



The Collaborative

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

INSIDE

Health Collaborative Receives National, Regional Recognition

Exposure about the benefits of a healthy lifestyle.

Walk San Antonio

The Health Collaborative is encouraging area residents to walk on Wednesday, May 14.

Depression Council Offers Tips for Parents

Nearly all U.S. parents believe that they can spot depression in their teen-agers, but in fact, two-thirds of adolescents are never diagnosed and are left at risk of suicide, according to a Columbia University study released earlier this year.

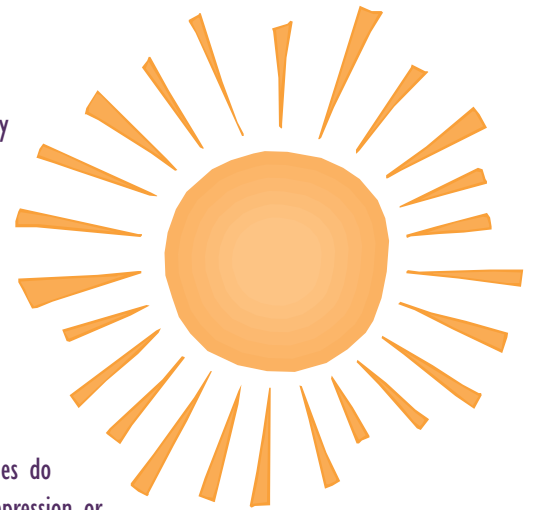
In response to this and other evidence that parents have difficulty identifying depression in teenaged children, the Youth Depression Advisory Council of The Health Collaborative has posted detailed information on the signs and symptoms of depression on The Health Collaborative Web site, www.healthcollaborative.net. The site also contains information on local resources for information and treatment.

"May is Mental Health Month, and we saw it as an appropriate time to raise awareness of youth depression and to offer assistance to parents who may be dealing with it," said Joe Thornton, M.D., chairman of the Youth Depression Advisory Council. Youth depression is one of three target issues identified by The Health Collaborative through two

comprehensive community health assessments.

According to the Columbia study, only a third of depressed teen-agers are ever diagnosed. "Despite the very real threat of depression and suicide among teens, many families do not like to talk about depression or suicide," said Dr. Thornton. "Unfortunately, many believe that discussing this problem makes depression and suicide more likely to occur. However, talking to teens about their feelings may make them feel less hopeless and sad."

Dr. Thornton also noted that well meaning parents or teachers may think that a young person is unhappy or moody because it is a natural part of being young. "This is especially true for adolescents who are expected to be hormonal and rebellious," he said. "Persistent unhappiness or moodiness is not normal for anyone."



In addition, even though the basic symptoms of depression are the same for people of all ages, youth tend to have a harder time recognizing and describing what they are going through.

The Youth Depression Advisory Council is a multi-disciplinary group of community leaders who work to identify unmet needs and develop interventions to mitigate the impact of youth depression. Members represent local social service agencies, health systems, counseling centers, and Metro Health, among others.

A joint community effort sponsored by:

Baptist Health System

Bexar County Medical Society

CHRISTUS Santa Rosa Health Care

Community First Health Plans

Methodist Healthcare

Methodist Healthcare Ministries of South Texas

San Antonio Metropolitan Health District

Southwest General Hospital

University Health System

Friends of The Health Collaborative

Humana

Fitness Connection

The Junior League of San Antonio, Inc.

Kronkosky Charitable Foundation

Texas Beef Council

United Way of San Antonio and Bexar County

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The Health Collaborative – A Look at Who We Are

The Health Collaborative is a cutting-edge, public-private model for solving community health issues. It began informally in 1997 when several area health care organizations agreed to put aside their competitive business practices to conduct the first assessment. The mission of the organization is to improve the health status of the community through collaborative means. Representatives of this group are dedicated to the health and well being of our community in the spirit of collaboration. Partners are the Baptist Health System, Bexar County Medical Society, CHRISTUS Santa Rosa Health Care, Community First Health Plans, Methodist Healthcare, Methodist Healthcare Ministries, San Antonio Metropolitan Health District, Southwest General Hospital, and University Health System.

