

California-Mexico Health Initiative:

Developing And Delivering Innovative Binational Health Solutions



FIVE YEARS OF ACHIEVEMENT FIVE YEARS OF ACHIEVEMENT FIVE YEARS OF ACHIEVEMENT

In its first five years CMHI successfully:

Launched Binational Health Week, the first and only program of its kind, integrating the work of over 1,500 organizations and 5,000 volunteers in the U.S. to bring awareness to health issues facing migrants and provide access to vital health-care services.

Organized the Binational Policy Forum on Migration and Health, to make the health-care needs of

migrants a public policy priority in Mexico and the U.S., engaging high-level representatives on both sides of the border, and now in Canada and Central America.

Developed active collaborations with thousands of local and national organizations in the U.S. and Mexico to provide health education, access to quality health care, insurance coverage, and other vital services on an ongoing, year-round basis.

Created an annual Request for Proposals to fund research on migrant health issues, catalyzing a new field of research in universities and institutions in the U.S. and Mexico.

Produced a plethora of resources—policy reports and fact sheets, guidebooks on health access, bilingual medical dictionaries, health worker training modules, health education pamphlets, articles, and public presentations—

to increase awareness of the issues facing migrant populations and to ultimately improve migrants' access to culturally and linguistically appropriate health care.

Trained hundreds of health-care workers, students, researchers, and advocates in the U.S. and Mexico, developing culturally competent leaders in the field.

Cover: photos by Almudena Ortiz

Right: 1st photo by Fabian Pisani

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Launching an International Model and Building a Movement

The California-Mexico Health Initiative (CMHI) was created in 2001 in response to the immense barriers to health care for migrant communities from Mexico, a lack of relevant research and training on migration and health, and the need for binational policy strategies to address immigrant health concerns.

Operating under the auspices of California Policy Research Center, a program of the University of California Office of the President, with core support and partnership of The California Endowment and the Mexican Secretariats of Health and Foreign Affairs, CMHI works to improve the health of California's estimated 5 million Latino immigrants, and in particular 3.8 million immigrants of Mexican origin, including over 1 million agricultural workers.

After just five years of operation, CMHI has become an international leader in developing innovative approaches to public health and health care for migrant populations. CMHI is dedicated to:

- Facilitating access to health care and insurance coverage
- Researching and implementing new approaches to meeting the health-related needs of this vulnerable population
- Creating lasting binational policy change to reduce health disparities
- Improving the cultural competency of health care workers, advocates, researchers and students

CMHI's successes over the past five years have catalyzed a binational movement that addresses a wide range of

needs: the health needs of individual migrants, the needs of specific communities (particularly farmworkers), the lack of health education among migrants, and the call for more research and training on migration and health. In the larger picture, CMHI seeks to propose the policy changes required to develop a comprehensive, effective, and self-sustaining system of health care and insurance coverage for migrant populations.

Through building and mobilizing strategic coalitions, from the local level to the state and even the federal level, CMHI has launched programs that community-based organizations are now poised to sustain, such as on-site health services in Mexican consulates throughout California, and the activities of Binational Health Week. CMHI's research program and researchers network has also expanded nationwide amongst universities in the U.S. and to institutions in Central America. CMHI provides training and mini-grants to further the efforts of community-based organizations, health workers, and researchers, and help them optimize resources and develop new approaches to meet the changing needs of mobile populations.





MOBILIZING COALITIONS

to Strengthen Communities and Maximize Resources

California-Mexico Health Initiative

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CMHI has been remarkably effective at building and mobilizing active networks and partnerships between health care providers, civic organizations, community leaders, researchers, advocates, legislators, consulates, and media outlets throughout the U.S. and Mexico.

Key partners include the Mexican Secretariats of Health and Foreign Affairs, the Mexican Institute for Social Security, Mexico's National Council of Science and Technology, Guatemala's Ministry of Foreign Affairs and El Salvador's Ministry of Foreign Affairs, California's Department of Health Services, California's Latino Legislative Caucus, the U.S. Department of Health and Human Services, the Pan American Health Organization, the International Organization for Migration, the United States-Mexico Foundation for Science, the University of Arizona, Texas A&M University, the University of Illinois at Chicago, the State University of New York, The California Endowment, the California Wellness Foundation, the California HealthCare Foundation, and the Robert Wood Johnson Foundation.

