

Border Health SI!
SAG Meeting Minutes
February 27, 2002

Welcome & Introductions

Marilynn Johnson welcomed the members to the meeting. She introduced Jacob Abarca from the College of Pharmacy. He is a new technical team member that will be working on evaluating the impact of the Border Health SI Program.

Border Health SI Update

Jill de Zapien reported that the Special Action Group in Yuma is progressing well. They are still having demonstrations in the grocery stores in San Luis and Somerton. She reported that HRSA is having a Comunidad en Acción Seminar May 14,15, and 16 in Yuma.

George Liniero - Growing Smarter Plan, City of Nogales

George Liniero reported that Planners Inc. was hired as consultants for the Growing Smarter Plan in The City of Nogales. He spoke with Marilynn about having Planners Inc. joining a SAG meeting to interview the group in general. They will also do that with other groups that could be stakeholders in the plan within the community. Mr. Liniero mentioned that a steering committee would be a more intense group. The steering committee will meet every other month to check on the progress for reviews and recommendations. He mentioned that the Major and City Council would appoint the people involved in this particular group. He has suggested to Marilynn that a member of the SAG Group be appointed to become part of that committee.

Mr. Liniero mentioned that they have focused on building a regional park type area. They have asked Planners Inc. to strongly consider this in the update. There are issues to consider, for example: land that is suitable and assessable and not very expensive. The thought is to at least get it into the general plan and work on the issues. Mr. Lineiro mentioned they are still looking for open space land in the Oasis development. (Escalada/Mastick Project) They are looking for additional open space from the Escalada/Mastick Trust when the residential development begins east of the Monte Carlo neighborhood. This is still in the preliminary planning stages.

Mr. Lineiro reported that ADOT had let go of funds and have started moving forward on a grant application the City of Nogales had requested for sidewalk/ walking path from Doe St. to Baffert Drive. Mr. Lineiro indicated that he was aware of this project being in a moving forward mode. Mr. Marcel Bachelier could give more information on the issue.

Marcel Bachelier then reported that they met with the company in charge of that project just recently. They discussed certain highlights of the project and other concerns before the project gets underway. Discussion included the possibility of there being a trade off with things written already in the project. That perhaps the city could clear up more money and in exchange have lighter paths on the east side of Grand Ave to make shared walking path or trails. He has not heard from anyone since that meeting and is not really sure of the possibilities of the issues.

They discussed the vegetation being too close to the road and not wanting to remove that. The railroad is an issue too; they would need to strongly think about this to be sure it would be worth the time and effort. The sidewalks on both sides of Grand Ave would also be minimum. Mr. Bachelier will keep the group informed of the progress of this project.

Jill asked, if the meeting between the consultant and the coalition group, would be something we can count on? Mr. Liniero said this is something we can count on, but he can't say when this will happen. His intention is to have the SAG members be part of the focus group. Jill mentioned that in Yuma it was the work of the coalition groups that mobilized people to attend the hearings with the Zoning Commission & city council. She believes the coalition group here in Nogales can help get people mobilized to attend the hearings for public participation. Mr. Lineiro would like that to happen, the requirement for the plan is that it be adapted by the people for the people. The only way this would happen is to have public participation. The legislation says that if the plan is not accepted it must be presented again. He hopes that by the planners and consultant interviewing the focus group and other groups in the community, there be input from outside to draw people into the general public hearings. The people can then express their concerns.

Mr. Liniero mentioned that the issue of the Wetlands area is still in the process of determining if the land is usable or if it's a flood wave area. If the land is a flood wave area there is nothing the City can do with it. This is still pretty much in the air.

Jacob Abarca - Discussion of Community Indicators

Jacob Abarca, from the College of Pharmacy, reported that the Border Health (SI) project is working to evaluate the impact of the program. Mr. Abarca explained that the handout begins with an explanation of the scope of work for community indicators. This is to identify data within the community to access Long-term community goals. What that means is, if we want to understand what we are doing in the community, there needs to be a data to justify the continuance of the program and explore it to other communities. Although there is a lot of talk about how good these programs are there needs to be a lot of documentation. Documenting what was done, what the outcome was and how it was measured, this could serve a purpose for continuance of funding for projects like Border Health (SI). Documentation could help convince other communities to implement programs like this into their community.

The technical team of this project has been meeting for several months to talk about the terms of how to measure this. The following are the six most important things to look at for community indicators in the communities:

- 1) Cost.
- 2) Relevant needs to the community
- 3) Community goals in a 3-year period.
- 4) Identify community indicators to provide feedback to the SAG members and give them an idea of where they are headed and provide concrete documentation.
- 5) Produce data that justifies the money being spent on the project, find a way to measure this and convince the community that it is worth the time, effort and dollars put into a program like this.
- 6) Relevant and Practical, something that is not complicated that no one would understand it. Something policy makers and decision makers will not be able to use.

In the box following the community goals of the hand out is the short-term vs. the long term. The Border Health ¡SI! project is dealing with diabetes and the most impact the group will have will be long-term complications of diabetes. These are complications occurring in five or ten years but, this project only has a two-year time line. Mr. Abarca thinks the most relevant approach for the SAG group is the short-term community indicators. The group should spend a lot more time on the short-term indicators than that of the long-term measures. The short term will identify things in the community that can be measured in a time period of weeks or several months to measure changes in a year=s period. A report can be presented to the SAG group and then later to City Council or decision makers. The information could be useful when making decisions.

