

Meeting began at 6 P.M.

Welcome and Introductions

Evelyn Whitmer from the University of Arizona Cooperative Extension invited everyone in attendance to introduce themselves and their organization/agency. There were 17 people attending tonight's meeting. There was a representative from the CDC in Atlanta, Georgia.

Review of Minutes

The minutes from the May 15, 2006 meeting were accepted. There was mention of the opening date for the renal dialysis center being delayed from the October 1st date.

Sub-committee Report by Lourdes Fernandez

The members of the sub-committee talked about two schools in Douglas selling chocolate candy for fundraising. Beverly Jackson wondered if this was due to misunderstanding about the scope of the Wellness policy only covering "from bell to bell". Discussion occurred on the importance of updating and reviewing the policy to include the enforcement of the policy. Teachers' buy-in is still needed to increase awareness of the Wellness policy. The suggestion was made that maybe there could be one central fundraising committee for the Douglas schools. Beverly Jackson asked for more nutritional information that is short that could be included on lunch menus which are sent home with students.

Wilder Survey by Rosie Stewart

Rosie Stewart handed out the Cochise County Special Action Group Collaboration Survey Executive Summary. Due to time it was suggested group members study the survey and bring comments/questions to the next SAG meeting. Rosie has spent many hours on entering the information collected, analyzing the information, and putting together the report.

Critical Reflection by Evelyn Whitmer and Rosie Stewart

A page with nine questions was handed out to members. Time was given for reflection on how SAG membership assisted with obtaining the group's goals. Discussion was held on each one of the questions. Evelyn facilitated the discussion with Rosie writing down the comments. The questions asked as well as the notes taken from the discussion follow.

1. What has the group accomplished this year?

- Nutrition policy implemented before everyone else
- Douglas Unified School District (DUSD) implemented a more vigorous nutrition policy than they had to and are supporting its continued implementation. The SAG needs to continue our support of the policy as well.
- Nutrition in the schools improved with Beverly Jackson, the Nutrition Director
- Kids are eating in schools and like it
- The SAG is reviewing the implementation of the new policy, acting as a "Watch Dog"

- At a hamburger fry at one of the schools, the kids brought whole wheat buns.
- The SAG is doing a great job. More people are walking and walking in groups (families). Community members are buying healthier foods at grocery stores.
- We are helping kids start healthy lifestyles, which will be carried throughout their lives
- Kids bringing fresh fruit for snacks on playground
- Kids caring about their bodies and health
- The nutrition policy is being used as a model at a national level
- There is peer pressure now at schools to eat healthy and bring healthy snacks to school
- The work that the group did to help establish the Douglas Dialysis Center. Governor Napolitano dedicated the flag raising at the Capitol in Phoenix to Douglas and all that the community has done to make the Douglas Dialysis Center a reality. The Douglas Dialysis Center ground breaking is set for October 6, 2006.
- 2006 C.A.R.E. Fair in Douglas
- The Sierra Vista SAG creation modeled after the Douglas SAG
- Douglas' model nutrition policy circulated and utilized by other organization as a template
- C.A.R.E. Fair has been institutionalized as a regular event (400 immunizations given this year). One child was found to be blind in one eye when he/she had his/her eye screening done. The parents did not realize this problem existed, but they are now obtaining help for the child. Curves also participated in the C.A.R.E. Fair.
- School tax credit doubled from the year before and information has been placed on the DUSD website, which was a push by the Douglas SAG.
- The nutrition policy is “leaking” so the SAG focused on supporting its implementation and backed off the physical education and physical activity in schools.

2. What helped you get there?

- Collaboration
- Commitment of the group
- Food
- Perseverance
- Positive reinforcement
- A lot of participation and good relationship with the schools and mutual reinforcement.
- We had the right people at the table.
- Nice and encouraging to have others to help me in supporting the schools.
- Evelyn's support and getting us together at meetings and her patience.
- Patience
- Timing of USDA policy and “No Child Left Behind.”

- Linkages and support from the University of Arizona Mel and Enid Zuckerman College of Public Health. They helped with tracking resources and bringing resources and encouragement.
- Sincerity and friendliness of the UA Zuckerman College of Public Health folks

3. What were the challenges?

- Getting a physical education (PE) teacher and getting personnel to fill any open school positions.
- Back sliding “leaky” problem with the nutrition policy
- Chocolate fundraisers
- Vending machines
- Still have some work to do around raising awareness of the nutrition policy
- The SAG hasn’t gone broader than just the schools. It took us so long to get in the schools that we’ve stayed there and haven’t moved forward into the larger community.
- Things being taken to extremes
- Fuzzy areas around nutrition and what snacks are allowed and not by schools
- Bringing in new members to focus on community issues
- Male participation in the group
- Newspaper issues

4. Have you been able to get health issues on the radar of local decision-making entities, such as the city council, planning and zoning boards, school boards, or the board of supervisors? If yes, how?