Housed within the University of California, CMHI also works with over 1,500 local groups across 36 states in the U.S. Many communities, both urban and rural, have multiple health-related organizations competing with each other, with little opportunity for sharing best practices and leveraging services. CMHI's extraordinary successes are based on the premise that groups and communities are strengthened by binational partnership to provide the best services possible to this population.

Before Binational Health Week all the organizations here were working as individuals. Now we work as a community, all under one umbrella, the way it should be. We can go out and promote each other's work instead of competing. That's the beauty of it—together now we bring services to the people who really need it.

—Lupe Nunez
Community Health Outreach
Worker, Tiburcio Vasquez Health
Center, Union City, California



Above: photo by Manuel Penafiel

Right: photo by Almudena Ortiz

By leveraging existing resources, CMHI has been able to maximize the efficacy of health-care initiatives, streamlining services and ensuring efficient use of funds, while reaching hundreds of thousands of migrants each year, providing vital health education, health-care services, and assistance attaining insurance and other basic services.

One of CMHI's key achievements has been the annual **Binational Health Week**, the linchpin of CMHI's strategy to unify the numerous disparate organizations serving migrants. Binational Health Week was launched as a grassroots effort in seven California counties in 2001. Now in its sixth year, Binational Health Week activities have served over 600,000 people in 42 California counties, 30 other U.S. states and three Canadian provinces. Over 1,500 organizations now participate in this annual event, including clinics, community-based organizations, churches, Mexican hometown associations, the media, policymakers, and all 45 Mexican consulates in the U.S.

In the six years since its establishment, hundreds of organizations and thousands of volunteers have made Binational Health Week's mission their own. The volunteer power that makes Binational Health Week possible and larger year after year is a tribute to CMHI's ability to evoke and sustain the dedication, goodwill, and follow-through of a great number of participants at all levels.

Mexico's Secretariat of Foreign Affairs through the Institute for Mexicans Abroad (IME) built on the successes of Binational Health Week in California by replicating and

institutionalizing the model in 30 other U.S. states and three Canadian provinces. Through their work, Binational Health Week has become a sustainable movement in both countries.

In 2005 and 2006 Binational Health Week in California intensified its focus on underserved populations of agricultural workers and indigenous groups. In 2005, 199 Binational Health Week events in California focused on outreach to agricultural workers; 36 events were held at farmworker labor camps in California. Fifty events were specifically targeted to reach indigenous populations in California. In 2006, 29,349 health screenings were provided during Binational Health Week, offering a critical opportunity for many to gain a greater understanding of their health status and how to improve it. Twenty-five percent of participants surveyed (948 in 9 U.S. states) indicated this was the first time they have seen a doctor, nurse or health worker in the U.S.

To support binational coalition-building efforts, CMHI developed a **Sister Communities Project** in 2004 to link California immigrant populations to their Mexican communities of origin through researching demographic and social networks and disseminating information. As part of this work, CMHI created a directory of 830 Mexican hometown associations, which was sent to all Binational Health Week coordinators across the United States.



The binational population is an extraordinarily important part of California, its future and its present strength. So the University of California has a great commitment to serve that population.

—Rory Hume
Provost, University of California

The challenge is really the systems of healthcare and how to make the two systems of healthcare work together, and we enjoy that challenge.

—Michael Drake
Chancellor,
University of California, Irvine

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Developing a New Field of Relevant Research

Through research and technical assistance, CMHI promotes lasting policy reform to reduce the disparities in access to health care for migrants from Mexico. In just five years, CMHI has launched several successful projects to focus international research on migrant health issues.

Housed in the University of California Office of the President, CMHI recognized the potential of collaborating with the university's outstanding base of researchers and academic resources. The California Policy Research Center (CPRC) was founded in 1977 to apply the extensive research expertise of the UC system to the analysis, development, and implementation of state policy and federal policy. CPRC provides technical assistance to policy makers, commissions policy-relevant research by UC faculty and affiliated researchers on major issues, oversees legislatively mandated research projects, and disseminates research findings through publications and briefings in the State Capitol and elsewhere.

Researchers have the power not only to increase the pool of knowledge on migration and health topics but also to educate decision-makers and influence public and private health and immigration policy. In 2003, CMHI joined with other UC programs and Mexican research institutions to launch a **Special Call for Proposals on Migration and Health Issues in Mexico and California**, an RFP program with the ultimate goal of creating a binational network of researchers and to inform policy decisions on health issues related to migration.

