2016

The Connection, Volume 10, Issue 01, Spring 2016

Linda Beltran
Renee J. Robillard
Kathryn Peters
Emily A. Lilo
Andrea Cantarero

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Recommended Citation
Beltran, Linda; Renee J. Robillard; Kathryn Peters; Emily A. Lilo; and Andrea Cantarero. ”The Connection, Volume 10, Issue 01, Spring 2016.” (2016). https://digitalrepository.unm.edu/hsc_prc_newsletters/1

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The last 2015 meeting of the PRC’s Community Advisory Council (CAC) was held on November 13, from 11:30 am to 2:00 pm, in the Research Incubator Building at UNM. Seventeen CAC members attended, along with seven PRC faculty or staff members. A pre-holiday meal of turkey and all the trimmings was served (and greatly enjoyed!)

The guest speaker was CAC member Denece Kesler, MD, MPH, who is director of the Public Health and General Preventive Medicine residency program at UNM. The topic of her presentation, “Health and Wellness Promotion in the Geriatric Population,” addressed issues about which the CAC had previously requested more information. Dr. Kesler noted that she is not a geriatric health expert but, like many people today, she has experience dealing with the health issues of an aging family member. Dr. Kesler described several “areas of potential harm”—falls, sleeping problems, poor nutrition, and lack of physical activity—and methods for preventing them. She also mentioned elements of advocating for good geriatric health in the health care system, including knowing the medications being used, taking charge of your health, and prevention methods such as having regular check-ups, eating a healthy diet, exercising regularly, and quitting smoking.

After Dr. Kesler’s talk, CAC members were invited to respond to two questions by sharing recent examples or stories highlighting their work. The questions were “What is the community/population you work with?” and “What are the most important health issues to your community?” Several members responded to the questions with updates on their work. The meeting ended with an update on PRC activities by Dr. Sally Davis. Click here for details.
Coats for Kids

Renée J. Robillard

Because of the combined efforts of the Albuquerque (ABQ) Fashion Incubator, the Nacimiento Community Foundation (NCF) in Cuba, NM, and the Acoma-Cañoncito/To’Hajííle Laguna (ACL) Teen Centers (a project of the PRC), 120 children attending To’Hajííle Community School or living in or near Cuba have new winter coats.

Making the Coats

The coats were made during a “manufacturing boot camp” at the ABQ Fashion Incubator. This program provides training in all aspects of sewn product manufacturing, including design, sales and marketing, and production. All 120 coats were sewn in four days by 44 people who came to Albuquerque from throughout the United States (plus one from Canada). According to Kathleen Fasanella, founder of the incubator, about half the participants were associated with an already established clothing brand, but all were seeking experience in the sewing process. Such experience, said Fasanella, is difficult to obtain in the United States today because most clothing plants have moved off shore.

Fasanella noted that the coats were designed to be both appealing to children and “sturdy and long-lasting.” Some coat features, such as the special lining, welt (flat) pockets, and reflective trim, required extra labor, materials, and equipment, but the designers thought that such features would be important to the children who would wear the coats. All costs for coat materials and production were borne by the incubator. Fasanella said that her group researched several nonprofit organizations before deciding where to donate the coats because she wanted to make sure that children who really needed them got them quickly and efficiently. She was pleased with how the NCF, ACL Teen Centers, and PRC handled the donation and is interested in working with them again.

Getting the Coats to Kids

The coats for To’Hajííle were delivered to the school by Anthony Fleg, MD, medical director of the ACL Teen Centers. School superintendent Karen Sanchez-Griego, EdD, coordinated the distribution of the coats to students.

Beth Hamilton, executive director of the NCF, said that she worked with the local public health nurse and Women, Infants, and Children (WIC) representative to identify children who might need coats when they visited the public health office or food pantry in Cuba with their families or attended outreach or enrollment events. NCF also sent at least six coats to every school in the area (Lindrith Community School, Lybrook Elementary School, Cuba Elementary School, Gallina Elementary School, Ojo Encino Day School, and Torreon Day School). Hamilton said that she “feels confident that we really canvassed the greater Cuba area to distribute the coats to children who might not have had access to any other program for winter coats.”

