

**Community Action Board  
Southwest Center for Community Health Promotion**

**Regional Meeting Minutes  
Swede Johnson Bldg, Tucson, AZ  
October 29, 2004  
Chairs: Emma Torres and Carol Huddleston**

**I. Welcome and Introduction**

Mike Lebowitz and Emma Torres welcomed everyone to the meeting. Emma asked those present to introduce themselves (name and organization).

In attendance:

Janet Bourbouse, Idolina Castro, Jenny Chong, Lourdes Fernandez, Jill Guernsey de Zapien, Carol Huddleston, Jenny Hunter, Chaz Lacy-Martínez, Michael Lebowitz, Joel Meister, Susan Kunz, Rhea Morales, Kerstin Reinschmidt, Mary Roary, Blanca Robles, Cecilia Rosales, Ginger Ryan, Lisa Staten, Vicky Steinfeld, Rosie Stewart, Emma Torres, Rudy Valenzuela

**II. Review and Approve Minutes**

Emma gave the group some time to review the CAB meeting minutes from April 29, 2004. A motion was made by Cecilia Rosales to approve the minutes. Joel Meister seconded the motion and the minutes were approved.

**III. Review and Approve CAB Guiding Principles**

Emma stated that every member had been asked earlier to review the by-laws and to contact Lisa Staten for comments. Mike commented that we call the by-laws “guiding principles” or “guidelines.” The term “by-law” is a requirement for the national Prevention Research Center (PRC) grant submission. Lisa noted that the brainstorming about the by-laws during the previous CAB meeting was a worthwhile activity and helped focus the CAB activities. Emma reminded us that the last meeting was different because we did not know yet whether we would be funded or not. Vicky Steinfeld thought that they were done nicely and motioned that we approve our guiding principles. Ginger Ryan seconded and the motion was passed to approve the guiding principles.

**IV. Overview and Status of the Core Research Project**

Carol Huddleston moved the discussion on to this agenda item on the core research.

Mike Lebowitz addressed the different components of the SWCCHP core research project. Although the funding was cut by 20%, no activities have been dropped. Instead, they have been scaled back with fewer personnel. The core project is still comprehensive. Mike pointed out that the Center provided the CAB members with copies of the SWCCHP poster that summarized the Center’s components. The Center continues to have the *promotora*-led interventions through the patient, family and community components. In addition, there is a training/education component, including AzCHOW. The reviewers at CDC liked the more focused proposal targeting diabetes and depression, but not CVD. During the first round the research project was viewed as too



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complicated. The Center will continue working with CVD through separate funding. Kerstin Reinschmidt has received separate funds for the depression component from the U.S. Mexico Border Health Commission (USMBHC)/ADHS mini-grants and the Center is seeking additional funding.

Lisa Staten mentioned that the SWCCHP has received comments from reviewers about the grant application's strengths and weaknesses. The Center will need to address these comments. If the CAB members want to see the comments, they should let Lisa know. Mike added that we would contact appropriate CAB members for assistance with addressing some of the reviewers' comments.

Lisa reported that the Center needs to submit the first funding cycle summary report by the end of this year. The summary will be circulated to CAB members for input. Lisa also stated that there are new reporting requirements and the Center will be doing two progress reports each year.

As of September 30<sup>th</sup>, there are now 33 PRC Centers. Joel and Mike will meet all their representatives at the annual American Public Health Association meeting in Washington, D.C. on November 6. Lisa added that a new PRC has been funded in San Diego and that we hope to work with them on their proposed Latina Health Network.

Mike said that PRCs are eligible to apply for outside funding and the SWCCHP has been successful in obtaining additional funding. The Center did not get funded for the Network on Aging Special Interest Project (SIP). We have not received any SIPs over the past six years. In the future, we hope to be part of the new or continuing SIPs on diabetes and on aging, respectively.

Emma inquired about what the reviewers said were the proposal's greatest strengths. Mike replied that the greatest strengths were working with partners, doing evidence-based work and making efforts for sustainability. Lisa added that they wanted more detail on areas that were limited due to space restrictions.

