

**SOUTHWEST CENTER FOR COMMUNITY HEALTH PROMOTION
(SWCCHP)**

**Community Action Board Meeting
Minutes for April 29, 2004
Chairs: Emma Torres and Carol Huddleston**

Welcome and Introductions (Lisa Staten)

Participants introduced themselves (Name & Organization). Lisa Staten welcomed everyone to the meeting. She stated that the purpose of the Community Action Board (CAB) was to be a guiding group for the SWCCHP. She also mentioned that the SWCCHP is looking for input from the CAB.

Minutes (Emma Torres & Lisa Staten)

Emma Torres asked everyone to take a couple of minutes to review the CAB minutes from October 28, 2003. A few corrections were mentioned, which Lisa stated she would correct.

Status of the PRC Competitive Renewal (Mike Lebowitz)

Mike Lebowitz explained that the SWCCHP is funded by the Centers for Disease Control and Prevention (CDC). The SWCCHP submitted an application last fall and that application did not get approved for funding. A second application was submitted March 1st. This latter round of applications was open to all, not just existing Prevention Research Centers (PRCs). Funding would be for another five years. Mike spoke with the Project Officer at CDC, who stated that the SWCCHP would not find out until Monday if it had been funded. [Post meeting note: The SWCCHP has been funded!!!]

Mike continued by explaining what was actually submitted in the application. The SWCCHP will be focusing on four populations of greatest concern: community members in general including walking clubs, diabetic patients and their families, and the Special Action Group (SAG). The SWCCHP will continue to focus on diabetes in addition to obesity and depression/mental health. The SWCCHP is seeking additional funding to do a cardiovascular disease component, which could not be included in the application submitted. The CAB has guided the SWCCHP in what it should be doing. Mike also pointed out that the SAGs are now being referred to as local CABs, which is more for clarification purposes to benefit the reviewers of the application.

Joel Meister added that the reason the SWCCHP did not get funded in the first round had nothing to do with the quality of our collaborative work. Points were deducted from the proposal for being too overarching and trying to take on too much and for not including certain things that were asked for in the Request for Proposals (RFP) (i.e. CAB by-laws).

Karen Halverson offered a new resource available along the border for certified diabetes training. The program does public programming (i.e. speeches) and support groups. Those being trained currently are working towards the completion of 2,000 hours in order to be able to sit for the Certified Diabetes Educator (CDE) exam. She said she would provide names and contact information if anyone wanted that information. In order to participate in the training, you have to be a registered dietician, pharmacist, or registered nurse.

Special Interest Projects (SIPs) (Mike & Lisa)

Mike explained that the CDC puts Special Interest Projects (SIPs) out for which PRCs can apply. There is a list of 5 projects for which the SWCCHP is thinking of applying. Lisa stated that the first wave of letter of intents has passed. The last wave of letter of intents is due May 7, 2004. Proposals are due May 28, 2004. Lisa then went through SIP #5: Establishment of a Physical Activity Policy Research Network (PAPN)—Participating Network Center. If anyone is interested in any of these, they can be discussed further later on. SIP #9: Investigation of Pedometers and Step Counters for Physical Activity Promotion is more of a basic research question. A couple of PRCs are currently working on this SIP, but it can certainly be applied for by anyone who is interested. A possibility is to build on what is currently being done with the Pasos Adelante program in Douglas. SIP #10: Center of Excellence in Public Health Training and Intervention Research Translation: WISEWOMAN and Obesity Prevention Programs. If anyone is interested Lisa said they can look at it together and figure it out from there. SIP #13: Prevention Research Centers' Healthy Aging Research Network (HAN)—Participating Network Center. Mike explained that at the national level the SWCCHP is trying to collaborate more with other PRCs. Currently, 28 PRCs are funded. This number will change come Monday. He explained the function of this network. Mike will be submitting a proposal for this SIP. If anyone is interested, email Mike (mlebowit@u.arizona.edu) for more information. SIP #15: Prevention Research Centers' Healthy Aging Research Network (HAN)—Defining the Public Health Role in Depression Disorders for Older Adults. In order to be a member of this network you have to be a member of the Healthy Aging Network (SIP #13). So, you would have to apply for the two SIPs (SIP #13 and 15) at the same time.

