

News from the Health Collaborative

Bexar County's *Community Health Leadership*



"This was a great experience for my grandkids and me," community member Sylvia F. Duncan said. "If there is more outreach like this, that people are aware of, San Antonians will finally realize how easy it is to reduce their energy usage." "

Participants pose for The Health Collaborative's Moving Planet event .

Photo by: Mark Martinez

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Stephen F. Austin Academy Fall Festival

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Progress Report on Community Health Improvement Plan, who are the partners?

Healthy Vending Guidelines

The Health Collaborative participates in Moving Planet

Thank you to our great community partners for support of this event!

The Health Collaborative hosted their first ever Moving Planet event on Saturday, September 24. The event focused on informing people how their daily decisions could affect the environment.

Staff and VISTAs participated in events at the Pearl Brewery and at the offices of the Health Collaborative. Pedit cabs and bikes brought participants from **Pearl Brewery** to the Health Collaborative where a slew of activities awaited.

VISTAs and volunteers taught families how to start a "garden-in-a-cup", make a solar pizza oven, create a bird feeder out of recycled materials, and kids helped decorate the community garden by painting tiles and pots. The event also featured two piñatas in the shape of gas-guzzling Hummers. Children lined up in great haste to get a chance at bursting them.

My Fit Foods donated lunch to the volunteers and exhibitors and sampled their healthy menu for everyone. **Patrick McMillan** sampled goat-milk ice cream while the community garden was adorned with artwork by **Douglas Gayeton** entitled "The Lexicon of Sustainability". **B-cycle** donated helmets, bike lights and other bike gear as giveaways. **CHRISTUS Santa Rosa** Mobile Clinic bus provided health education materials to families for their personal Body Mass Index. **The Sierra Club** also came out to educate the public on their eco-initiative.

Volunteers were recorded declaring how they would decrease their carbon footprint. **Stephen F. Austin Academy** teacher, Mobi Warren, said she would only buy fruits and vegetables in season and from local farmers markets. **Health Collaborative intern, Tania Veliz**, said she would bike in lieu of using her car. To view more pledges by community members and see the video of the event, log on to: www.healthcollaborative.net and select News/Media. Follow the link to Videos.

Special thanks to, **Tania Veliz, Community Health Intern**, for all of her hard work in making this event a success.



To add to the festivities, participants at the Moving Planet event lineup to get their face painted by volunteers.

Photo by: Mark Martinez



Families gather together under a canopy to paint tiles and pots that will help beautify the garden beds.

Photo by: Mark Martinez



Children line up to hit a piñata in the shape of a gas-guzzling Hummer.

Photo by: Mark Martinez

The Health Collaborative and San Antonio Metro Health Lead City in Updating Healthy Vending Guidelines

By: Shirley Wills, Shirley Wills and Assoc.

The Health Collaborative and San Antonio Metro Health are guiding the community in developing updated healthy vending guidelines.

In 2002, The Health Collaborative (THC) developed a Healthy Vending initiative through its Fit City/Fit Schools program. The initiative was developed to improve the health status of the community and to educate people on options for healthy snacks and beverages. THC worked with area school districts, the San Antonio Dietetic Association and the vending machine industry. The initiative received national recognition from the Centers for Disease Control and Prevention and has served as a model for similar initiatives in other parts of the country.

"We are reviewing and updating these guidelines to reflect changes in dietary requirements," said Elizabeth De La Fuentes, THC executive director. "As in the past, we are collaborating with a range of community organizations to develop guidelines that support a healthy lifestyle and that are realistic for consumers."

Kathy Shields, Chronic Disease Prevention manager at the San Antonio Metropolitan Health District, said that The Health Collaborative brings to the table in depth knowledge of the healthy vending issue as well as relationships with organizations involved in healthy vending on the local level. "Healthy vending is a key strategy in improving access to healthy foods in community and work settings," she said.

Organizations involved in developing the guidelines include:

Alliance for a Healthier Generation, CHRISTUS Santa Rosa Health System, H.E.B., Methodist Healthcare System, Nutrition Associates of San Antonio, San Antonio Metropolitan Health District (Metro Health), Selrico Services, Inc., and University Health System.

The revised guidelines will be presented to City Manager Sheryl L. Sculley in December for consideration as part of the City of San Antonio's *Healthy Choices Nutrition Plan*, an effort to improve the nutritional quality of snack items within vending machines. The guidelines will also be available for adoption by local businesses, school districts and other organizations interested in making this healthy change.



On left The Health Collaborative's **Regina Maspero** and far right **Savannah Duncan** come together with SAC nursing students at Highlands High School, to help motivate the students in physical education.

