

# ***Steps to a HealthierAZ***

## ***Yuma County Program***

CENTRAL YUMA COUNTY SPECIAL ACTION GROUP

*U of A Cooperative Extension Auditorium*

*2200 W. 28<sup>th</sup> Street, Yuma, AZ*

*March 27, 2007*

### MINUTES

#### ***Attendance:***

Frances Herrera, Jill Harrison, Rosario Sanchez, Mary Reyes Sanford, Goeff Dewhurst, Sandi Vietch, Madeline Coil, Christine Winters, Hugh Hendren, Xochitl Rodriguez, Shanen Aranmor, Victoria Steinfelt, Becky Brooks, Micheal Sears, Lisa Nelson, Kathy Lohrenz, Eva Barrera, Laura Hamilton, Emma Torres

#### ***Welcome & Introductions***

*Victoria Steinfelt, U of A cooperative Extension*

Members introduced themselves and answered to the question of the day.

#### ***Summary Report***

Vickie said copies of the Central SAG Summary Report developed by Rebecca Drummond with the U of A Evaluation Team were handed during last meeting and she made extra copies available. Members may also receive an electronic copy if requested.

#### ***Report on “Fit WIC”***

*Mike Sears, Nutritionist, Yuma County Women, Infants and Children Program-* provided a summary of the “Fit WIC” program. The program was made to promote physical activity. It provides a class with a curriculum which rotates about every 3 months so that there is always something different being taught. The program is mainly for parents and children are entertained, however people of all different ages such as older siblings and grandparents participate. The WIC program schedules parents to attend but others are encouraged to attend as well. The type of physical activities children need and ways parents can help them is discussed. Parents are asked what physical activities they are currently doing with their children and discuss how much TV is okay for children to watch. Mary commented that the NAP SACC program works with 0 to 5 year old children and includes a lot of physical activity with parents as well.

#### ***Reports from Subcommittees***

*Worksite Committee members*

As part of the Worksite Subcommittee an Employee Wellness Health Fair will be done in April at the Yuma County Public Health Services District for all County employees. The event will be done during County time as an employee benefit; from 8:30 to 11:30 AM and 1:00 to 4:00 PM. Height, weight, BMI and other screenings will be provided. Many different vendors will participate and there will be many informational booths of the different YCPHSD programs. Employees will be sent to different segments available. Planning for next year’s event will begin right away with hopes to expand it even more. Shannon commented a Massage Therapist could be scheduled to participate in next years’ event. Vickie commented that chair massages for volunteers and counselors were a wonderful addition at camp Not-A-Choo and thanked Shannon for making this possible.

For the Parks Subcommittee Hugh Hendren reported Ed's position is now advertised as Open Space, Trails and Special Projects Specialist. He said the board is very concerned about not initiating projects that require a lot of maintenance and is more focused in open space and trails. He added he continues to work on a resolution for the 600 Acer Desert Preserve project.

### ***Update on Asthma SAG***

Vickie reported Camp Not-A-Choo was held March 16 and 17 at the Sheriff Posse Arena and said a lot of support was received and that there was many fun activities. About 18 children went through the screening, however only 16 participated. Camp ended Saturday about 7:00 PM. A debriefing meeting will be scheduled.

### ***Future Transitions***

Vickie reported that with her retirement from Cooperative Extension coming up during late summer/early fall of this year, the U of A has been trying to work through some transitions to make sure the Steps program continues. She added her position with the U of A probably will take about a year before it is filled, however the State Cooperative Extension Office has approved a plan to have an Off Site part-time person as a Principal Investigator to work with all the contracts and subcontracts. Xochitl will continue to work full-time with the different interventions and some of what Eva is doing. The one piece not settled is the SAG groups; however plans are that the YCPHSD will take over all the SAG's- to coordinate and facilitate them, and work with members from the different agencies.

Vickie requested that members commented about what they would like to see continue or added. Emma commented that what the group has been doing is very important and that a way to sustain the SAG as a community coalition is critical and that it is now a good time to look into future funding to continue this effort. Time for further discussion will be given during next meeting.

