



The Collaborative

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

INSIDE

Partners

Shopping Program to Support Healthy Eating Habits

School Program

Local Programs Already Showing High Success Rates

Advisory Council

CATCH/Bienestar Team and Shopping Partners Team

School-Based Programs Improving Fitness, Nutrition

Students are getting more exercise; cafeteria staff are increasing their nutrition knowledge; and students are learning which foods to include in a healthful diet. These are some of the results of two programs supported by the Bexar County Community Health Collaborative to develop good eating and fitness habits among local elementary school students.

Thanks to an education program through Bienestar, cafeteria staff at 13 schools in the San Antonio ISD improved their average scores 20 points on a nutrition exam. In addition, students eating in the school cafeteria increased their fruit and vegetable intake. Bienestar, well-being in Spanish, is a product of The Social and Health Research Center in San Antonio.

Ten schools in the Harlandale and North East ISDs are participating in the Coordinated Approach to Child Health (CATCH) training 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.

CATCH instructs physical education teachers how to improve the duration and intensity level of class activities. All schools increased their moderate to vigorous activity level to 50 percent, the nationally recommended target level.

“By developing good eating and fitness habits at an early age, we stand a better chance of improving the overall health of the community,” said Mary Rozar-Hogan, chair of the Health Collaborative’s Fitness and Nutrition Advisory Council.



One participating school has eight fifth graders weighing more than 200 pounds. “We are facing the possibility of a real health crisis if our young people do not learn and implement healthy lifestyle practices,” said Steven Tobias, chair of the sub-group that oversees the CATCH and Bienestar programs.

Participating Elementary Schools:

Bienestar

San Antonio ISD

Austin, Barkley, Bonham, Bowden, J.T. Brackenridge, Carvajal, Collins, DeZavala, Franklin, Graebner, Green, Highland, Kelly, Sarah S. King, Rodriguez, Ruiz, Steele, Strom, Washington, Woodlawn

CATCH

Harlandale ISD

Gilbert, Morrill Schulze, Vestal, Wright

North East ISD

Castle Hills, Huebner, Jackson Keller, Redland Oaks, Stone Oak

Shopping Partners Aims to Increase Nutrition Knowledge

How much salt is too much? Our bodies need fat to stay healthy, but are 24 grams per serving a lot or a little? What foods are high in dietary fiber? For anyone, these can be confusing issues. But for those on restricted diets, not knowing the answers can further deteriorate one’s health.

To help educate the public, the Bexar County Community Health Collaborative is sponsoring the Shopping Partners program. It pairs community members with volunteers, trained in nutrition, who walk the aisles of an H-E-B Grocery Company store together selecting appropriate items and learning how to read food labels.



The program starts in April, and will be conducted quarterly as a free service. Shopping Partners has its roots with CHRISTUS Santa Rosa Health Care, which started the program for community members living near downtown. By shifting the program to the Health Collaborative, the service expands throughout the region and involves trained volunteers from various health systems and community organizations.

“By turning over the program to the Health Collaborative, CHRISTUS Santa Rosa is exhibiting the true intent of the coalition,” said Pennie Koopman, chair of the Shopping Partners program. “Together, we can demonstrate to the community that our efforts reduce duplication of services, save money and result in a stronger program overall.”

The program will measure its success by tracking the participants’ nutrition knowledge levels, as well as by the number of those who take advantage of the service.

A joint community effort sponsored by:

Baptist Health System

CHRISTUS Santa Rosa Healthcare

Methodist Healthcare

San Antonio Metropolitan Health District

Southwest General Hospital

University Health System

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Nutrition and Fitness Resource Guide Online

“San Antonio Lite: A Resource Guide to Fitness and Nutrition” is now available via the web site of the Bexar County Community Health Collaborative: www.healthcollaborative.net.

The guide features information on more than 375 local programs. Fitness and nutrition listings include data on clinical and wellness programs, educational and food resources, dance, gymnastics, martial arts, multi-purpose facilities, personal training, weight management, youth activities and team sports. The web site also features “The 1998 Bexar County Community Health Assessment,” a comprehensive report on key health indicators.



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.

Members of the Nutrition & Fitness Advisory Council

Advisory Council Chair:

Mary Rozar-Hogan, University Health System

CATCH/Bienestar Team

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**BEXAR COUNTY
COMMUNITY HEALTH
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