

Office of Border Health/Oficina de Salud Fronteriza DSHS Health Service Region 8



Year 2014

La Voz

7430 Louis Pasteur, San Antonio, TX 78229

this issue

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Welcome

Greetings on behalf of the Texas Department of State Health Services (DSHS) Health Service Region (HSR) 8-Office of Border Health (OBH). We would like to extend a warm welcome to Mr. William Worrell, the new Co-President (Del Rio section) for the Del Rio-Ciudad Acuña Binational Health Council (BHC). The purpose of a BHC is to examine health needs, problems, and available programs with particular attention and concern to the council's geographical area, and to consider how its members can promote joint actions in common benefit of the population of both sides of the border.

Del-Río Ciudad Acuña BHC Achievements:

- Continued collaborations with Jurisdicción Sanitaria #1 and the Mexican Consulate
- Involved new members from City of Del Rio-WIC Office and Housing Authority
- Organized Border Binational Health Week (BBHW) activities
- Initiated the Your Heart, Your Life campaign at Cienegas Community Center.

Meet our Del-Río-Ciudad Acuña BHC Co-Presidents



Left to Right: Dr. Herrera Tellez (Ciudad Acuña section) and Mr. Worrell (Del Rio section)

Del Río-Ciudad Acuña Binational Health Council/Concilio Binacional de Salud



Nutrition Ambassadors and 100 Mile Clubs

During the spring semester of 2014, schools in the HSR 8 border implemented Nutrition Ambassador programs and 100 Mile Clubs. The Nutrition Ambassadors were a group of students selected by school officials and trained by OBH staff to educate their peers about MyPlate, good eating habits, and the importance of physical activity. Five schools participated in this health initiative with great success and 100% participation from their student body. Seven schools participated in the 100 mile club initiative with over 2,000 students walking and logging their miles. 1,439 children reached the 100 mile goal and overall students logged 193,824 miles. As they reached milestones their names were entered into a raffle and students were eligible to win incentives.

As a result of these projects schools are now moving towards sustained changes in the built environment by establishing shared user agreements. Schools, in partnership with the city and county will create walking paths and tracks within the school grounds that will be accessible to the public outside of school hours.

Nutrition Ambassadors Use Creative Ways to Teach Peers



Students display messages in the school to promote healthy behaviors.

Health Promotion at the Kickapoo Traditional Tribe of Texas Reservation

Key collaborative efforts with the Kickapoo Traditional Tribe of Texas (KTTT) has allowed the DSHS-HSR 8 OBH to promote wellness among tribal members and employees. Education was provided on nutrition, physical activity and child car safety seat installations during 2014. These efforts have now led to new initiatives focusing on reducing chronic diseases among tribal members.



DSHS OBH and Family and Community Health staff provide education on installation of car safety seats for 28 families. Children are first weighed and measured to determine which seat is best for them.



Volunteer, Ana Ortiz helps provide nutrition education sessions to children from the KTTT.

Color MyPlate Run



The first annual Color My Plate Run was a family oriented 5K run/walk at the KTTT reservation. Approximately 300 participants went through five color stations, each representing a food group as outlined by the MyPlate nutrition guidelines; the object of the run was to go through each color station and get doused in color. Key departments from the KTTT that helped make this event a success were the Kickapoo Environmental Protection Agency, Kickapoo Community Health Center, Education Department, Heavy Equipment Department, Construction Department and the Tribal Police.

Changing the Built Environment through Community Gardening

Community gardens have become an innovative way to introduce healthy eating habits and build a sense of community ownership for children of Maverick and Val Verde Counties. Three schools are pioneering the effort by collaborating with the DSHS-HSR 8 OBH. Kirchner Elementary in Quemado, North Heights Elementary in Del Rio and San Luis Elementary in Eagle Pass have taken the lead.

School gardens are vital education tools, and every seed planted sprouts a new opportunity for kids to cultivate healthy eating habits. Furthermore, teaching kids to garden helps students learn about complex topics like sustainability and conservation, food systems, and community responsibility. Students, teachers, and parents will be responsible for maintaining these gardens and host a community farmer's market where students will set up display boards demonstrating what they have learned. The school community garden is another way to promote wellness in Maverick and Val Verde counties.



Children in Quemado prepare soil, plant seeds and maintain garden. Their first crops of basil, watermelons and squash were showcased at a local neighborhood store.



Residents of Del Rio, school staff and Home Depot employees come together to build raised garden beds at North Heights Elementary.



Trinational Epidemiology Work Group

The KTTT, Jurisdicción 1, Jurisdicción 2, Jurisdicción 3 and the DSHS-HSR 8 have formed a Trinational Epidemiology Work Group to share information about diseases more common to the Texas-Coahuila border. The group initiated its work as part of Border Binational Health Week and has since met to decide on a list of diseases for monthly sharing of information. The trinational epidemiology work group will help to strengthen communication among counterparts in Coahuila and the KTTT and to develop a more systematic way of sharing information between countries.