The donation experience had benefits other than helping to keep children warm this winter; according to Hamilton, “being able to coordinate this effort with the Cuba Public Health Office nurse and WIC representative (both NM Department of Health staff) made distributing the coats a great way to connect with our clients and partners and strengthened our ability, working as a team, to identify needs in our community.” Hamilton also noted that the NCF is “very grateful for the much-needed assistance and hopes to work with the ABQ Fashion Incubator in the future on projects for our clients.”
Students at the PRC

Renée J. Robillard

One of the primary activities of the PRC is to provide future workforce development in prevention research, policy, and practice by offering training opportunities for undergraduate, graduate, and post-doctoral students; residents; fellows; and other health professionals. At any given time, students from a variety of disciplines and at different points in their academic careers are working at the PRC. The students receive extensive, real-world training and experience in evidence-based and community-engaged research to reduce health disparities; the PRC and its partners benefit from their help on projects; and the multidisciplinary capacity of prevention research is enhanced. Six students began working at the PRC this academic year.

Ivy Vitanzos Cervantes joined the Sexual Violence Prevention project in September, under the mentorship of Theresa Cruz, PhD. Her position is a traineeship for her MPH (epidemiology concentration) from UNM’s Department of Family and Community Medicine. Ivy is from the Philippines, where she graduated from medical school but subsequently decided that public health research was much more interesting and rewarding than clinical medicine.

Erinn Flynn is working with the New Mexico Youth Risk and Resiliency Survey group. Her job is a practicum for the MPH she is completing at New Mexico Highlands University’s School of Social Work. Erinn graduated from Marymount University in Arlington, VA, with a BA in communications and public relations. She has been in New Mexico since 2000 and previously worked for Channel 13 (KRQE). Erinn’s practicum field instructor is Courtney FitzGerald.

Itzel Guillen, a freshman in UNM’s BA/MD program, is one of 30 students selected to participate in the university’s inaugural First Year Research Experience (FYRE) program. Itzel graduated last spring from Rio Grande High School, where she was a student leader for the PRC’s Risk Assessment Project for Students. Courtney FitzGerald is Itzel’s FYRE mentor.

Quirin (“Q”) Martine, who was an intern at the PRC last summer, has returned to work on various projects under the mentorship of Sally Davis, PhD. Q is a senior at the Native American Community Academy. His work at the PRC is sponsored by the Continuing Umbrella of Research Experience (CURE), a National Cancer Institute program for American Indian students that is supported by partnerships between UNM and several schools.

Aubrey Meissnest is completing her field experience for an MS degree under the mentorship of Sally Davis, PhD. She will receive her degree in community health education from UNM’s College of Education in May. Aubrey, who says she’s “from everywhere” because her father is in the military, has a BS in biology from UNM. In June, Aubrey will move again—to Houston, where she’s been accepted into the Physician Assistant Program at Baylor College of Medicine.

Chance Najera, a third-year UNM student from Carlsbad, NM, who is majoring in biochemistry and sociology, is at the PRC this semester to fulfill his internship requirement for a sociology course. Chance plans to go to medical school and is especially interested in pediatrics. He is helping with the PRC’s SNAP-Ed social marketing project, “Eat Smart to Play Hard,” under the mentorship of Glenda Canaca, MD.
VIVA-Step Into Cuba Designated a Community Guide “Story from the Field”

Renée J. Robillard

The story of VIVA-Step Into Cuba, “It Takes a Village: Rural Residents Help Make Their Community Healthier,” was recently chosen by the Centers for Disease Control and Prevention to be one of the Community Guide in Action’s “Stories from the Field.” Community Guide in Action stories feature decision makers, program planners, employers, and leaders from across the country who have used the Guide to Community Preventive Services to make people safer and healthier. The Guide provides evidence-based recommendations about public health interventions. The stories can be used by anyone in presentations, as handouts, or as online resources.

“It Takes a Village” explains how a partnership of individuals and organizations that includes citizens from the rural Village of Cuba, NM; the Nacimiento Community Foundation, a local nonprofit organization; various government agencies; and the UNM PRC used The Guide’s recommendations to promote physical activity in the Cuba area. The PRC handles the research and evaluation component of this program.

