FARMWORKER STUDENT HEALTH ALLIANCE (FSHA)

MISSION:
The Farmworker Student Health Alliance is a student-run organization at the University of North Carolina at Chapel Hill dedicated to improving health outcomes for North Carolina farmworkers through collaboration with UNC medical students, the Comprehensive Advanced Medical Program of Spanish (CAMPOS), and the North Carolina Farmworkers Health Program.

FARMWORKER HEALTH ISSUES:
- **Chronic Illness**: Farmworkers suffer from higher blood pressure compared with the public, especially for men and women aged 20-44. This puts them at increased risk for heart disease and diabetes.
- **Food Insecurity**: Nearly five out of ten farmworker households in NC cannot afford enough food for their families.
- **Women’s Health**: Nationwide, less than half of pregnant women in farmworker families interviewed in 2000 had received health care during their first trimester.
- **Infectious Diseases**: Nationally, farmworkers face six times the risk of other groups of contracting tuberculosis. The high incidences of HIV and other sexually transmitted diseases in farmworkers are attributed by some to isolation, poverty, and limited knowledge about how a disease is transmitted.
- **Mental Health**: Nationally, 40% of farmworkers are depressed and 30% experience anxiety. Causes of strain on mental health include isolation, limited social support, separation from family members, job and financial stress, poor housing and unhealthy working environments.

WHAT FSHA DOES:
- **Holds meetings and lectures about the importance of farmworkers and the health challenges they face**
- **Benson Area Medical Center Farmworker Clinic**:
  - Benson, NC at rotating farmworker camps
  - Thursdays 6-11pm
  - Join Dr. Maynard and rotating providers, including MS4s and residents
  - Evening clinic providing direct care, labs, and follow-up medication/scheduling
  - High need for Spanish interpreters, 2-3 per week
  - Shadowing opportunity
  - Health education outreach
- **Mobile Clinic**:
  - Join Dr. Thomas and physicians from Piedmont Health Center and MS4s
  - Mobile van serves patients directly camp to camp
  - Need volunteers on intake, vitals, shadowing, education
  - All levels of Spanish welcome, some interpreting opportunity
- **Other projects**:
  - Schweitzer Fellowship project on health insurance enrollment
  - CSA grocery delivery for high-risk diabetes patients

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