Selected Conditions for

Data Exchange

1. HIV
2. Tuberculosis
3. Pertussis
4. Dengue
5. Outbreaks, Unusual Diseases

Binational TB Program-Esperanza y Amistad

In February of 2012 a Binational Tuberculosis Committee was formed to facilitate communication between the United States and Mexico. Members of the committee include doctors and nurses from both sides of the border with the shared goal of reducing the transmission of TB across the US-Mexico border in sister cities, Eagle Pass-Piedras Negras and Del Rio-Ciudad Acuña.

Currently, there are two community outreach workers based in Ciudad Acuña and two outreach workers in Piedras Negras, Coahuila. The role of the outreach worker is to be liaisons for the program and report any new suspects or cases to the committee. The outreach workers perform a contact investigation to determine if new cases need to be referred for evaluation. Other responsibilities of the outreach worker include provider education, health fair participation, community outreach and screening of repatriated citizens.

The committee meets every two months to review new cases and work in partnership to determine necessary medications and recommendations for case management of TB patients.

Left to Right: Esperanza y Amistad Binational TB Program staff Glenda Garcia, Jesus Antonio Sandoval, Citlalli Yennisei Aguirre and Maricruz Monsivais Gomez attend the Region 11 Regional/Binational TB Conference – “TB: One River, Two Countries, Many Challenges”.



Border Binational Health Week "Health is Movement"

Border Binational Health Week (BBHW) promotes sustainable partnerships to address border health problems. The OBH thanks the Del Rio-Ciudad Acuña Binational Health Council, the HOPE-K Trinational Health Council and all its partners for making this year's BBHW a success.

Images of BBHW Activities



Inaugural Events: City, county and health officials from Del Rio, Ciudad Acuña, Eagle Pass, Piedras Negras and the Kickapoo Traditional Tribe of Texas inaugurate events for both health councils.



HIV/AIDS
AWARENESS &
EDUCATION



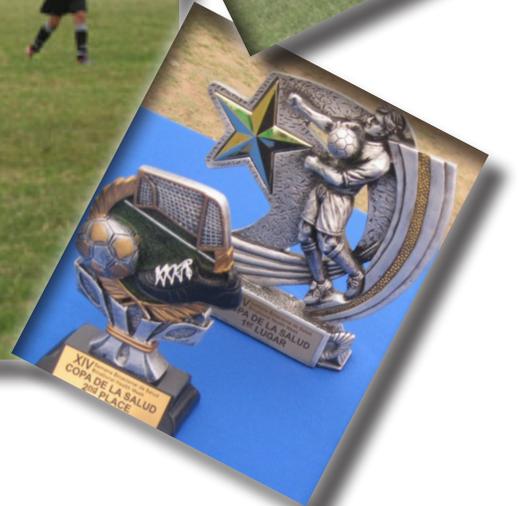
HIV/STD/AIDS seminars and booths at local community colleges in Del Rio and Eagle Pass.



Images of BBHW Activities



Students and community leaders embrace theme: “Salud es Movimiento” through local walk/bike to school event.



First Annual Binational Copa de la Salud-boys and girls from Del Rio compete against children from Ciudad Acuña in a friendly soccer tournament to promote sports among both genders.

Images of BBHW Activities



“Conoce el Camino a la Salud”: First annual healthy behavior promotion and health screening workshops for General Electric employees in Ciudad Acuña.

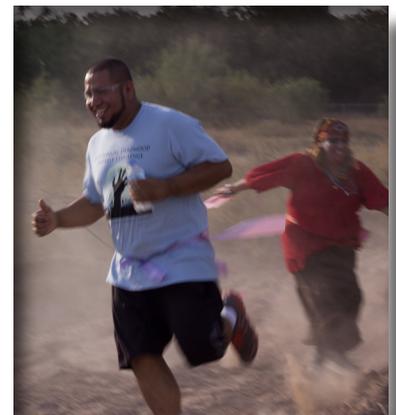


Educational forum in Piedras Negras focuses on teaching youth about preventing teen pregnancies, dating violence and sexually transmitted diseases.



2nd Annual

DEAD WOOD OBSTACLE CHALLENGE



Kickapoo Traditional Tribe of Texas 2nd Annual Dead Wood Obstacle Challenge: Youth and adults traverse obstacles promoting physical activity.



The HOPE-K THC will continue to collaborate with Maverick County Precinct 1 to hold ciclovia events at Maverick County Lake. During ciclovia, the lake is closed to vehicular traffic and open for recreational activity from 9 am-1pm with scheduled activities between 10am-1pm. If your agency is interested in participating or if you would like to volunteer, please contact Ms. Carmen Ravenna at 830-872-7706 or at cravenna_sw@hotmail.com. Upcoming ciclovia events are scheduled for May 2, August 1st and October 3, 2015.