Mike also explained two other projects that are not related to the SIPs. The SWCCHP is participating with 7 or 8 other PRCs to work on a report/paper to get Congress to allocate more money for diabetes action plans. Also, working on cardiovascular disease (CVD) action plans. Trying to propose programs that will work on creating a new CVD network as well as trying to get it funded.

If anyone is interested in any of the SIPs, please let Lisa (staten@u.arizona.edu) or Mike (email address above) know. Also, let them know if any of the SIPs appear to be inappropriate or something that the SWCCHP should not be looking at. Lisa stated the WISEWOMAN and pedometer SIPs (SIPs #9 and 10) are ones that should not be applied for since other PRCs are already doing this kind of work and they are strong in those areas.

Carol Huddleston talked about her trip to the National Chronic Disease Conference in Washington, DC in February 2004. She said that the CDC is really becoming interested in mental health and depression in relation to chronic disease.

Emma talked about mental health services in the Yuma area and how they are not adequately meeting the needs of the Hispanic population. She stated that if you talk to the promotoras at Campesinos, they would tell you that 80% of the people they serve are affected by depression. The promotoras at Campesinos also lack specific training on mental health/depression. Campesinos has received some money from Robert Wood Johnson to look at mental health/depression. Emma mentioned that a very good mental health curriculum is already being used in California to train nurses on mental health. She said that it might be a good curriculum to provide training to promotoras as well. Emma has the contact information in Berkeley, where the curriculum is being used, if anyone is interested.

Jill de Zapien mentioned that Kerstin Reinschmidt had applied to the Border Health office for funds to develop a common mental health curriculum for promotoras and that she would be pulling together existing materials from Western Arizona Area Health Education Centers, Inc. (WAHEC), Campesinos Sin Fronteras, Mariposa Community Health Center, and Kathryn Coe's work in the Phoenix area.

Center Communications (Rosie Stewart)

Rosie Stewart discussed the SWCCHP brochure, which will be updated again in February 2005, the homepage of the SWCCHP's website in color, and the first issue of the SWCCHP newsletter, "Frontiers in Health/Fronteras en la salud." Lisa thanked all of those who contributed community stories to be included in the newsletter. Rosie explained that the second issue of the newsletter would coincide with the next CAB meeting, which will probably be some time in September or October 2004. She also stated that in July 2004 she would send out a request for community stories to be included in this second issue of the newsletter. She also asked the CAB members if anyone had an idea for a story that they would like to have included in the newsletter. Emma said that she would write a story on Campesinos Sin Fronteras' Glaucoma/Diabetes screening that they recently held. She said they also took pictures at the event, so she would include those with the story. Aster Garcia from the WAHEC also volunteered to write a story about their nutritional center and walking clinic. Rosie also asked for a letter from the CAB Chair/Chair Elect to include in the next newsletter. Rosie stated that she would send out reminders to those that volunteered to submit stories for the newsletter as well as a general request for more stories in July 2004.

Rosie then led everyone through the new SWCCHP website (<http://swcchp.publichealth.arizona.edu>) and asked for feedback on the design, layout, and content. She also passed around a sheet with all of the organizations represented in the CAB and asked that if someone's organization has a website address to please write it down so that a link can be set-up on the website. Some CAB members did not know their organizations website, but stated that they would send it to Rosie via email (Rsbeamer@earthlink.net). Rosie also mentioned that she would send out reminders to those that said they would email their organizations website address at the end of May 2004. Lisa mentioned that the Arizona Department of Health Services should be added to the links section of the website. It was also mentioned that an Announcements/Trainings section be added to the website. Periodic emails will be sent out to solicit any announcements and/or trainings that CAB members would like added to the website. It was also mentioned that awards should be listed on the website. Rosie

will take all of the suggestions mentioned and make the necessary changes to the website. Rosie also thanked Dan Bronson, who has helped her create the SWCCHP website.

