

Douglas Special Action Group Minutes
13 February 2006
First Presbyterian Church
760 10th Street
Douglas, AZ

Meeting began at 6 pm.

Welcome and Introductions

Evelyn Whitmer welcomed everyone and asked everyone to introduce themselves (name and organization).

Review of Minutes

- Evelyn asked everyone to review the minutes from the Douglas SAG meeting on November 14th, 2005.
- If any corrections are needed, please email Rosie Stewart, Rsbeamer@earthlink.net.

School Tax Credit

Carol Huddleston informed the group that 1,200 letters were sent to Douglas High School Alumni explaining the school tax credit and asking for donations. The high school Med Club and Yolanda Caruso helped stuff the envelopes. Donations to the school increased by \$5,000 from the previous year. Some suggestions to improve the program would be to mail letters earlier than December as well as more advertisement about the benefits of the tax credit program to the school and the person donating the money. Evelyn asked if a payment plan could be set up for the monetary donation. Rhea asked if the tax credit program was ending due to state legislation. The Douglas School Board did recognize the volunteers for their efforts.

PE Information for Training, etc...

Evelyn mentioned that there is grant money through the U.S.-Mexico Border Health Commission grant to organize a PE training. Jennifer Reeves from the University of Arizona is willing to conduct a day-long training for PE teachers a date just needs to be set with Randy Walker. There are 14-15 PE teachers in the Douglas schools. There is a possibility to invite teachers from surrounding districts to the training. A date hasn't been set yet because Randy has been very busy. Recently, the Douglas High School soccer team won state co/champion tournament.

March Nutrition—schools

Beverly Jackson mentioned that March is nutrition month. The school cafeteria personnel will try to offer one new food item each week in the school cafeterias during the month of March. Skim milk is now offered at school lunch. Lots of children are being fed during the 10 minute break; 600 children are being served food. Kayhla Comidy asked about the nutritional values for the pizza that is served. The cafeteria also provides healthy snacks to the health office. Suggestions are needed on how to teach/reach students to make different food choices. Poster contest from last year was a lot of work. Yolanda suggested that information could be given out during Parent-Teacher conferences. Any information given out must be approved by the district office before distribution. PTC's are March 23 and 24.

Diabetes Walk in April—continuation of program

Elsa Obregon mentioned that she is not conducting the Walk this year. She is trying to get Student Council to do it. She has also asked the Shining Star club about sponsorship but has received no response. The Med Club may be interested in volunteering for the walk. Elsa would like to change the focus and fundraise for the dialysis center in Douglas. Kayhla made the suggestion that Med Club could be started at the Junior High. Lea Dodge mentioned that SEAHEC has a grant to establish Health Clubs throughout the county. Stevenson Elementary School is going to split the monies raised between the dialysis center and books for the library. Community awareness is a very good incentive for action.

Discussion of nutrition policy and ways to continue to support it

Lourdes Fernandez updated the group on what the SAG subcommittee has been up to. The school district newsletter will include information about the nutrition policy. More support is needed to/for the teachers. It was suggested to recognize the teachers who are teaching/following the nutrition program. Family Math and Reading nights are already being held, maybe a family nutrition night could be held or nutrition information could be shared at the Math and Reading nights. Perhaps PE credits could be earned for participation in the athletic activities offered by Douglas City programs. Nutritional information could be included on the lunch menus also.

Preliminary data from the Pasos Adelante program implemented in 2004

Lisa Staten gave a brief history and description of the program. She explained that hard data has been collected and have shown great results. The spring group of the pilot study had 60 members and about 45 of them were considered active participants. The results indicate that there were drops from pre- to post-testing in waist circumference, body mass index, blood pressure, and cholesterol. These drops were maintained 3-months later. Lisa suggested that a follow-up visit occur with doctors or health care providers to inform them of the results from this validation study to show them that the program is working. Ann Hummel, a certified Diabetes Education, is coming to the Douglas Food Bank. She will be volunteering her time and will be providing a 6-week course about nutrition starting March 1st on Wednesday afternoons. The classes will be in English.

Updates

SWCCHP Programs

1. Community Nutrition/Walking Groups program—a new round began on January 25th. Currently, the program is in week 4. Forty-four participants were consented and measured to begin the program. There are about 20 participants attending the classes in the morning and in the afternoon. The walking clubs are also doing well.
2. Family Education—a second round began on February 1st. 2 couples are participating. During round 1, there were 4 couples participating in the program. This will be week 3 of the program.
3. Patient Education—round six began on January 26th. This program is being implemented by Chiricahua Community Health Centers, Inc. Twelve participants were consented and measured to begin the program and 9 of them are attending regularly.

Expanded Food and Nutrition Education Program (EFNEP)

This is a federally-funded nutrition program. Explanation was given about what EFNEP is/does. The program is in the midst of hiring a new person to take over the nutrition classes. Suggestions are needed on how to use the program. The program is based on the income level of the people served. There is a web site that will link state standards and nutrition teaching.

Dialysis Center

The building should be ready in June. There is a fundraiser planned for the center. The center will have its own staff and there are plans to hire about 25 people. They are working with Cochise College to train nurses and other employees.

Turning Point

Martha Suttan is new at Cochise College and can be reached at 520-515-8749. Three new assistant directors have also been hired. Cochise College is expanding its nursing program. The Community Health program is under the Allied Health umbrella.

Addisitional Updates

CARE Fair

Planning for the CARE Fair, which is tentatively scheduled for August 2nd, has started. Help is needed. Evelyn will be contacting individuals for help, so keep an eye out for her email.

AzCHOW Conference

Lourdes mentioned that the 3rd annual AzCHOW conference for promotoras will be held in Phoenix, AZ on March 31st. The business meeting will be held during the morning with trainings being conducted in the afternoon. Steps is assisting.

SONRISA

Kerstin Reinschmidt followed up on the suggestion to contact SEABHS. SEABHS is willing to conduct a training on how depression relates to diabetes. She asked for “best” times and days to schedule the training. The consensus was Fridays or Thursdays during the afternoon were best.

Other Business

Lourdes and Rosie mentioned the Border Women’s Health Leadership Institute, which they participated in during January in Nogales, Sonora. They asked the group who they felt was missing from the Douglas SAG table. What key leaders needed to be invited to join the Douglas SAG? It was mentioned that more doctors could be invited. Jill Guernsey de Zapien suggested a task force be developed that would focus on the “who’s, why’s and how’s” of people/ community leaders to invite to the table.

Jill mentioned that the Rural Health Conference will be in Bisbee, AZ in July or August.

Evelyn mentioned that she was invited to talk about the Douglas SAG committee at a State conference. There may be a mini-grant available to develop a SAG in Sierra Vista. She was recently a participant on a conference call where assistants from Senator McCain’s office asked about the school policy on nutrition that is already on the books in Douglas. Douglas is ahead of larger school districts on implementing nutrition policies.

Meeting adjourned at 8 pm.

The next SAG meeting will be held:

Monday, May 15th, 2006
First Presbyterian Church
760 10th Street
Douglas, AZ
5:30-7:00 pm

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

Monday, May 15th, 2006
First Presbyterian Church
760 10th Street
Douglas, AZ
4:30-5:15 pm