Photo by:
Renata Garza

SAC Nurses Lend a Hand

Since the end of August, nursing students from **San Antonio College's School of Nursing** have played a key role in changing Highlands High School's students' lives. Initially, the nursing students aided the school's nurses and coaches in gathering biometric data, such as height, weight, and blood pressure, on all students in physical education at Highlands. Since then, the nursing students have been motivating the high school freshmen and sophomores to learn new ways of staying active by introducing them to alternative exercise methods. Students have mastered line dances, volleyball skills, prepared for FitnessGram testing, and many other fun activities. As the semester moves forward, The Health Collaborative is looking forward to having new nursing student volunteers impact the lives of students in the San Antonio Independent School District and beyond.

Community Garden Workday!



Volunteers from Junior League and the community came out to plant and beautify our garden beds. The next workday is **Saturday, October 8, 2011 from 8:00 a.m. to 12:00 p.m.**



The Health Collaborative's **Regina Maspero** shows community member **Aries Pagette** how to plant tomatoes in the garden.

Photo by:
Renata Garza

Project Measure Up

Watch Me & My Family

Upload pictures and tell us how you and your family stay active

For more information visit www.projectmeasureup.com or email Renata Garza at renata.garza@healthcollaborative.net

Featured staff member: Savannah Duncan

Savannah Duncan
"I will never forget my time served as a VISTA at The Health Collaborative."

Photo by: Renata Garza



Savannah Joy Duncan began her AmeriCorps VISTA term in April 2011. She chose VISTA because she has always wanted to better her beloved San Antonio community, and this program offered the best opportunities. Being a VISTA with the Health Collaborative has given Savannah the opportunity to become familiar with the numerous health initiatives in San Antonio and has ignited a fire in Savannah to do more to engage the youth of San Antonio. Savannah's most memorable experiences at THC have been the production of event videos. "It's a full-circle type experience," said Savannah. "We plan the events and shots we need, shoot the footage, then compile and edit with music and transitions. Then the event is out there for everyone to experience!" Savannah also really likes interacting with kids at various events, whether it is with Young Minds Matter at Morgan's Wonderland, Project Measure Up at a local High School, or teaching kids about solar power at September's Moving Planet event. "Kids will let you know if what you're doing makes sense or relates to their level of thinking. I really like the instant feedback." Savannah has an Associates of Science in Biology from San Antonio College and has been accepted to the Nursing program for Spring 2012. Savannah has wanted to be a Registered Nurse for many years and is very excited to start training for her future career.

The Health Collaborative
1002 N. Flores St.
San Antonio, TX 78212
Phone:
(210) 481-2573
Fax:
(210) 223-0680
Web Site:
www.healthcollaborative.net

Ideas, Questions, or Comments?

Contact the Editor

Mark Martinez

(210) 481-2573

markmartinez@healthcollaborative.net

Our mission is to improve the health status of the community through collaborative means.

Featured board member: Ms. Charlene Doria-Ortiz



Ms. Doria-Ortiz serves as the Community Health Program Manager for Bexar County Department of Community Resources

Ms. Doria-Ortiz also serves as a Member of The Health Collaborative Board of Directors

Thank you, Charlene Doria-Ortiz for your support and membership at The Health Collaborative!



BEXAR COUNTY
DEPARTMENT OF COMMUNITY
RESOURCES

"CHANGING LIVES -
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www.bexar.org

Thank you to all who attended the 7th Annual Health Literacy Conference

The San Antonio Health Literacy Conference was held on October 14, 2011 at the DoubleTree Hotel off of Cesar Chavez Boulevard. We had a huge turn out that consisted of professionals, volunteers, college students, and speakers. Dr. Andrew Pleasant gave the keynote address to a crowded room on the morning of the conference. We would like to thank the San Antonio Health Literacy Council and the Conference Planning Committee who were the architects of the conference. We would also like to thank our sponsor organizations:

Bexar County, CHRISTUS Santa Rosa Health System, Community First Health Plans, the Office of Minority Health (OMH), and University Health System.

Didn't get to attend? View the keynote on CiNOW and get the information you need to be a local champion of the Health Literacy National Action Plan!

View the Video of event: www.nowcastsa.com
search Health Collaborative



The Health Collaborative was able to get over 60 volunteers from the Baptist School of Health Professions, the University of Incarnate Word, Trinity University, and Our Lady of the Lake University. We would like to thank them so much for helping us keep this day running smooth!

If you are interested in joining the San Antonio Health Literacy Initiative (SAHLI), please contact the Health Collaborative at (210) 481-2573 or via email at Elvira.landeros@healthcollaborative.net.

SAHLI meets on the 2nd Thursday of every month from 9:00 a.m. to 10:00 a.m. at the Health Collaborative located at 1002 N Flores St.

Please visit:

<http://www.sahealthliteracyinitiative.com/conference/>

Be sure to check for continued Lunch and Learn series dates on the website.

2011 Health Collaborative Board of Directors



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Stephen Blanchard, PhD



Thank you to our Funders



Health Collaborative
1002 N. Flores St.
San Antonio, TX. 78212

