

Monthly Staff Meeting
Health Network For Rural Schools
Tuesday November 23, 2004
8:00 am to 9:30 am
SON Conference Room

Staff Present: Tim Neilson, Sue Peeples, Karen Waln, Diane McKinnis and Vicki Hill Brown.

1. Meeting called to order by Vicki at 8:15 am. Vicki welcomed everyone and read a fun story while everyone one enjoyed a muffin and juice.
2. The staff discussed the on-line MAC survey and all who participated felt it was easy to do and liked the process.
3. Each staff member updated the group on activities taking place in their schools. Tim is working with Elgin schools on asthma education and working with the staff to identify kids who are at risk for complications from asthma, the student nurse in Elgin is very active in this program as well. Karen is working with Conflict Resolution for 4th graders in North Powder and really enjoying it. Diane is busy getting kids enrolled in OHP and helping communities with energy and food assistance. Vicki reported that Michelle has organized immunization clinics in Cove, NP and Union and that the exclusion lists in these schools are very small!
4. Vicki distributed information//resources for education in the schools concerning hand washing, flu and cold prevention. Vicki encouraged HNRS staff to really focus on prevention this year in light of the flu vaccine shortage.
5. The staff assisted in making packets of Strep, UA and Pregnancy test kits for each of the schools. Sue will deliver the kits to NP and Union, Tim to Elgin and Imbler and Vicki to Cove. (Thank you Sue, Tim, Karen and Diane!)
6. Vicki read an update from Nancy Findholt concerning the Obesity Research she is working on. Please refer to the attached update from Nancy.

7. Vicki told the staff that she has just hired a counselor for the HNRS. Her name is Lyndall Shick and will be placed in Elgin schools 14 hours a week. Patrice will continue to have Imbler and will add Cove for 6 hours a week. Lyndall is a very positive person with a lot of really great experience that will fit well with the HNRS mission. Hopefully, these changes will take place December 6.
8. The staff agreed that they want to provide heart month activities in the schools again this February like we did last year. Vicki has contacted GRH who will again be providing us with supplies, the testing and advertising!
9. Staff was asked to update their schedule template and also their December schedule changes for Cathi. Forms were passed around for the staff to make entries on. Vicki will follow up with staff members not in attendance today and then will get the information to Cathi so the schedule/calendar can be updated for December.
10. Vicki is (slowly) working on getting policies developed to allow us to provide some limited health services for staff and community on a cash payment basis. Sue graciously offered to help, and Vicki accepted her offer.
11. Discussion held concerning the December staff meeting scheduled for Wednesday December 22. Vicki doesn't anticipate much of an agenda, maybe just scheduling the heart month clinics. So the meeting would be more of a Christmas get together than a staff meeting. Staff would like to have it on December 15. For the staff present at the meeting, any time of day would work out fine. Vicki will get input from the other staff members and will set a time. The staff definitely wanted the get - together to include food. The staff asked Vicki to decide on what type of food, potluck or not, and let everyone know the final plan.
12. Meeting adjourned at 9:25 am.

Respectfully Submitted,

Vicki Hill Brown

November 23, 2004 Update from Nancy Findholt on Obesity Research Proposal

I am currently working on two proposals for research funding related to prevention of overweight/obesity in the elementary school population (HNRS schools). My plan is as follows:

a. Within the month or 6 wks, I hope to interview 2-3 people in each of the rural communities concerning their community's level of readiness to participate in an obesity prevention program. I'll be asking them questions about what programs & policies (if any) are currently in place to prevent obesity, to what extent the local leadership is interested in this health problem, etc. This preliminary work (which will be done without funding) will provide me with baseline info on what is/is not being done, and to what extent the community is "ready" to tackle obesity prevention. I would very much appreciate the ideas of the HNRS staff regarding who I should interview in each of the 5 communities. (My plan is to interview the supts & principals, but also want to interview people outside of the school who would be knowledgeable of programs & policies in both the school & broader community.) If the HNRS team could (during this meeting) come up with a brief list of names, this would be very helpful!

b. I've submitted a "letter of intent" to apply for the new Betty Gray Rural Health Development Fund (thru OHSU) & will be sending off a full proposal in Feb. I'm asking for money to purchase scales & stadiometers for each of the schools and for support to complete focus group interviews with school staff, parents, and community members in each of the 5 communities. If I'm successful, I'll receive the grant in April & will order the equip immediately - with a goal of gathering accurate BMIs beginning next fall. Also, by next fall, I plan to establish a Student Health Advisory Committee in each of the schools. (As a side note, all schools in Oregon will be required to have a student wellness committee in place by 2006, and the committee I'm proposing will serve in this capacity.) Committee members will work with me to conduct an assessment of the school & community environment, with the goal of determining what factors either facilitate or hinder the adoption of healthful eating & activity habits. Part of the Betty Gray research funding will pay for assessment forms, etc. And I've also written in \$1000 per school to give them as a "reward" for completing the assessment. This money is to be used to help them increase activity or to make dietary changes.

c. Also, in Feb, I plan to submit a larger proposal to a federal agency to request money for for this same assessment (since it is good to not be completely dependent upon receiving the Betty Gray funds) and to plan & implement interventions targetting the school & community environment. Again, the assessment, as well as planning the interventions, will be done in partnership with the Student Health Adv Committees.

d. At a later point, I'll work on an additional grant(s) to evaluate the effectiveness of the interventions.

I would, again, appreciate everyone's ideas re: who I should interview (in re: to community readiness to participate). Please know that I envision that HNRS staff will be key players in the Student Health Adv Committees and, as such, will be key players in planning the interventions.

I might also mention that there are several other researchers who have agreed to collaborate with me in this research. One is Tom Arcury, the director of research for Family & Community Medicine at Wake Forest (North Carolina) Univ School of Medicine. Tom was a member of my dissertation committee & is an outstanding (and well funded) researcher. His wife, Sara Quandt, has also agreed to join me. Sara is also an experienced researcher at Wake Forest Sch of Medicine & has a background in nutrition. The faculty in the Phys Ed dept at EOU will also be participating, as will a doctoral student in exercise physiology from OSU. So, it's a pretty exciting team.

Thanks everyone for your interest in this study. Several of you have expressed an interest in this work, and I appreciate this very much. I will keep you posted as things progress. Have a restful, enjoyable Thanksgiving!
Nancy