



# The Collaborative

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

## INSIDE

### Innovative Programs

Encouragement is Key in Making Good Habits Second Nature

### Welcome

Introducing Bexar County Medical Society, the Newest Member of the Collaborative

### Youth Depression

Collaborative Forms Advisory Council To Tackle Important Depression Issues

## Judge Targets Preventive Health Issues

Bexar County Judge Nelson Wolff is spearheading a community-wide Health Summit in September for local citizens to take ownership in solving healthcare issues critical to the community.

The Bexar County Community Health Collaborative is playing a leadership role in facilitating the segment on preventive healthcare. Other components include healthcare financing (including the uninsured and under-insured), trauma care, mental health and healthcare workforce.

The result of the day will be an ambitious set of short- and long-term

plans for various stakeholders to embrace and improve the health status of the community. Key groups will include local, state and federal government; business; education; health systems; advocacy groups; physicians; and community organizations, among others.

“We applaud Judge Wolff for taking the lead in initiating this effort,” said Geoff Crabtree, president of the Health Collaborative, representing Methodist Healthcare. “We have always maintained that it will take everyone — not just those in healthcare — to improve the health status of San Antonio, and we

are happy to play a role in helping to shape positive outcomes.”

Participants in the prevention segment will consider policy recommendations such as workplace wellness, restaurant portion sizes and menu options, mental health parity, physical education in schools, sodas in school vending machines, recreation opportunities and a city/county public fitness and nutrition campaign, among others.

The Health Summit is set for Monday, September 10, from 8 a.m. to 1 p.m. at the Marriott at IH-10/410. For reservations, call (210) 335-2626.

## School Programs Provide Knowledge, Plus Encouragement

Encouragement is a key part of making good habits second nature. And encouragement is a vital component of two school-based programs that are partially funded by the Bexar County Community Health Collaborative to teach youngsters to exercise regularly and eat healthful foods.

“We have trained the school cafeteria staff to encourage the kids to select foods that are high in fiber and low in fat,” said Dr. Robert Treviño, director of The Social and Health Research Center, which operates the Bienestar program in 21 schools in the San Antonio Independent School District. “Kids want to do the right thing. The more they are praised for making good choices, the more they adopt healthful practices on their own.”

Results of the program demonstrate the benefits. Of the 1,054 fourth graders tested last fall, 43 had abnormal fasting capillary glucose levels. After two semesters of the curriculum, the 43 children tested at normal rates, without medication.

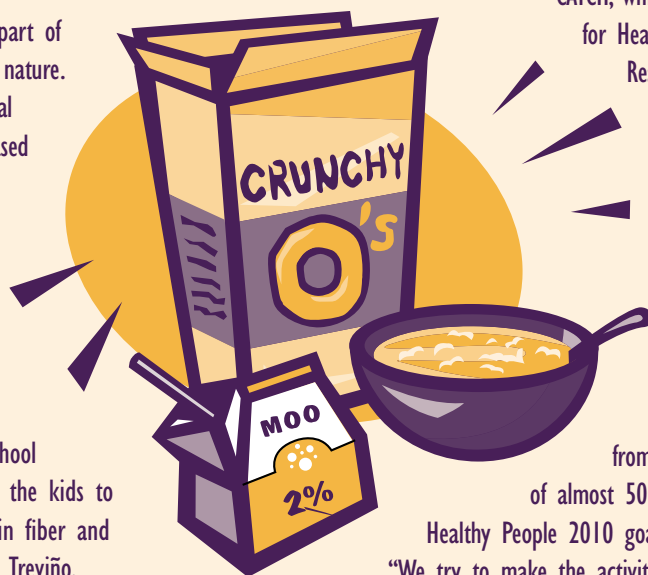
The Coordinated Approach to Child Health (CATCH) program helps schools lower the fat content in school lunches, enhance physical education and promote the importance of regular physical activity and healthy diets through education curricula and a family program.

CATCH, which is conducted by the Center for Health Promotion and Prevention Research at the University of Texas Health Science Center at Houston School of Public Health, also teaches physical education specialists techniques to increase the students’ physical activity levels. Recent tests show that local students increased their moderate-to-vigorous activity from 31.7 percent to an average of almost 50 percent of class time — the

Healthy People 2010 goal.

“We try to make the activities fun for both teachers and students,” said Peter Cribb, CATCH coordinator. “Part of making physical activity integral to your daily life is learning what activities you enjoy.”

The Health Collaborative funds the CATCH program in 10 schools in the Harlandale and North East ISDs, reaching more than 29,000 students. The funding has leveraged additional funds for both Bienestar and CATCH, including a \$2 million grant to Bienestar from the National Institutes of Health and additional state funding for CATCH to start the program in the Northside ISD.



A joint community effort sponsored by:

Baptist Health System

Bexar County Medical Society

CHRISTUS Santa Rosa Health Care

Methodist Healthcare

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## Group Tackles Youth Depression

The Health Collaborative is organizing a multi-disciplinary group, The Youth Depression Advisory Council, to identify unmet needs and develop interventions to mitigate the impact of youth depression. Youth depression is one of the three target issues of the Health Collaborative. The board of directors selected the issue after considering its impact on teen pregnancy, substance abuse, violent and abusive behavior, as well as more severe mental health issues.

“Although it’s getting better, there is still a stigma surrounding mental health,” said Stephanie Woods, Health Collaborative board member representing Baptist Health System. “By coordinating efforts, we are hoping to better address the critical issue of youth depression.”

New members are welcome. Currently, the advisory council comprises representatives from social services agencies, health systems, counseling centers, the health science center, Metro Health and the Bexar County Medical Society, among others. Contact Joan M. Miller, executive director, at (210) 822-8521.



## Collaborative Welcomes Medical Society

The Bexar County Community Health Collaborative welcomes the Bexar County Medical Society as a new member. “The Medical Society is really focusing now on the community’s health, and we thought they would make a natural partner in strengthening the Health Collaborative,” said Alex Garcia, the organization’s secretary, representing Southwest General Hospital. “There is so much we have in common, we thought it made sense to pool our efforts and expertise.” The Medical Society, which represents area physicians, will support the Health Collaborative’s initiatives on youth depression and fitness and nutrition. For additional information on joining, contact Joan M. Miller, executive director, at (210) 822-8521.

## Health Collaborative’s Target Issues

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

**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.

## Shopping Partners Expands Service

Those on restricted diets who want to learn how to make appropriate selections at the grocery store now can take advantage of the Health Collaborative’s Shopping Partners program any time.

By calling (210) 938-4547, you can make an appointment to meet a trained volunteer at an H-E-B for a free 45-minute instructional tour to learn about foods appropriate for those with diabetes, heart conditions or other chronic diseases.

**BEXAR COUNTY  
COMMUNITY HEALTH  
COLLABORATIVE**



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