

Border Health SI!

June 27, 2001

Meeting Minutes

Introductions:

Marilynn welcomed the group and the new members. She thanked Linda Houtkooper, U of A, Dept. Nutritional Sciences, Dr. Barbara Becker, U of A, School of Planning; Architecture and Marcel Bachelier, Director, City of Nogales, Parks and Recreation. Marilyn had everyone introduce themselves and had the new attendees tell us about their interest in the Special Action Group. She then announced that the following meeting for July would be canceled and asked if anyone would volunteer in conducting the September meeting. Marilyn would not be able to conduct the September meeting due to her long time commitment in the County Fair. Discussion took place in developing a date for the September meeting and concerns of going six weeks without work being done for policies intersecting with creating the process of a general plan that will be presented at the City level. Jill thought the general plan needed to be approved by September 30, because San Luis and Somerton have to be approved by then. Dr. Barbara Becker then clarified that the Nogales area does not have the same deadline as in San Luis and Somerton. For the September meeting, Teresa Stamper agreed to conduct the meeting and Sandra will help with the preparation work. The first guest speaker was then introduced.

Guest Speaker:

Rich Polheber, spoke about employee wellness and how he became involved in wellness. Reflecting on his life, and seeing his life flashing before his eyes. He became involved in wellness. It took many years for him to realize how important it is to take care of your body. Mr. Polheber decided that by the age of fifty five he wanted to compete in the 111 mile tour. This year he has already won three races. As he began exercising, he realized that having goals was important for him. Getting up early in the morning and exercising wasn't of much interest to him and realized he needed to have some outside pressures. He began to email people across the country to tell them about an idea he had. He then put together a wellness program, which included ideas from other organizations. The program is a series of competitions for his employees and Holy Cross Hospital. This first series of the program begin this past spring for a period of ten weeks. When the ten weeks were over, a barbecue was held and awards were given to teams who had the most number amount of points and other requirements. The second series will begin this fall(the week after labor day) for a period of ten weeks. He further explains the program consists of a team with five people, a combination of employees, spouses and people of the outside. Once they are in a team they can not leave the team. Points are awarded for a variety of activities, on a weekly basis the team captain has to report the amount of points they accrued, the points are recorded on a bulletin board (in front of the cafeteria). At the end of the ten week cycle, awards are given to the teams who have the most amount of points. Awards are also given to teams who have the highest number of females, highest number of males and creative name team.

After explaining the process of the program, Mr. Polheber then gave handouts of the material they used for registration, etc. He encourages all of us in the group to take the material for each to involve our organizations, involve schools or others.

The input Mr. Polheber received from past conversation from the first program were people became or felt obligated to the team because they would report to the team captain. Certainly knowing they would have to report the amount of points would cause them to reconsider their plans for the week and weekend. The program has made an impact. For example, at the hospital more people became more conscious of their weight and would like to continue the program. Mr. Polheber then gave a detailed explanation of the material handed out and he challenges Promotoras, from Platicamos Salud, for a competition.

Overview of Border Health ¡SI! Project in Yuma:

Jill de Zapien, reported on Border Health ¡SI! in Yuma, after a three day visit. She reported that Border Health SI is doing great. In the school component three schools have completed the School Health Index. They have gotten on the agenda of the other schools they have been trying to work with and they are confident they will begin working with these schools by September. In developing the action plan for the schools, the next step is to bring together the entire faculty from each school to present the results of the School Health Index and then go to a broader effort to go to the school board from that particular district to seek information, then they will be bringing that information to the SAG group. The School Health Index has been very successful to teachers, parents, and other individuals who participated. They have asked that Jill check into the ability of CDC changing the entire manual into Spanish because at the moment it limits the parents who want to participate. Walking clubs, have begun their walking. They have two groups, one groups walks at 5:30 in the morning and the other group walks at 7:30 in the evening. They are working in Somerton and San Luis. They also love the nutrition program that goes with this component. Patient component, is also going very well. As in Nogales, they cannot keep up with the demand of the amount of people who want to participate in the classes. In the Provider piece the clinics have finished the record review. Stuart Cohen is meeting with the providers July 16, to give them feedback on the data in terms of gaps they identified in relation to the service indicator. The SAG group has chosen two policies they will be working with, physical activity and nutrition. Physical activity is focusing specifically on making sure both communities, San Luis and Somerton can expand the walking paths and bicycle paths in the community. They will be having two public hearing in Somerton and in San Luis. They will first present to the planning and zoning and then they will go before the city council. They are going to recruit all the elements from each component to testify at the hearings. They will also speak about the safety issue because this is one of their biggest concerns. The group is moving quickly because the planning and zoning commissions will conduct there hearing in July. In Somerton the city council hearing will be August 7. The SAG Group have recruited two individuals from each community who will be responsible for overseeing the process with city council. In the nutrition area they will be working with all of the grocery stores. In working with the grocery stores the managers are willing to work with the SAG group but, their down fall is the owner of the seven grocery stores in that area is owned by the same person. The owner of course does not live in the Yuma area. The second component of nutrition will look at the schools revenue's and what they use the revenue's for (fieldtrips, etc.). Then work in collaboration with them to find other resources for funding their activities.