CAB Guiding Principles Discussion

Lisa gave some history on why we are discussing the CAB Guiding Principles and why they were created. Points were deducted on the SWCCHP's first application for refunding for not having included CAB by-laws. Lisa stated that the CAB does not want or need to follow Robert's Rules of Order in conducting business. The CAB can continue as it has. The SWCCHP would like feedback from all CAB members on these guiding principles. A few CAB members were approached to make suggestions/edits to the guiding principles prior to the application being submitted, but now the SWCCHP would like the entire CAB to make suggestions/edits.

Emma mentioned that she would like the CAB to also be an advisory board for the U.S.-Mexico Board Health Commission. If the CAB members present at this meeting are willing, she will take the idea back to the Commission. She is not sure exactly in what capacity the advisory board would be involved, but she would like the two groups to inter-relate. The connection of working together with the Commission would be a great benefit to both groups. The Commission meets twice per year and attendance is by invitation only. One of their meetings is attached to the Information for Action conference. If approved by the Commission, this role of the CAB being an advisory board for the Commission would have to be added to the CAB Guiding Principles.

It was also mentioned that the CAB should intersect with the Binational Councils as well as partner with the Binational Initiatives. This issue will be brought up at the next CAB meeting in September or October 2004 as an agenda item on how to intersect/partner with the Binational Councils/Initiatives.

Jill asked Emma to see if we can get the SWCCHP on the agenda of the Commission to make a presentation on who the SWCCHP is and what the SWCCHP does.

As a group, the CAB went through the CAB Guiding Principles and CAB members provided feedback and edits. Lisa will make the changes discussed to the CAB Guiding Principles and will send the revised version out over email. If no one has any additional edits, then they will be approved.

Cecilia Rosales volunteered to be a member of the Regional CAB Evaluation Sub-committee. Joel Meister mentioned that the Evaluation Sub-committee is a way of showing CDC that our CAB is involved in the SWCCHP's evaluation. This is a necessity.

Updates (Carol Huddleston)

Community Partners

Cochise County:

Lourdes Fernandez gave a brief update on the Pasos Adelante Program being implemented in Douglas, AZ. Lourdes mentioned that they are currently implementing the program with a second group, the spring group. The participants are very enthusiastic. However, it is also a challenging group, since they are doing one class a week in English. There are quite a few participants that are from the schools (teachers, teachers aides, and nurses). Lourdes and Blanca Robles recruited 64 participants for this group. Of these 64 participants 53-55 are actively participating in the nutrition classes and walking groups. The Pasos Adelante Program is for anyone 18 years of age and older. The teachers are also participating in the walking groups. Yolanda Caruso, a nurse from Douglas, helped a great deal in recruiting teachers from the schools to participate in the program.

Lea Dodge mentioned that in Cochise County, the SAG meets regularly and continues to focus on schools and trying to make policy changes and raise awareness about diabetes. The group has been giving PTSO presentations as well as presentations to the Douglas High School Med Club. Parents and teachers are stunned at the statistics from the Diabetes Survey. The high school group is very interested.

Lea also mentioned that she as well as the other Cochise County SAG members have enjoyed working with Mary Jane Joyal, the Cochise County Health Department STEPS coordinator, in regards to STEPS. Douglas is pretty well organized and that is thanks to a lot of the people present around this table. Programs in Douglas will be starting up pretty soon.

Lea also mentioned the promotora training program, Jump Start, through Cochise College. Two cohorts of promotoras have been trained and now with STEPS hopefully the College can continue to provide the training program.

Rhea Morales mentioned that the Cochise County SAG members spoke with the interim Superintendent and school board. Based on those presentations a school policy banning candy fundraisers has been implemented.

