

Border Health ¡SI!
Special Action Group
May 28, 2003

Welcome, Lunch & Celebration

Marilynn Johnson welcomed SAG members to the meeting. The SAG meeting commenced with a celebration for Ila Tittelbaugh. At the end of June, after twenty-three years, Ila will be retiring from the Nogales School District. SAG members spoke briefly about his or her personal and professional relationships and experiences with Ila. In finalizing the celebration, Ila gave a brief speech, in which she thanked everyone; and commented that she will continue working with organizations in the community and the SAG group.

Border Health SI Update

SAG in both Yuma and Nogales have similar goals and agenda items. The SAG Groups are moving in the same direction with the same time frame before funds from Border Health end in December of 2003.

SAG Yuma currently has the same policy as Nogales and is gathering information to create a policy document. The group will then present the policy in a PowerPoint Presentation which will include the following: i) definition of Border Health SI programs; ii) why they were successful; and iii) exhibit their successful results. In addition, the Presentation will include outcome data from the walking groups and patient programs. The Presentation will then be presented to the city council, board of supervisors, school board members, and other organization in the community. Most importantly, the Presentation will be beneficial when addressing politicians. The Border Health ¡SI¡ technical team will help SAG reformat the document before implementing it into PowerPoint.

Secondly, SAG members will not ask the city and county governments for new money. However, members should focus on collaborating with city and county governments and offer support on how city and county governments can redistribute available resources within parks & recreation to be supportive to other programs within the city and county, as well as, identify other institutions.

Third, Yuma has been successful in finding institutions to sustain parts of Border Health ¡SI¡ programs as a whole. For example, the Yuma Health Center's expansion grant will take the diabetes program and include certain parts of the program into their existing agendas. Yet, other institutions have taken an entire program from Border Health ¡SI¡ to continue their agendas. However, SAG members still have to focus on figuring out how city and county governments can be supportive to the walking clubs and the nutrition program.

SAG members recognize that it is too late to collaborate in this year's budget process; therefore, their focus is to create a systematic interaction with city and county governments for the fall. When the city and county governments begin their planning process for the next budget in the fall, and look at how they will distribute some of the available resources, SAG shall intersect their ideas. By fall, the Group will have established plenty of groundwork.

Finally, the school board members realized how difficult it was for the schools to accomplish the SHI action plans. They also realized SAG members identified different parts of the curriculum, available to teachers for their use.

Therefore, the school board members took a pot of money to provide teachers from each school (who have worked and completed the SHI), with a sixty-dollar gift certificate to buy materials for their class. The teachers were ecstatic. The Somerton School District was the first to hand out gift certificates. One of the major recommendations in Yuma about the SHI was to create a consistent curriculum across the school board. However, it will take time before that is completed.

Updates, Announcement and more

Marilynn shared an Article from the Diabetic Cooking Magazine with SAG members. The article is a testimonial by Richard Romero, a diabetic patient who attends diabetes classes through Carondelet Health Network in Tucson.

The Border Health !SIj technical team will be giving a presentation about Border Health !SIj. Rosemary Shaw who works for Diabetes Initiative in Tucson, has been replicating the Border Health !SIj module used in Nogales, and will be giving a presentation about the programs.

Jill de Zapien reported that the Rural Health Office conference was having an exciting morning prior to the commencement of the conference. Evelyn Maria, Isabel Garcia, and Wayne Myers will be the three guest speakers honoring Andy. Jill encouraged all SAG members to attend, as this will be a tremendous conference. In honor of Andy, the Rural Health Office will annually have a lecture series that will feature important guest speakers.

Marilynn gave handouts of a Nutrition pamphlet created by Lesley Sykes, a 2003 Nogales High School graduate. As part of her senior project, Lesley researched issues concerning nutrition and depression. In finalizing her senior project, Lesley created the Nutrition pamphlet that provides important and useful information.

Marilynn gave copies of the "draft" Nogales General Plan 2020 to all SAG members. At the Policy Group meeting, George spoke briefly about the draft and offered a copy to Marilyn to share with the group. In the hand out, blue tabs mark the sections concerning the Special Action Group and members of SAG. These were the three sections marked by the blue tabs.

- First Tab, Page 2, Dean Fish and Dina Sanchez were mentioned as part of the Advisory Committee;
- Second Tab, Page 5, the Nogales Vision section concerns the May 2002 meeting in which a consultant from Planners Ink met with SAG members;
- Third Tab, Page 20-21, City of Nogales Goals, Objectives & Implementation. Note: Page 20 Open Space Recreation-Goal One: Provide open space for community use. Objective One: Maintain and develop parks and recreation facilities.

On Page 21, Objective Two: Develop a regional park for the City. Objective Three: Create linear parks along drainage ways and develop pathway system to connect greenbelts. Action One: Maintain alliance with the Border Health Committee to identify and develop pedestrian pathway systems.

Marilynn spoke about the America Moves Conference that Rich, Minnie and Marilynn attended. Marilynn shared the list of attendees with SAG members to give them an idea of who attended the conference.

Planning & Zoning personnel were mostly the attendees, as well as a large group from extension. The large group of extension personnel attended because they were looking to create Healthy Communities too.

As the policy group moves forward in gathering information for the policy document, and the activity group moves forward putting together activities, Marilynn would like both sub-committees to be aware that Rich, Minnie and she have information that can be useful to each group.

