

Border Health ¡SI!
Special Action Group
Meeting Minutes
April 25, 2001

Marilynn, thanked everyone for attending the meeting, being that this was Secretary's Day everyone worked around their schedule to attend. A brief explanation of the importance of this meeting was given to enable us to focus as we begin our action plan for policy and systems change in the prevention of diabetes and chronic illness.

The group brainstorming was interesting, everyone participated with excellent ideas. Below you will find the thoughts of our group brainstorming and we encourage all of you to review them, take note of any thoughts or ideas you would like to add for our next meeting.

It was decided that we would begin with group brainstorming of the overall goal of SAG.

1. NO ONE undiagnosed or untreated for diabetes in this county.
2. Prevention component.
3. Increased awareness of risks in our community for diabetes.
4. Understanding of diabetes/continue education on diabetes in the community.
5. Daily physical education.
6. Responsible lifestyles/education/modeling
7. Policy change agent (SAG)
8. Recreation and exercise opportunity for all.
9. Reduce high fat and sugar foods in vending machines.
10. Providers thoroughly trained in self-management issues.
11. Health education in schools.
12. Britney Spears/role models.
13. Provide training to community workers.
14. Face to face neighborhood outreach.
15. Incentives for youth/marketing.

Then the group gave their attention to rewriting the ideas listed above to focus on policy change in our community.

- Provide education, diagnosis and treatment of diabetes at all levels of the community.
- Impact public policy and business practices in favor of promoting the prevention and treatment of diabetes through improved nutrition, physical activity and education.
- Define and expand the roles of key organizations and individuals responsible for diabetes education, prevention, diagnosis and treatment.
- Outreach/education packaged delivery mode for outreach.

Brainstorming of strategies to use for affecting change in nutrition/diet:

1. SEAHEC
2. School Health Index needs to be broader (more schools and groups).
3. School administration need support for policy change with school boards.
4. Non tradition switches of play vs. lunch.
5. Physician support for policy change.
6. Education for school board members.
7. Work w/school constituency (teachers/admin./parents).
8. Parent survey.
9. Educate whole family.
10. Back to basics.
11. Modeling - why do we love snickers?
12. Behavior changes/ making choices and following through
13. Vending machines, Economic impact (fundraisers)
14. Restaurant changes.
15. Marketing/media involvement
 - KMSB/PSA's
 - Resolutions/proclamations
16. Peer driven programs (theater, etc.)
17. Nogales Intl./TUTV
18. Eating together as family unit
(not in front of t.v.)

We will continue our discussion with the SAG group brainstorming, other strategies for exercise and self management. The SAG group will then prioritize and narrow the focus to one or two goals.

When gathering your thoughts and ideas for the next group meeting remember that Miai Ingram, University of Arizona, Technical team, reminds the group that *“the action needed must deal with policy changes in prevention of Diabetes and chronic illness”*.

The next group meeting will be (the 4th Wednesday) Wednesday, May 23, 2001, from 12-2 p.m. at the United Church Village.