The primary objective of the Call for Proposals is to enhance the understanding of and knowledge about migration and health-related issues facing Mexican-origin workers and their families in California and the U.S. A second objective is to promote new collaborative research and long-term linkages among U.S. and Mexican universities and research institutions.

The first four years of the Call for Proposals (2003-2006) provided seed funds for research on migration and health to 30 binational teams of researchers. These include researchers from seven UC campuses, four other U.S. universities, and 12 Mexican research institutions. In part to support the Call for Proposals program, CMHI has published and distributed four editions of the binational researchers directory, including approximately 500 researchers working in the migration and health arena.

Researchers funded under the first three Call for Proposals cycles have already given over 50 presentations of preliminary results in Mexico, the United States, and Central America. At the 11th annual public health forum organized by the Mexican National Institute of Public Health (INSP) in 2005, CMHI organized a symposium on Health and Migration in which the Call for Proposals grantees presented their preliminary results and public policy recommendations before colleagues and Mexican decision-makers. Grantees have also presented their initial results during the annual Binational Public Policy Forum on Migration and Health.





The RFP process continues to yield vital information on the health concerns of migrants of Mexican descent and ensures that a growing body of quality research will inform and empower advocacy efforts for years to come.

An example is the release of *Mexico-United States Migration: Health Issues*, a bilingual report that showcased findings of a landmark study on health trends among Mexican immigrants living in the United States. The report publicized, among other findings, that recent immigrants from Mexico are half as likely to use emergency rooms as U.S.-born whites and Mexican Americans. Over 100 media outlets covered the press conference in October 2005 held to announce the report's release, and the report was widely discussed in the press and among policymakers. In 2006, an updated publication was released with Central American data as well. As more research teams complete their migration and health projects, CMHI and its editors at the California Policy Research Center are working with researchers to prepare policy papers and briefs for release in 2007.

Although the Call for Proposals was initiated in California, other U.S. universities have approached CMHI to take part in this effort. As a result of this growing academic enthusiasm and support, the program was renamed **Programa de Investigación en Migración y Salud (PIMSA)** in 2006 and will fund binational research teams with sponsorship from the University of California, University of Arizona, Texas A & M University, University of Illinois at Chicago, the State University of New York, Mexico's National Council of Science and Technology (CONACYT),

the Mexican Foundation for Health, and the Mexican Secretariat of Health.

In fall 2005, networks formed through the Call for Proposals program resulted in the creation of a binational network of researchers and institutions, the **Network for Research on Migration and Health for the Americas (REMIS)**. Launched jointly by CMHI and the Mexican National Institute of Public Health, REMIS is a network of researchers and research institutions devoted to health and international migration issues. The network facilitates funding opportunities from international agencies and provides an interface between researchers and policymakers. Its mission is to contribute to the health improvement of immigrants and their families through collaboration on research, dissemination of findings, and interdisciplinary dialogue. REMIS will sustain and expand research on migration and health. CMHI recruited over 150 researchers from over 70 institutions.

Members of REMIS now assist CMHI in outreach for the PIMSA Request for Proposals and the **Summer Institute on Migration and Health**. The first summer institute held during summer 2006 in Puebla, Mexico with the partnership of the University of Puebla, was a remarkable success and included over 100 participants from universities, research institutions, and public health organizations such as the Pan American Health Organization. Presentations were given by 21 speakers; 12 from Mexico and 9 from U.S. representing four UC campuses. Based on the successful experience of this first Summer Institute, CMHI plans to replicate the program annually with the ultimate goal of creating a binational degree program on migration and health.

Recognizing the need for system and policy changes to improve the health status of immigrant workers, CMHI joined representatives from the Centers for Disease Control and Prevention, the University of California's AIDS Research Program (UARP), the California Department of Health Services, the Department of Epidemiology at Mexico's Ministry of Health, and Mexico's National AIDS Council to develop the **California-Mexico Epidemiological Surveillance Pilot Project** to gain a better understanding of the health issues facing farmworkers and other migrants of Mexican origin. The collaboration led by UARP promises to yield groundbreaking studies that will result in new approaches, systems and policy changes. Two journal articles have already been published in the U.S. and Mexico, and four more are in the publication process.



There's a real disconnect between this population, who is a hard working immigrant population and the available healthcare services in this state and around the country.

—Fabian Nunez
Assembly Speaker, California State Assembly

The main challenge is guaranteeing the health of everybody in the northern hemisphere...in Mexico, the United States, and Canada. It's an enormous challenge.

