

## Minutes Special Action Group Douglas December 11, 2006 meeting

Meeting started at 5:00 pm. Conducted by Evelyn Whitmer.

Welcome and introductions of people in attendance. Attendees were asked to check and update their information on sign in sheet that was being passed around. Holiday healthy treats were passed around.

### School tax credit

Before the meeting started Carol H. had help in folding fliers and stuffing envelopes to mail out for the school tax credit.

Beverly Jackson talked about the candy sales in schools, club sponsors are saying they are selling candy after school hours, also candy sales are needed to support the extra curricular activities. Assistance is needed to educate school personnel about healthy fundraising activities.

Rosie Stewart reported the Wilder Survey results. At the Douglas SAG meeting in May 2006, the group was asked to fill out the Wilder Collaboration Survey. The reason for this survey to be administered to the Douglas SAG is so that the SWCCHP and Cochise County Cooperative Extension can find out what really works in communities and in prevention as well as what's working in this group and what's not working in addition to any needs that should be discussed. The SWCCHP and Cooperative Extension would like to document why this group is successful and what are and have been some of the challenges faced by the group. It is very important for the SWCCHP and Cooperative Extension to have a broad picture of this group. The data was entered and analyzed by Rosie Stewart through a grant through Cooperative Extension from The Border Health Commission-Healthy Gente Grant. Rosie then went on to present the results delineating the group's strengths and weaknesses. She went through the Collaboration Survey Executive Summary with the group. There could be no comparison made because there was no way to verify if those who answered the questions in 2003 were the same who answered in 2006. The statements that received scores placing them in the "issues to be discussed" category would be a good thing for the subcommittee to talk about. Copies of this executive summary are available upon request; please email Rosie Stewart at [Rsbeamer@earthlink.net](mailto:Rsbeamer@earthlink.net). The overall results, which are in table format, were not handed out to the group. However, if you would like copies of these tables, you can email Rosie Stewart at the above email address to request them.

Evelyn Whitmer reported on the upcoming Healthy Active Kids workshop to be presented on March 24, 2007 in Sierra Vista. The time will be 10 am to 3 pm. Cost is \$15. Evelyn is working with local school districts to have workshop count as CEU's for teachers.

Kerstin Reinschmidt reported on a grant submission that she, Dr. Lisa Staten, and Associate Dean Jill de Zapien are working on entitled Community Well-being Project.

Focus groups were conducted in Yuma, Douglas and Nogales. This grant would support research on health promotion with emotional well-being, diabetes and depression prevention. Kerstin solicited interested individuals who would like to be part of the working group for the grant proposal writing. She also asked those present who else from the community (organization or individual) should be at the table. And, she asked who would be willing to write a letter of support to be included in the grant application. A letter of support template was requested. In addition, Evelyn volunteered to forward Kerstin's one-page handout to those Douglas SAG members that were unable to attend tonight's meeting. She just asked that Kerstin email her the one-page handout. In addition, Lea Dodge volunteered to be part of the working group for the grant proposal writing. Those present also suggested that Kerstin contact SEABHS.

Lourdes reported on the subcommittee meeting. Committee members need to talk to teachers and principals again to remind/review the Wellness policy. Lea Dodge did contact a couple of schools. Discussion of nutrition policy/ways to support it: School board meetings are the first Mondays of the month. Committee members from Douglas will set up a date to remind the board members of the wellness policy/school health index. Encourage healthy fundraising opportunities. Explanation that any amount of money can be donated for school tax credit, parents do not have to donate \$200 to receive tax credit.

## **UPDATES**

### SWCCHP programs

New groups will start in January 2007, baseline measures will be done mid-January with classes beginning the week of January 22<sup>nd</sup>.

Community Nutrition/Walking Groups program had 32 people graduate on December 7, 2006. This was the last group for 2006.

### Diabetes classes

Anne Hummel will be teaching diabetes classes at the Douglas Food Bank on Wednesdays starting March 7 thru April 11.

### Steps

The new director at County Health Department will be running the STEPS grant. There have been many changes at County Health Department.

### Additional updates

March is Diabetes Awareness month. Douglas club is redirecting the monies raised to the local area instead of sending funds to National.

Rosie has a packet of Healthy Fundraiser ideas. She will send Evelyn a copy of the packet. After school snack ideas are needed for the tutoring groups.

Clawson School has a PTSO meeting on January 10, 2007. Sarah Marley's PTSO meeting is on January 16, 2007.

Rosie passed out a list of issues that have been brought up by community members participating in the Community Nutrition/Walking Groups program during session 7 when they talk about how healthy their community is. She asked that those present look over the list and begin to think about how the SAG could help resolve some of the issues mentioned on that list. One issue that isn't on the list, but needs to be addressed is the lack of enclosed walking areas. Rosie mentioned that during extremely hot or cold weather or when it's raining, community members are unable to walk outside. An enclosed walking area would very useful during these times of the year and would allow for community members to continue their walking routine. Rosie added that the building did not have to be fancy or state-of-the-art. All that was needed was a roof, walls, even flooring (compacted dirt), and air conditioning/heating. Rosie encouraged the SAG members present to think about the possibility of taking this issue on as a group. It did not have to be the same members that are the current subcommittee, but maybe a second subcommittee could be formed by other members of the SAG to tackle this community issue so as not to overburden those members that are working on the Wellness policy and in the schools.

Rosie also mentioned the possibility of creating a promotra agency in Douglas modeled after Campesinos Sin Fronteras in Yuma County and Platicamos Salud in Santa Cruz County. Possible partnerships could include the Cochise County Health Department and/or Cochise College. This could potentially lead to a permanent internship location for students of the Community Health Worker certificate program that will hopefully be restarted soon at Cochise College. This too is something that the SAG could undertake and spearhead. Again, another subcommittee could be formed that would solely focus on this issue.

Rosie informed everyone that the Information for Action VII Conference is scheduled for April 16-17, 2007 in Rio Rico, AZ. Abstracts are due January 26, 2007.

Rosie reported that the article, for which Vivi Abrams was collecting information at the last Douglas SAG meeting in September 2006, was available online at [http://www.cdc.gov/prc/stories-prevention-research/stories/preventing\\_diabetes.htm](http://www.cdc.gov/prc/stories-prevention-research/stories/preventing_diabetes.htm). The article is available both in English and in Spanish. Rosie stated that the article is very touching and turned out to be a very wonderful piece worth reading.

Finally, on behalf of Jill, Lisa, and everyone else from the SWCCHP, Rosie wished everyone happy holidays!

Next meeting

The next Douglas SAG meeting will be on April 2, 2007 at 5 pm at the First Presbyterian Church, 760 10<sup>th</sup> Street, Douglas, AZ.