Lisa said that the SWCCHP has been funded as of September 23. Several projects are already in the planning or implementation process:

- (1) A huge packet has been submitted to the Human Subjects Review Committee (IRB).
- (2) Center staff is waiting for IRB approval for *Pasos Adelante*.
- (3) The patient pilot project at the Chiricahua Community Health Centers Inc. (CCHCI) has started.
- (4) Center staff hoped to run two of the three interventions (patient, community) in January and to begin the third intervention (family) in March of 2005.

## **V. Update on Center Activities**

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**a.) Depression**

Carol Huddelston asked Kerstin Reinschmidt to give an update on the depression component.

Kerstin introduced the project by giving a brief summary. She and her colleagues received a minigrant from the U.S. Mexico Border Health Commission/ADHS. They are developing a curriculum for promotoras on depression/mental health associated with diabetes to be used along the border. They are doing this by reviewing existing curricula/material and conducting focus groups. Several curricula have already been collected and preliminarily analyzed. Now they are beginning to do focus groups:

- (1) The first focus group will be held with providers from CCHCI on November 2.
- (2) The next focus group will probably be held the following week in Yuma County with *promotoras* from *Campesinos sin Fronteras* and hopefully also from WAHEC. The *promotoras* at *Campesinos* expressed their interest to be part of the focus groups, so Kerstin sought IRB approval for expanding the *promotora* focus groups beyond Cochise to Yuma and Santa Cruz Counties.
- (3) Help from the Douglas SAG members for recruitment has been solicited and hopefully this focus group would be conducted before Thanksgiving.
- (4) The CCHCI providers have agreed to help recruit patients and patient families for focus groups in Douglas.
- (5) The new curriculum will be piloted during an AzCHOW meeting in February or March 2005. Feedback from this meeting would be used to modify the curriculum, which will complete the first phase of the curriculum development.

Kathryn Coe and Kerstin will be organizing a symposium on issues of Hispanic women's mental health for the Annual Women's Mental Health Symposium. Kerstin reported that Lourdes and Blanca, Melinda Haun (CCHCI), Felipe Castro (Phoenix) and Eric Schindler (La Frontera) were part of this symposium.

**Action Item: Kerstin promised to send more information about this symposium over the PRC listserv. Emma Torres asked what language it would be in and Kerstin said that it would probably be in English only, but she would check with the organizers.**

Vicky said that during the last SAG meeting there was a lot of discussion on depression, i.e. issues the *promotoras* were coming across in the community. Emma added that there was discussion from all sectors: schools, library, etc. There was a need for depression support and services and a need to link these two.

**b.) Cardiovascular Disease**

Carol Huddleston asked Mary Roary to talk about her project on cardiovascular disease.

Mike introduced Mary Roary who received a two-year fellowship from the CDC to be part of the SWCCHP. This fellowship is only available through the PRCs and is a tremendous honor for both Mary and the Center. Only 6 fellowships were awarded. Mary's background can be found in the SWCCHP newsletter.

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Mary spoke about the purpose of her fellowship to address CVD risk factors as it relates to the intervention components. She has been working on a literature review. She presented the CVD risk factors she is interested in. She is really excited about the community health worker programs. See Mary's powerpoint slides attached to these minutes (*Attachment 1*).

Emma shared that *Campesinos* has received an Office of Minority Health Grant on CVD for women and children. She is excited about this opportunity and thought that they got the award because they were working with diabetes and women and children. They are now focusing on those at risk for or with CVD. The \$200,000 grant will be for one year. After successful completion, they can receive a non-competitive renewal for the following two years. Emma stated that working with the COPH was a real strength for getting grant proposals.

## **VI. Partner Updates**

Carol Huddleston asked for SAG updates from Yuma, Cochise and Santa Cruz Counties.

