

STEPS Along the Border Initiative
SAG – Special Action Group
May 26, 2004

Welcome and Introductions

Lee Rosenthal welcomed group members to the meeting. Lee began introductions by introducing herself as the facilitator for the SAG group. SAG members, new members, and visitors introduced themselves.

JoJean gave a brief synopsis of the Steps to a Healthier US grant. Steps to a Healthier Us is a five-year cooperative agreement focusing on four diseases: diabetes, obesity and asthma, and on addressing risk factors such as physical inactivity, poor nutrition and tobacco use. Arizona was awarded 1.3 million; \$315,000 thousand per county for the first year, there is no carry over of funds. JoJean asked partners to be patient with last minutes changes, because the grant is a cooperative agreement which means that last minute changes will occur which can cause frustration. However, to avoid frustration JoJean and Sonia will try to avoid last minute changes and keep partners informed as much as possible. In addition, School District #35 and School District #1 have been added as partners. At the state level, a school coordinator was hired to work with the schools in our counties.

Community Action Plans

Lee Rosenthal gave a report of the Patagonia and Rio Rico community meetings and the asthma committee meeting. The frame- work for each community was a simple process that addressed each disease area; obesity, diabetes and asthma. Diseases were addressed with various domains: patient, community & family, schools, workplace, environment & policy. Patagonia and Rio Rico community members and SAG members for the Asthma meeting were asked to identify sustainable initiatives they would like to see grow or begin that promote health issues related to the Steps targeted health issues in the community in the next five years.

Patagonia community meeting was held March 12, 2004 at the Patagonia Community Church, during the Youth and Family Services Coalition of Eastern Santa Cruz County meeting. After the regular meeting, members from the community participated in a strategic planning session. Different spectrums, wonderful ideas and priorities were developed and identified.

The Rio Rico community meeting was held March 15 at the San Cayetano Elementary school. The highlight of the meeting was that Rio Rico school members are currently in the planning stages of creating a walking trail. Other highlights and priorities were to begin a wellness center, incorporate health related announcement over P.A system, and begin a school walking program. These are just a few from an extended list.

The Asthma meeting was held March 15 at the Mariposa Community Health Center HIV Building. Michele Kimpel Guzman presented the Ambos Nogales Binational Air Quality Group's twelve recommendations.

The twelve recommendations are: 1. Stabilize more roads 2. Speed Border Crossings 3. Regulate vehicle emissions 4. Construct major corridors 5. Reduce train route impacts 6. Eliminate garbage burning 7. Promote revegetation 8. Reduce wood burning 9. Engineering solutions to soil erosion 10. Establish recycling programs 11. Public transit services 12. Improve local traffic flow

Other highlights and identified priorities where: 1) Asthma promotor-based education in home to reduce triggers 2) Camp not-a-wheeze 3) Health Fair "Green" Life-size house plan to show triggers 4) Air quality index, monitoring reporting and access 5) Participate in international walk to school day. These are a few from an extended list.

The final meeting was the Leadership meeting, SAG members who attended the meeting identified key priority issues from the issues identified from previous community and Asthma meeting. There were thirty-five priority issues for obesity, twenty-six for diabetes and thirty-one for asthma.

Sonia Guerrero reported that the Action Plan had been submitted to the state. Key issues identified at the Leadership meeting were included into the state grid action plan. A draft copy of the action plan is available for SAG members who would like a draft copy. SAG members discussed and expressed their interest in receiving a copy of the action plan although it was currently in the revision stages. After a group discussion, SAG members interested in receiving a draft copy of the action plan signed-up to receive a draft copy.

Revitalizing SAG

The SAG Group engaged in a group discussion to review key issues for SAG; how the group can work together to make an impact in the community, how the group is structured, if there is a need of change in structure, the future of SAG and its focus.

Jill de Zapien and Joel Meister spoke about the long-term goals and short-term goals. SAG long-term goal was to develop an infrastructure and policy change with the Comprehensive Plan for City and County government. The short-term goal is to get the message out to the public and get them moving. The policy group was to become involved in the planning process for the growing smarter plan as well as give presentations to city and county government to create awareness and policy change in community needs that benefit the community, such as building walking and bicycle paths, neighborhood sidewalks and parks.

On the other hand, in the interim the activity group was going to have specific activities to push the policy group. In addition, activities would focus on raising physical activity awareness in the community and soften city council.

SAG members discussed forming smaller groups that would report to the larger group. Perhaps continue with the action group and policy group subcommittee that were formally formed through Border Health SI. For now, a planning committee was formed to discuss logistics on future planning of Steps activities and SAG. Those interested in attending a planning meeting signed up to attend. SAG members interested and would like to sign up please contact Sonia Guerrero or Sandra Romero 375-6050.

Project Updates

Rio Rico had their first Wellness Day on Friday April 2 at Peña Blanca Elementary. Twenty-five out of thirty three staff members participated in the wellness day. It was a huge success.

Steps partner sub-contracts are being finalized. Eighty percent of the Steps Contracts have been completed. Sub-contracts include; NUSD #1, SCCVSD #35, Patagonia School District, U of A Cooperative Extension, Holy Cross Hospital and SEAHEC.

Three children will be sent to Camp Not-A-Wheeze. The American Lung Association offers Camp Not-A-Wheeze for children with Asthma. The camp will be held in Prescott Arizona June 5-11.

On May 11, , Platicamos Salud CCOE program held a “Be Yourself, Love Yourself, Let us Pamper You Day for Women”, for Women’s Health Week.

On May 13, Platicamos Salud held a CCOE Women’s Health Fair.

Gwen Gallegos continues to offer weekly diabetes education classes.

University of Arizona Summer Project - Marilyn McEwen

Nuestra Salud, Nuestra comunidad will have ten students during the summer who will be updating community assessments from previous years. Students consist of medical, pharmacy and nutrition students who will rotate, for example one pharmacy student leaves in about a month but will be replaced by two other students and one medical student will finish her rotation at the end of June. In addition, students will develop a survey for Rio Rico employees that will determine the types of services and wellness program employees would like to see implemented. Students will assess the availability of facilities in the Rio Rico and Nogales community; as well as establish focus groups to help identify questions that will be included in the survey. The survey will be completed and ready for use by the beginning of the 2004-2005 school year. In the fall semester, students will continue to work on improving and making changes to the survey as needed.

The next SAG meeting will be June 30, 2004, from 11:00 – 1:00 p.m., location to be announced.