### **Community Partners' Reports**

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

Mary reported, of the 30 centers involved with the NAP SACC, 19 are completely done. The possibility of presenting to the Board of Supervisors a report of the success the NAP SACC has had in the community is being discussed. The intention is to explain to the Board what is happening with the centers and why the program is important, and inform them about the Child Care Consultant Certification- what it involves and it may impact Yuma County. Mary also reported she has been asked to attend a National Conference at Seattle to speak about the program. Sandi reported she has been receiving invoices of the purchases made by the 11 centers who received the mini grants.

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

Frances Herrera reported- With Pasos Adelante two groups have begun, one in Somerton and another in Yuma with approximately 14 participants in each group. Another group completed the Nutrition, Physical Activity and Disease Prevention classes. Health Career Club Students completed a 30 minute class on nutrition. A total of thirteen participants completed the Pasos Adelante Classes at Crane Family Literacy Program at Rancho Viejo. With the School Health Index the SHI/GESD Wellness Council met in early March to discuss further implementation of their Wellness Policy/SHI Action Plan and perform a fair for the students. The evaluation results were informed to the Wellness Council Members and will be presented to the Principals and to the Board. Two initial fairs will begin this year in May and plans for all schools in the district to have wellness fairs will continue next year. A VERB Kit was awarded to Cesar Chavez Elementary during a Board Meeting held March 13, 2007. The Health Career Club celebrated its 2<sup>nd</sup> Raider Nutrition Day at Cibola High where jump ropes and balls

were used and a variety of nutritious foods were offered. With the Quality of Care 921 charts were reviewed at the Family Walk-In Clinic in Yuma, to check for DM Patients and those that had not been identified with Diabetes. This will facilitate finding charts of people with diabetes and will increase the capacity of providers to screen, diagnose, treat and refer patients with diabetes

#### *Compesinos Sin Fornteras*

Emma reported for Lucy- CSF is currently in the process of recruiting for a person to work with the Sugarless program. Lucy has been working with 2 groups with the healthy lifestyles. One will begin at the Juvenile Detention Center and one at a church. She is also working with the Tobacco program. Seven Children finished the 3 month session of the Sugarless program, 9 children from Pecan Grove are currently involved in the program and plans are being made with the Nurses at the Somerton School to begin the program. With the Asthma program, 20 families have completed the program and 11 new families have started. Asthma education is being provided to parents in the fields as well. Information about a grant form CDC for ecological changes has been received and Emma hopes to look into it and that it may offer future sustainability to this group as well. She said letters of support may be required and requested from members of the SAG. The grant requires that a coalition is formed and about 5 to 6 key partners would need to be involved.

#### *U of A Cooperative Extension*

Xochitl provided an update about Walk Across Arizona and handed information of the program. The program is computerized and offers healthy tips to participants. Members interested in participating may contact Xochitl.

#### *YMCA Youth Fitness Center*

Students continue to visit the center; many come in after school. Xochitl and Lisa will both be attending the YMCA Expo in Dallas. A Healthy Kids Day will be held at the Civic Center on April 14; a bike and other things donated will be raffled.

#### ***Announcements***

Vickie handed following:

- Information of the Arizona Policy Institute Conference to be held in Phoenix, April 11 & 12.
- Arizona Farmers' Markets pamphlets
- Book marks of the U of A with information of all Arizona County Extension Offices.

Sandy thanked those who participated in Body Walk.

Madeline announced an Advocacy Training to be held April 16<sup>th</sup> at the Yuma County Public Health Services District and one at Regional Center for Border Health.

Emma thanked YMCA for the equipment donated to the new CSF Family Fitness Center and announced Sunset has donated space for a family and diabetes institute in Somerton.

Mary announced a "Personal Health Taking Care of Your Self" session is scheduled for April 6. Xochitl or Mary may be contacted to register.

#### ***Next Meeting***

Wednesday, June 13, 2007- Yuma County Public Health Services District Auditorium.

#### ***Final***