In the handout they have come up with some examples of short-term indicators and long-term measures. Remembering that the Border Health ¡SI! project is focusing on nutrition and physical activity. In the examples they identified things related to that, but not necessarily having to be nutrition and physical activity. The most relevant of the examples in the handout would be the availability of recreational areas measured over time or the ongoing education. The long-term outcome measure focuses more on a different audience. The short-term community indicators focused more on community leaders and that are easy to interpret. The long-term outcome measure is an understanding between state and federal policy makers. These are people wanting to know the cost and what they will get out of it. In order to meet their needs they will create a model on what is already known about diabetes and the complications of projecting five or ten years. Showing what would happen if a person would become more physically active from a group of about 1000 and what would that do to the cost of diabetes and complications. Then put a dollar figure to approach federal and state policy makers showing them how much it will cost and this is what they get for it.

Mr. Abarca mentioned that they could try to measure what the SAG group is doing within the community and the kind of impact it is having. He then suggested, the group think for a few minutes about short-term community indicators and what would be relevant in the Nogales area.

In the group discussion there were a lot of great ideas and discussion about physical activity and increasing nutrition. The focus would be increasing physical activity and nutrition within the community and in schools. It was mentioned to the group that the idea is to figure out, what they believe would be indicators for success and what changes they would expect to see in the community. This would be from specific changes from the individual level to the broader of things of just seeing an increase of physical education in the school. The group would need to focus on change, things that can be changed in the community related to this project and because of this project.

There have been changes in the community, it cannot be said that SAG has created the changes, but that the group has contributed to changes in the environment. Members then expressed changes and concerns that are happening in the community. Mrs. Dina Sanchez has seen changes within the last year in the school bake sales, because of school regulations most of the things sold are prepackaged. For example: chocolates are pre-packed so they are used more in bake sales and are used for fundraisers. She believes it is rare to see a healthy bake sale. Mr. Marcel Bachelier mentioned that there is a great amount of kids participating in youth meetings from ages 7 to 13 years old but once they begin high school that number drops. The number of kids in middle school participating in after school activities, baseball, football and basketball drop to about half that number of kids once they become freshman. It is still unknown why this happens but it could be because of peer pressure, the academic requirements or maturity.

Mrs. Marilyn Johnson has seen a change in the community newspaper; Kathleen Vandervoet created a health page at the Nogales International. It is believed that this is the first year all schools have a Physical Education teacher.

Jill de Zapien mentioned that the community intervention, patient intervention and family intervention are specifically targeting increasing the consumption of low fat milk, cooking with canola oil, decreasing the consumption of sugary drinks and increasing the consumption of fruits and vegetables. She asked if it would be difficult to track the amount of these items sold? Mrs. Beth Daley suggested that it would be easier to track these things from a restaurant and perhaps getting a proof of market wouldn't be difficult either.

In closure to the segment, Jill had mentioned that each component has a specific evaluation that is going on to collect data. There are measures being collected for the individual component. The kind of things the state legislature looks for are: How the community is moving ahead and creating healthy lives.

Partners Update

The only partner presenting was SEAHEC. Carmen reported that Mary Welty Elementary School has begun the School Health Index. A.J. Mitchell Elementary has assigned their team leader. The school feels overwhelmed, but that is not unusual. Mrs. Lewis, Principal from the San Cayetano Elementary School in Rio Rico has specific ideas, for example: children having recess before having lunch, because children don't eat much because they are in a hurry to go out and play. Mrs. Lewis would like to contact someone or would like someone to contact her so that she can express her ideas. Marilyn read an article that said exercising before eating would actually be a good thing. She also suggested Carmen contact Linda Houtkooper from the University of Arizona, Nutritional Science Center to speak with Mrs. Harcus.

Jill de Zapien gave an overview for other components of Border Health SI. Promotoras were not at the SAG meeting to give an update of the walking clubs and patient education classes. In the second pilot they have modified the curriculum based on the experience from the first pilot. In the next year the family, community, and patient intervention should have a strong curriculum because of these modifications. Marilyn needs updated pictures of the walking groups for the poster board used at the SAG Celebration.

Discussion then took place about the walking groups. Perhaps promotoras can attend the SAG meeting to give an explanation of the model for the walking club. It might be that promotoras need help with this intervention or maybe we can be doing this on our own. Marilyn mentioned she had seen in the newspaper a walking group in Tucson that meet at River and First St and in Green Valley there is a walking group from Cooperative Extension called Walking Across Arizona. There are other walking groups to look at.

Jill then gave an update for the Provider Component. The Provider Component is working directly with the medical staff at Mariposa Community Health Center. They are working to improve the quality of care for diabetic patients. Gwen Gallegos has worked to create a link between the patient education and the providers. A patient card was created the card is used to empower the patient to communicate with their physician. This will help the provider become aware of changes in the patient. The card will help the provider document the kind of changes happening into the patient's chart.

Meeting adjourned at 2:00 pm

The next SAG meeting will be March 27, 2002 at the United Church Village

