

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

**Welcome & Introductions**

Marilynn Johnson welcomed the group and thanked everyone for attending. She welcomed the guest speakers and had everyone introduce themselves. Marilynn reported that the Cooperative Extension office is participating in the Walk Across Arizona. The Extension office has decided to name the walking group, Arriba. Each employee attaches a pedometer, which daily counts the number of steps, and daily and weekly miles.

Mrs. Johnson and Sandra spread some holiday spirit by handing out holiday cards and holiday candles.

**Update on vision evaluation project**

Dawn Meddler an intern at the Department Of Ophthalmology is working with Dr. Dan Twelker. She reported that she would be working with Gwen, JoJean, Dr. Twelker and Rich Polheber to bring the mobile eye unit to Nogales. The group will be looking at how patients are selected and how they will follow-up with patients. The screening is to provide eye care for low-income individuals that do not have other resources for eye care. The individuals selected are through Gwen's diabetes class, promotoras, physicians from the Mariposa Clinic and Carondelet Holy Cross. They will be setting the eye mobile at Holy Cross Hospital. If patients need further eye care, they will be referred to the Department of Ophthalmology at the U of A. They have agreed to help provide care for patients that need further screening and eye care. Ms. Meddler confirmed that funding is not available now but they are working to finalize that.

Marilynn Johnson did point out that having the eye mobile clinic here in Nogales will be positive. The program will provide patients with screening and follow-up care.

**Border Health SI – Assessment Survey demographics**

Maia Ingram reported on the demographic survey. The report was prepared based on information from the SAG assessment done by Jill de Zapien and Joel Miester in August. Mrs. Ingram said, that based on information from the assessment the SAG's main concern is physical activity in the community. SAG has moved from a problematic issue to policy issues. Mrs. Ingram spoke briefly on different issues in the report for example: What is the purpose of the Special Action Group? The Special Action Group top policy issue, information to help make policy decisions, does SAG includes the decision makers, and the demographic of SAG members. Mrs. Ingram asked the SAG members to look at the report extensively on their own time. Mrs. Ingram discusses the issue of, SAG having all the needed members involved in the SAG and what other organizations should be involved in SAG.

On the third page of the demographic report is a list of organizations. Mrs. Ingram asked the group to look at the list and give suggestions as to who needs to be invited to participate in SAG. The list of the organizations and names of the SAG members that will contact and invite the liaison of each organization are:

- County Board of Supervisors – Dina Sanchez will contact Manny Ruiz from County Board of Supervisors. He was attending the SAG group on a regular basis, but has recently not attended.
- Borderland Food Bank – Ila Tittelbaugh will contact and invite Yolanda Soto. The food bank will open a facility at a school to provide nutrition classes.
- County officials – Rich Polheber will speak with Manny Ruiz about getting other county board supervisors to attend. Mrs. Johnson has invited Mary Dayl to the SAG meeting, but she has not been able to attend. Mrs. Dina Sanchez suggested inviting her by giving her a call and not sending a letter. Mr. Polheber then agreed to speak with Manny Ruiz about possibly having other members attend.
- Church representatives – Mrs. Anne Vellom, from St. Andrews Episcopal Church consistently attends the SAG meeting.
- More School administration – Teachers cannot participate due to school being in session. Dina Sanchez will speak with Kate Mylar from District 35, so that she could have someone attend. Mr. David Peterson from Little Red School attends the SAG meetings.
- PTA's and other parent groups – Marilynn Johnson will contact the Head Start program to involve parents. Promotoras will invite parents from their groups to attend the SAG meeting in January.
- Physician groups or a representative of the medical association. They are currently participating in SAG.
- Private health professionals – Perspective of possibly inviting physicians, but others believe it could not be possible.
- Local clubs, i.e. Rotary, Lions, Zonta – Dina Sanchez represents most of the Rotary Club and the Lions Club. Joyce Hubbard represents the Zonta club.
- Behavioral/Mental Health – Gwen Gallegos will contact and invite Dan Barden at SEABHS.
- Patagonia school district- Joyce Hubbard will contact and invite Steve Arrellano.
- Other promotora agencies – none
- Women's Club - ?
- Major employers, Safeway, Wal-Mart – Marilynn Johnson will contact and invite Jim Morris from Wal-Mart or their liaison. Safeway will not participate. Mrs. Johnson will contact and invite the manager for Food City.
- Customs, INS, Border Patrol - Joyce Hubbard will contact and invite new liaison Rod Scott from the Border Patrol.
- Senior Citizens – Mr. Lee Bley consistently attends the SAG meeting.
- Recreation (business) Marcel Bachelier from the Parks and Recreation regularly attends the SAG meeting.
- WIC: Swilma Campos- Rosie Piper will contact and invite Ms. Campos.

- Santa Cruz County environmental health- Marilyn Johnson will contact and invite Ben Stepleton to attend.
- ADOT – Rich Polheber will contact and invite the ADOT liaison.
- Boys & Gils Club- Marilyn will contact and invite the liaison for the club. Dina Sanchez will also contact Liz Collier to invite her.