Upcoming
Ciclovia Events

May 2, 2015
August 1, 2015
October 3, 2015



During the first full week of April each year, the American Public Health Association brings together communities across the United States to observe National Public Health Week (NPHW) as a time to recognize the contributions of public health and highlight issues

Upcoming Events

that are important to improving our nation. During NPHW 2015, the public health community is rallying around a goal of making the U.S. the Healthiest Nation in One Generation — by 2030. NPHW is scheuled for April 6-12, 2015.

Color MyPlate Run

Tentative Date:
August 6, 2015

The Kickapoo Traditional Tribe of Texas will be organizing its next color MyPlate run and has tentatively set the date for August 6, 2015. For more information contact Rosy de los Santos at 830-758-4241.

The Eagle Pass Independent School District will host its next School Health Advisory Council meeting in September 2015. For more information contact Dr. Wright at 830-758-5006.

The Child Fatality Review Team (CFRT) will hold its next meeting on 4/23/15 from 12 to 1pm at Fort Duncan Regional Medical Center. For more information please contact Rosy de los Santos at 830-758-4241.

Updates

For updates on OBH events, publications, and announcements please visit us at: <http://www.dshs.state.tx.us/region8/border.shtm>.



BHC/THC Meeting Dates

Del Rio-Ciudad Acuna BHC: Third Monday of the month.

HOPE-K THC: First Wednesday of Every Month

*Meetings dates are subject to change. Contact Elvia Ledezma at 210-949-2177 for more information.

National and World Health Observances

- April:** Alcohol Awareness Month
- May:** Melanoma/Skin Cancer Detection and Prevention Month
- June:** National Safety Month
- August:** National Immunization Awareness Month
- September:** Fruits and Veggies-More Matters Month
- October:** National Breast Cancer Awareness Month, Border Binational Health Week
- November:** World Diabetes Day
- December:** World AIDS Day

Link: <http://www.healthfinder.gov/>



Texas Department of State Health Services

Departamento Estatal de Servicios de Salud de Texas

Health Service Region 8/ Region de Servicios de Salud 8



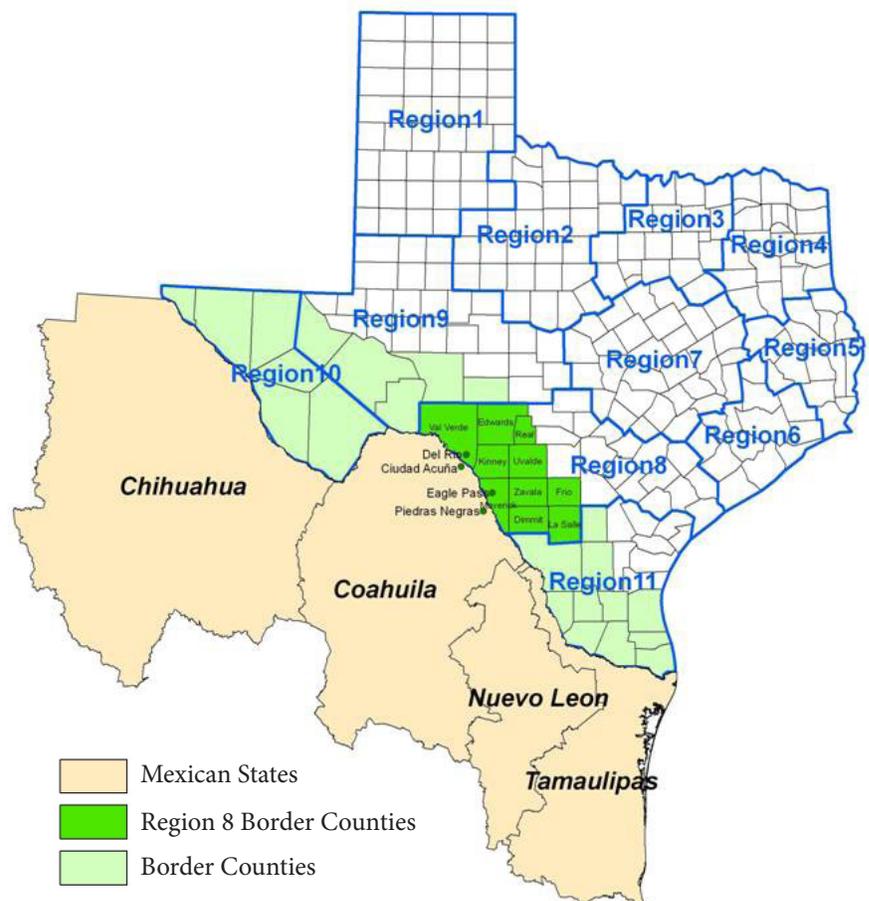
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