Lourdes mentioned that the interim Superintendent would be increasing physical activity for school staff also. The gym will be open to every school staff member. Soda machines have also been eliminated from the schools. Jill stated that persistence is what it's all about.

Carol mentioned that she is currently hearing about resistance from the site councils of the Douglas schools with regard to halting candy sales as a school fundraiser. School personnel are concerned about the loss of revenue. She also mentioned that tax credit information flyers have been passed out as well as articles/announcements placed in the newspaper. Evelyn Markee notes that Douglas has increased from \$8,000 to \$22,000 in tax credit monies in just months. Lourdes said there are also plans to translate the tax credit information flyer into Spanish.

Carol also mentioned that she attended the National Chronic Disease CDC Conference in Washington, DC. While at the conference, she attended the National Community Committee (NCC) meeting. As a first time attendee, she learned that the function of the committee is to connect community representation from all the PRC sites to communicate with each other and share ideas to help the PRC projects to be a true community/PRC working relationship. The

NCC representatives can advise the PRC on their community “grassroots” qualities, needs, and experiences to facilitate the collaborative projects for the best interest for everyone involved. Carol feels our PRC/community relationship is one of openness and trust.

Santa Cruz County:

Marilynn Johnson mentioned that as part of the STEPS program they have been creating action plans. The next Santa Cruz County SAG meeting will be some time in May. Currently, the SAG has 3 co-chairs, who are representative of Mariposa Community Health Clinic, EPA, and the hospital.

Marilynn mentioned that she heard a presentation by Tommy Thompson who stated that diabetes numbers are increasing rapidly which emphasizes the importance of these projects.

Karen Halverson mentioned that they work with student clubs and keep them involved in community activism. She stated that it is a good idea to use student clubs in community campaigns. In Nogales, the students concentrate on asthma and in Rio Rico they are working on diabetes. This is a good way to keep kids involved in clubs.

Karen also mentioned the Primary Care Conference that will be held on October 5-6, 2004 at Rio Rico Resort. This conference will target issues for doctors on education relating to the STEPS project. Speakers at the conference will target medical education topics that are of interest to STEPS collaborators and topics that our primary care doctors and nurses need to be updated on. For example, one speaker they are looking for will help doctors develop a way to counsel patients on wellness issues such as "how to get help to quit smoking," or "how to understand nutrition and motivation to stay on diets." There will be at least one other topic dealing with chronic disease and prevention strategies.

Yuma County:

Nohemi Sanchez mentioned that as part of the STEPS program, Yuma County is continuing with some of the Border Health Strategic Initiative (BHSI) components (School Health Index (SHI), Provider, Community and Family) and has developed an asthma coalition. They have also developed action plans for years 2-5 of the STEPS grant.

Emma explained that Campesinos Sin Fronteras is continuing its diabetes program through the Campesinos Diabetes Management Project (CDMP) possible through a Robert Wood Johnson grant. The program has 50 farm workers with diabetes. It is a national initiative focusing on diabetes management and prevention. The program components are a patient education piece in conjunction with Sunset Health Clinic, cooking classes, support groups, and home visits. The program has been very successful. Those involved in the program include DES, the Farm Worker coalition, state representatives and local representatives. As a part of the program, the Campesinos Sin Fronteras promotoras are organizing health fairs at the fields where the farm workers work. Campesinos is finishing their first (pilot) year of this project but have received another 30 months of funding.

Aster mentioned that students at one Yuma area school are pushing the SHI implementation. During the summer, they plan to work with kids on the Paso a Paso curriculum. WAHEC is also

working with Arizona Western College in Yuma to see if more promotoras can be trained. The College is trying to recruit students in order to train them as promotoras. Looking for teen promotoras (16-18 years old). Amanda Aguirre is still thinking of where to implement the Jump Start program.

