

MIDVALE COMMUNITY BUILDING COMMUNITY (CBC) CLINIC

WWW.MIDVALECOMMUNITYCLINIC.COM



Fall 2023

Providing Accessible, Comprehensive Health & Family care



Clinic Initiative recognized with a Hypertension Award

In September, the Midvale Community-Building-Community (CBC) Clinic received the inaugural Hypertension Hero Award given by the National Hypertension Control Roundtable (NHCR). This award acknowledges the innovation and collaboration demonstrated by staff members and volunteers for the creation of programs and partnerships that address inequities in hypertension control. One of our partners, Conexión Latina in Utah, joined our efforts to raise awareness for this disease through educational classes on high and low blood pressure, free consultation and appropriate medication, as well as blood pressure cuffs to self-monitor at home. A big thank you to our community leads, Paola Morales and Dr. Oscar Gomez.

As the CEO of the National Association of Chronic Disease Directors (NACDD), John W. Robitscher, says: "Hypertension often doesn't receive the attention and resources needed, which are contributing factors to it being a silent killer. We applaud organizations who provide access and attention to controlling blood pressure and are proud to support organizations like Midvale CBC that are also actively addressing cardiovascular health inequities. We must continue to work towards closing the gaps in care, which will ultimately save lives."



The Hypertension team (left to right): Paola Morales, Rocio Gonzalez, Mauricio Agramont, Laura Warner, Oscar Gomez, Magali Velasco



Public attended educational classes in May 2023 and received a blood pressure cuff to self-monitor at home

The Midvale Community Building Community is a 501(c)(3) not-for-profit organization serving the Salt Lake and Summit counties. We aim to support the low-income, underinsured, and uninsured community by providing affordable integrated services: Medical, Dental, Mental Health, and Family Services.

Executive Director: Mauricio Agramont

Contact Us: info@midvalecbc.org - (385) 887-9002



Available Clinics



- Dental
- Dermatology
- Diabetes
- Internal Medicine
- Medical
- Mental Health
- Women's Health

Upcoming Events

- Mental Health Support Group, weekly
- Nutrition, weekly
- Diabetes, weekly
- Violin, weekly



- Food Bank, every Friday
9:00 am - 12:00 pm



- Wellness Bus, 2nd & 4th
Fridays of the month,
10:00 am - 2:00 pm

Getting to Know Dr. Sundwall



In 2014, Dr. Sundwall along with Mayor Seghini and Mauricio Agramont were instrumental in getting the Midvale CBC clinic up and running. The clinic was started at the Midvale Middle School. Since that time the clinic has expanded to the current location with a focus on chronic disease management. Working with medical students, Dr. Sundwall is not only a Professor Emeritus at the University of Utah but volunteers at the CBC, further helping integrate classroom learning into real-life experiences for those in need. Dr. Sundwall's dedication to patient care was key to keeping the CBC clinic open during the COVID-19 pandemic. For one and a half years he was the only healthcare provider seeing patients at the CBC clinic.

Dr. Sundwall loves working in primary care. During his time as the Executive Director of the Utah Department of Health, he developed the Primary Care Summit. The purpose of the Primary Care Summit is to share perspectives and solutions to health equity and primary care workforce concerns, celebrate accomplishments from the past year, and continue the discussion of strategic plans to address the resistant shortages in Utah's primary care workforce. Through this Summit, Dr. Sundwall created multiple resources for people with no insurance to establish a safety net for those in need of care.

As an integral player, Dr. Sundwall continues to be a part of the success of the CBC clinic and the improved health of his patients.

Thank you, Dr. & Mrs. Samuelson!

A huge thank you to Dr. and Mrs. Samuelson for their contributions to the CBC community through work at the clinic and teaching violin lessons. While they continue to serve the greater good through their mission in Africa, we look forward to them returning to the CBC upon their return.



Weekly Food Pantry Serving More Families



The CBC has a food pantry for those in need. Food donations come from the Grocery Rescue Program as well as warehouse donations from the Utah Food Bank. The Grocery Rescue program uses donations provided by retailers of various types of food products that are nearing their expiration date, but are safe, healthy, and good to eat. Food is picked up from various retailers in refrigerated trucks and delivered to the CBC. The CBC Food Pantry is available every Friday. During the first month the CBC Food Pantry was initiated in September of 2022, 30 households including 131 people have been served. Most recently during October of 2023, the CBC Food Pantry served 675 households and 3,026 individuals!

The success of this project is due to the dedication and hard work of CBC outreach workers, food pantry volunteers, including the Hispano Latino Rotary Club, and generous donations from Utah Food Bank.