

Steps to a HealthierAZ

Yuma County Program

CENTRAL YUMA COUNTY SPECIAL ACTION GROUP

U of A Cooperative Extension

2200 W. 28th Street, Yuma, AZ

February 6, 2007

Participants:

Nohemi Ortega, Victoria Steinfeld, Xochilt Rodriguez, Jim Miller, Madeline Coil, Kathy Lohrenz, Sandi Veitch, Geoff Dewhurst, Mary Reyes Sanford, Emma Torres, Kaydee Cullis, Cristina Gonzales, Frances Herrera, Becky Brooks, Flor Redondo, Nancy Winchip, Shanen Aranmor, Brian Unger, Christine Winters, Lisa Nelson.

Welcome and Introductions:

Participants were welcomed, and were asked to introduce themselves and answer to the question of the day: Yuma has had record setting cold temperatures, how do you deal with it, and do you like it or not?

Review Draft Summary Report

Vickie handed out copies of the Central SAG Summary Draft, developed by Rebecca Drummond with the U of A Evaluation Team. The report contains information about challenges and successes. Time was given for members to review summary and make comments. Emma Torres commented "it is very exciting to see the report, and I remember when we first started and how the word Policy was scary, but now seeing the model, and structure that was used, has given results, and can be replicated. The leadership of Vickie and her staff has been key in the success of this group, and it makes me proud to be part of it." Vickie added that Rebecca's work is excellent, she takes all this information and presents it in a user friendly way. Jim Miller asked if anything was being done in the area of bike paths and bike trails, he provided copies of a newspaper article asking for input from the community regarding the bike plan. Jeff clarified departments for him and Lisa under district one, his is Safe School Healthy Students, and Lisa is Child Nutrition. Becky Brooks questioned the YCPHSD different departments that were listed. Shanen from AWC (physical and wellness education) asked to be included in the list. Cristina Gonzales asked to have the Yuma Community Foundation listed.

Reports from Subcommittees

Becky reported the Wellness committee at the district is planning a health fair, and in the future a women's health fair. What they will do is take the information from the survey and see what can be provided to employees. They really want to be in tune with it, and provide the available time to employees. Becky described a wellness program she had participated in through a past project. Becky hopes the committee can be expanded to the whole community. Sandy suggested asking employees to bring their equipment and a place would be available for it here. Becky added she is very interested in wellness, and the deputy director is also. Shanen said that in April, Play it Again Sports makes a call to the public for equipment. Employees may be able to purchase them and get a tax deduction. Vickie added Nancy Winchip provided two 30 day

memberships to the YMCA as an incentive for employees to return their survey. Sandy said the two people that won were very excited. Vickie asked members their thoughts on bringing the survey to other worksites, and tailoring the survey according to the type of worksite. Worksites could have a council and use the survey results to move on with a wellness program. Members agreed to the next step. Vickie showed copy of the Worksite Brochure and announced that the brochure will be sent to human resource directors at worksites. Vickie handed out a sheet for members to write down the name of their human resources director. The effort will be made to get directors names, versus just sending them out without names.

Update on South Yuma County SAG

Flor reported that the Parent Advocacy Program has conducted one session, and are currently recruiting more parents to participate. Flor will be presenting the program to the Somerton District nurses and parent liaisons. A new promotora was hired to conduct the program. Vickie added the purpose of the program is to empower parents and to attend school boards, and request for changes in physical activity and nutrition in schools.

Vickie reported that during the last South SAG meeting, a discussion took place about next issues, and one strong issue that came up is health services for morbidly obese children. A school health coordinator that was there mentioned that when she has kids that come with this condition, there is no place in the community where she can send them. This group will be looking into working in this issue. Shanen mentioned she had a situation where service was requested for a 14 year old, and they can access the AWC services as long as a parent is with them.

Update on Asthma SAG

Xochilt reported she is camp director, This year 21 applications have been received. The brochures really helped us recruit more children. Xochilt said volunteers are needed, for all kinds of positions at camp. Shanen said massage therapy students may be available to volunteer at camp. Camp planning meeting will be February 7, 2007, 2 pm.

