

***Border Health ¡SI!
Special Action Group
Meeting Minutes
May 23, 2001***

Marilynn, thanked everyone for attending the meeting and had everyone introduce themselves.

Jill de Zapien then led the group in discussions on programs already taking place for each of our overall goals. The purpose of this is to help the group to prioritize and decide on the special action item for the group's goal. Below you will find the list of brainstorming ideas from the last meeting, below them bulleted you will find programs that are already taking place. This gives us an idea and awareness of the programs that already exist. Examples: Teresa Stampler speaks on the Salud ¡Si! program and the great results they have had. Ana Doan speaks about the Health Index Assessment that Carmen Flores has been working with Little Red School.

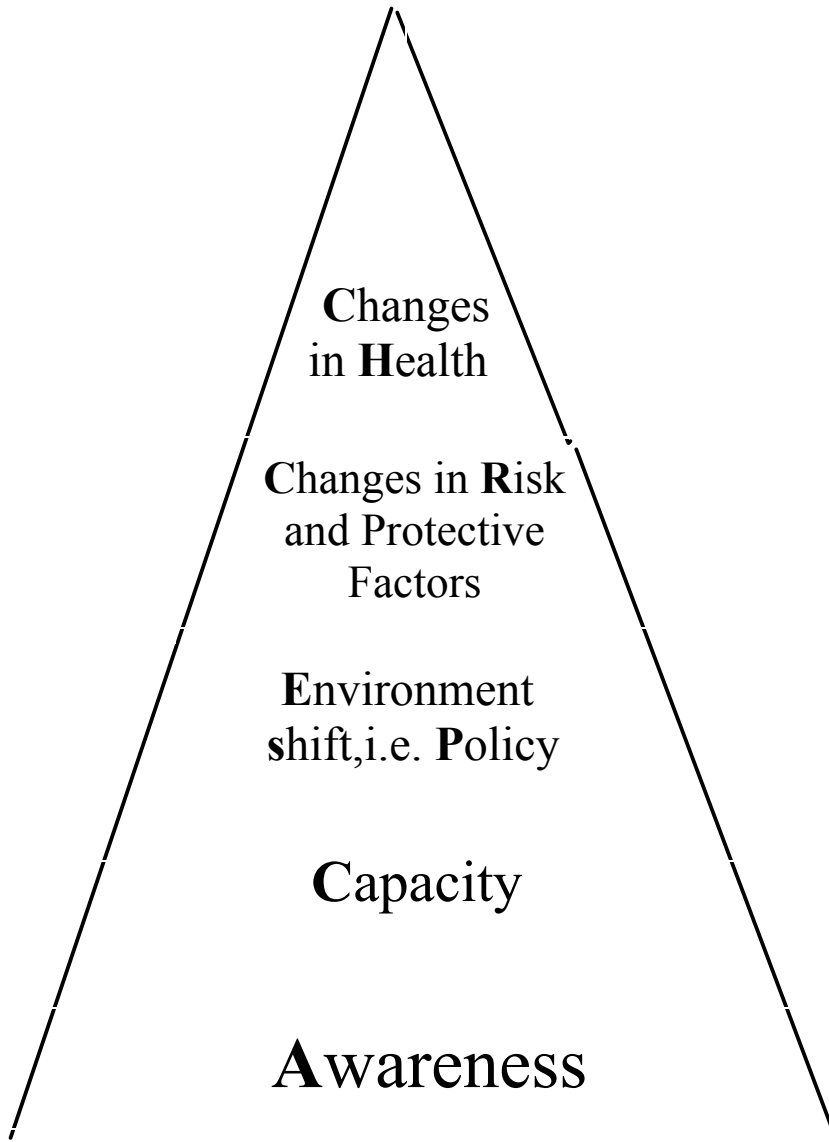
1. NO ONE undiagnosed or untreated for diabetes in this county.
 - groups involved are: Border Health
 - SI!, Mariposa, Carondelet
(limited)
2. Prevention component.
 - Salud ¡SI!
 - Border Health SI (various agencies)
 - Community Nutritional Programs.
 - (Commitment to kids)
3. Increased awareness of risks in our community for diabetes.
 - BIG Health fair conference is to be held in Oct.
 - Mariposa had a health fair and did some Diabetes testing.
4. Understanding of diabetes/continue education on diabetes in the community.
 - School Assessment
 - Healthy snack sales at Little Red School
5. Daily physical education.
 - more people are walking in the community.
 - a new gym gives discounts
 - all elementary schools will have P.E. next year.
 - United Church Village will have Tai-Chi classes Tues-Thurs and Carondelet has them also.
6. Responsible lifestyles/education/modeling
 - Diet Center
 - Obese children's program at Salud ¡SI!
7. Policy change agent (SAG)
 - school board looking at policy changes.
 - city counsel
 - board of supervisors
8. Recreation and exercise opportunity for all.
 - prevention, awareness