Activities of the VIVA-Step Into Cuba partnership that are described in “It Takes a Village” include building or enhancing walking trails; providing planning support for the new sidewalk along the main highway that runs through Cuba; and increasing awareness of places to walk and the health benefits of physical activity by installing kiosks at trailheads, creating a website, making videos, and participating in physical activity-related events. “It Takes a Village” also notes that VIVA-Step Into Cuba has achieved state and national recognition for its work and is sharing its “lessons learned” with other communities.

New Staff at the PRC

Cam Solomon, PhD, is the PRC’s new data analyst. An epidemiologist by training, Cam previously worked for Seattle Children’s Hospital and the University of Washington’s Department of Biostatistics and its Indigenous Wellness Research Institute. Cam relocated from Seattle with his wife, Amy Rossi, DVM, who is doing residency training at Veterinary Dentistry & Oral Surgery of New Mexico in Albuquerque, and their 8-year-old son, West. Cam is currently analyzing data from the VIVA and VIVA II projects.
Step Into Cuba Alliance Receives MRCOG Award

Renée J. Robillard

The Step Into Cuba Alliance was the 2015 recipient of the Private Public Partnership Award from New Mexico’s Mid-Region Council of Governments (MRCOG). According to MRCOG, the award celebrates the collaboration and partnership represented by the Step Into Cuba program, which promotes healthy living through the development of sidewalks, paths, trails, social support, and opportunities for lifestyle change. The award was presented at MRCOG’s Annual Event in Albuquerque in September 2015.

The Step Into Cuba Alliance is a community coalition that includes the Nacimiento Community Foundation, the PRC, representatives of village and county government, the local school district, a regional planning organization, the National Park Service, the NM Department of Transportation, and residents of Cuba and the surrounding area. MRCOG is a four-county (Bernalillo, Valencia, Torrance, and Sandoval) governmental agency that provides planning services in the areas of transportation, agriculture, workforce development, employment growth, land use, water, and economic development.

PRC Awards and Honors

UNM’s 2016 Outstanding Supervisor Award ceremony

Theresa Cruz, PhD, the PRC’s deputy director, was a nominee for UNM’s 2016 Outstanding Supervisor Award. The award, which is given by the UNM Staff Council, recognizes supervisors who create work environments that facilitate work-life balance, professional development, and effective leadership in support of the values and mission of the university. There are two or three recipients of the award every year. The Staff Council honors outstanding supervisors because they “can create a profound ripple effect in their organization. Their behavior, integrity, and treatment rubs off on others for the better.”

Alejandro Ortega, the PRC’s community research coordinator, who is based in Cuba, NM, has been selected to represent rural Sandoval County on the Board of the United Way of Central New Mexico.

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SEPA Program Sponsors Visit to UNM by Middle School Students

Kathryn Peters

In October, about 85 of the students who attend Cuba Middle School (CMS) in Cuba, NM, visited UNM to learn about scientific research and careers in science. The visits were sponsored by a Science Education Partnership Award (SEPA) to UNM from the National Institutes of Health. The SEPA program, which is based at the PRC, offers opportunities to learn about science and health outside the classroom.

At UNM’s Earth and Planetary Sciences Department, sixth-grade CMS students compared geologic features on Earth and Mars, identified meteors, and created a story about meteorites. They also met Zachary Gallegos, a UNM student who is one of only 100 people from around the world chosen to help establish a colony on Mars.

CMS seventh graders toured UNM’s Health Sciences Center to learn about careers in health care. Members of the Department of Dental Medicine gave the students dental care kits and a lesson on the effects of chewing tobacco. The middle schoolers then went to UNM’s “BATCAVE” to try out some of its computers and other machines, including human-like electronic dummies. Medical students use this equipment to practice doing an operation, using a stethoscope, and delivering babies.

UNM’s Civil Engineering Department hosted the eighth-grade students. The students learned about what is involved in maintaining water quality, especially in rural areas like Cuba, from engineering students. They also learned that engineering is a career that involves creativity and solving problems.

CMS students’ comments about their visit showed thought and enthusiasm. An eighth grader asked, “How can engineers help change global warming?” A sixth grader said, “I can’t wait to come to college, I really want to come to UNM.”