Programs of The Health Collaborative include:

- The 2002 Health Assessment and Health Profiles, which serves as a

comprehensive report of local health, guiding the community's efforts toward prevention and health improvement. The report was compiled jointly with Metro Health.

- The Youth Depression Advisory Council, a multi-disciplinary group of community leaders who work to identify unmet needs and develop interventions to mitigate the impact of youth depression.
- Fit City/Fit Schools, which promotes nutrition and fitness through six strategic initiatives, including healthy vending, Walk San Antonio, Fit City Monthly Messages, Fit City Forums, the body mass index program and Fit Schools.

The 2002 Health Assessment and Health Profiles as well as information on Health Collaborative programs are available through the organization's Web site, www.healthcollaborative.net. For additional information, phone Joan M. Miller, executive director, at (210) 481-2573, or e-mail her at jmmiller@healthcollaborative.net.

From the 2002 Health Assessment and Health Profiles...

The Healthy People 2010 goal is that no more than 3.3 percent of the population will be victims of domestic violence in a five-year period. Eleven percent of the respondents to the 2002 Health Assessment and Health Profiles indicated they had been the victims of this type of abuse in the past five years. In the 1998 assessment, four percent responded that they had been victims of domestic violence.

Persons living in the southern sectors of the county reported being victims of domestic violence more often than did people living in the northern sectors.



The Health Collaborative Receives Grants

The Health Collaborative has received several new grants in support of Walk San Antonio, a program of the Fit City/Fit Schools initiative. They include:

- A \$150,000 federal appropriation. Congressman Charlie Gonzalez was instrumental in securing the grant.
- A \$150,000 grant from the University Health System Board of Managers. Terri De La Haya, Health Collaborative board member, helped us obtain the grant.
- A \$50,000 grant and a commitment of 5,000 volunteer hours (valued at \$50,000) from The Junior League of San Antonio, Inc. The organization's sponsorship of Walk San Antonio is the largest financial and volunteer commitment ever made by the almost 80-year-old organization.
- A \$50,000 sponsorship from Fitness Connection, a chain of full-service fitness centers throughout San Antonio.
- A \$4,000 micro grant from the U.S. Department of Health and Human Services through their Healthy People program.
- A \$10,000 grant from Humana to spread the word to businesses about Fit City/Fit Schools.
- A \$10,000 grant from the Texas Beef Council

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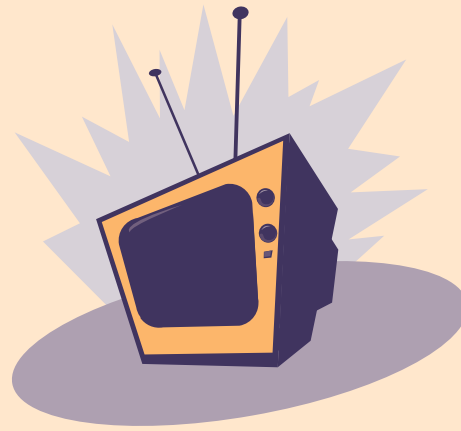
In the News

The Health Collaborative and its various initiatives have been mentioned in the news frequently during the last quarter:

- A news conference announcing the healthy vending initiative received excellent media coverage in January with four television stations, the *San Antonio Express-News* and two radio stations covering the event.
- When The Junior League of San Antonio, Inc., announced its Walk San Antonio grant to The Health Collaborative, our organization was

spotlighted in coverage on KENS-TV, WOAI-TV, WOAI radio, the *San Antonio Express-News* and KTSA radio.

