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The Collaborative

*Working Together to Improve the Health Status of the Community
The Bexar County Community Health Collaborative*

Health Collaborative Supports Fluoride in Local Drinking Water

The Bexar County Community Health Collaborative publicly supports increasing the level of fluoride in the local drinking water and encourages residents to vote in favor of the initiative on the November 7 ballot.

"Increasing the fluoride in our water will improve the health status of the community," said Geoffrey W. Crabtree, president of the Health Collaborative

from Methodist Healthcare. "Voting to support fluoride is a wise and prudent decision, especially as a preventive health measure for our children."

The Health Collaborative is an active player in the local coalition of organizations supporting the ballot initiative. Comprehensive, scientific studies indicate that citizens in communities with appropriate levels of

fluoride in their drinking water have 40 percent fewer cavities than those that do not.

"This election provides San Antonians a rare opportunity to improve our health," said Crabtree. "We encourage everyone to make the time to vote and voice their support for fluoride."



Students Are Learning How to Move It

This fall, hundreds of San Antonio elementary school students are moving it more than ever, thanks to a training workshop for physical education specialists.

Teachers from some 48 schools participated in a training workshop in August and learned techniques and strategies to increase their students' activity during physical education classes. The training is part of the Coordinated Approach to Child Health (CATCH) program conducted by the Center for Health Promotion and Prevention Research at the University of Texas Health Science Center at Houston School of Public Health.

A portion of the funding for CATCH comes from the Bexar County Community Health Collaborative as part of the coalition's fitness and nutrition initiative.

Some 35 schools in the North East Independent School District and 15 schools in the Harlandale Independent School District take advantage of the CATCH program. Additional funding comes from state agencies.

The Health Collaborative funding supports the following elementary schools in the Harlandale district: Gilbert, Morrill, Schulze, Vestal and Wright. The five elementary schools in the North East school district are Jackson Keller, Huebner, Redland Oaks, Stone Oak and Castle Hills.

During the training, the physical education specialists learned how to keep their students moving during class time, including innovative measures for taking attendance and incorporating activities that prevent students from standing on the sideline.

"It was so exciting to see the teachers become more energized as they learned new techniques," said Sr. Michele O'Brien, treasurer of the Health Collaborative from CHRISTUS Santa Rosa Health Care. "It is so important that we support good physical health as an integral part of a good education."

There was heavy local media coverage of the training programs. The San Antonio Express-News ran an editorial supporting CATCH and endorsing mandatory physical education programs in all Texas elementary schools.

"If our efforts show that increasing physical activity leads to a healthier population and workforce, then everyone benefits," said O'Brien.

A joint community effort sponsored by:

Baptist Health System

CHRISTUS Santa Rosa Health Care

Methodist Healthcare

San Antonio Metropolitan Health District

Southwest General Hospital

University Health System

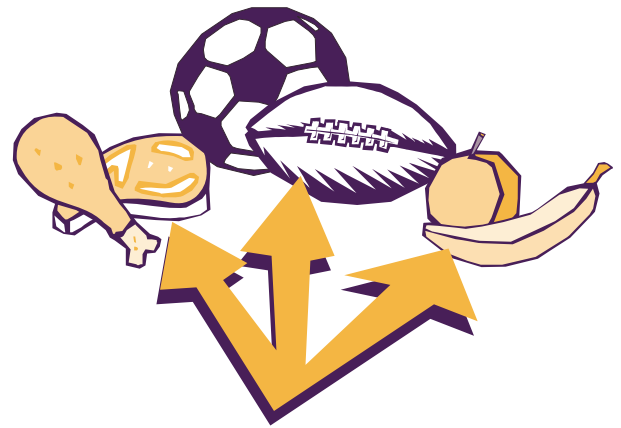
8620 North New Braunfels, Suite 420
San Antonio, Tx 78217
Tel: (210) 822-8521
Fax: (210) 820-3888

Council Oversees Nutrition, Fitness

Some 30 members of the community are active on the advisory committee that oversees the direction of the nutrition and fitness initiatives supported by the Bexar County Community Health Collaborative.

The Nutrition and Fitness Advisory Council comprises representatives from healthcare organizations, education, businesses and governmental agencies. Additional members are always welcome.

One segment of the advisory council oversees the two school-based nutrition and fitness programs funded by the Health Collaborative: Bienestar and the Coordinated Approach to Child Health (CATCH) program. Other members of the advisory council are active in re-launching the Shopping Partners program, a service developed by CHRISTUS Santa Rosa Health Care and HEB. In that program, dietitians and



nutritionists accompany shoppers down the grocery store aisles, making recommendations suitable for their diets.

Chair of the advisory council is Mary Rozar-Hogan from University Health System. Chairing the Bienestar and CATCH groups is Steven Tobias from the American Cancer Society.

“The expertise of these community members really helps bolster our effectiveness,” said Alex Garcia, board member from Southwest General Hospital.

Nutrition and Fitness Resource Guides Available

Information on local organizations that offer programs to improve nutrition and fitness has been compiled into a booklet published by the Bexar County Community Health Collaborative.