### ***Yuma County***

Vicky Steinfelt stated that the Yuma SAG had been fortunate to receive funding from STEPS. They would now be focusing on physical activity, nutrition and asthma. They have developed an asthma coalition. Its members have problems with getting asthma addressed in the school curriculum because it lacks academic focus. SAG members have prioritized presentations to the school board, stressing the need of students suffering from asthma for inhalers. Now SAG members are working with schools on individual health plans for students so that they can have inhalers with them at school. Asthmatic students are missing 30-40 days a year.

The Yuma SAG has identified two other areas to focus on.

1.) To increase physical activity at schools, SAG members are working on teacher/parent education. They are focusing on how important it is for children to be active in order to do well academically.

Cecilia Rosales asked whether they were working with the Arizona Department of Education. Vicky said yes, but that there are no regulations for physical activity (PA) in schools, and that lunch regulations for schools exist only for those participating in school lunch programs.

2) The SAG conducted a Children's Health Forum addressing poverty issues and health disparities. They worked with WAHEC and Dean Swanson from the Zuckerman College of Public Health. Vicky expressed her disappointment with the turnout (50 participants), although those who attended were particularly interested in children's health. It was also disappointing that only one school representative was in attendance. Vicky concluded, that they would not give up, but seek different avenues.

Emma commented that the asthma SAG coalition is really promising. She is on a hospital IRB and the members are really interested in reducing asthma. The asthma SAG members are willing to go to the schools to give presentations. There are 18-20 members with 10-12 that regularly attend the meetings.



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Vicky said that they had their second annual community forum for developing the parks in Yuma County. This year they needed to change the focus to getting people to use parks and recreational facilities. They went to a park in Somerton to the *Fiestas Patrias* (September 16), where the SAG had a separate area for PA. Children were rewarded with goodies for doing certain activities, which included listening to a tape about the importance of PA. The SAG felt good about reaching 125 children and about surprising a lot of the parents with their children's reluctance to stop their activities, such as hula-hoops. The SAG's goal was to make a connection between parks and physical activity.

***Cochise County***

Lourdes stated that the SAG met last week, during which they reviewed last year's accomplishments. Their major accomplishment was to get schools to abandon candy sales and instead sell magazines.

The Douglas SAG will now have to get involved in school policy. They will need to put into writing the changes that have been made, in order to secure them for the future. A new principal should not mean that things would change again. The Douglas sub-committee will be meeting again on November 1 in order to work on the policy issue. Via email, Evelyn Markee-Whitmer shared information with other subcommittee members about how schools in Tennessee had accomplished change.

Rhea Morales added that the schools in Douglas were supportive. Her principal, Lupita Mejia, approved the request for a paid substitute teacher for Rhea's class so that she could attend the CAB meeting today. Rhea also shared that the school's Med Club is still involved in the SAG.

Lourdes repeated that it has been hard work. The Douglas SAG began its work in 1998, but the seed was now working. Now, the superintendent is very supportive. The subcommittee will be going to the School Board to make presentations about school policy changes needed in order to address larger community problems.

Carol Huddleston said that it is helpful that the school district this year has a nutritionist in charge of the food service for the schools instead of an outside company. The school has a food cart with somewhat healthy snacks, so that the students are eating fruit, etc. during their short breaks.

Lourdes added that with the switch from candy to magazines, the school lost \$6000 in revenue, going from \$9000 to \$3000. Mike noted that the schools had the option to get \$3000 through the PRC if they did the SHI.

**Update: According to the school district business office, the invoices were submitted on time (September 29) and the money received.**

Lisa said that Evelyn Markee-Whitmer has taken over facilitation of the Douglas SAG.



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***Santa Cruz County***

Joel Meister gave the update for the Santa Cruz SAG, because no one from Santa Cruz attended the CAB meeting. Having recently gone to both the Yuma and the Douglas SAGs, he is impressed how much they both are focused on policy issues.

But there are also problems with the Cochise and Santa Cruz SAGs. It is disappointing that STEPS does not seem interested in the Douglas SAG, as no one attended the meeting. After the meeting, though, Mary Jane Joyal called Jill and apologized for not attending.