- The *Washington Post* interviewed Joan Miller for its story on the Center for Disease Control and Prevention's report ranking San Antonio as the country's most obese city in 2001. The story was distributed nationally. Locally, KABB-TV interviewed Miller and aired a story on the ranking.
- The Health Collaborative initiated a story on how to help San Antonians



celebrate a Fit City Fiesta. The *San Antonio Express-News* interviewed Miller and two Health Collaborative volunteers for a major story. KTSA radio also aired a report.

Health Collaborative Receives National, Regional Recognition

The programs of The Health Collaborative are receiving national and regional recognition.

The Congressional Hispanic Caucus Health Task Force conducted a conference on obesity in San Antonio on April 24 and 25. The Health Collaborative assisted in coordinating the session and made a presentation on the success of its Fit City/Fit Schools initiatives, particularly healthy vending and Walk San Antonio.

"The programs of The Health Collaborative are a model for the rest of the nation," said Congressman Charles A. Gonzalez, co-chair of the CHC Health Task Force. "Obesity has a disproportionate impact on our country's Hispanic population for a variety of reasons. With its emphasis on prevention through community-based initiatives, The Health Collaborative has been able to educate area residents on the risks of obesity and the benefits of a healthy lifestyle." Congressman Gonzalez was instrumental in obtaining a \$150,000 federal appropriation for The Health Collaborative's Walk San Antonio campaign.



The conference gave The Health Collaborative exposure to members of the staffs of Congressional Hispanic Caucus from throughout the country. The goal of the conference was to create a working environment for these staff

members to learn about the obesity epidemic on a national scale from representatives of various groups and organizations, and to develop public policy recommendations. The conference focused on such issues as obesity in the Hispanic community, health effects associated with obesity, childhood obesity and role of schools and the community in preventing obesity.

Also on the obesity issue, Health Collaborative executive director Joan Miller was interviewed by the *Washington Post* for their story on the Center for Disease Control and Prevention ranking of San Antonio as the most obese city in the country.

On the state level, the Texas Department of Health named Miller as co-chair of the obesity and physical activity work group as part of Commissioner Eduardo Sanchez's Texas State Strategic Health Partnership.

MEMBERS

The Health Collaborative invites businesses and organizations to become members and join efforts on improving the health status of the community.

Current members include public and private health-related organizations, such as hospitals, health systems, a health plan, a health philanthropy, the health department and a physician organization.

Membership is also open to other organizations that are not directly related to the healthcare field.

For information on membership benefits and dues, please contact Joan M. Miller, executive director of The Health Collaborative, at (210) 481-2573 or e-mail her at jmmiller@healthcollaborative.net

Walk San Antonio to Encourage Entire City to Walk on May 14

Let's walk, San Antonio! That's the message that The Health Collaborative is taking to area residents on Wednesday, May 14.

On that day, Walk San Antonio, a program of The Health Collaborative presented by The Junior League of San Antonio, Inc., and Fitness Connection, will get San Antonians moving as they try to get the most people ever to exercise at the same time in San Antonio. People will be encouraged to walk between noon and 1 p.m. that day.

Participants may use their own walking routes or participate in walks at four designated sites throughout the city: the Joske Pavilion at Brackenridge Park, Fitness Connection at 100 Crossroads and 2828 Goliad Rd. and at the UT Health Science Center track. Free T-shirts are

available on a first-come, first-served basis for those who sign up in advance.



Walk San Antonio
A Program of The Health Collaborative



Walk San Antonio, one of six strategic initiatives of the Fit City/Fit Schools program, is a free walking program that encourages area residents to exercise 30 minutes a day most days of the week. Each participant receives a mileage tracking card and fitness manual, a free body composition analysis each month, and incentive items, such as water bottles and coin packets, for various mileage targets.

More than 6,000 residents have participated in the program since it began in 2000. For more information on Walk San Antonio, visit their Web site at www.walksanantonio.com or phone (210) 481-1200.

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