The trips were made possible with the help of Lynn Vasquez, CMS principal, and several teachers at the school.

New Staff at the PRC

Ashlee Begaye recently joined the PRC as a health educator with the Science Education Partnership Award program. She assists Kathryn Peters in coordinating science- and health-related events for students attending three middle schools in northern New Mexico. Before coming to the PRC, Ashlee was an intervention specialist at San Juan College in Farmington, NM. A native New Mexican, Ashlee has a BS in biology and chemistry from Fort Lewis College in Durango, Colorado.
Our New Digital Footprint

Emily A. Lilo

Thanks to the hard work and dedication of the PRC’s communication and dissemination (C&D) team, the PRC is now on social media, so please “like” us, follow us, and share us with your friends and colleagues. By being on Twitter and Facebook, we can increase our reach with decision makers, public health advocates, and our communities. Our goal is to provide one more venue for creating a sense of community by sharing current news and events about the PRC, its partners, and research that may affect people throughout New Mexico.

Social media is also a place for sharing stories and issues that are important to you—our readers—so if you have any suggestions about things to post, please let us know (elilo@salud.unm.edu) and we will share posts relevant for our followers.

The PRC’s C&D team has also recently revamped the PRC website (http://prc.unm.edu) to make it more user friendly and compatible with mobile devices. Our website focuses on all the amazing work done by the PRC and its partners and serves as a resource for our communities. Please visit us for current news, detailed information about members of the PRC team and the PRC’s Community Advisory Council, ongoing and past projects, education and training events, educational materials, and publications and reports. If you are interested in receiving The Connections newsletter regularly, please sign up at: http://prc.unm.edu/publications-reports/newsletter-listserv.html.

PRC Staff Milestones

Andrea Cantarero, an associate scientist at the PRC and community health analyst with the New Mexico Community Data Collaborative, received both an MS in nutrition from the Department of Individual, Family, and Community Education in UNM’s College of Education and an MPH (epidemiology concentration) from UNM’s Department of Family and Community Medicine in December. Andrea graduated with distinction from both programs and also received the nutrition program’s Outstanding Graduate Student Award. Andrea works on the PRC’s VIVA II and CHILE Plus projects.

Amanda Harris, a field research associate with the Adolescents Committed to Improvement of Nutrition & Physical Activity (ACTION PAC) project, which is housed at the PRC, received an MS in community health education from the Department of Health, Exercise, and Sports Sciences in UNM’s College of Education in December. She has worked with several of Dr. Alberta Kong’s diabetes and cardiovascular disease intervention and prevention studies, including Rx Lifestyle Modification (Rx LM) and the Health Eating and Active Lifestyles (HEALS) program.
PRC Breakout Club Walks the Talk

Andrea Cantarero

The PRC staff works hard to promote healthy living and opportunities for physical activity in communities all across New Mexico, but it all starts here—just outside our office.

The Breakout Club emerged from an idea I first shared with Sarah Sanders, a PRC exercise scientist, when I was doing an internship at the PRC in the spring of 2014. Sarah and I went for a few afternoon jogs to take advantage of the beautiful weather and newly laid-out path around UNM’s North Golf Course. We found these “coffee break” jogs re-energizing and a great time to talk about project ideas. After I became a PRC staff member, I asked Dr. Sally Davis, the PRC director, about offering a weekly 30-minute walking/jogging “club” as an employee benefit. She liked the idea (and remains a huge supporter), and the PRC Breakout Club was officially founded in the fall of 2014.

Originally, the club was offered only on Wednesdays at 2:30 pm, but because of popular demand and varied staff schedules, another session (Thursdays at 10:30 am) was recently added. The club is open to everyone at the PRC—full-time, part-time, faculty, staff, students—and we also sometimes have participants from other departments. The club’s success is due partly to our “walking champions,” who send email reminders about each session and make the effort to invite, in person and just before the session, every person in the office to come out. As a result, people know that there is always someone to walk with.

Along with providing a chance to exercise, the Breakout Club allows us to get to know our co-workers better and learn more about all of the PRC’s projects. This fosters a sense of community and promotes the sharing of ideas across projects and teams.

