

Douglas Special Action Group Minutes
3 March 2003
First Presbyterian Church
760 10th Street
Douglas, AZ

Introduction:

Jenny Hunter began by passing around the sign-in sheet and giving copies of the agenda and minutes from last SAG meeting in December 2002. Jill de Zapien explained that Jenny would be taking over as facilitator of the SAG, since she is taking on a greater role in the Southwest Center.

Everyone introduced himself or herself.

Jenny began by asking everyone to look over the minutes to see if anything was missing or was misrepresented. Both subcommittees met prior to the SAG meeting. She explained that since there was such overlap between the two subcommittees: Physical Activity and Nutrition (Vending Machine) that a decision was made to combine the two subcommittees into one.

Jenny then asked for the Subcommittee to give an update.

Physical Activity and Nutrition (Vending Machine):

Maria Lourdes Fernandez explained that both subcommittees had decided to combine into one and begin meeting at the same time. She then discussed the decision of the subcommittee in regards to making presentations to the PTSO. The subcommittee had agreed to do at least one presentation before the end of the school year and will meet again on March 31, 2003 to finalize the presentation to the PTSO. Evelyn Markee and Blanca Robles will collaborate together, since they have two separate presentations that they currently use in their respective jobs and will try to combine them into one comprehensive presentation. Elsa Obregon will also bring the information about the Walk-a-thon she is doing at Huber Middle School on April 17, 2003 to the meeting on March 31, 2003. Rosie Stewart and Jenny will also be mailing the USDA "Team Nutrition" information for all the subcommittee members to look at.

Summary of Activities from December SAG Meeting:

Jenny then asked everyone to turn to page 4 of the December SAG meeting minutes. She explained that when there were two subcommittees, we wanted to help the Nutrition (Vending Machine) subcommittee pinpoint their needs and resources. However, this no longer applies since the two subcommittees have now been combined. She drew everyone's attention to page 6 of the December SAG meeting minutes, specifically to the Tasks, Resources, and Technical Assistance/Training Needs box. She then summarized what exactly was discussed as needs of the subcommittee. The issue of school tax credits came up last time as well as fundraising alternatives. She then focused everyone's attention on the third column, which is the Technical Assistance/Training Needs. We, at the university, researched the issues that the group felt it needed more information on and brought that information to the table for the group to discuss. Jenny then explained that Rosie would come up and present the information she found in her first 2 weeks on the job while researching the specific needs the group had brought up at the last

meeting. Jenny asked for Evelyn to join in on the discussion since at the earlier subcommittee meeting she had mentioned materials regarding fundraising alternatives that she had found on the Internet.

Med Club Students:

However, before Rosie presented, the group took a break to listen to two young ladies from the Med Club at Douglas High School. Jenny explained that they would be sharing the activities that they are involved with within that club. Diana Moreno, who is the secretary of the club, was the first to speak. Joining her was Martha Celia Alonso. Diana stated that this was her first year in the club and that she is a sophomore. She explained that the Med Club was at Douglas High School and that it was not only for medical school bound students. The Med Club worked in conjunction with Southern Arizona Border Health Careers Opportunity Program (SABHCOP). The students attend different workshops and work on projects. At this time, the club has decided that their project would be on diabetes. They plan to start with increasing the awareness of the students, since there is a lot of obesity within the student body. She stated the importance of students being aware of the risks associated with being obese.

Martha then discussed a trip the club took to Nogales, where they learned how to take a person's blood pressure and watched slides. The Nogales Fire Department also showed them their fire truck and ambulance as well as how to perform CPR and some first aid techniques. Two months ago, the club went to the University Medical Center at the University of Arizona where they participated in various workshops on cardiovascular disease and other diseases dealing with the heart. They were also taught how to take blood pressure once more. Diabetes prevention was also discussed.

Martha then explained that the club is open and students can join any time. The club usually meets at lunchtime. She also explained how the club is known for the blood drives they organize. Diana stated that they came up shy of their last goal, but still did well.

Both students stated that they are aware of the different diseases that exist and that this is the time to take steps to help fellow students and the community, since they (the students) are the future. The club has about 30 members at this time. The members take trips to different school campuses to see presentations on different subjects and to talk to doctors. The club mainly functions to help students choose what they want to pursue in the vast career of medicine.