Community Partners' Reports

YMCA Youth Fitness Center – Nancy reported the Steps/YMCA continuation grant was submitted and awarded \$5,000 again. The money will be used for training, and for the Youth Center. Nancy was contacted by another Steps community to come see the great partnership that exists between Steps and YMCA here in Yuma, which is a great recognition. Nancy thanked Vickie for all her help. Brian said Activate America program will start. Pre/Post test are being conducted, with about 180 kids (push ups, sit ups, resting heart rates, etc). The program includes physical well being, nutrition and other classes.

Yuma County Public Health Services District - Mary said 30 child care centers have been involved with the NAP SAC. 13 have completed the whole program. Currently 13 centers are open, still receiving training. One goal was to get private child care centers involved, and to date there are 7 private centers participating. The other goal was to get home cares involved. The NAP SAC has now been added into the standard training they receive. The other area NAP SACC has been working with is asthma assessment, and referring them for training, and conducting a follow-up assessment with them. The asthma part has been a barrier, where as

centers were referred and contacted, they were not able to schedule the training. It is difficult to get the center to commit all their employees to attend. It is something they are continuing to work with. One of the big emphases that the NAP SACC has is the role modeling aspect. In working with the WACOG centers, they really took this issue to heart, and they will be developing a Wellness Council and working with employees and parents. They would like to use the survey piloted at YCPHSD. Sandy added that carry over moneys were received to use with participating NAP SACC centers, to purchase portable play equipment. 17 grant proposals were received, and 11 centers were awarded with \$600.00. Sandy reminded members about Body Walk, and asked for volunteers. Event is February 21-March 2.

Regional Center for Border Health - Frances reported the community education sessions continue on cholesterol, diabetes, cardiovascular disease, and maintaining healthy weight. A new Pasos group started January 30 in Somerton, and another on February 1, in San Luis. With the SHI, Cibola High has started organizing their Health Fair for this year. The wellness screenings were completed in the Gadsden Elementary district, 117 employees were screened. The challenge with this piece was to complete the HRA's which were lengthy and personal questionnaires. Some of the employees did not write their names on the questionnaires due to the personal questions, although they were told the information was confidential, still some were hesitant to answer them. The Quality of Care program, 13 charts were reviewed in the San Luis Walk-In Clinic, and files show most patients are being screened for their retinal eye exam and they are also having their foot exams. A meeting with the health providers will be called by the Medical Director to discuss other findings of the quality of care.

Campeños Sin Fronteras: A new promotora has been working with the Asthma Home visits and she increased the number of families from 15 to 25. CSF will be opening up a Family and Wellness Center in Somerton. They submitted a proposal to use the old police department building, and were awarded the proposal. A community forum was held to inform community about project, and for the community to take part in the center. The community is committed and willing to work to make it happen. The center will include a child care area. It is very exciting to have the support of the city and the community is very motivating. Emma reported that the Cocopah Casino requested a health fair, Emma said she knew employees might not respond as much, however the manager was able to see that he needs to put more emphasis on wellness. The fair took place, good response from the agencies. CSF is also working with the Sunset Clinic conducting a diabetes management program. CSF Promotoras are housed at the clinic to provide diabetes education. This will turn into a Diabetes Institute, providing services to the whole family free of charge.

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Xochilt reported one Walk Across Arizona team is going at the Nutrition Department at the YCPHSD. People have said they like the idea of having to report their miles, and knowing someone from their worksite is participating. Participants also enjoy the weekly health tips that are e-mailed. The program is available to all worksites to begin any time.

Announcements

Nohemi announced her last day at Cooperative Extension will be February 9, 2007.

Vickie handed out flyers for the Arizona Policy Training Institute April 11-12, 2007, and said Frances Kaplan from ADHS said there is support for SAG members and Steps staff to attend.

The Arizona Conference to Prevent Obesity on March 15, 9am to 4pm at the Yuma Health Services Auditorium.

Healthy Active Kids workshops in different State locations, handouts were provided.

Madeline announced there is a group called Yuma County Regional School Readiness Partnership, this a group focusing on early healthcare for kids ages zero to five. A grant has been developed and will be submitted.

Shanen announced classes available at AWC, Tae Chi, Yoga, traditional Physical education, kick boxing, water aerobics.

Jeff announced Emergency Crisis Response Management for schools classes; part time paid positions are available at the district. February 8th, 4pm.

Cibola High Health Nutrition Day, March 21. Contact Mrs. Mary Nelson, 783-7837

Next Meeting
March 27, 2007

FINAL