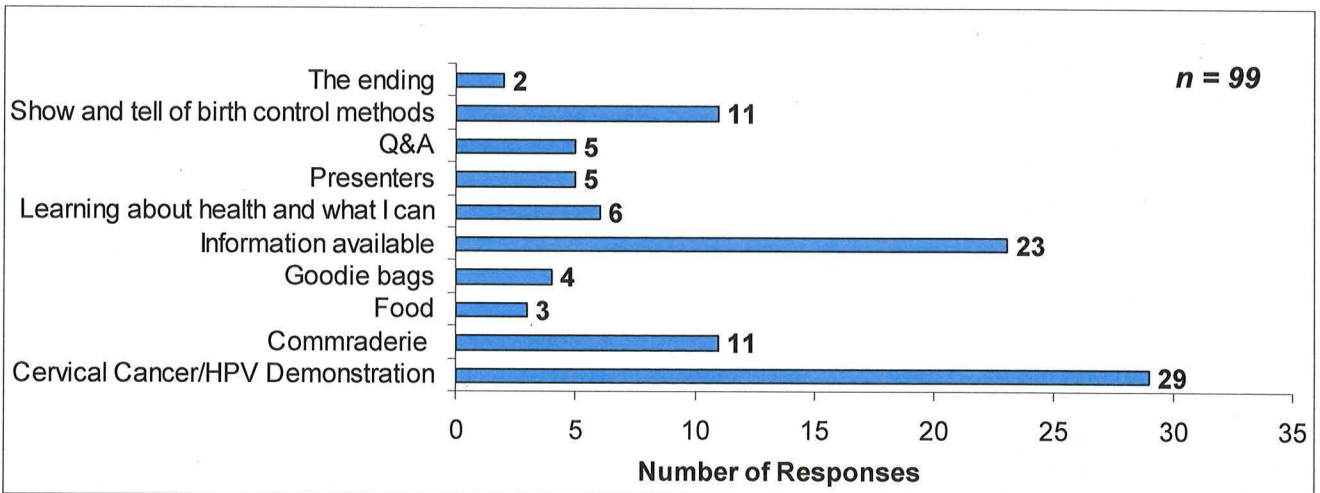
1. List 3 things you learned today



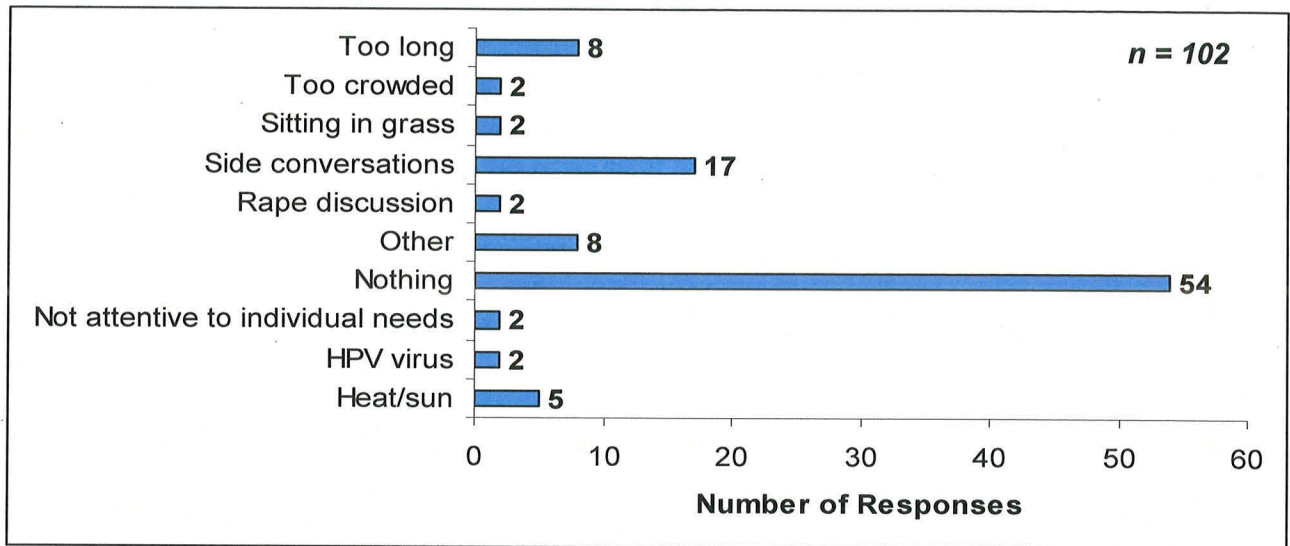
2. Please tell us one thing you will do as a result of the workshop



