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Join the
Vaccination Event Alerts
to learn about neighborhood
vaccination opportunities:
<https://public.govdelivery.com/accounts/AZMARIC/signup/22506>



**HEALTH IMPROVEMENT
PARTNERSHIP OF
MARICOPA COUNTY**
www.hipmc.org

Why Get Vaccinated?

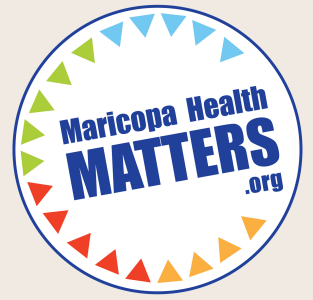
COVID-19 vaccines are safe, effective, and protect you against serious illness from COVID-19.

Getting the vaccine is an important part of helping our County and our nation recover from the effects of this pandemic. If you have not had your vaccine, you have many options to do so. Vaccines are widely available across Maricopa County, including at community pop-up events, pharmacies, federally-qualified healthcare centers, and some private providers. Some require appointments, and many are taking walk-ins.



Check podvaccine.azdhs.gov every day at 8:00 am for additional appointments due to cancellations and every Friday at 11 am for a new batch of appointments at state-run PODs. You can search all Maricopa County vaccination sites by vaccine type and location at Maricopa.gov/COVID19VaccineLocations.

COVID Impact Survey



Maricopa County Department of Public Health is seeking to understand how the pandemic has impacted residents and how to support the community in a post-COVID environment. As a valued partner in this effort, we would appreciate your help in this important endeavor to ensure we have a wide, inclusive representation of residents within our county.

Responses to the COVID-19 Community Impact Survey will help guide future community health improvement planning and funding efforts over the next two years to assist in the recovery of COVID-19. Grants will be awarded throughout the county to local governments and community-based organizations to support our communities and address priority areas.

You can help by:

- **Taking the Maricopa County COVID-19 Community Impact Survey.** Click [here](#) to take the survey which is available in more than 12 languages!
- **Sharing the survey** with your family, friends, networks, employees, etc. You can download social media graphics and printables using our [Communication Toolkit](#). The broader the survey is spread, the more representative the data will be.
- Visit [MaricopaHealthMatters.org](#) for more information on the survey and community health improvement planning efforts.



HOW HAS COVID-19 IMPACTED YOUR LIFE?