—Amalia Garcia
Governor, State of Zacatecas

We need each other, so this marriage has to work and it has to be a healthy marriage. So the health of the people is going to be very important to accomplish that.

—Cristina Beato
Former Assistant Secretary for Health, U.S. Department of Health and Human Services

We know that we do the most difficult jobs, under the worst conditions. We must protect ourselves better and also start demanding better health coverage.

—Salvador Garcia
Former President, El Consejo de Federaciones Mexicanas en Norte América (COFEM)

Right: photo by Juan Pablo Villa

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Impacting Binational Policy Change

Binational public-policy outreach and education are key components underlying most of CMHI's programs and have been especially relevant in the effort to improve migrants' access to health care. CMHI succeeded in building strategic alliances with Mexico's Secretariat of Health and Secretariat of Foreign Affairs, the Ministries of Foreign Affairs of Guatemala and El Salvador, the California's Department of Health Services, the Pan American Health Organization, the International Organization for Migration, the US-Mexico Border Health Commission, the Mexican Institute for Social Security, and the National Institute of Public Health in Mexico. CMHI maintains working relationships with California's Latino Legislative Caucus, county Boards of Supervisors and Departments of Public Health in other U.S. states, federal elected representatives, and the Secretaries of Health in Mexican states whose population is characterized by high rates of emigration to the U.S. (and sometimes return migration).

Convening these policymakers and policy-making bodies, CMHI organized the first **Binational Public Policy Forum on Migration and Health** in 2001 as a part of Binational Health Week. This annual meeting has since become a key binational strategy to make immigrant health issues a policy priority and to develop bilateral working recommendations. In 2006, the Binational Policy Forum on Migration and Health, held in Guadalajara, Mexico, brought together key policymakers from Mexico, Guatemala, El Salvador and the U.S., as well as nearly 400 U.S. and Mexican professionals working in the field of migrant health. Examples of effective advocacy results include the institutionalization of both *ventanillas de salud* and

Binational Health Week, each of which now receive funding from local, state, and federal government sources.

Sustainable and lasting change

CMHI helps to build the civic participation of Mexican migrant communities by creating appropriate venues and instructional instruments. For Binational Health Week, CMHI provides each regional taskforce with a comprehensive "toolkit," including instructional materials on how to request resolutions and proclamations on immigrant health from their county Board of Supervisors. These proclamations hold symbolic meaning for BHW partners and volunteers, many of whom view the process of obtaining them as a first step into political engagement. During Binational Health Week in 2006, over 40 resolutions and proclamations were signed by elected county, state, and federal officials to endorse its objectives.

Also included in the toolkit are talking points and guidelines on how to engage the media as well as policymakers before, during, and after Binational Health Week. This arms taskforce members with resources to actively participate in the political arena even if they are new to civic engagement at this level. CMHI also organizes and provides guidance for taskforces to organize press events where Binational Health Week volunteers can interact with policymakers and the media.

In addition to producing reports such as *Mexico-United States Migration: Health Issues* and this year's Mexican and Central American Immigrants in the United States: Health Care Access, CMHI also collaborated with the California



Making Health Care Accessible, Promoting Wellness and Disease Prevention

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Office of Binational Border Health, the California Program on Access to Care (CPAC, a program under the auspices of the California Policy Research Center), and the U.S. Environmental Protection Agency, Region IX, to produce *The California Farm Labor Force: Overview and Trends from the National Agricultural Workers Survey*, a report released in July 2005. A policy briefing was subsequently held by CPAC with CMHI participation in Sacramento to assist policymakers faced with decisions related to agricultural workers' health issues.

CMHI's work on improving access to health care includes promoting partnerships with key agencies to establish **Ventanillas de Salud** (health stations) at Mexican consulates, promoting binational health insurance as a feasible product, providing health services and education through Binational Health Week and agricultural worker health campaigns, and partnering with the media to strategically reach vulnerable populations with health-promotion messages.

CMHI played a key role in developing *ventanillas de salud* at Mexican consulates in San Diego and Los Angeles, each of which provides assessments, information, and referral services to an average of 1,300 people each day. The *ventanillas de salud* are now operationalized at each consulate by Neighborhood Legal Services of L.A. County and Project Concern International (San Diego), in partnership with numerous local health agencies and community groups. Thirteen more *ventanillas de salud* were established throughout the United States through the efforts of Mexico's Secretariat of Foreign Affairs, and CMHI is currently developing a mobile *ventanillas de salud* model for outreach to rural regions of California.