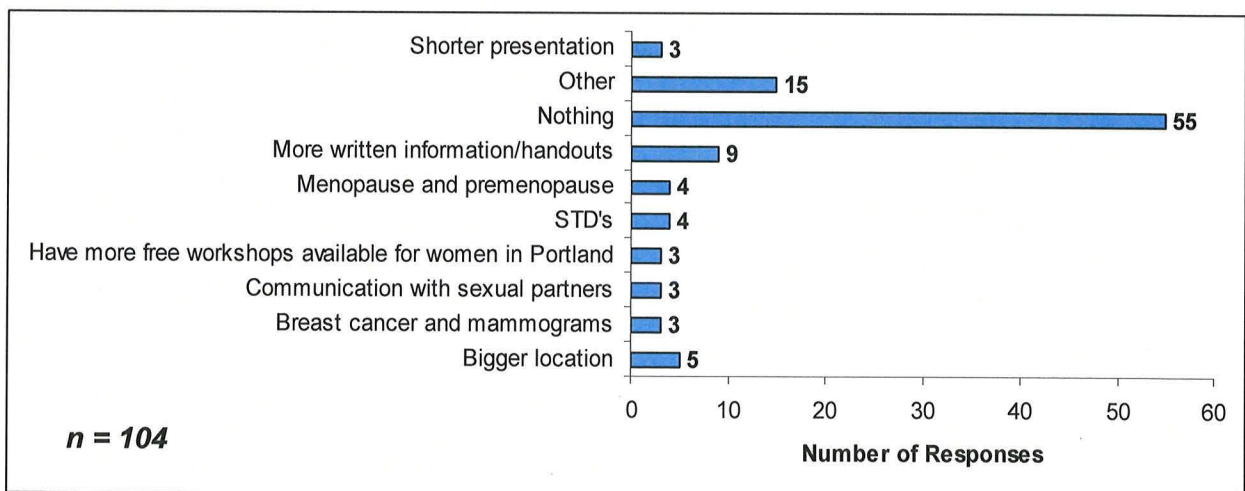
3. What was your favorite part of the workshop?



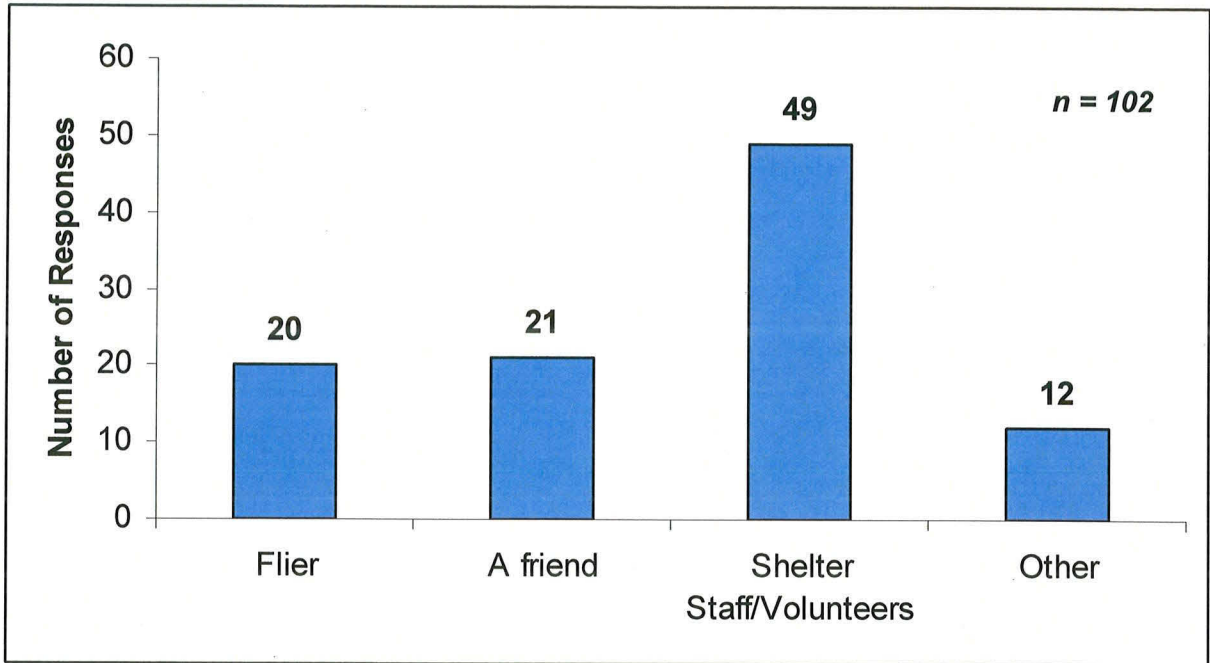
4. What was your least favorite part of the workshop?