**TAKE THE SURVEY.
SHARE THE SURVEY.**
[MaricopaHealthMatters.org](#)

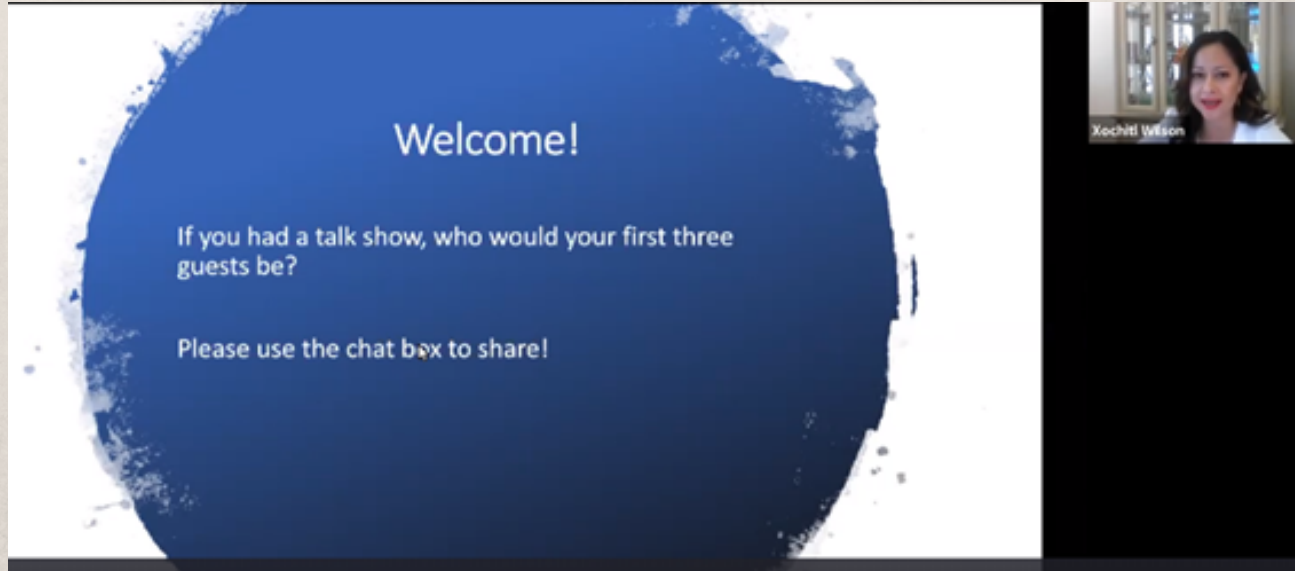


CLICK THIS ICON FOR MORE THAN
12 LANGUAGE OPTIONS



HIPMC Virtual Webinar

HIPMC first virtual webinar was a success. Partners were able to learn more about the new **DASHBOARD** and the benefits of accessing to this amazing tool. Fresh Connections shared their success stories and barriers they faced to provide fresh food and vegetables at the beginning of the pandemic. If you want to watch the recording **CLICK HERE**



Arizona State University Workwell Study

The Workwell study is seeking individuals at least 18 years of age or older who spend the majority of their workday seated. Working from the office or home is accepted.

ASU College of Health Solutions wants to understand how sitting, standing and moving during your workday impacts your health.

- You could be compensated up to \$65
- Up to 25 lunches delivered to you from local restaurants.
- Will receive feedback on your blood sugar and activity levels.

Complete the short **SURVEY** and if you have any questions please call: 602-827-2274 or send an email to workwell@asu.edu

ASU College of
Health Solutions
Arizona State University



The WorkWell Study

Are you concerned about how prolonged sitting might impact your health? We are, too.

WHO: Seeking men and women at least 18 years old who spend the majority of their work day seated. *Working from office or home is accepted.*

WHAT: We want to understand how sitting, standing, and moving during your workday impacts your health.

HOW: Follow the link to complete a short online survey, or scan the included QR code.



bit.ly/workwellscreen

WHAT'S IN IT FOR ME?

- Compensation up to \$65
- Up to 25 lunches on us, delivered to you from local restaurants
- Feedback on your blood sugar & activity levels

PLEASE NOTE:

- The study will require **three 60-90 minute lab visits**, and **four workplace visits**, over the course of 8 weeks.
- You will be asked to wear devices to continuously measure blood sugar and activity levels.
- Participation is voluntary.

chs.asu.edu

**Questions?
Contact us at:**

**602-827-2274
or
workwell@asu.edu**

Move One Million



51,332
Moved Today

49,728
Moved Yesterday

Move One Million is a nonprofit organization and free service bringing movement and mindfulness to humanity.

☑ Just 5 minutes a day ☑ Broadcast every hour

**Improve
Physical Health**

**Improve
Mental Health**

**Improve
Social Health**



Welcome to Move One Million
Today's Broadcast

M1M
MINDFUL MOVEMENT
WITH CHRIS POWELL

mesa
PUBLIC SCHOOLS

BRING M1M TO YOUR ORGANIZATION

Move One Million is a nonprofit organization on a mission to standardize movement and mindfulness in our communities, giving everybody access to move daily, reduce stress, and feel connected with others for improved physical, mental, and social health.

REGISTER NOW to receive the daily broadcast emailed directly to your organization every morning.

Join along with Chris Powell in each broadcast, as he moves with friends from around the globe through the M1M routine - a total body warm up that **EVERYBODY** can do. Then let Chris guide your community through a 2-minute mindfulness exercise to reduce stress, and finish with positive affirmations to boost confidence and esteem.

- ☑ Towns & Cities
- ☑ Schools
- ☑ Hospitals
- ☑ Corporations
- ☑ Small Business
- ☑ Assisted Living
- ☑ Organizations

[REGISTER NOW](#)

If you want to share your information please email:
Alejandra.Zavala@maricopa.gov or hipmc@maricopa.gov