

Douglas Special Action Group Minutes
16 May 2005
First Presbyterian Church
760 10th Street
Douglas, AZ

Welcome & Introductions

- Jenny Hunter welcomed everyone and asked everyone to introduce themselves (Name & Organization).
- Evelyn Whitmer gave a brief overview of the Douglas SAG.
 - The Douglas SAG promotes health in the community and focuses on diabetes.
- Jenny mentioned that the Douglas SAG meets once every 3 months and that everyone is welcomed to attend.

SAG Logo/Poster Contest Awards

- Evelyn stated that Elsa Obregon was instrumental in organizing the contest.
- Judges for the contest were Mary Kirkhoff, Cecilia Valdez, Lourdes Fernandez, Elsa, and Evelyn.
- There were 131 submitted posters.
- The winners are from Paul Hubert Middle School. There were no submissions from the Douglas High School.
- All of the posters will be displayed at the Aquatic Center.
- Mayor Ray Borane signed each one of the certificates.
- First Place Logo Winner: Sabrina Anita Ferree. She received a certificate of achievement, a gift certificate for \$100, and 2 all day passes to the Aquatic Center.
- Logo Runner-up: Catherine Gallardo. She received a certificate of achievement, a water pack backpack, and 2 all day passes to the Aquatic Center.
- First Place Artistic Winner: Brianna Cruz. She received a certificate of achievement, a gift certificate for \$100, and 2 all day passes to the Aquatic Center.
- Artistic Runner-up: Jasmine Hurtado. She received a certificate of achievement, a water pack backpack, and 2 all day passes to the Aquatic Center.

Douglas SAG Member Awards

- Evelyn presented awards to Beverly Jackson, Yolanda Caruso, and Elsa for working so hard on the school nutrition policy.
- Evelyn also thanked everyone else for all they have done as part of the Douglas SAG.

Policy

- Yolanda mentioned the nutrition policy had been passed by the governing board of the Douglas Unified School District (DUSD) last month.
- The policy will be implemented beginning in August 2005.
- A letter will be sent to parents regarding the nutrition policy.
 - Rhea mentioned that at Sara Marley they have talked about having a stricter policy by not allowing any candy for snacks.
 - Rhea asked if the letter being sent to parents explaining the nutrition policy could include an attachment specific to Sara Marley's stricter policy.

- The letter being sent to parents will include an attachment with school specific requirements.
- The Student Handbook will now include a summary of the nutrition policy and samples of healthy snacks.
- Plan to start educating staff and parents on the nutrition policy by making presentations at PTSOs and at in-services for staff.
- Yolanda added that the nutrition policy should be on the DUSD website.
- This nutrition policy is stricter than what the state legislature has passed.

Douglas SAG Website

- Evelyn mentioned a Douglas SAG website had been created (<http://cals.arizona.edu/cochise/fcs/sag/index.html>) that describes the SAG and has the nutrition policy and poster contest with all of the posters submitted on it.
- She asked everyone to look at it and provide feedback to her at emarkee@ag.arizona.edu.
- Links to other organizations can be added.

Review of Minutes

- Jenny asked everyone to review the minutes from the Douglas SAG meeting on February 7th, 2005.
- If any corrections are needed, please email Rosie Stewart, Rsbeamer@earthlink.net.

Arizona Department of Health Services (ADHS)/US-Mexico Border Health Commission (USMBHC) Grant

- Evelyn mentioned that she applied for an ADHS/USMBHC grant and has received it.
- The grant will start in August 2005.
- She requested that the subcommittee meet to come up with a list of things to do, since the grant was originally written to support the development of the nutrition policy that has already been completed.
- She also mentioned the need to have incentives with the new Douglas SAG logo on it.

STEPS—Program Update & Funding

- Mary Jane Joyal mentioned the major grants are currently being reviewed by the Board of Supervisors and the mini-grants will be announced soon.
- Currently, receiving the 3rd round of mini-grant applications.
- STEPS will be supporting the School Health Index (SHI) in as many schools as possible in Cochise County.
 - Schools will be supported by providing a small stipend to use as they choose and once the SHI is completed, the schools will automatically receive another stipend to put in place one of the action plan items.
 - There are about 70 schools in Cochise County, so may have to do this on a first come first served basis depending on how many schools apply.
 - Schools must have a health plan on file by the 2007 school year in order to continue to participate in the school lunch program. The SHI can easily be turned into a health plan.
 - This support will only be available to schools that have not yet completed the SHI. For schools that have already completed it, they may be eligible for the

second stipend to implement one item that emerged from the completion of the SHI. This will be one of Mary Jane's recommendations when she leaves.