The club recently took a trip to Northern Arizona University along with SABHCOP. They were there for one week during which time they attended 5 classes on leadership. At the end of the week, they had to present on a topic they chose that affected the community in which they lived. The goal of the activity was to take the topic they chose back to their community and continue working on it. Martha, her brother, and a girl from Elfrida teamed up and chose elderly transportation as their topic. Since there were only three people working on the project, not much was done on the topic.

Martha then explained the Health Club, which is being funded by a grant. The Med Club is working on developing a student survey on health. Some questions they may ask are: How much do you exercise? What do you eat? Do you think you are healthy? and so on. They are in the planning stages right now. Jill asked if they would be working on it during the summer. The students replied that they would like to work on it during the summer.

Martha then described a competition of awareness. Whoever wins will present at Wal-Mart. The students asked for information on diabetes from the group. They would like to present on the different types of diabetes, complications associated with diabetes, the risk factors for diabetes, etc... The presentation will be on a poster. Rhea Morales described one of her experiences presenting at Wal-mart. She stated that it worked out very well. She also told the students to checkout the clearinghouse for more information and brochures on diabetes. Jill stated that there are many individuals who could provide them with information and materials. They would simply have to ask Lourdes and/or Gary Spivey, since they are local, and they would be able to contact individuals who could get them the materials they needed.

Jenny invited the two students to attend the future SAG meetings, but especially the subcommittee meetings, since they could offer valuable feedback and ideas in how best to increase awareness about physical activity and nutrition among parents, teachers and especially students. The subcommittee members would love to hear their opinions on issues that they discuss. Jenny also stated that they would be informed of the upcoming meetings and will also provide them with a copy of the meeting minutes. Jenny encouraged the students to attend and be a part of the meetings. Irene Cornejo stated that perhaps the Health Department might be able to help them with their presentation at Wal-Mart by offering to do finger sticks. The competition would take place on the 15th of March and the presentation at Wal-mart would take place right after that, so around the end of March. Jenny asked the students to please add their names and contact information to the sign-in sheet in order to keep in touch with them and send them the minutes. The students were asked to stay for the rest of the meeting and contribute to the discussion.

Summary of Activities from December SAG Meeting – cont'd:

Jenny went back to explaining the goals of the Nutrition (Vending Machine) subcommittee that were discussed at the last meeting. Specifically, the school tax credit as a means of funding school activities and fundraising alternatives. She explained the process—the dot method—that was completed at the last meeting in order to prioritize the goals of the subcommittee and arrive at these two goals. Jenny then reviewed the third column of the box on page 6 of the December SAG meeting minutes, which is the Technical Assistance/Training Needs portion. She then asked Rosie to present the information she had found during her research of these two topics: school tax credits and fundraising alternatives.

School Tax Credits:

Rosie began with the school tax credit information. Jenny and Jill helped to pass out the handouts on the two topics. Rosie explained what was included in the school tax credit packet. The first part was a “FAQ’s” publication providing general information about school tax credits. The second handout was an example of how the Flowing Wells School District in Tucson, Arizona advertises the school tax credit option to parents. The third handout described how Sam Hughes Elementary School in Tucson, Arizona had utilized their 2001 school tax credit monies.

Fundraising Alternatives for the Schools:

Rosie then moved on to discuss the fundraising alternatives handouts that had been passed out. She stated that the first handout was one of the objectives of Healthy People 2010, which specifically states that “the establishment of an environment that supports a good overall diet

would enable school nutrition and food services... to make an important contribution to short- and long-term disease prevention and health promotion.” The second handout was from the Centers for Disease Control and Prevention (CDC) and delineated guidelines for schools to promote lifelong healthy eating. Under the policy section of that handout, fundraising activities were specifically stated. The third handout was a list of fundraising ideas that were alternatives to selling candy. The fourth handout also described alternatives to selling junk food and sodas and gave specific examples of what other schools have been doing. The final handout described the Kmart School Spirit Program. Rosie also stated that she had many more handouts, which she was unable to copy for the group due to copier machine issues. However, if anyone was interested in any of the other handouts, copies could be made and mailed. Jenny began to pass around the other information Rosie had found and asked that whomever wanted a copy to please put their name on the blank sheet going around with the stack and specify what exactly they would like a copy.