5. How can we make the workshop more interesting and more helpful? Please include additional topics you would have liked to learn about.



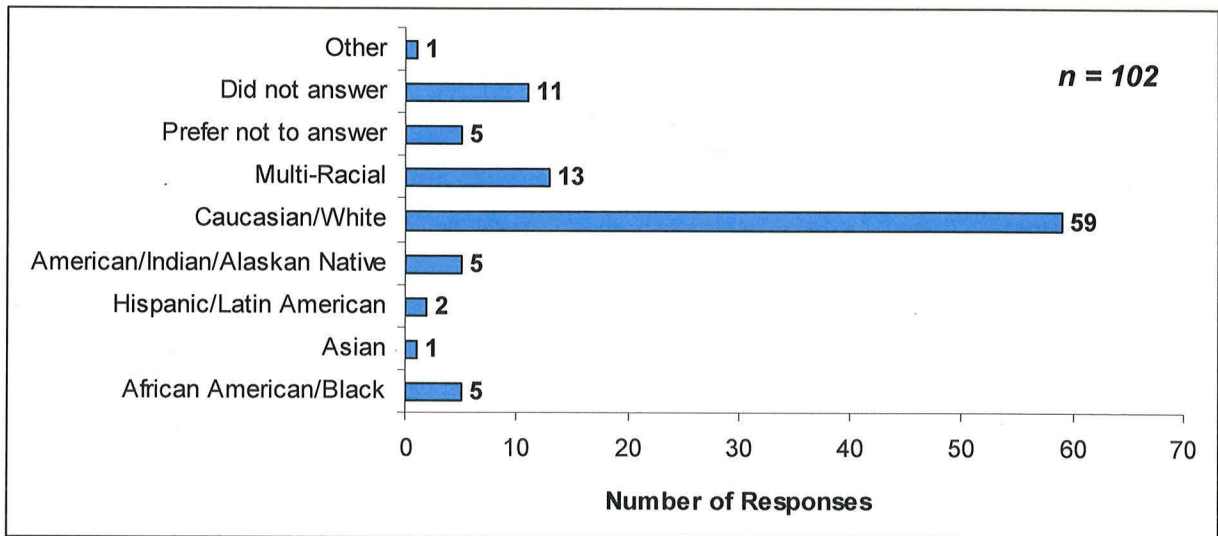
6. How did you hear about this workshop?



7. What is your age group?

Category	Number of Responses
9-17 years old	2
18 and older	100

8. What is your race/ethnicity?



9. *Additional comments*

- Very helpful information
- Include information next time on pre-menopausal symptoms
- Greatly appreciate the women's clinic at OHSU

In comparing the workshop goals with the results of the evaluation, responses show that the women learned about birth control methods, pap smears, cervical cancer, and how to access free services. We received a lot of positive input on the hands-on nature of the workshop. This created an environment that the women felt comfortable to ask questions in and discuss sensitive material.