In 2004, CMHI spearheaded a partnership with CPAC to explore the possibilities of and eventually develop a **Binational Health Insurance** plan. During summer 2005, CMHI conducted a survey in Los Angeles at the Copa de Federaciones soccer tournament, organized by Mexican hometown associations to determine participants' willingness-to-pay for this type of health insurance. This venue provided a unique opportunity to survey Mexican-origin populations from states with the highest migration

Cooperation between the two countries is fundamental. And the involvements of the consulates is key to reaching out to the communities and raising health awareness

—Carlos de Icaza
Former Mexican Ambassador to the United States

There are places to get help in the community, but we just didn't know where they were.

—Uninsured construction worker
in Orange County, California,
interviewed by the
Los Angeles Times during
Binational Health Week

Right: photo by Almudena Ortiz

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rates to California. Analysis of these surveys was completed in fall 2005 and a report of the findings, *Willingness to Pay for Cross-Border Health Insurance between the United States and Mexico*, was finished in 2006.

Binational Health Week makes critical health services easily accessible each year, including prenatal examinations, vaccinations, dental services, laboratory examinations, health education, mammograms, diabetes detection, assistance in accessing and subscribing to health insurance plans, mental-health counseling, and a vast array of other vital services. Organizations brought together to plan for Binational Health Week build partnerships through these activities and continue to work together through the year.

Beginning in 2004, CMHI began to implement **Agricultural Worker Health Campaigns**. These campaigns now take place through the year and have included themes such as mental health and migration, occupational health and safety, dental health, and HIV/AIDS prevention. Altogether, approximately 280 *promotoras* attended workshops held during these campaigns, which have benefited an estimated 1,700 agricultural workers.

Since its inception, CMHI has prioritized **strategic media campaigns** to raise public awareness of migrant health issues and promote healthy behavior among migrant/immigrant families, including numerous radio presentations on children's health, women's health, oral health, addiction and violence and other vital topics.

Media organizations partner with CMHI to produce popular education materials on health issues through public-service announcements (PSAs) and radio novelas. For example:

- CMHI signed an MOU with Mexico's National Radio Institute (IMER) to translate CMHI training manuals (*Mental Health and Migration and Occupational Health and Safety*, originally produced for *promotoras*) into educational radio programs. IMER broadcast the programs in Mexico, and CMHI distribute the programs to its media partners in the U.S.
- CMHI has distributed PSAs to over 100 Spanish-language radio stations in California, and is currently creating new Health Insurance PSAs that make up a major part of the Insuring Latino Kids Campaign in California. The insurance PSAs educate listeners on the importance of health insurance and give information on existing California health insurance programs.



On trips to the doctor's office or the hospital where I translated for my parents and later on for clients, it was hard not to notice that there were not enough Spanish-speaking healthcare providers for the large Hispanic patient population.

—Heidi
Student Exchange Participant,
University of California-Davis

[After the Medical Student Exchange Program] I performed medical histories in Spanish at the clinic where I worked and I felt confident that they were accurate and thorough.

—Nora
Student Exchange Participant,
University of California - San Francisco

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In response to the need for more culturally competent and bilingual health care providers, CMHI has pioneered several training projects to improve the cultural and linguistic competency of current and future health providers and administrators to serve people of Mexican origin. With a special focus on health professionals working in rural and agricultural regions of California, CMHI coordinates annual and biannual specialized exchange programs for *promotoras*, health administrators, and medical and nursing students. CMHI also develops and implements training modules for *promotoras* in California and Mexico on mental health, occupational health and safety, and women's reproductive health. Topics of these training modules are addressed in the context of migration.

In 2004, CMHI created a binational *Promotoras Exchange Program* to build *promotoras*' knowledge of health-care systems in both the United States and Mexico and to develop skills to provide culturally competent care. In the past two years, four exchanges have taken place, with the participation of 116 *promotoras*. The one-week cultural immersion program provides training specific to the needs, experiences, and obstacles of the Mexican migrant population. *Promotoras* have met with members of Mexico's federal, state, and local *promotoras* agencies. Participants experienced first-hand the context and communities in which their peers operate through site and home visits. Following the completion of the program, participants report that they are more aware of the challenges faced by migrant communities that influence their health, know more about the health-care systems in both countries, had an opportunity for dialogue and exchange of program

strategies (including educational materials and resources), and felt reinvigorated by the experience.