Joel Meister then speaks on funding for Border Health ¡SI! and planning of it's future. They have also asked CDC for their support to take some of the elements from Border Health ¡SI! to Cochise County to add what they have already been doing.

They believe this will be able happen next year. This will impact on our group because there will be three Special Action Groups covering the entire Sonoran Border and will be helpful with the issue of policies. Joel also reports that San Diego, State University is doing a study on physical activity and the physical design of community neighborhoods. The hypothesis is the amount of walking people do is directly related to the design and structure of the neighborhoods. If this is true, this will be good ammunition when meeting with planning commissions, city council and county supervisors when looking at long term planning .

Carmen Flores gives a brief report of the school component she has been working with. She reports on what she has completed and what still needs to be done. Dina Sanchez has offered to help Carmen speak with principals from the schools they have not been able to work with. Gwen Gallegos reports that in her component everything is going well. They continue with their classes and they continue to grow.

Developing the Action Plan for Long Term and Short Term:

Marilynn then led the group into preparation for the action planning. Dividing into two groups: One group will develop an action plan for long term and the other group will develop for short term. The groups then took about thirty to forty five minutes to develop an action plan they will then report their plan to the group and to Sandra.

Karen Halverson reports for the group for long term development. The city has to prepare a city master plan (comprehensive) which needs to be approved by voters in November. This plan has to be a ten to twenty year plan. The circulation section of that plan relates to movement (sidewalks, walking/bike paths etc.) What they will do as a group is to get within the system. The first initiative will be to meet with George Lineiro the following week to find out the process they will be taking, some cities update their old plans and others develop new plans. They will address their concerns and interest, the “depth and breadth” of this SAG Group and let them know the constituents this represents, so their needs can be heard. Public meetings will need to take place for these plans. The group will also include Parks and Recreation because they can be combined with their requests. They would first like to look at the issues of future parks identified and access to the parks in which already do exist. Concerns they will be looking at will be linkages from one park to another, shade and water, and safety which is a big issue. They would also look into outdoor play areas within neighborhoods.

Rosie Simpson reports for the group’s short term development. They will prepare three different plans for recreational facilities and walking areas in the town. Frances Miranda and Suzanne David plan to identify in the Rio Rico area walking trails and recreational facilities. Rosie will identify the Nogales downtown area for walking facilities. She will also be contacting the schools for information on recreation facilities, trails and their hours of use. Carmen Flores will call Planning and Zoning for any existing maps of area trails. This information will give them an idea of what facilities already exist. Then create a map to give people information on where these facilities exist, how long it will take them to get there and how to get there. Karen Halverson invited Carmen to the meeting that will be set up with Mr. George Liniero. Everyone in the group gathering information will then report to Teresa Stamper by July 23, 01, who will then coordinate all of the information. They will then share the information at the following group meeting August 22.

Comments:

Dr. Becker shared information concerning Governor Hull's growth management plan "Growing smarter". Each city in Arizona have a comprehensive plan. Two years ago state legislative mandated that certain things be done and all comprehensive plans be updated. Nogales has not updated their plans. One of the major elements is that they have public participation, which means they have to show that they have actually followed through and have completed something. This will assure that the community has been heard in public hearings. The city and county have master plans which, are due December of this year. Nogales has probably begun the process by completing the required essay. The county recognized fairly early on that they had to have the city plans before they could prepare the county plans. Therefore many of them will not be turned in on time and they are aware they will not meet the deadline.

Karen Halverson asked, if when they present their ideas to the board, will there be developers who will be our "enemies" and would not want their ideas to go in effect. Dr. Becker responded that never will there be anyone specifically disagreeing and coming out in the open to disagree with exercising and walking. Although there will be those who will have legitimate concerns and will question what is going to take place.

Conclusion:

Jill de Zapien concluded the meeting and extended an invitation to Dr. Barbara Becker and Linda Houtkooper to continue to attend our SAG group meetings.

The next group meeting will be August 22, 2001 at the United Church Village.