Conference presentations included safe routes to school, walkable communities presented by Dan Burden, and Health Insurance. Issues discussed included: pedestrian audit and elder stimulation, making walkable communities, adoptable recreation programs, and daring adventures. In addition, Marilynn has information from the National Center on bicycles and walking to increase physical activity in your community design, and a guide to public health practitioners that would like to apply it within their community. Marilynn also has a copy of the checklist on how walkable is your community from CDC.

Karen Halverson reported that July 21, 22, & 23 there would be a Diabetes Educator's Workshop. However, this workshop overlaps with the Rural Health Conference. Only two people initially were going to attend the conference; however, Karen collaborated with hospitals, health departments, and other agencies. Partners will help pay for the tuition costs, as well as any other necessary costs. Therefore, the number of people who will attend the workshop increased from two people to nine people from Southern Arizona. Karen is collaborating with Cochise County Health Department, Cherry Health Department in Tucson, Ajo program and hospitals from Wilcox, Bisbee, Douglas, and Holy Cross hospital in Nogales. Hospitals are committed to send people to the workshop. The workshop process includes intensive training and an Internet-based chatroom/mentoring program to keep participants motivated. Continuous education will be provided, at some point, to facilitate educators in becoming eligible for the CDE Test. Karen hopes that educators will be motivated to take the test score. If not, the achieved experience will be useful to the educators who would have become practitioners and resource nurses.

There are no requirements for the Diabetes Workshop. However, CDE requires that individuals taking the test score be registered nurses, registered dietitians, registered nurses, or physician assistants.

Jill de Zapien commented on the issue of policy on the National Level. She indicated that the Caucus Foundation, who has been funding the eye clinic that Dawn Medler put together, is working to get Medicare regulations changed regarding Diabetes educators and promotoras. The change would include reimbursing certified diabetes educators and promotoras for education. Furthermore, Gwen commented that Medicare was thinking of pulling back from providing Diabetes Supply support. If that happens, other health insurance companies that provide diabetes supply support would also pull back.

It is becoming harder for patients with diabetes to receive the necessary care and supplies. Meanwhile, the number of diagnosed diabetics is increasing.

Insurance companies require a co-pay of fifty dollars for diabetic education therefore making it harder on the patient to attend and receive diabetic education. Gwen will prepare a document with these key points for Rich Polheber and Jill de Zapien.

Rich Polheber reported that in the last policy group meeting the word "Passion" was mentioned. Since then, Rich has put too much emphasis on the saying, "Do as I say, and do as I do." We are the champions of the cause, yet we ourselves have not engraved it ourselves. If we are truly committed to creating change, then change has to begin with oneself.

Rich also shared an article he received from the job recruiter at Holy Cross, who occasionally sends tips on interviewing and hiring individuals for job openings. In addition, Rich received an article entitled "Take a Walk-Despite the Proven Benefits of Walking, the Nation Remains Unmoved. It is Time to Step Up," and decided to share the article with SAG members.

Action Plan 2003 – Subcommittees Update

The Activity Group met on May 14 at Platicamos Salud to commence their planning session for future activities. The group will focus on linking activity events with the policy group events. The activity will continue with the "Health and Safety Fair" in November, SEAHEC will help others coordinate the event. Children and their families will be the targeted audience for the Health Fair in November. In recognition that there is a need for a larger facility for the Health Fair, Group Activity Members will search for a new location. As mentioned by Dina Sanchez, if a link between the schools and the Health Fair was established, the school district would permit the rental-fee use of the Pierson Middle School. In addition, to promote the awareness and advertisement, the group will have a series of events leading up to the Health Fair in November. Andrea Dunn will create a team packet guide for groups who participate in activities. The packet will be finished by September. The Activity Group, as well as the Policy Group, will meet once a month.

The policy group met May 20 to commence their planning sessions for future government and community presentations to create policy change and awareness on the benefits of walking. The group identified these priority issues:

- Compilation and identification of available data
- Creation of a tool kit packet
- Determinative roles and identification of Social Marketer/Lobbyist/Consultant
- Recruitment of Marketer/Lobbyist/Consultant

In addition, the group discussed: I) strategies; II) who their audiences will be; III) creating a PowerPoint for future presentations; and IV) the identification of potential organizations to help compile the data and create the tool kit. In conclusion, the group developed a time line from June to September of what needs to be completed and who will help.

Discussion: SAG members discussed the November Health Fair and planning of future activities that will lead up to the Health Fair. Karen Halverson mentioned that planning a health fair was difficult, costly, and time consuming. In addition, SEAHEC will support the coordination of the Health Fair, but will not take full responsibility in the planning process. The Activity Group would like to broaden the Health Fair, and make necessary changes to attract more people. In addition, the Activity Group would like to offer incentives for the Fair Teams who participate in the activities. Susan David from SEAHEC will attend a debriefing on last year's Health Fair with Dr. Pina and Rosa Garcia at Mariposa Health Center. At that meeting, Susan will approach ideas from the Activity Group and persuade them into incorporating the new ideas.

Closure and Next Meeting

In finalizing the meeting, Marilyn spoke about Linda Bergsma having a County Focus conversation in the community sometime in November. The Focus Conversation would provide the policy group with information about addressing the county and city governments. SAG members agreed to continue the SAG meetings and the sub-committees agreed to meet between SAG meetings.

The next SAG meeting will be July 25, 2003, at the United Church Village.