Members of the Nogales SAG were unclear about the purpose of the group and thought they were meeting as an advisory group to STEPS. The last Nogales SAG meeting was canceled at the last minute, because they could not find a facilitator.

Joel stressed the importance of the SAGs to the PRC's comprehensive plan and how impressed the national PRC was about these three groups. The CDC considers the SAGs one of the most important and innovative things we are doing in chronic disease prevention. The funders were impressed because we work so comprehensively and because we work with the communities and because of what has been accomplished.

Emma was puzzled about what she heard. She thought that one of the reasons they received STEPS was because of the existence of their SAG.

Joel said that if anyone had contact with the SAG in Santa Cruz, to please let them know that this is an issue we need to address. And if anyone had thoughts on how to move the SAG in Nogales along, to please let him know. Joel was quite concerned and reminded everyone that so much had already been accomplished in all three countries, including Santa Cruz, when Cooperate Extension was part of it.

Cecilia Rosales encouraged the SAGs and especially Douglas to apply for money in the new round of mini-grants from the Commission. Lourdes has talked to Evelyn about it.

***CAB***

Joel talked about the CAB. He thinks the regional CAB has a lot of potential that has not been realized yet. For example, he thinks that we should advocate and educate our policy makers at the State Department of Education.

Lisa suggested inviting the STEPS liaison, Lynn Ladd, from the Department of Education and Holly Mueller to join the CAB. CAB members thought this would be an excellent idea.

**Action Item: Lisa will invite Lynn Ladd and Holly Mueller to join the CAB.**

Cecilia suggested inviting the co-chair of the health committee of the U.S. Mexico Border Health Commission (USMBHC) to the CAB meetings. The CAB members agreed to invite him. Then Cecilia mentioned that there is an opportunity of meeting with legislators in Hermosillo. Joel asked for more information.

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**Action Item: The CAB will invite the co-chair of the USMBHC health committee to the CAB meetings.**

**Action Item: Cecilia will forward information on potential meetings with legislators from Hermosillo to Joel.**

***AzCHOW***

Joel stated that the CAB should be getting involved with AzCHOW in regard to preserving Health Start, the payment of *promotores*, and Proposition 200.

***Tohono O'odam***

Susan Kunz reported that the T.O. was partnering with STEPS and developing a policy group (SAG). To her the SAG discussion was very important in thinking about their SAG.

Emma stressed the benefit of being part of the SAG, i.e. having an established group, when applying for grants.

**VII. Discussion about Important Issues Related to Border Health Implications of Prop. 200**

Jill had asked for this discussion for two reasons: 1) Prop 200 was on the ballot, and 2) 50% or more of voters were still supporting it.

Jill said that it was critical that all voters understood the implications of the proposition and we needed to take opportunities to articulate what Prop 200 was about. We, as a health advisory board, have to take a position, thinking about the proposition in terms of health care delivery.

Ginger reported on attending a meeting of the Association of Community Health Centers where she learned that a court order would not be sufficient, because (learning from California) the writers of the proposition took out the wording that caused the California proposition to be overturned. The association put up \$35,000 to oppose it. But nobody thought Prop 200 would make it to the ballot, and that's why the Association did not write a position paper.

Jill asked that a CAB subcommittee write a position on this proposition.

Susan mentioned the editorial by Robert Valenzuela that was in the newspaper on October 28. The bill will also affect tribal people, because many tribal members were born on reservations or in Mexico without citizenship papers. So it will be good to write a position paper that represents a cross-section including tribal members and other affected citizens.

Joel asked Ginger whether the Association discussed what they would do if the Proposition passed, as it would immediately affect them. Ginger replied that they scheduled an all day retreat to discuss what should happen, although community centers are in a different position due to their funding situation. They received federal moneys and are mandated to help everyone walking in their doors. Prop 200 will really affect the other hospitals and state programs: Well



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Woman Health Check (WWHC), immunization programs, and in particular the women who usually do not have identification.