The Breakout Club has many committed participants, but the following PRC staff members deserve special recognition:

Most Dedicated Walker: Karen Lopez
Most Waterproof Walker: Francesca Tobias
Most Committed to Laughing and Jogging: Amanda Harris
Fastest Jogger: Felipe (“The Brazilian Spider Monkey”) Amaral
Fastest Walker: Leona (“The Long-Legged”) Woelk
Greatest Participation by an (Overextended) Principal Investigator: Glenda Canaca
Best Talker So I Don’t Feel So Winded: Sarah Sanders

Awards and Honors

Emily A. Lilo, an associate scientist at the PRC and a PhD candidate in health communications in UNM’s Department of Communication and Journalism (C&J), recently received two departmental awards. Emily was the first ever recipient of the Communication, Culture, & Change Award, which recognizes outstanding commitment by a graduate student to address local, state, national, and/or international issues of justice, equity, and/or disparity that relate to their area/s of study. Emily was nominated for this award by the C&J faculty. Emily also received the Everett Rogers Graduate Research Scholar Award, which is given to graduate students based on cumulative scholarly accomplishments over the course of their graduate career.
Public Health Day at the State Legislature

Emily A. Lilo

The UNM PRC team was honored to have been invited to attend the annual Public Health Day at the New Mexico State Legislature on January 27, 2016. This day, which was co-sponsored by the New Mexico Alliance of Health Councils, has the goal of providing an opportunity for public health researchers and professionals in New Mexico to highlight their work, meet with legislators, and network with other public health workers around the state.

The PRC table had flyers, handouts, information about our trail guide app (created by Alejandro Ortega), and an interactive GIS map (http://prc.unm.edu/educational-materials/map-gallery.html). The map, which was very popular with attendees, allowed viewers to see a health profile of their community and provided information about PRC activities in their area. Staffers from US Representative Michelle Lujan-Grisham’s office especially enjoyed exploring the map with Andrea Cantarero, the PRC’s mapping expert.

During the day, guided by Patty Keane, the PRC’s advocacy specialist, Kathryn Peters and Ashlee Begaye from the Science Education Partnership Award project met with several legislative staff members. The day also provided an opportunity for one of the PRC’s practicum students, Aubrey Meissnest, to gain firsthand insight into legislative processes by sitting in on a finance committee meeting. Overall, Public Health Day was a success, allowing us to make more than 50 contacts, including members of the New Mexico Legislature.

In Memoriam

Patricia Kutzner, a member of the Step Into Cuba Alliance, died December 8, 2015, in Albuquerque. Pat was instrumental in helping to secure the land donation for the Fisher Trail in the Cuba, NM, area. Pat retired to Cuba in 1996. Before that, she was the founding director of the World Hunger Education Service and cofounder of the US Committee for World Food Day and the District of Columbia Hunger Action Project. In Cuba, she served as a community development planner and trainer for the Torreon Community Alliance in the Navajo Nation.

Gena Hendrick Love, a member of the PRC’s CAC since 2007, died in Albuquerque on November 7, 2015. Love was a bureau chief for the New Mexico Department of Health. All of us at the PRC and CAC were saddened to learn of the passing of our colleague. Our sincere condolences to her family.

Our sincere sympathy to Alicia Rodriguez, the PRC’s accountant, on the passing of her mother, Antonia Vasquez Carrillo, in Los Angeles on January 11, 2016.
Leslie Trickey To Retire
Renée J. Robillard

The PRC’s unit administrator, Leslie Trickey, will retire from UNM on April 29, 2016. Leslie has worked at UNM, the PRC, and with Dr. Sally Davis, the PRC director, for 25 years, starting what she calls her first “real job” in August 1991. Leslie has long been a mainstay of the PRC, highly knowledgeable about the processes, policies, and resources of not only the center but of UNM, vendors, government agencies, and communities. She also has a truly remarkable ability to get things done in the face of seemingly impossible deadlines and bureaucratic challenges while remaining calm and cheerful. “It has been a joy to work with Leslie for the past 25 years,” said Dr. Davis, “She was just starting her career when she joined the center. Since then, she has developed into an outstanding professional. She is one of the most loyal and hardworking people I know. I always say her mother raised a great daughter and should be very proud. I am honored to have been a part of Leslie’s journey. I wish her the very best in her new adventures but will miss her greatly.”

