

Border Health SI!
Special Action Group
January 23, 2001
Meeting Minutes

Welcome & Introductions

Marilynn Johnson welcomed the members. She reminded the members of the group to return their evaluation forms that were sent to them by mail.

Dr. Barbara Becker and Dr. Simon Escalada were scheduled to attend, but were unable to do so. Dr. Becker will share information about construction of how to build bicycle paths and walking trails, what is needed and what was the best way for city and county government to go about building trails. Marilynn will speak with Dr. Becker to get this information, so that as a group we can provide information to anyone requesting more information. In our last meeting Mr. Hulse mentioned that he could not provide this kind of information to the group. Dr. Simon Escalada was going to share information about the Mastick Trust development.

The technical team then gave their update.

Border Health ;SI! Update

Joel Meister reported that the SAG group in Yuma is similar to the SAG group in Nogales. They are involved in the planning process with Parks & Recreation and City government, particularly in Somerton. They have similar issues regarding the lack of open space, safe space for physical activity and walking paths. Although, they don't have a development going on like the Mastick Trust development in Nogales, they have received great support from the city government, particularly in Somerton.

San Luis and Somerton have begun the food demonstrations in the two supermarkets. Promotoras will be having demonstrations for food menu planning, cooking products and other great ideas. Promotoras were also working with the supermarkets on labeling items and promotions to spotlight healthy foods.

The other segments: The School Health Index, Community and Walking clubs are making progress. Rita Diaz Kenney, Project Officer, CDC, will be doing a site visit to Yuma next week. They are looking forward to the visit.

Joel reported that Cochise County will be using the Nogales and Yuma model and begin to apply it to their diabetes work group. Cochise County did not begin the program with Santa Cruz and Yuma, because the Southwest Center already had a chronic disease prevention screening program in progress. This year they decided to convert that chronic disease screening into a general diabetes prevention project that is similar to Border Health SI. In the past two years, the diabetes working group specifically focused on diabetes issues, particularly regarding the schools. That group will be meeting in Douglas next week. The group will then begin transforming itself into a similar group like SAG's. They will then have to begin looking at community level and policy issues that go beyond the school issues. They will begin with the School Health Index, which has never been done in the Douglas area or anywhere in Cochise County. They will then look at similar issues that the SAGs have been addressing. For example: soda machines in the schools, lunch programs, physical activity and the city itself.

Joel reported on the AZ CHOW (Arizona Community Health Outreach Workers), a group of Promotoras that have been through Project Jump Start. Jump Start is a grant-supported project from the fund for the improvement of post secondary education. The group decided along with other people that have worked with promotora programs that it was time to begin a state association or network. They have formed an executive committee that is still in the early stages of meeting.

The Southwest Center in the College of Public Health and Santa Cruz County Cooperative Extension decided that they would use the opportunity this year to provide the Leadership training for the executive committee.

The development of this training is in the works. They will prepare a survey for members of the group to receive more feedback. The workshop will concentrate on the most basic leadership issues which consist of, getting an organization started, developing a board, and developing strategic planning for the first year. This workshop is targeted for the first week of May. Jill and Joel will be involved in the workshop and Lee Rosenthaw will be hired as a part time consultant to provide technical assistance to AZCHOW. If the funds are available in six months, a follow-up workshop will be in the works.

Joel, Jill and Marilyn wrote an abstract for the National Congress Prevention Conference some months ago and were not accepted. They will submit the same abstract for the US/Mexico Border Health Association in Chihuahua. It will hopefully be accepted, because of the unique work being done in Nogales and Yuma. Another article was written for CHAPS and has been published in The National Extension Publications. It talks about the formation of the partnership between the College of Public Health and the College of Agriculture and what it means to statewide programs. In this publication there is an article piece about the SAG group this means that we are getting nationwide recognition. This will bring visits to SAG, similar to Nadal Arar from Texas in October.

Guest Speaker

Dean Fish, noted that another option for planning (in addition to Dr. Barbara Becker) would be the College of Architecture & Landscape planning. They have community planning workshops. A community group submits a proposal for planning. Graduate and undergraduate students then become involved in the program to help design and landscape trails.

Dean shared information with the group members about what the City of Nogales has been doing that affects the SAG members, involvement on trails, walking & exercising issues. He was able to share this information with the group because of his work with the 2000 x 2000 tree planning group. They have members from the City of Nogales on the 2000 x 2000 board. There are a couple of things the City of Nogales is working on to improve walking trails. First the City of Nogales has submitted an application to become a Tree City U.S.A. All of the ordinances have passed through the counsel. This will be interesting because this will be a commitment from the city to properly care for trees and the environment and that this will be within their budget. They will officially be advising the city of their acceptance by the end of the month, but according to the state land department they have no problem, the package that was put together was a great one. When the City of Nogales is named a Tree City, it will give more leverage in writing grants for some trail projects, different environment and natural resource project.

