

Minutes: Douglas Diabetes Working Group Meeting
Thursday, May 18,2000
First Presbyterian Church
760 10th Street
Douglas, AZ 85607

The meeting began with welcome and introductions. Jill Guernsey de Zapien gave a brief history of the group, then turned the facilitation over to Marilyn Bowen and Maria Patino.

Continued Dissemination Activities

- Rosa Ortega reported on a presentation that she made at the United States-Mexico Border Health Association Conference in Hermosillo, Mexico. The title of her presentation was, "Diabetes is a Family Disease". She said that there was a lot of interest border-wide in what has been accomplished in Douglas. Rosa is also planning on presenting to the Chamber of Commerce.

School Board and School-Related Activities

- Marilyn and Yolanda Caruso met to discuss strategies for school interventions. They decided to start with school nurses as a target population. Their plans include offering workshops for school nurses focusing on early detection and intervention. Funding has been obtained to provide for marketing, materials, registration, food, and facilities. The workshop will be held at the beginning of November at the Cochise College Douglas Campus. Continuing Education credits will be available.
- Marilyn and Yolanda are interested in providing diabetes education to the Med Start students through their health classes. These Med Start students would then provide peer education in the middle schools during intersession.
- Maria raised the point that nutrition in the schools must also be addressed in the school cafeterias. Both Jill and Lisa Staten provided information about other diabetes programs that are attempting to curb soda consumption in the schools. They comment that the major challenge involved with this is the threat of losing revenues produced by vending machines and candy sales that provide for school activities. Lisa suggested that there are simple techniques that cafeteria staff can learn in order to cook more healthfully. Training on low fat cooking techniques could also be done with the Head Start program. In judging a 4-H cooking contest, Mary Robinson observed that all of the food was very healthy and suggested doing some activities with this group of youth.
- Mary stressed that the mothers and fathers of children should be involved and educated. Marilyn said that this could be done in the Parent Teacher Associations in the lower grades or during parent-teacher conferences. This is another challenging area upon which the group needs more time to reflect.
- Marilyn and Yolanda also discussed providing a health fair for school faculty every other year. As part of the health fair, blood glucose screening would be offered.
- Lisa presented a publication on School Policy Guidelines from the CDC with tools that schools can use to evaluate themselves on health issues. This publication can be found at: www.cdc.gov/nccdghg/dash.
- Angie Ramirez reported that she has completed four classes to all of the third grade classes in Douglas. These classes focused on nutrition. She commented that Douglas is the only school that allows children to bring water bottles.

Community Activities

- Ginger Ryan reported that the Mobile Medical Eye Unit just started doing diabetes checks and found 2 detaching retinas in only one day (out of 30 exams). After July, they will be able to bring the unit into Douglas. Yull Arriaga said that there is also a pilot program for diabetic retinopathy at the hospital. This is a diagnostic program available through telemedicine. People wishing to use this service must have forms submitted through their provider at the hospital.

Grant Activities

- Jacob Rueda from Health Resources Service Administration has identified \$25,000 to be used for training. Karen Halverson from the South Eastern Arizona Area Health Education Center (SEAHEC) met with several group members to draft a concept paper for funding through the Bureau of Health Professionals. The proposal will be submitted in June. The proposed project will focus on the medical and psychological aspects of diabetes, and will provide counseling, promotoras, and family support. Cochise College will be finishing their first Community Health Advisor training program next spring and will have student interns available to work with the project.
- Ginger Ryan reported that Chiricahua Community Health Center has been awarded the Rural Health Outreach Grant for \$199,544.00 annually for three years. The working group has agreed to serve as the advisory board. The project will be a collaborative effort between Chiricahua Community Health Center, Cochise County Health & Social Services, Companeros, Southeast Arizona Medical Center and the Southwest Border Rural Health Research Center. A multi-disciplinary approach will include provider education in Best Practices, team building and cultural competence, intensive case management of individuals with diabetes, coordination of diabetes care county-wide based upon a structured referral process, lay health education and outreach.

Other Business

- Maria voiced concern about people not being able to afford diabetic supplies. Medicare provides a full rebate for glucometer and pays for all diabetic supplies. Under state law, all insurance companies must cover supplies, including AHCCCS. Carmen Ramirez said that diabetic supplies are available free of charge to people who are uninsured through Eli Lilly. For more information, call (480) 575-9788 or (800) 865-4559 (TO LILLY) and enter code #84622885.
- Jill reported to the group that the Southwest Center for Community Health Promotion held its first Sustainability Task Force Meeting on April 26th in Douglas. The meeting was well-attended and the group has begun to explore strategies for long term sustainability of public health efforts in general and chronic disease screening and treatment specifically. The group is interested in exploring the concept of a public health district as a revenue generating mechanism. The Sustainability Task Force will be meeting again on August 1st at 5:30 at the Presbyterian Church in Douglas.

Next Meeting

The next meeting of the Diabetes Working Group is scheduled for:

Thursday, September 7, 2000
5:00-7:00 p.m.
First Presbyterian Church
760 10th Street Douglas, AZ 85607