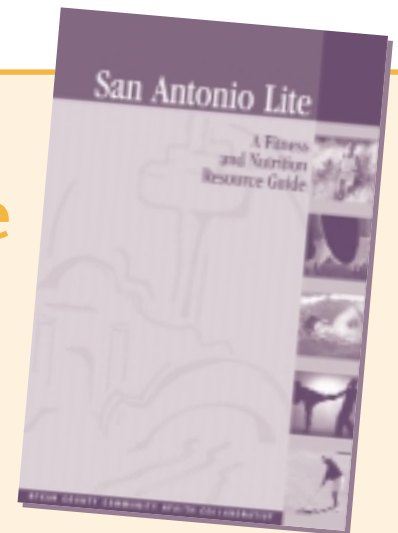
“San Antonio Lite: A Resource Guide to Fitness and Nutrition” is available free of charge. The booklets contain data on more than 325 organizations and are designed to direct individuals of all ages to services that will help improve their health.

Fitness listings include information on clinical programs, dance, gymnastics, martial arts, massage therapy, multi-purpose facilities, personal training, recreational activities, running, swimming, youth activities and team sports.

Information on nutrition includes data on clinical programs, educational sources, food resources and weight management. Some 25,000 of the booklets were printed for the community and are being distributed primarily through the Health Collaborative partners.

“San Antonio really does have a lot of opportunities for us to improve our fitness and nutrition,” said Alex Garcia, secretary of the Health Collaborative from Southwest General Hospital. “I encourage everyone to take advantage of this great source of information.”

Information in the booklet is continually updated and is available through the following web sites:



- Bexar County Community Health Collaborative: www.healthcollaborative.net
- CHRISTUS Santa Rosa Health Care: www.christussantarosa.org
- Methodist Healthcare: www.SAHealth.com
- San Antonio Metropolitan Health District: www.samhd.org
- University Health System: www.universityhealthsystem.com

Support Leverages Additional Funds

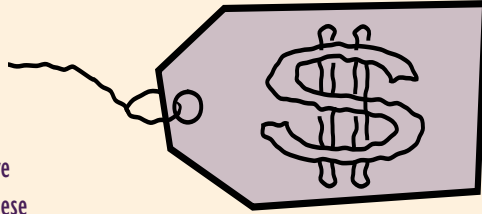
Financial support from the Bexar County Community Health Collaborative is resulting in additional funds from other sources for two school-based nutrition and fitness programs.

As a direct result of using Health Collaborative funds to augment its school cafeteria component, the Bienestar program was awarded a \$2 million grant from the National Institutes of Health (NIH).

In addition, the Texas Department of Health identified San Antonio as one of its target cities for the Coordinated Approach to Child Health (CATCH) program, the initiative coordinated by the University of Texas Health Science Center at Houston School of Public Health.

“We are so pleased to see that these agencies recognize the value of Bienestar and CATCH,” said Jean R. Setzer, vice-president of the Health Collaborative from University Health System. “These are great examples of how the Health Collaborative is achieving its goal of improving the health status of the community. By leveraging dollars to gain additional funding, we all win.”

Dr. Robert Treviño, director of the Social and Health Research Center, which coordinates Bienestar, credits the Health Collaborative for obtaining the NIH grant. “I have no doubt that the Health Collaborative’s funding, which strengthened the school cafeteria portion of our program, was key to the NIH



recognizing we have a well-rounded program worth funding,” said Treviño. The \$2 million grant will fund a comprehensive long-term study of the benefits of Bienestar, as well as expand the program to additional schools with students who are at risk for diabetes and other chronic conditions.

Since the beginning of the year, some 34 elementary schools in the San Antonio Independent School District have participated in Bienestar.

San Antonio Lite: A Fitness and Nutrition Resource Guide

Fax completed form to (210) 822-8521 • Questions? Call Joan Miller at (210) 822-8521

Yes! Include this Program or Organization: _____

Web Address: _____

Locations (Check all that apply): Northeast Northwest North Central Downtown Southeast Southwest

Address: _____ Phone: _____

Contact: _____

Services Offered:

Nutrition: _____ Exercise/Fitness: _____

Offered by Age: Children Teens Adults Seniors

Additional Services: Classes in Spanish Information in Spanish Child Care

Other: _____

Thank you for your cooperation!

Health Collaborative Target Issues

Three Health Collaborative Target Issues:

- Nutrition and fitness as they relate to diabetes and other chronic conditions
- Fluoride in the drinking water
- Youth depression

2000 Mission

To improve the health status of the community through collaborative means. The result of this collaboration is a more robust approach to solving critical community health needs, and at the same time realizing efficiencies in the use of resources. The focus is to maximize synergies created by working together instead of duplicating efforts.

Health Collaborative Strategic Plan

Healthy Collaborative's Strategic Plan:

- Collaboratively implement community health improvement initiatives
- Adopt community health measurement system
- Increase partnerships inside and outside of healthcare
- Secure ongoing funding from multiple sources
- Sustain distinct, viable, visible structure

2000 Board of Directors

President: Geoffrey W. Crabtree, Methodist Healthcare

Vice President: Jean R. Setzer, Ph.D., University Health System

Secretary: Alex Garcia, Southwest General Hospital

Treasurer: Sr. Michele O'Brien, CHRISTUS Santa Rosa Health Care

Board Members

Frank Blalock, San Antonio Metropolitan Health District;

Janice O'Brien, Baptist Health System

Executive Director

Joan M. Miller

**BEXAR COUNTY
COMMUNITY HEALTH
COLLABORATIVE**



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