In 2002, CMHI developed an annual Medical Student Exchange Program for students from University of California medical and nursing schools and academic institutions in Mexico. This exchange serves as an opportunity to foster medical and nursing students' interest in the health-care needs of Mexican immigrants and to train future physicians to provide care to Spanish-speaking patients in a culturally competent manner. UC medical and nursing students competed in a rigorous application process at their home institution and traveled to Mexico for four weeks of immersion studies. They received medical training and Spanish-language instruction, and experienced hospital rotations. In follow-up interviews 100% of the UC students reported that they feel comfortable conducting a medical history in Spanish with Mexican-origin patients. Furthermore, they all reported that this ability is a direct result of the program. Medical students from Mexico undergo a similar application process and training at UC institutions. Since 2002, CMHI has coordinated four UC and three Mexican groups and trained a total of 67 medical student participants. The first four years of the Medical Student Exchange Program was cosponsored by UC MEXUS, the UC Office of the President's Office of Health Affairs, IMSS, and Mexico's Secretariat of Health.

Another pioneering success of CMHI is the Jornadas de Salud Program, a week-long immersion program for U.S. health-care providers and administrators focusing on migrant health care. In collaboration with Mexico's





Above: photo by Almudena Ortiz

Secretariats of Health and of Foreign Affairs, Institute for Mexicans Abroad, the Mexican Secretariat of Health, the State of Jalisco, the State of Zacatecas, MEXFAM, and Planned Parenthood. CMHI's Jornadas program has sent over 150 health-care providers and administrators to Mexico for five educational immersions to better understand the health-care needs of migrants and the health-care system provided by their country of origin. Participants visit state hospitals, urban and rural health centers, and not-for-profit health clinics, observing services being provided and interacting with local health-care workers. Participants also attend workshops about the Mexican health-care system at the federal, state, and local levels, visited health-treatment facilities, and learned about traditional and herbal medicine.

Through training and binational educational exchange programs, CMHI improves the cultural competency of health-care workers, improving the way health care is delivered in the U.S.



Creating Resources and Sharing Best Practices

CMHI spearheaded the development of a broad base of binational resources for migrant/immigrant health care, producing guides and directories for health-care workers, researchers, community advocates, and migrants/immigrants of Mexican descent.

1. Spanish-English Dictionary of Health Related Terms

One monumental challenge for health-care providers has been the lack of a Spanish-English/English-Spanish dictionary of health-related and commonly used terms. CMHI produced the first edition of a Spanish-English Dictionary of Health Related Terms in 2003. The third edition was released in 2005 with the support of organizations from both sides of the border, including California's Department of Health Services and the U.S.-Mexico Science Foundation (FUMEC). The third edition includes information on emergency and disaster preparedness, as well as over 13,000 terms related to general health terminology, body parts, signs and symptoms, communicable and chronic diseases, maternal and child health, nutrition, environmental and occupational health, dental health, mental health, and domestic violence. The definitions are not only direct translations but also include cultural nuances that do not come across in direct translation. With feedback from previous users, the latest version includes an illustration section and a separate phrase section on instructions, personal data, and medical history. Forty-two thousand copies have been distributed through the California Emergency Medical Services Authority to hospital emergency departments, emergency service personnel, ambulances, and fire departments. Dictionaries were also sent to humanitarian organizations, including those working with the Hurricane Katrina victims.

The Dictionary of Health Terms is another example of CMHI's successful collaborative initiatives, produced in partnership with the California Department of Health Services, Illinois's Department of Human Services, the Mexican Institute of Social Security, the Mexican National Institute of Public Health, the Mexican Children's Hospital, the Mexican Secretariat of Foreign Affairs, the Mexican Secretariat of Health, Scripps Mercy Hospital Chula Vista/AHEC-CalPEN, the University of California at Davis, and the United States-Mexico Border Health Commission.

2. Guidebook of Health Insurance and Public Benefit Programs

CMHI partnered with the California HealthCare Foundation to produce the Guidebook of Health Insurance and Public Benefit Programs in 2001. Over 2.5 million copies have been distributed in the U.S. and Mexico since the first edition was released. This easy-to-read document includes descriptions of public and private health insurance programs and services for Mexican-origin migrants/immigrants and other low-income populations. The guidebooks are distributed in Mexico through Vete Sano, Regresa Sano and the Mexican Institute for Social Security (IMSS) and have been particularly useful to and widely distributed through Mexican hometown associations, labor unions, migrant education programs, and *ventanillas de salud* in California. Since 2003 *La Opinión*, the best-selling Spanish-language daily newspaper in the United States, have released annually updated guide as a supplement.