Cecilia said that a lot has already been written about the negative impacts of Prop 200 and it will be easy to write a position paper. Ginger made a motion to write the letter. It was seconded.

Joel asked Ginger about the federal money that came through the state, which would affect us. Ginger replied that Well Women Health Check would be one such program. But some of the federal money coming through the state prohibited them from asking for identification.

Cecilia suggested that one letter should also go to the U.S.-Mexico Border Health Commission.

Emma reported that Arizona commissioners were told they could take a stand for Arizona as individuals, but that the Commission would not write a position statement.

Jill interjected that the Commission's purpose was to make recommendations to the Congress. The Mexican side (Julio Frank, Secretary of Health for Mexico) was willing to take the recommendations to the political level, but not the US side.

Cecilia made the point that not one of the Commission members had the vision that they and their states would be affected in the future, too, because of the snowball effect.

Emma said that some of the U.S. Commissioners from other states were not interested in helping out with Prop 200, because they did not think it affected their states. She thought that the Commission needed to revisit the issue of what exactly it meant to be a border commission representing several states.

Jill reemphasized that the role of the Commission was to make policy recommendations and not just funding programs. Jill wanted to broaden the motion and called for a subcommittee to put together the letter against Prop 200 and to the Commission for their lack of support. Cecilia and Mike seconded the motion. All were in favor.

**Action Item: Ginger, Cecilia, Joel, Susan and Jill volunteered to be on the subcommittee to draft a response letter. The letters will be run by the co-chairs and circulated to the members prior to sending them. This will give an opportunity for CAB members who do not want their names on the letters to ask to be removed. (See Attachment 2)**

***Introducing another CAB member***

Emma introduced Janet Bourbouse who was attending the meeting for Margaret Tate from the Arizona Department of Health Services – Office of Chronic Disease.

***Updates***

Emma gave an update on the Campeños Diabetes Management Program (CDMP). The support groups are helpful and beneficial. They now have two in San Luis, one in Somerton, one in Yuma, and will begin another one in Welton. There are 15-20 people who attend on a regular basis and do not want to stop coming. Emma is worried about *promotora* overload so they are

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testing an *animadora* model. The *promotora* went to one place and took the *animadora* with her who will then continue the work on her own. The support groups are important. In the last six months, *Campesinos* has doubled in size.

Other *Campesinos* programs included: HIV/AIDs and mental health; suicide prevention and elderly who take care of grandchildren; education on oral health for which they received a mini grant from the state; cancer education to female farm workers; environmental health issues through STEPS and Healthy Families; and Pesticide Safety Issues; *Dia de Campesinos* on December 4.

Susan said that the Tohono O'odam Nation has a new grant through the IHS for CVD risk reduction among diabetics. This is an intervention program for adults who are not chronic alcoholics. At least 60 people will be enrolled in the intervention that has clinical and community components. The funding provides for a planning year, a three-year intervention period and one year of looking at what happened, including time to spread the results among the Indian nations. Susan is interested in working with Mary Roary.

Mike said he would like to include T.O. in the Diabetes Work Group that is being formed through Arizona Health Science Center.

Lourdes reported that over 100 people had been recruited to the *Pasos Adelante* program in Douglas and that approximately 80 had graduated from the program. The walking groups constituted the main problem. In the last session, only 2 people walked and they were sisters.

Rudy Valenzuela talked about the Regional Center for Border Health (RCBH) – WAHEC and its expansion of services mainly in primary care. The Center has been open for over a year. It works with expanded hours and uses the walk-in services model. They are seeing between 35 – 70 people a day. Unfortunately CAPAZ funding has ended.

Funded half through the AZ Optometry Association and half through the USMBHC Mini grant, WAHEC is doing needs assessments with diabetic patients with retinopathy. They are also writing a grant for the planning and implementation of dentistry, and one for maternal and child health with a focus on depression. Currently, WAHEC is also working on a NIH grant application on obesity in children in the clinical setting. The community health workers will receive referrals for diabetic patients from WAHEC's RCBH for patients to participate in *Pasos a Pasos* or cancer education classes.