Arizona Community Health Outreach Worker Network (AZCHOW) (Lourdes Fernandez and Joel Meister)

Lourdes explained that the Arizona Community Health Outreach Worker Network (AZCHOW) is now incorporated. The articles of incorporation have been sent to the Tombstone newspaper "The Tumbleweed." Lourdes will be sending an affidavit to the commissioners. Membership in AZCHOW has increased to about 45 members. Joel stated that AZCHOW needs a lot more members and money. He urged CAB members as representatives of organizations or as individuals to join AZCHOW. He said that agencies and organizations should make sure membership is supported and included in their budgets. Donating to AZCHOW and writing it into staff job descriptions if they are promotoras is also a good way to lend support. The legislature budget will cut the Health Start program. The program does not have much support from the governor's staff. Lourdes is the Vice President of the AZCHOW board and has membership information. The dues are \$15.00 per year. Cecilia offered that AZCHOW incorporate their meeting with the Information for Action conference. Jill suggested having a track at the conference.

Steps Along the Border Initiative (SABI)/STEPS to a HealthierUS (STEPS)

Sheri Gallagher passed around a presentation on STEPS to a HealthierUS entitled "State and Local Integration at Work in Arizona." She wanted to give a quick update on STEPS. There were \$1.4 million in funds available. STEPS is modeled after BHSL. Arizona is 1 out of 4 states that received funding for rural communities. STEPS is focusing on diabetes, obesity, and asthma. It is an implementation grant. She stated that she appreciates all of the group's hard work.

Sheri also works primarily with cardiovascular disease but is involved with planning projects for obesity, physical activity and nutrition, cancer prevention/control planning, and asthma planning grant. She recruits people to be a part of these planning committees. Thanks to proposition 303, comprehensive state plans are being developed to address CVD, cancer, and chronic obstructive pulmonary disease (COPD). She explains that they are trying to create synergy. If anyone is interested in any of these planning committees, contact Sheri Gallagher at (sgallag@hs.state.az.us).

Susan Kunz mentioned that the Tohono O'odham Nation is currently developing a Special Action Group (SAG), which will hopefully lead to more community involvement with the SWCCHP as well as with their diabetes programs.

Announcements

CDC Minority Fellow

Mike stated that the SWCCHP has a CDC Minority Fellow, Mary Roary. Thomas Nuño is also applying to be a CDC Minority Fellow.

Undergraduate Fellow

Mike stated that the SWCCHP also has a summer undergraduate fellow, Valerie Flores.

Other

Mike explained that the SWCCHP also has been collaborating with the University of New Mexico (UNM) PRC. The SWCCHP will be disseminating parts of the Pathways curriculum, which is for elementary school children, and was created by the UNM PRC. Nicky Teufel-Shone is taking the lead for the SWCCHP on this collaboration.

Mike also said the SWCCHP is working collaboratively on developing a culturally competent workshop with the Colorado PRC and the UNM PRC.

Jill Guernsey de Zapien stated that The Mel and Enid Zuckerman Arizona College of Public Health is working on creating a collaborative MPH program with the Colegio de Sonora. Six students from Sonora will attend the Mel and Enid Zuckerman Arizona College of Public Health to attain their MPH. The six students will then return to Sonora to develop a comparable program at the Colegio de Sonora. This is a 3-year grant.

Awards

Jill mentioned that Cecilia Rosales received the Mel and Enid Zuckerman Arizona College of Public Health Alumnus Award on April 24, 2004. Each college at the University of Arizona recognizes former students for their contributions and Cecilia was recognized by the College of Public Health. Cecilia also received a second recognition awarded by the American Women's Medical Association (AWMA)—“Changing the Face of Medicine.” Representative Raul Grijalva nominated 5 women from his district as “Local Legends.” Each Senator and Representative was asked by the AWMA to nominate physicians from the various specialties: Public Health, Research, Clinical Medicine, etc...who have made contributions in their field. Cecilia was named as 1 of 5 outstanding female doctors. Jill also mentioned that Lisa Staten received an award for outstanding contributions in the area of community service/practice from the Mel and Enid Zuckerman Arizona College of Public Health.