

# **Steps to a Healthier AZ**

## *Yuma County Program*

CENTRAL YUMA COUNTY SPECIAL ACTION GROUP  
Yuma County Public Health Services District Auditorium  
2200 W. 28<sup>th</sup> Street, Yuma, AZ 85364  
January 9, 2008

### AGENDA

11:30 AM to 1:30 PM

#### **Welcome and Introductions**

Nancy Winchip, Alma Clark, Jezreel Ramirez, Pete Etroymsen, Marilyn Lammel, Sandra Veitch, Jim Miller, Diana Gomez, Laura Aviles, Maria Gnagy, Mary Sanford, Claudia Ulloa, Diane Teagarden, Kathy Lohrenz, Leonarda Jaramillo, Flor Redondo, Kaydee Cullis, Lisa Thrower.

Question of the day: What one thing do you do everyday to promote your health?

#### **South SAG Update**

*Next Meeting: February 6th, 11:30 AM to 1:30 PM, San Luis Middle School, lunch provided by Gadsden School District*

#### **Asthma SAG Update**

*Next Meeting: January 17<sup>th</sup>, 2:00 PM, YCPHSD Auditorium*  
County wide meets once every 2 months.

#### **Subcommittee Reports**

##### *Convenience Store Policy Changes*

Sandi reported that on the goal for this committee is to get convenient stores, like Circle K and Barneys, to start carrying low fat or fat free milk in gallons. On November 20<sup>th</sup> Sandi went to Circle K on Avenue B and spoke with the manager. He was very receptive but since Circle K is corporate he would have to check and then give her an answer. She also contacted the manager at Barney's on Avenue B and the manager agreed to order fat free/ low fat milk. Sandi checked up on Circle K in December but he still hadn't received a response. She also checked on Barney's and the milk was on the shelves. Sandi encouraged those present to talk to the managers at the convenient stores we visit and ask them to carry low fat or fat free milk.

##### *Physical Activity in Schools – "Safe, Healthy, Ready to Learn"*

Diana reported they had great ideas and were thinking of working with Rancho Viejo but this school wasn't willing to make any type of commitment. Other schools were also interested but it was bad timing since it was so close to the holidays. Diana stated they thought of starting off with small activity breaks in the schools and put together a newsletter. As soon as this is put together Diana will distribute copies to coalition members. Mary stated that Sandi sends information out to schools and maybe this could be included. Sandi stated this was a good idea. Mary reminded all members if anyone was interested to please contact Diana or herself.

##### *Parks and Recreation Position*

Mary reported that Hugh Hendren apologized for not being present today. He also told her that the Parks and Recreation position had been eliminated but the action plan that

was developed is still in process. The action plan involved a 600 acre desert preserve. He stated there would be a meeting tomorrow at the Public Works building on 4343 Avenue 4 ½ E. He reported there have been inquiries regarding the lack of a Parks and Recreation department for the more developed counties. Pete stated there probably won't be much money state wide and this might affect public works. Marilyn stated the national Parks and Recreation association is trying to have parks and recreation considered an essential service which might help with funding. Mary reinstated that this committee's purpose was to find out about the parks and recreation position but only Mary and Jim signed up for this and she asked those interested in joining please let her know. Pete asked to be added to this committee.

### ***Community Partners' Reports***

#### *YMCA Youth Fitness Center*

Nancy reported Roosevelt school is involved doing fitness fun activities. They are currently working on getting prizes to get kids more involved. The fitness center can also be used by schools but staff needs to be assigned. The center is located at 4<sup>th</sup> Avenue Jr. High, next to the gym. They are also working on the Teen Substance Prevention program awarded by Simpatico. Sandi offered to donate incentives for the kids. She stated they are currently looking for \$15,000 to use on technology. If anyone is aware of any funding available please contact Mary and she will forward information to Nancy.

#### *Yuma County Public Health Services District*

Laura reported that NAPSAC continues working with nutrition and physical activity at the childcare centers. She reported there was training on January 2<sup>nd</sup> with 107 participants. Mary gave an overview of the program. Mary reported that the SAG's are all doing well. She stated the funding for her position is ending on September 2008 but it is possible she might continue doing this work as a volunteer or will look for additional funding. She stated the Health Department is very supportive of this coalition and Steps. Mary suggested continuing these meetings but once a quarter and have a Status of Health once a year. She asked members to please forward any information about funding to her and if anyone is willing to help write a proposal to please contact her.

#### *Regional Center for Border Health/WAHEC*

Claudia reported they are currently working with 6 groups in Pasos Adelante. They currently have 7 cooking classes. She reported they also participated in a wellness fair on December 13<sup>th</sup> and 14<sup>th</sup>. They also screened 100 people at Desert View in cooperation with the Health Department. They have received 2 applications for Camp Not A Choo. The deadline to apply is January 31<sup>st</sup> and volunteers are being accepted. She stated they did receive additional funding for the camp.

#### *Campesinos Sin Fronteras*

Leonarda reported that a new curriculum was developed for the sugarless program. She stated she will be working with children and families and she will also develop a new curriculum for the asthma program. Flor stated Leonarda began working with Campesinos two months ago and she is a psychologist in Mexico. in

#### *U of A Cooperative Extension*

Mary reported Xochitl will continue working with Steps but is unable to attend the meetings. There is a part time position for Walk Across Arizona that has been announced and it should be filled soon. There are also a few schools interested in Open Airways and Xochitl will send additional information to Mary.

### ***Announcements***

Sandi reminded everyone Body Walk was coming up. She stated this is for 3<sup>rd</sup> graders and they usually have about 1700 to 1800 kids. This will take place at the Civic Center beginning February 27 thru March 7<sup>th</sup>. Sandi stated she was recruiting volunteers for this event.

Jim stated there would be a Bike Ride in San Luis Saturday, January 19<sup>th</sup> from San Luis to the Gadsden Park where there will be booths. They will have helmets donated from the hospital and it is being sponsored by the San Luis Police Department. This will take place from 9am to noon.

Alma reported WACOG started a new program for seniors that have transportation problems. Those enrolled in this new program will be eligible to be reimbursed for their mileage. She distributed a flyer from the Western Arizona Council of Governments Volunteer Services Program which is working to be the "house of volunteers". She encouraged those interested in volunteering or looking for volunteers to attend that meeting. She also distributed a flyer for an Aging and Disability helpline.

Kathy reported they are currently working on FitWic where they are promoting physical activity. They are starting a new class where show moms what to do with items they receive from Wic.

Mary distributed a flyer for First Things First initiative. She stated volunteers are needed with a minimum of 10 hours a month to serve as board members. The deadline to apply for this is January 31<sup>st</sup>. This council will be the entity that receives money collected for this initiative. The funding will be available in 2009. There is also a coordinator position open. The deadline to apply for this position is January 18<sup>th</sup>.

### ***Next Meeting Date:***

March 26<sup>th</sup> Wednesday from 11:30-1:30.