- A little bit
- School Board
- City Council
- City Manager
- David Cota
- Through school administration/School Superintendent
- Informal meetings with people, such as running into people at other meetings and on the street.
- Contacts and who has them
- Carol Huddleston

5. What role did the SAG play in the development and implementation of health-related policies?

- Critical role for the schools
- Provided community input to formulate goals and submit those to the school administration
- Schools think about what the SAG is going to think
- Role of SAG as a “Watch Dog”
- Research and why reinvent what is already there/created
- Helped get a lot of the word out regarding any health-related issues, i.e. the Douglas Dialysis Center

- SAG took existing policy, tweaked it, and gave it to the School Superintendent
- SAG invited to attend a meeting regarding policy with school administration
- Everything...all the roles
- The SAG did most of the leg work
- Carol Huddleston invited to SHI
- SAG members invited to school wellness meetings

6. What changes have you seen that are the result of these new policies?

- Junk food/Vending machines gone
- Junk food fundraisers diminished
- Kids bringing healthy snacks to school
- Dedicated nutritionist on board in the district
- Beverly Jackson applied for a grant to analyze the nutritional content of food
- Menu at schools much more nutritionally sound
- Beverly Jackson received an award from the Arizona School Board Association (AZSBA) for all her hard work in ensuring kids served their meals
- More PE in the schools
- New PE position approved

7. How do these policies impact the health of the community?

- More people are walking
- Better food choices in grocery stores
- Shift in what people want to see happening in their community
- A lot of people want to come to Douglas to do stuff/research (i.e. The University of Arizona)
- Research to answer this question definitively hasn't been done yet, so can't say for sure what has been impacted.
- YRBSS done with the Douglas High School
- Changing one person at a time, but community exponentially

8. How has your participation in the SAG impacted your organization?

- I represented my school in deciding on what to take from the policy
- The Food Bank is better integrated with community-wide network
- The SAG has taught me the power of persistence and that things take time. The SWCCHP brags about all of the wonderful things being done in Douglas.
- We all work together as a group rather than as individual organizations
- We help each other
- It helps us to know what other programs are being implemented and we refer to each other's programs
- Awareness of the SAG and organization are more open to have us come in and help, when necessary

9. Do you have any other comments about your participation in the SAG and/or its accomplishments?

- Inspiring group of women
- In 2007, we should re-do the Diabetes Prevalence Survey since it will be the 10 year anniversary since it was done back in 1997.
- If CDC coming all the way to Douglas, we must be doing something right
- It's a good thing that we are doing here and a positive thing
- Mark Fenton made a statement of all the things that need to be done in a community and we checked off most of the things he mentioned. He was shocked at how poised we are to continue to move forward with our endeavors.
- This is the most meaningful and productive endeavor that I've been involved with and my career has been enriched by it!

Updates

SWCCHP Programs:

Community Nutrition/Walking Groups - A new group started in September 2006 with 36 participants. Comments heard from participants include that the City of Douglas is trying to clean up walking areas, such as the parks and some sidewalks. Rosie Stewart handed out a sheet of paper listing some areas that have been highlighted in one of the Pasos Adelante classes. She asked everyone to read over the list and at the next meeting we will talk about the issues raised and see if there is any opportunities for the SAG to help address some of the issues mentioned.

Family education - a new class started in August 2006 with 4 participants.

Patient education - a new class started in August 2006 with 4 participants.

EFNEP:

Educator is available for nutrition/information presentations to groups, classes, individuals.

Additional updates:

The Douglas C.A.R.E. Fair was a success. Carol Huddleston reported that the screening process identified a child who was blind in one eye. The parents did not realize this problem but is now obtaining help for the child.

The ground breaking for the Douglas Dialysis Center will be held on October 6, 2006. Governor Napolitano mentioned the center in a speech she made.

Other Business

There is a UA Cooperative Extension sponsored workshop "Healthy Active Kids" for teachers, educators, and others interested in promoting healthy lifestyles activities on November 8, 2006 in Sierra Vista. The time will be from 3 P.M. to 9 P.M.

Jill Guernsey de Zapien spoke about the accomplishments of the SAG committee. The Douglas Schools' Wellness Policy has been copied by other school districts because of its coverage.

Next Meetings

The Sub-committee SAG group will meet on Friday, November 17th at 10:30 A.M. at the Douglas Food Bank.

The next Douglas SAG meeting will be on December 11, 2006. The sub-committee will meet at 4:00 P.M. and the general meeting will start at 5:00 P.M. Meetings will be held at the First Presbyterian Church, 760 10th Street, Douglas, AZ.