

Oct. 29, 2007 Douglas SAG meeting minutes

Attending the meeting:

Martha Barrera, Yolanda Caruso, Rob Doctor, Lea Dodge, Maria Lourdes Fernandez, Kathleen Gomez, Beverly Jackson, Carol Huddleston, Sr. Mary Kirkhoff, Emma Melo, Rhea Morales, Kerstin M. Reinschmidt, Rosie E. Stewart, Rosa Alvidres

Subcommittee meeting was held 4:00 to 5:15 pm. Kathleen Gomez chaired the meeting.

Discussion was held on the September 10th meeting with the Douglas Dispatch editor and Phil Vega from Wick Newspaper.

Discussion was held about what the Print shop at Douglas High School is at present time. Mr. Doctor said it is basically used for large copy orders. Suggestions were made to try and involve the creative writing students/class for a semester to be links to community agencies and the community as a whole. Students get out of school at 1 pm. Process of getting students involved/engage in an extra English class may be difficult. Maybe approaching or inviting other school subjects such as government and or social studies would help. Letting the teachers know there are interested public members to assist with the project might help with their participation.

Dr. Kirkhoff suggested that in order to get started the subcommittee needs to approach Gail Zamar, the DUSD superintendent with a list of no more than six items about the proposal. The list/proposal would need to be concise and doable. Kathleen Gomez and Lea Dodge volunteered to work on writing the proposal. Work would be needed on getting teachers interested in being an advisor. Carol Huddleston will make appointment with Gail Zamar.

Subcommittee adjourned at 5:15 pm.

SAG meeting started at 5:25. Kathleen Gomez conducted the meeting.

There were four representatives from the UA College of Public Health. Lourdes talked about the overall mission of the Douglas SAG, which is an overarching committee for the bettering of the health of the Douglas community.

Dr. Kirkhoff talked about how improving communication within the community between the different agencies, schools, and other public organizations could improve Douglas for all citizens.

The School Wellness Committee is still working with the PTSO and parents. Clubs, etc must pre-apply to the Wellness Committee to conduct a fundraiser. Lea Dodge mentioned the need to encourage the PTSO to be consistent in selling items to promote healthy living. Principals are working on trying to reach parents with suggestions on what are "approved healthy snacks" to send to schools for parties/lunches. School nurses

are working on a “healthy newsletter” to educate and reach parents. The cafeteria is including a nutrition letter with the school menu. Parents don’t have the time to read/understand the changes to the health and wellness policy. Spanish translations are needed before information is given to parents.

The new Kidney dialysis center is opened for tours.

School nurses may be a source of information about the height and weight of students in Douglas. This information could be summarized to pinpoint what is happening in Douglas with regards to obesity and diabetes. There is also a need for follow-up information.

Rosie Stewart mentioned that the Canyon Ranch Center for Prevention and Health Promotion (CRCPHP) received IRB approval for the Activity Log that was mentioned during the August SAG meeting. The SAG can now begin to use the log. The activity log will record major activities attended, hosted, and/or undertaken by Douglas SAG members throughout the year and can be completed by any member of the Douglas SAG. The activity logs are primarily an internal recording process for the Douglas SAG. The activity logs may also be shared with CRCPHP staff for publication and presentation use regarding the progress of the Douglas SAG. Activity logs will be distributed to SAG members during the SAG meetings and collected by the SAG facilitator, Evelyn Whitmer. The logs will be stored at the UA Cooperative Extension Office in Sierra Vista.

There is a new working group seeking state level grants such as the STEP grant from the county health office that focuses on nutrition and wellness. Kathleen will try to research grant opportunities to tie in the newspaper/communication aspect with wellness and health.

Round 9 of the Pasos Adelante program, which include nutrition classes and walking groups, is in its eighth week. Twenty-seven people are currently enrolled. During the five years of funding, around 300 Douglas community members have participated in this program. Word of mouth has been the main way people have found out about the program.

Clinic nurses teach the Patient Education classes at both Chiricahua Community Health Center and Copper Queen Medical Associates.

Fourteen participants with 12 children recently graduated from the Family Education program. The program will start over again in January. During 2008, we are hoping to increase the number of participants in this program. Two classes per week will be offered instead of just one.

The UA College of Public Health is collecting information on the participants in all 3 of these programs, including self-reported data from questionnaires, anthropometric measures, and blood draw results to determine the effectiveness of these programs.

Prevention is easier and cheaper when it comes to most public health related diseases/conditions.

The recent bi-national health fair held on October 20, 2007 was discussed. Sponsored by the US-Mexico Border Health Commission and free flu shots as well as lots of information was available at the event. Some of the different agencies represented at the fair were the County Health Department, food bank, fire department, UA Cooperative Extension nutrition education, UA College of Public Health, and two agencies from Agua Prieta. There was room in the Safeway parking lot for more organizations to attend. The weather was very windy which may have deterred some people from attending the event.

Announcements from committee members:

UA College of Public Health

A grant proposal was submitted by Kerstin Reinschmidt to work with SEABHS and diabetes groups. The grant committee is reviewing the application. NIH/NIMH is the funding source. The College should know by January if the grant is approved. The grant would fund support groups focusing on depression and diabetes. Depression has lessened with the participants in the Pasos Adelante program.

Turning Point

Turning Point is assisting the school district with the Tax credit mailing again. The Governor's office is sponsoring the Buckle up for Safety campaign again.

School cafeteria

There are 800 students eating at the high school now. More students are applying for free/reduced lunches. The lunch period is 20 minutes long now. With being a Title 1 school more federal dollars are available. There is a correlation between food and higher test scores.

Next meeting will be February 4, 2008.

Meeting adjourned at 6:35 pm