- Lea Dodge mentioned possibly having a Community Health Worker in her class do an internship as a facilitator of the SHI.
- STEPS is approaching its third year. The Request for Proposals (RFP) for year 3 will be announced in July some time. The deadline will be in early to mid-September. The RFP will be similar to the year 2 RFP. The maximum of \$30,000 as in year 2 may be possible in year 3; however, the STEPS program has received a 7% budget cut. Years 4 and 5 will be the same. If you don't hear anything about the RFP by August, call the Cochise County Health Department.
- Mary Jane mentioned that she will be leaving her current position as the STEPS program coordinator at the beginning of June.

Subcommittee Updates

- Lourdes stated that in the fall the subcommittee will begin working on a physical activity policy.
- 200 minutes of physical activity per week is now legislatively mandated.
- The subcommittee will be doing a survey on physical activity with the physical Education (PE) teachers.
- The subcommittee will also be looking for Physical Activity policies that may already be in use.
- Evelyn would like to invite professors from The University of Arizona to be guest speakers on physical activity at one of the upcoming meetings and possibly do a training.
- Lisa Staten suggested contacting Jennifer Reeves, who is in the Department of Nutrition and was involved with the Trial for Activity in Adolescent Girls (TAAG).
 - May want to apply for a STEPS mini-grant to pay for the workshop/training.
 - Jennifer does training on Physical Education. She could also do a more general training like an in-service.
 - Rhea mentioned that in-services take place at the beginning of the school year.
 - May want to set up a meeting with Jennifer.
 - Elsa mentioned that Randy Walker should be involved.

Updates

SWCCHPSite Visit

- Lisa stated the CDC folks were very impressed with the time everyone spent with them while they visited Douglas and were thrilled about the Pasos Adelante classes.
- She thanked everyone who took time out of their day to meet with the CDC folks.

Community Lecture on Border Health Faces of Public Health

- Jill Guernsey de Zapien mentioned that by the Information for Action conference she would like to create a poster to display at the conference.
- She would like 15-20 people from each community with which we are working.
- If you'd like to participate, please email Jill (dezapien@u.arizona.edu) your picture and a summary of what you do.
- Lourdes and Carol Huddleston have copies of Jill's lecture.

Information for Action Conference

- Abstracts due August 27, 2005
 - Subcommittee should try to do something at the conference
 - Submit abstracts on policy, poster contest, and high school participation in the Douglas SAG.
- The conference will be in Tucson at the Viscount Suite Hotel

SAMC Dialysis

- So far have raised \$45,000 all from Douglas community members.
- The goal is to raise \$500,000.
- Just had the golf tournament, which was a success.
- Waiting to hear about the grants for which they have applied.

PTSO Presentations

- Completed.
- The last one was at the Douglas High School.

Pasos Adelante—Community Nutrition/Walking Groups Program

- Lourdes mentioned a new round will be beginning the week of May 23rd.
- Will be doing measures on May 17-19, 2005 here at the First Presbyterian Church.
- Have 70+ people recruited and with appointments to get their measurements done.
- Expecting a few participants that completed the Patient Education component to join Pasos Adelante.
- Blanca Robles and Martha Barrera have been working very hard.
- Word of mouth has been wonderful.

SWCCHP Part-time Promotora Position

- Lisa mentioned the SWCCHP is looking to hire another part-time, benefits eligible promotora to work with the Family Education component.
- If anyone knows someone who may be interested in this position, please have them contact Lourdes at 520-599-3175.
- Lisa described the Family Education component.
 - Working closely with patients who participated in the Patient Education component and at least one other family member.
 - They will learn ways to support the diabetic patient in the family as well as diabetes prevention for the rest of the family.
 - The classes will be done in a group setting.

Kid's Fit—The University of Arizona Cooperative Extension

- The program targets the whole family.
- Topics covered include fitness, budgeting to eat healthy, and nutrition.
- Work with children whether they have diabetes, are obese, or simply want the information.
- Only work with about 2 families at a time.
- The program entails a holistic approach and is available in Douglas and Sierra Vista.

- Evelyn suggested meeting with those in charge of the Family Education component in order to discuss the possibility of collaborating.

CARE Fair

- Will be held on August 3, 2005.

The next SAG meeting will be held:

Monday, August 15th, 2005
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, August 15th, 2005
First Presbyterian Church
760 10th Street
Douglas, AZ
4:30-5:15 pm

There will be a subcommittee meeting prior to the meeting on August 15, 2005. Evelyn and Lourdes will be coordinating setting the date and time for this meeting.