An off and on project was the skate park being built next to the memorial park in Nogales. At the moment this is an on again project that should be completed by this spring. Part of this skate park will include a walking trail along the Memorial Stadium area. A meeting was set for today (January 23,02) to discuss the plans for this particular skate park.

The other project the City of Nogales has been doing is cleaning a potential trail at the Teyechea Park behind the City Hall. This trail goes up into the hills and out into the back section of the Americana Hotel. There is no money in the budget for a trail surface, but the city is cleaning and pruning the trail. Although there are certain concerns and because it is not in the budget, the trail cannot be used at night, as there is no security or lighting for the people to walk.

The city has also become involved in the State Partners Transportation. Two years ago the city wrote a transportation enhancement grant for Grand Ave. This is to develop landscaping and a walking trail between Doe Street and Baffert Drive.

looking to incorporate a trail system that will connect the west interstate with the Anza trail along the Santa Cruz River.

Dean mentioned that obviously someone has done a good job in informing City Council, Public Works, Parks and Recreation and people that we need to build walking trails and exercise facilities. Dean also noted that Sue Nielson has been the person who has been really involved and pushing for these issues in our area.

Partners Update

Karen Halverson and Suzanne David reported that they have moved into their new building. The open house won't take place until early April, but anyone is welcome to visit the office before open house. The reason they are waiting is because of: the lack of furniture, an addition to building an education center and partnering with the University Extension. They would like things to be up and running by open house. They will be having access to the CEC incoming Tele-medicine, which is a grant drawn for nursing, pediatrics and public health. They will be offering several education courses and classes, for example the Jump Start program. Karen is also going to donate her satellite to the SEAHEC office. This will help students expand their abilities further without driving to Tucson to meet with faculty and do it interactively. At the high schools they have been developing health career clubs and workshops that SEAHEC will provide. They will also be able to offer the use of the meeting room to organizations in the community for free. Karen and her staff are very excited about their new office and although a lot of details still need to be worked out, they are very happy.

JoJean Elenes reported that they will be moving into their new building in March. Their offices will be located behind the Mariposa Clinic and the classroom will remain in the same location. JoJean reported that someone for the Southwest Rural Health Institute, called to notify her that they had been nominated a model project for diabetes, which is Border Health ¡SI!. She will keep the members of SAG posted on the outcome.

JoJean had submitted a proposal to the Latino Input for Network sometime ago. They were one of four programs nationwide selected and awarded for a Diabetes program, which is also Border Health ¡SI!. They will submit the final report from their last period and will be competing to be selected number one of the four programs. She will keep members of SAG posted of the outcome, too.

JoJean suggested that Marilyn send an invitation to attend SAG to: The Borderland Food Bank and the local NRCD.

JoJean and Teresa Stamper reported that they are working with the Boys and Girls club as a small component to their Smart Girls program. This program targets adolescent teen girls and looks into nutritional and physical activity. Teresa Stamper shared with SAG members a meeting she had with the Smart Girls at the Boys and Girls club. The girls made vegetable pizzas, which was fun for them because they washed and added their own vegetables. The key point to this was to have them participate. They had a lot of fun! Marilyn suggested they contact Linda Houtkooper from the U of A, Nutritional Science Center, because she has a sports nutrition program that could be helpful for them. JoJean will also focus within the next year a mentoring component. Marilyn also mention that Kathleen Vandervoet will be having health page in the Nogales International and was looking for articles. She has mentioned to Ms. Vandervoet to contact Teresa Stamper about nutrition programs.

Gwen Gallegos reported that they have developed a care card that will be given only to Border Health SI patients that attend the classes on Wednesday. The patient will fill out the card and take it to his/her provider, this will provide information about the classes taken to the physician. There is a need for documentation of patient education for diabetes patients. This care card will be the breakthrough to cover that issue. This card will prompt doctors of standard patient care for a diabetes patient.

Gwen will be giving diabetes education classes on Wednesday and Thursday only. Promotoras still have their program going and have developed a continuance of diabetes care.

Marilynn discussed with the SAG group the planning for a Celebration of Healthy Community Building. In the partners meeting December 4, Joel suggested that a celebration take place to recognize SAG members and community members. Marilyn explained, that Joel and she had decided on a date, but she wanted the opinion of the SAG members. The date agreed with everyone and the celebration date was set for February 15. Marilyn handed out nomination forms to everyone. She explained to the group that nominations could be to either a: member within the SAG group or community member and organization not within our group. The nominee would be a person or organization in our community who has promoted healthy lifestyles within the last year. Joel and Marilyn also reminded everyone that this was also a fun time to celebrate the SAG group one year anniversary and for all to have fun. Nominations were due to Marilyn's office by January 30, 2002. She will contact all members and nominees of the location and time of the celebration.

At 2:00 the meeting is adjourned

The next SAG meeting will be February 20, 2002 at the United Church Village.

Quote of the month:

Footprints in the sands of time are not made by sitting down.