Once Rosie was finished, Evelyn also discussed the information that she had found in regards to fundraising alternatives.

Next steps:

Jill facilitated this part. She recapped what was discussed at the subcommittee meeting with regard to presentations being made to the PTSO in order to increase awareness of the need for increased physical activity and improved nutrition as they relate to the health of students and as risk factors for diabetes specifically. Jill said that discussing issues around Diabetes with the SAG was like preaching to the converted. She reviewed the history of the group, from the Diabetes surveys that were completed in both the Douglas High School and the community at large, up until now. Members of the SAG have worked together over the last four-five years on issues relating to Diabetes in the Douglas community. The group had previously been called the Diabetes Working Group, however, last year the group was renamed Special Action Group (SAG) and began working on policy changes within the schools in conjunction with the School Health Index (SHI) from the CDC. The challenge is how to get more people in the community involved. In order to target youth, we need to raise awareness of both the youth and their parents. Per the subcommittee meeting, the awareness committee consists of Lourdes Fernandez, Evelyn Markee, and Blanca Robles. This group will get together prior to the next subcommittee meeting to begin to develop the presentation that will be made to the PTSO. Jill volunteered Elsa Obregon to also be included in that group. Elsa agreed. Their purpose is to decide how we are going to make the parents and the youth aware of the problems. We have to have the awareness first. Once we have awareness, we can move on to the school fundraising alternatives and school tax credits. They are not mutually exclusive.

If we want to do something about school tax credits, the timing of that is really in the fall according to discussions had by the group. So we would first focus on the fundraising alternatives after we have increased the awareness of both parents and youth. Jill then stated that we need people who will be willing to make the presentations to the PTSO and people who will sift through Rosie's information and come back to the rest of the group with a summary or the most important pieces. In order to avoid overwhelming ourselves, the awareness group needs to go first. We need awareness first before we can move on to the alternatives and credits. Support needs to be given to the awareness group to do some presentations between now and the end of the semester. We also need a few people to go through Rosie's materials and bring back a

summary or the most important pieces to the larger SAG group. In the fall, we can then focus on the school tax credits with the help of the Med Club and Health Club.

Jill then asked for volunteers for the different activities:

Presenters: Gary Spivey, Evelyn Markee, Lourdes Fernandez, Dr. Mary Kirkhoff, Susan Struck, Rhea Morales, and the students. The group is planning on making three presentations to PTSO's between now and mid-May or the end of the semester. The PTSO at Sarah Marley will be one of the three presentations made.

Sifters (can work on putting the Alternative Fundraising Activities information together during the summer and devise a plan for the Fall): Carol Huddleston, Analizabeth Doan and school officials, Turning Point members, and student council members. Have summary or important pieces to bring back to the table by the June SAG meeting.

School Tax Credit specific recommendations needed after the summer: Yolanda Caruso will provide some information on this during the fall.

Mary Robinson asked questions regarding the school tax credit. Whether we will be focusing the money on one thing at the schools and how will we sell it to the parents? Jill emphasized that we want to make the information provided to parents as concrete and specific as possible. Jill suggested that the group talk to people over the summer and find out what the money should go to. The group definitely needs input from the teachers. We also need to utilize the PTSO and start making them aware of the tax credit. Once we are able to reach people and have them understand why nutrition and physical activity are so important, then we can move on to the next steps and discuss the fundraising alternatives and school tax credits with them. Mary added that parents might not want to donate their money, especially if they are already paying taxes. Jill explained that the tax credit does not mean that parents will be paying more money in taxes, instead the money they give to schools to fund programs will be subtracted from the amount of taxes they would have to pay.

One of the Douglas High School Med Club students explained that students go to their parents and specifically ask that they donate for a new uniform that will then be taken off the top of the money they need to pay back as taxes. Jill made the point that we need to be careful as to how we market the school tax credit. However, this will not be an issue until the summer so we can re-visit these issues at a later meeting.

Jill asked Martha, one of the Med Club students, to ask the members of the Med Club and Health Club if they would like to participate in the PTSO presentations? They would decide what schools to go to at the subcommittee meeting on March 31st. Jill suggested we focus on having 3 presentations.