3. Health Fact Sheets on the Mexican-Origin Population in California

CMHI has developed and printed over 10 fact sheets detailing vital information about migrant health concerns, and peer reviewed by UC researchers. In 2005, CMHI printed 27,000 of them on the following topics:

- Health-Service disparities among Mexican immigrants
- Demographic profile of Mexican immigrants in the United States
- Health insurance coverage in the United States Latino population
- Diabetes in the U.S. Latino population
- Occupational health and safety
- Agricultural workers
- Mental health

Distributed to the media, research institutions, government agencies and legislators, and community organizations, these fact sheets educate the general public, policymakers, and community leaders about health concerns affecting the Latino population in general and Mexican immigrants in particular.

4. Binational Directory of Researchers

CMHI's Binational Researchers Directory is updated annually and distributed electronically to 800 Mexican and U.S. researchers each year. Among its many uses, the Binational Researchers Directory enables researchers in Mexico and the United States to find and form teams with counterparts on the other side of the border.

5. Promotoras Training Modules

To enhance the work of *promotoras*, CMHI collaborates with its partners to produce Spanish-language *promotoras* manuals and training materials on health topics pertinent to migration and migrants. Two editions of the mental health and migration manual *Tales of Coming and Going* have been printed. The manual has been valuable for providing *promotoras* with information about migration and its connection with stress and mental-health problems among migrants and immigrants.

In summer 2006, co-sponsored by the Office of Binational Border Health (California Department of Health Services) and Mexico's Secretariat of Health, over 10,000 copies of CMHI's second *promotoras* training module, Occupational Health and Safety, were printed. This module focuses on health risks facing migrant workers in agriculture, construction, and food processing. *Promotoras* are taught how to sensitize workers to these risks, how to best protect themselves and their families from such hazards as pesticide poisoning, and how to gain access to protection and treatment services even if they lack documentation.

In December 2006, Manual de Salud Sexual y Reproductiva de Mujeres Migrantes was produced through collaboration with the Mexican organization In Mujeres. The module trains *promotoras* on women's sexual and reproductive health topics in an accessible fashion.

6. Photography Project on Immigrants and Health Care

In 2005 and 2006, CMHI's collaboration with renowned artist, photographer, and folklorist Almudena Ortiz resulted in several photography exhibits that garnered media attention. Ortiz was commissioned to photograph the daily lives of Mexican farmworkers and their strategies for seeking health care. Using arts to increase public awareness is one of the many creative approaches CMHI has developed with its partners.

OUR DEEPEST GRATITUDE TO THE FOLLOWING AGENCIES THAT HAVE SUPPORTED OUR WORK:

AltaMed
Benemérita Universidad Autónoma de Puebla (BUAP)
California Department of Health Services
California Program on Access to Care (CPAC)
Consejo Nacional de Ciencia y Tecnología (CONACYT)
Consejo Nacional de Población (CONAPO)
Fundación Mexicana para la Salud (FUNSALUD)
Fundación México-Estados Unidos para la Ciencia (FUMEC)
Health Net
Instituto de los Mexicanos en el Exterior (IME)
Instituto Mexicano de la Radio (IMER)
Instituto Mexicano del Seguro Social (IMSS)
Instituto Nacional de las Mujeres (INMUJERES)

Ministerio de Relaciones Exteriores de El Salvador
Ministerio de Relaciones Exteriores de Guatemala
Robert Wood Johnson Foundation
Secretaría de Relaciones Exteriores de México (SRE)
Secretaría de Salud de México (SSA)
The California Endowment | Poder Popular
The California HealthCare Foundation
The California Wellness Foundation
Universidad Nacional Autónoma de México (UNAM)

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**Dr. Rory Hume, Provost and Executive Vice President of
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Margaret Laws, Director
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National Council of Science and Technology (CONACYT)

The Honorable Cindy Montañez
State Assembly, California State Legislature

Cándido Morales Rosas, Director
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Secretariat of Foreign Affairs of Mexico

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**Dr. Carmen Nevarez, Medical Director and
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The Honorable Fabián Núñez
Assembly Speaker
California State Legislature

George Ortiz, Consultant
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