9. Reduce high fat and sugar foods in vending machines.

- Mountain View has no vending machines
 - Little Red has no vending machines.
10. Providers thoroughly trained in self-management issues.
 - practice what you preach
 - conference that Mariposa had in Tucson
 - Border Health Si
 11. Health education in schools.
 - k-6 curriculum health
 - Community Nutrition programs
 - train all P.E. teachers and all teachers
 - Little Red School State Health Curriculum
 - JoJean working on a grant to target adolescent girls.
 12. Britney Spears/role models.
 - turn around for positive
 - Az nutrition network
 - body image nutrition & Smart girls
 - Juntos Unidos
 13. Provide training to community workers.
 - Border Health ¡SI!
 14. Face to face neighborhood outreach.
 - walking clubs
 - community center will be doing side walking.
 - Border Health ¡SI!
 - Salud ¡Si!
 15. Incentives for youth/marketing.
 - Juntos Unidos.

Jill then spoke on Awareness, Capacity Environmental Shift Policy, Changes in Risk and Protective Factors, Changes in Health. (see illustration) The levels that they are happening and what is already happening. In this discussion, new ideas arise for example; Joel Miester thinks about sustaining funded programs. What happens if there isn't anymore grant funded programs? (no answers) Some also suggested that families with food stamps should not be allowed to buy junk food. The conclusion of this discussion then came to the group identifying these six as action items that need attention in our community.

1. Infrastructure plan (development) Broad parks, transport. Etc. (long term)
2. Increase walking & recreation sites
 - 1a. biking trails
 - 2b. swimming
 - 3c. park acres
3. Vending Machines
 - 1a. Adding water
4. DES - Food stamps for what you can buy
5. Sustaining Programs.
6. Bike trail for transportation.



group then walked around the room and vote with the stickers on the action items they felt was important for the group to pursue.

The results are the following:

1. Long Term: Infrastructure plan (development) (25 votes)
2. Increase walking & recreation sites (21 votes)
3. Vending Machines & Adding Water (total of 13 votes)
4. DES & Food Stamps, What you can buy? (10 votes)
5. Sustaining programs (9 votes)
6. Bike trail for transportation (4 votes)

The group then had a small discussion on the action items. Before leaving each member was asked to sign their name under either action item.

Items and sign on's:

1. Long Term - Infrastructure plan (development)
Dean Fish, JoJean Elenes, Anne Vellom, Ila Tittelbaugh,
Patsy Campbell, K. Vandervoet, Ana Alicia Sandoval,
Anne Marie Poisson.
2. Increase walking & recreation sites
Lorenia, Dean, Bonnie Shipatalo, Suzanne David,
Teresa Stamper.
3. Vending Machines & Adding Water
JoJean , Anne.
4. DES & Food Stamps, What you can buy?
5. Sustaining programs
6. Bike trail for transportation

It's important to choose one they are willing to work and plan for. (Those, that forgot or were not present please call Sandra at 281-2994 to sign on!)

The primary focus of the meeting will be to develop steps to complete the action. Everyone is urged to bring those members of our community that can assist in creating policy changes we need.

Thank you for participating and contributing your ideas to this meeting.

The next group meeting will be (the 4th Wednesday) Wednesday June 27, 2001, from 12-2 pm. at the United Church Village.