Mrs. Ingram asked the group if they wanted to discuss any other issues or results from the assessment. She commented the purpose of the SAG member was very strong. The next SAG meeting will be January 22, 2003. Please confirm attendance for guests and yourselves before this date. Depending on the total people participating, Mrs. Johnson will arrange the meeting in a larger facility. The SAG group in January will be asked to divide themselves into their sub-committees.

### **Douglas Project assessment**

Keith Provan reported on a SWS assessment he did in Douglas. He showed the SAG members the results of the assessment and the benefits of this assessment. His idea is to have the SAG members in Nogales and Yuma complete the same assessment. The assessment is based on a network analysis. It will discover the extent to which agencies cooperate. This assessment will provide information of ways agencies and organizations are linked, and how well they work together. It will provide information on attitudes regarding the process of the collaboration, what relationships need to be strengthened and the process of community capacity. It will look at collaboration, meaning community leaders will be able to assess their efforts in building community capacities.

The survey collects information on benefits of cooperation and drawbacks of cooperation. The survey will ask if there were previous relationships between agencies before becoming part of the SAG group. It will provide information on trust between agencies and each other. He will not provide a report of the lowest scores, but will provide the report for the highest scores.

The assessment is easy to complete and will be sent to SAG members by mail with a self-addressed envelope to send the assessment back to Mr. Provan. Questionnaire will ask about shared resources, referrals sent, and referrals received. Mrs. Johnson will be sending Mr. Provan the contact list of the SAG members.

### **Gestational Diabetes**

Terry Radner a graduate student from the college of nursing, from the U of A reported on project she did on gestational diabetes. Her title of the project is “ Long-term Outcomes of Gestational Diabetes Educational Program for Hispanic Women”. Her project focused in the Nogales area, she has been working with Gwen Gallegos. She introduced her supervisor Marilyn McEwen. Ms. Radner reported on Gestational diabetes. Gestational diabetes is most common in pregnant Hispanic women. In the year 2000 about 3000 people, were known to have diabetes in Nogales. The Santa Cruz Collaborative Project had a little over one hundred cases of gestational diabetes.

Mrs. Radner interviewed six clients from Gwen Gallegos' class. The six clients became aware of the risk of having gestational diabetes from attending Mrs. Gallegos classes. They were not aware that even after their gestational diabetes, they could develop diabetes type two in the future. The six clients were overweight. They were not aware that after their pregnancies they needed to maintain a healthy lifestyle. Having good nutrition and maintaining follow-ups with their physicians are essential. Other risks of developing diabetes type two are: obesity and delivering babies of nine pounds or more.

Some of the questions she asked when collecting data were: Can you define diabetes? Define the type of diabetes you have? Give me two symptoms of hypoglycemia? Do you have family members with diabetes? Do you feel you are at risk of developing diabetes? What type of diet do you follow? Do you exercise? Answers: All clients response to the definition of diabetes as being "too much sugar in the blood", they were all concerned about weight, but only three from the six patients exercised, because they were concerned. They all were aware of the risk factors, but others did not follow through with taking care of themselves.

Mrs. Radner's recommendation is to maintain contact with the patients. Hispanic women develop diabetes type two within five years, opposed to ten to fifteen years for non-Hispanic women. She would like to develop a postcard that will remind patients to follow-up with their physician.

Discussion then took place of the importance of Mrs. Gallegos study and how long is the funding for this particular study. The study is to be funded for one more year. Sustainability then becomes an issue. SEAHEC has a program that trains educators like Mrs. Gallegos, the problem is there are not enough educators.

Mrs. Ingram indicates that there is not a program like this being done in Yuma. Mrs. Gallegos explained that her job is to bug gestational women to take care of themselves, but there are women who do not take care of themselves.

Mrs. Ingram does have a database with information on all women with gestational diabetes, but it is not being used currently. Promotoras can help Mrs. Gallegos with the follow-up of patients, by visiting their homes, because most of the patients have their phones disconnected.

The group thanked Mrs. Radner for her presentation.

## **Closure**

Marilynn Johnson reported that she had disposable cameras to hand out for promotoras or SAG members willing to take pictures of possible walking/bicycle areas in Nogales. She asked them to keep a diary of the pictures they took and the area.

Mrs. Johnson reported that the grant writer will begin working in January and will be attending the January SAG meeting. She currently lives on Oakland and is originally from the Douglas area. She has a doctorate degree.

Mrs. Johnson praised Gwen's education program and the promotoras for an excellent job. She reported that the promotora program is over, so they need funding to continue their work.

Mr. Polheber mentioned that he would like to get a list of the programs within Border Health SI and their terms of funding. The Rotaries like to help doing things that impact the community.

Mrs. Ingram pointed out to the group that this is the last year to find sustainable monies to help the programs within Border Health SI. She mentioned that the Robert Wood Foundation have very useful proposals for groups like SAG and asked everyone to visit the "Active Living by Design" website.

The next meeting will be January 23, 2003 at the United Church Village, from 12-2.