Ginger talked about the one room Mobile Medical Unit at Chiricuhua Community Health Center, Inc.. Through the Mobile Unit, they have been able to address isolated populations. The Mobile Unit is only one of their outreach programs. They also have a migrant farm worker outreach program and seven diabetes programs. They received only about a third of the monies they had been promised by STEPS. They are in the middle of a computer system change, switching over to an electronic medical record system.

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Lourdes briefly reported about the Binational Fair that took place in Nogales, Yuma, Douglas and Puerto Peñasco. In Douglas, 22 people from the U.S. participated in the walking groups, and 30 from Mexico. Southeast Arizona Medical Center supplied pedometers.

### **VIII. Announcements**

#### ***Newsletter***

Mike mentioned that the 2<sup>nd</sup> issue of the SWCCHP newsletter was in the folders that everyone received at the beginning of the meeting. (It is also available online at <http://swcchp.publichealth.arizona.edu/>). Lisa asked for people to think about articles for the next issue. Rosie Stewart will be sending out an email in late January requesting community stories for inclusion in the 3<sup>rd</sup> issue of the newsletter, which will be available at the next CAB meeting in April. Mike volunteered to write up an article on the formation of the Canyon Ranch Center for Prevention and Health Promotion.

#### ***CDC Chronic Disease Conference***

Mike would like Vicky, Emma or Carol to attend the National Community Committee meeting on February 28<sup>th</sup>, 2005. The meeting will take place the day before the National Chronic Disease Conference, which will be held March 1-3, 2005 in Atlanta, GA.

#### ***Turning Point Video***

Lisa (as per Susan Warne) asked if the CAB would like to view the Turning Point Video. Carol and Jill talked about how different the video turned out compared to what it was supposed to be. It focused only on the undocumented immigrant issue for Cochise County without addressing other health issues. Jill suggested that the CAB view the whole video about the three communities in Arizona, Montana, and North Dakota.

**Action Item: The CAB members agreed to watch the video at the next meeting.**

#### ***Prevention Chronic Disease Supplement***

Mike talked about the Border Health SI supplement to the CDC electronic journal *Preventing Chronic Disease*. Draft articles were circulated for people to note their interests in getting copies.

**Action Item: Copies will be distributed after publication in January.**

### **IX. Update on Bioterrorism Resources to the Border**

Cecilia gave a powerpoint presentation about the Early Warning Infectious Disease Surveillance (EWIDS) Project, which will be funded for three years. The USMBHC will be working in six Mexican border states and with the Mexican Secretary of Health. Funneled through the USMBHC, they will receive 10% of the federal \$5.4 million budget. The entire budget will fund the 20 US states sharing borders with Mexico and Canada, and will also fund World Health Organization related projects. Arizona and Sonora were already doing what was listed in the



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guiding principles for receiving funding. It is important to look at the entire public health infrastructure, not only “Bioterrorism.” (See *Attachment 3*).

**X. Announcements: CDC Prevention Research Center Site Visit**

Mike announced that the SWCCHP will have a site visit from the CDC next year on January 25, 26, 27. The Center is trying to get the CDC representatives to stay longer to have time to go out into the communities. The Center would also like community members to be part of the site visit, because the Center and the community members are working in partnership. Lisa added that there could be a potential conflict with the STEPS site visit and that she had asked STEPS to do their visit during the following week.

**Update: The site visit is being rescheduled for the week of April 4, 2005.**

Lisa brought up one more item: Cecilia Rosales volunteered during the last meeting to be on the evaluation committee for the CAB.

**Action Item: An e-mail will be coming out asking other CAB members to be part of this evaluation team.**

**Next CAB meeting:** April 2005; date TBA

**Fall CAB meeting:** October 27, 2005; during the morning  
Rio Rico Conference (Oct. 27/28)