Carol asked for copies of the packets Rosie presented for Analizabeth Doan and School Board Members. Carol would like 5 packets. Carol asked if it would be possible to create a packet or booklet of the Fundraising Alternatives that could be handed to school officials during School Board Meetings. Rosie and Jenny agreed to put packets together and send them to Carol so she can give them to Analizabeth Doan to take before the School Board. The idea is to gather feedback from School Board Members about different fundraising activities and which activities are feasible in the schools. Five packets will be sent to Carol for Ms. Doan and School Board

Members. Two packets will also be prepared for Elsa Obregon to pass on to the student council at her school and one for Martha to take to the student council at the high school. Feedback from student council will also be sought. Initial response to the fundraising alternatives from student councils and School Board Members will be presented to the group at the June 9th meeting. Yolanda would also like a copy of all of the information Rosie presented.

Lourdes asked a question regarding budget cuts. Mr. Watson will be the principal for both schools, since Mr. Torres will no longer be around.

It was also suggested that the group utilize Turning Point for feedback on the School Tax Credits and Fundraising Alternatives information.

Timeline:

By the June SAG meeting, feedback on Fundraising Alternatives will have been collected from Turning Point, School Board Members, and students. This feedback will help narrow down the fundraising alternatives to those they would like to see implemented. Jill asked Yolanda if she would be willing to bring in the tax credit forms that are currently being used at the schools. Martha stated that at the high school all fundraising ideas have to go through the student council first. They need a list of fundraising alternatives so that they can suggest different alternatives when clubs want to sell candy.

At the meeting in June, we will hear back from the presenters on how the presentations went and start thinking about the fundraising alternatives and school tax credits.

Updates:

Helen Reichle explained that there would be a Glaucoma caucus. There will be presentations all over the rural area of Cochise County at which there will be free diabetes and glaucoma screenings. She is being trained by Gwen Gallegos, the certified Diabetes Educator from Nogales. They will start at the beginning of April in Elfrida. She stated that any one is eligible to come and that it is free of charge. The grant will be for one year. If they are able to see 1,000 individuals, the grant will be renewable so they will continue to offer the screenings. She did state that an appointment is necessary. Helen also has someone in her clinic that can give diabetes classes.

Helen Reichle stated that the diabetes classes funded through the Rural Health Outreach Grant are beginning March 4, 2003 and last 5 weeks. The Rural Health Outreach Grant ends in April and will not be renewed. Jesus Kataura added that although the diabetes classes through the Rural Health Outreach Grant will end within the next 5 weeks, SEAHEC still has some monies that need to be spent by September 30, 2003 and so they are working with Blanca Robles to try and continue the diabetes classes using those monies. So although the Chiracahua Grant is ending, SEAHEC will continue to fund the diabetes classes until sometime prior to September 30, 2003.

Evelyn announced a "Bone Builders Volunteer Training" taking place on March 21 and 22, 2003 for osteoporosis prevention education. You can learn about calcium, non-dairy calcium, supplements, weight-bearing exercises, screening and treatment, and teaching others. The registration fee is \$50, which includes all training materials, meals and t-shirt. Scholarships are

available. For more information or an application, call (520) 458-8278, ext. 2141 or (520) 384-3594 or visit www.bonebuilders.org and bones@ag.arizona.edu. There are two locations:

Sierra Vista Location:

The University of Arizona South
1140 N. Colombo
Sierra Vista, AZ 85635
Phone: 520-458-8278, ext. 2141
Fax: 520-458-5823
E-mail: emarkee@ag.arizona.edu

Tucson Location:

Arizona Health Sciences Center/University Medical Center
1501 N. Campbell
Tucson, AZ
Phone: 520-626-5161

Time:

March 21 from 1 pm – 4:30 pm
March 22 from 8:30 am – 4:00 pm

The next SAG meeting will be held:

Monday, June 9th, 2003
First Presbyterian Church
760 10th Street
Douglas, AZ
6:00-7:30 pm

There will be a subcommittee meeting held before the SAG meeting:

Monday, June 9th, 2003
First Presbyterian Church
760 10th Street
Douglas, AZ
4:30-5:30 pm