

***Special Action Group
Meeting Minutes
September 4, 2002***

Welcome and Introductions

Marilynn welcomed everyone and called their attention to the cartoon printed on the agenda.

Carmen Flores began the introductions by introducing two guest speakers from Mary Welty School, Olivia Palacios, first grade teacher and Gloria Alvarez, C.N.A. She spoke about their role as co-leaders in the School Health Index at the school.

Everyone then introduced himself or herself.

Border Health ;SI! Update

Jill de Zapien reported that they have not heard from CDC for the beginning on the new grant, which will be supporting a position of a sustainability/grant writer in Nogales. This was supposed to begin on Sep 1, but there has been a delay. The grant writer will focus on writing grants for program sustainability taking his/hers direction from the SAG. The individual will be housed at Cooperative Extension.

Jill briefly reminded those who wanted to attend the conference on September 26 and 27, that there was still time to register. Those interested in registering please give Marilynn the necessary information and she will then pass it on to Mary at the Rural Health Office.

In Yuma, the SAG will be doing a community forum and present success stories to the Board of Supervisors.

Joel Meister spoke about the Community Advisory Board Meeting on September 26 and 27 in Rio Rico. He spoke about the major goals they will be addressing at the meeting. He invited and encouraged SAG members to attend the meeting.

Joel introduced Kerstin Reinschmidt to the SAG members. Kerstin is a graduate student that will be taking minutes at the SAG meetings. Kerstin will keep track of the issues that arise and will be the collaboration for Joel and Jill.

Mary Welty – School Health Index

Carmen Flores reported about the School Health Index at Mary Welty School. She again introduced the two co-leaders of the SHI group for Mary Welty School. The group consisted of seven participants: teachers, nurses and one parent. As people leave the school, they are replaced. The group initially thought the principal would not be supportive of the SHI, but Mr. Barajas has been supportive to the group and their work.

The group has created the following changes:

- Removal of soda vending machines from the cafeteria
- No candy sales in the cafeteria and through out the school
- No selling candies for funding of field trips

The group wants to create the following changes:

- Soda vending machines replaced with juice or water
- Snack vending machine with candies is to be replaced with healthier snacks
- Create a list of alternative healthy snacks to be sold at bake sales
- Look at other options for funding other than candies sales.

Karen Halverson reported that SEAHEC is in the process of creating a recipe book with information on healthy foods, snacks and recipes for schools to use.

Mary Welty has not yet decided how they will use the incentive money given to the school by SEAHEC when completing the SHI.

The teachers have begun their own weight loss program at Mary Welty School. They each gave twenty dollars and each person weighed himself or herself. The person who loses the most weight will receive the money.

The SAG group suggested to Carmen, Olivia, and Gloria that they write an article for the newspaper. This would inform the public of changes Mary Welty has done after working with the SHI. The SAG group suggested that the group gather their information of changes and goals to present it to the school board.

County/City Comprehensive Plans

Marilynn Johnson announced that there would be a Planning and Zoning Comprehensive Plan Meeting at the Rio Rico Resort, Thursday, September 5, 2002. The article invited the community to participate and give their opinions and ideas for future changes in the county.

Marilynn spoke about an article that Rich Polheber sent to her about "Taking the Long View of Health". The article speaks of a motto developed from North Karelia Project named "We Participate" and the creation of "Cardio Vision 2020" in Minnesota. The creation of Cardio Vision 2020 was because of new epidemic signs developing in their communities. The name of the epidemic is "the lifestyle syndrome" which there is a cluster of diseases for example: dementia, diabetes, heart disease, cancer and more. The goal of Cardio Vision 2020 was to reduce the risk of individuals by creating changes in their personal behavior. They focus more on behaviors than that of the disease. They identified five goals that individuals adapted to improve their health, they are:

- Tobacco- Free
- Five serving of fruits and vegetables a day
- 30 minutes of physical activity
- Lower systolic blood pressure and diastolic blood pressure
- Lower cholesterol

After sharing this information with the SAG, members Marilynn asked the group to join the meeting on Thursday to support a walking/bicycle trail in Rio Rico. Dean Fish will speak on behalf of the SAG group at this meeting. He will be approaching the board with information given to him by Andrea Dunn and Promotoras from Mariposa Community Health Center.

He will also provide maps of recreational facilities available in the Nogales and Rio Rico area, this map was prepared by Teresa Stamper last year.

Discussion then took place on the knowledge of the County Board of Supervisors of SAG and it's input to the comprehensive plan.

Closure

JoJean Elenes reported that the Mariposa Thrift Shop has opened. This will be a part of creating sustainability for programs at Mariposa Health Center. Donations to the shop are coming in from Nogales, Tucson and The White elephant in Green Valley. She invited everyone to come on over and do some shopping.

JoJean announced the Woman's Health Fair on October 10, located at the Mariposa parking lot. They will have the heel machine to check for osteoporosis, information on diabetes, self-management, WIC Program will provide check up for anemia and hand out information and much more. The Alma Health Fair will be November 2, at the Parks and Recreation building.

Gwen Gallegos reported that her classes have been great. They have between 20-25 participants per class. They still have new participants attending the classes. They will be in contact with participants that have attended classes from five years ago.

The next SAG meeting will be October 23, 12-2 at the United Church Village.