Leslie applied for her job because she wanted to run an office and to be somewhere that she could commit to for 25 years because “longevity and seniority were important to me.” When she arrived, typewriters were the most essential piece of office equipment. Since that time, according to Leslie, “The biggest change at UNM has to be doing more of the processes electronically and not having to use the typewriter to complete forms.” The biggest change at the PRC is “how it has grown and the projects and the communities we are working with.”

Leslie’s exemplary service to UNM and the PRC has been recognized formally on several occasions. She received the UNM Health Sciences Center’s Pug Burge Staff Award in 2012 and a Department of Pediatrics Staff Award. In 2015, Leslie was nominated for UNM’s Gerald W. May Outstanding Staff Award, which is considered the most prestigious award at the university. Leslie was collectively nominated by all of the PRC’s principal investigators.

Asked to describe a special experience during her tenure at the PRC, Leslie recalled a time when she went into the field with one of the research teams: “We ordered mutton and green chile frybread sandwiches from a food truck that had been converted from a horse trailer. This was my first time trying both mutton and frybread. I remember that as one of the best-tasting sandwiches I have ever had and the wonderful experience that came with it. I have enjoyed this special sandwich on many more occasions when traveling to the area for both work and personal reasons. It is one of my favorite memories from the PRC.”

Leslie will hardly remain idle after she “retires.” She plans to move to Florida this fall and get a job at Disney World. We will all miss her a great deal, but we look forward to seeing that first photo of her wearing mouse ears.

New Grants and Contracts

Alberta S. Kong, MD, a PRC affiliate member, is a co-investigator on a new 5-year, $1 million grant to develop and evaluate a program to prevent teen pregnancy that uses motivational interviewing. The program will recruit more than 1,400 participants aged 14 to 19 from primary care clinics that serve under-represented populations. The grant was awarded by the Office of Adolescent Health of the US Department of Health and Human Services. Jennifer Hettema, PhD, a faculty member in UNM’s Department of Family and Community Medicine, is the project’s principal investigator.
**CAC News**

**Welcome Aboard**

The Community Advisory Council (CAC) of the PRC has the following new members, all of whom attended our “Fall Harvest” CAC meeting.

**Beth Hamilton** is the executive director of the Nacimiento Community Foundation, a partner in VIVA-Step Into Cuba (NM), the PRC Core project. Other programs of the foundation include the Cuba Farmers’ Market, the Cuba Community Garden, the Checkerboard Food Pantry, and Family Assistance.

**Dan Green** is the state epidemiologist at the NM Department of Health. Like Linda Peñaloza, PhD, and her team at the PRC, Dan works on the Youth Risk and Resiliency Survey (YRRS), a school-based survey that assesses health risk behaviors and resiliency (protective) factors of high school and middle school students throughout the state. His role with the YRRS includes sampling, data analysis, and data sharing.

**A Fond Farewell**

Maria Benton, who had served on the CAC since 2009, recently retired from the CAC and her position as manager of the Injury Prevention Program at Jemez Pueblo. We thank Maria for her years of service on the CAC and wish her the best in her retirement.
The Connection - Spring 2016
Connecting the UNM PRC and Community since 2002. Visit http://prc.unm.edu

The Connection is published by the Prevention Research Center (PRC), Prevention & Population Sciences, University of New Mexico, Albuquerque. The purpose of The Connection is to provide reports and updates on programs of the PRC and those of its Community Advisory Council and other partners.

The Connection Staff
Editor: Renée J. Robillard, MA, ELS
Design and Production: Felipe P. Amaral, MA
PRC Director: Sally M. Davis, PhD

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The University of New Mexico Prevention Research Center (UNM PRC) is one of 26 PRCs funded by the Centers for Disease Control and Prevention (CDC). The mission of the UNM PRC is to address the health promotion and disease prevention needs of New Mexican communities through community- and evidence-based research. The PRC fulfills this mission through collaboration, training, dissemination, implementation, and evaluation activities.

The UNM PRC is funded by cooperative agreement #U48DP005034-02 from the CDC. The views expressed in The Connection are those of the authors and do not necessarily represent the official position of the CDC.