Recommendations: It was recommended that we provide more informational handouts for the women to take with them, especially on the different birth control methods available. We were given this recommendation after the second workshop, so we were able to provide written materials on birth control for the final workshop. In the future, we will be sure to provide additional written materials for all the workshops. However, the women were provided with a Rose City Resource Guide (small booklet containing services available in the Portland area) and a Handy Health Care Resources card, created by our office, containing helpful health services phone numbers. Feedback on shortening the presentation was also given, along with eliminating side conversations that were taking place between the participants during the workshop.

Lessons Learned: The workshop at HomePDX was held outside because that is where the organization meets. We learned quickly that having a workshop outdoors was not the wisest idea due to external factors out of our control, such as the unexpected heat and noise. While we offered to HomePDX staff finding an indoor location, they recommended that the women would feel more comfortable and attendance would be higher at the normal meeting location. Another lesson we learned was that the presentation was too long. We lost some women during the presentations and should have condensed the workshops to an hour in length (rather than 1.5 hours) in order to maintain attendance throughout the presentations.

One of the major lessons learned during the process was how vital communication between partner organizations is and how important it is to ask questions. While one may think that they have done all the necessary communication between partner organizations, follow up to correct misconceptions prior to implementation is a key step. For example, we worked with a staff person from OHSU to gather presenters for the workshops, under the impression that these would be volunteers from OHSU. However, we learned that staff from Multnomah County Health Department would be presenting and facilitating the workshops, which led to the need to make additional fliers to include the health department. Fortunately, we were able to adapt quickly and reorganize when this issue came to light before the workshops started, due to the positive attitudes of all partner organizations.

9. Additional materials used:

- "Eating Healthy on a Budget" Workshop fliers (English and Spanish)
- "Handy Health Care Resources" Phone Number Card
- "Healthy Habits for Healthy Women" lesson plan
- "Healthy Habits for Healthy women" workshop fliers (English and Spanish)
- National Women's Health Week Proclamation
- OHSU Center for Women's Health "Campaign to Eradicate Cervical Cancer Free Screening Program" fliers
- Workshop advertisement for Street Roots newspaper

Agenda No.
REPORT NO.
Title

Accept the final report on projects related to the National Women's Health Week grant (Report)

<p>INTRODUCED BY Commissioner/Auditor: Commissioner Amanda Fritz</p>	<p>CLERK USE: DATE FILED <u>JUN 11 2010</u></p>
<p>COMMISSIONER APPROVAL</p> <p>Mayor—Finance and Administration - Adams</p> <p>Position 1/Utilities - Fritz <i>Amanda Fritz</i></p> <p>Position 2/Works - Fish</p> <p>Position 3/Affairs - Saltzman</p> <p>Position 4/Safety - Leonard</p>	<p style="text-align: center;">LaVonne Griffin-Valade Auditor of the City of Portland</p> <p>By: <u><i>Suzanne Parsons</i></u> Deputy</p>
<p>BUREAU APPROVAL</p> <p>Bureau: N/A Bureau Head: N/A</p>	<p>ACTION TAKEN:</p> <p style="font-size: 1.2em; font-weight: bold;">JUN 16 2010 ACCEPTED</p>
<p>Prepared by: Sara Hussein Date Prepared: June 8, 2010</p>	
<p>Financial Impact Statement</p> <p>Completed <input type="checkbox"/> Amends Budget <input type="checkbox"/> Not Required <input checked="" type="checkbox"/></p>	
<p>Council Meeting Date June 16th, 2010</p>	
<p>City Attorney Approval</p>	

AGENDA
<p>TIME CERTAIN <input checked="" type="checkbox"/></p> <p>Start time: 10:15</p> <p>Total amount of time needed: 15 minutes (for presentation, testimony and discussion)</p>
<p>CONSENT <input type="checkbox"/></p>
<p>REGULAR <input type="checkbox"/></p> <p>Total amount of time needed: _____ (for presentation, testimony and discussion)</p>

FOUR-FIFTHS AGENDA	COMMISSIONERS VOTED AS FOLLOWS:		
		YEAS	NAYS
1. Fritz	1. Fritz	✓	
2. Fish	2. Fish	✓	
3. Saltzman	3. Saltzman	_____	
4. Leonard	4. Leonard	✓	
Adams	Adams	✓	