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### It's a Beautiful Day in the Neighborhood - a Guide to Exercise in the Southside of Santa Fe, NM

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# It's a beautiful day in the neighborhood – a guide to exercise in the southside of Santa Fe, NM

HEALTH SCIENCES

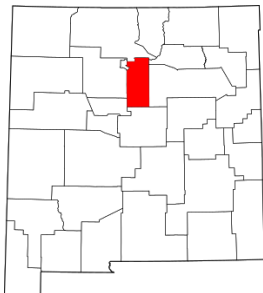
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## Santa Fe County

Population:  
150, 358



### Greatest factors affecting health in Santa Fe County:

- Combination of age and sex with race, ethnicity, and poverty
- Above average housing costs
- Transportation challenges
- High rate of uninsured
- Food Insecurity

### Agua Fria – Social Determinants of Health risk factors:

- High risk factors:
  - Uninsured population
  - Immigrant population
  - Population of children in poverty
- Moderate risk factors:
  - Poverty
  - Racial and Ethnic population

## Metabolic Disorders

### Diabetes:

- 220,000 New Mexicans diagnosed in 2017
- 6th leading cause of death in the state
- Approximately 550,000 prediabetics
- Only 3 in 10 aware of their prediabetes diagnosis
- Medical costs 2x greater for people diagnosed with diabetes
- Mortality Deaths per 100,000 population, age-adjusted
  - New Mexico: 26.0
  - Santa Fe County: 16.9
  - Agua Fria Village: 33.2

### Risk Factors:

- Obesity
- Family medical history
- Physical inactivity
- Age 45 and older

## Objective

Addressing the Santa Fe Community Services Department goals of increasing healthy food consumption, reducing metabolic disorder by providing dietary and exercise resources.

## The plan is to create a resource

We can create a brochure that provides resources to address risk factors for metabolic disorders. As detailed to the right, it would include the following:

- A map of parks in the 87507 zip code and their listed features
- A general guide to body weight exercises
- MyPlate recommendations

We foresee this turning into a project to encourage kids to go outside and play more. We could create a kid friendly brochure with scavenger hunts. Brochures could be available at La Familia Medical Center.

**Next steps** - Find a community partner to provide prizes for logging exercise hours or completing scavenger hunts around the parks as a form of encouragement

## Population Statistics

- “Silver Tsunami” - majority of the county’s population is between the age of 50-70 years.
  - Proportion of adults aged 65 years and older is expected to grow by 62% by 2030
- Primary language: English 62% of households & Spanish in 33%
  - Neighborhoods with high poverty rates have a higher proportion of individuals who are Hispanic, immigrants, and not US citizens.
  - Households in these areas are most likely to pay 50% of income or more for rent/housing

\*\*The population in the 87507 zipcode deals with higher healthcare costs, less available time/income for healthy shopping and cooking, less outdoor recreational space compared to the rest of the Santa Fe city zip codes\*\*

## Resources to supplement our work

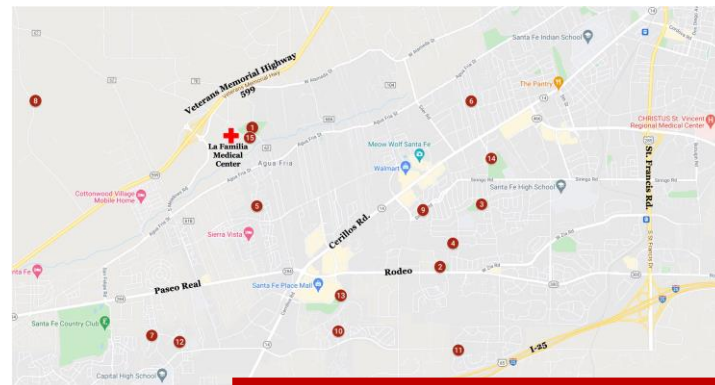
### Go to google and type:

- “[Prescription Trails Santa Fe](#)” for walking trails in each zip code. Distances and difficulties are listed for each one.
- “[Budget Bytes](#)” A budget conscientious food blog with plenty of flavorful recipes.
- “[MyPlate.gov](#)” provides healthy shopping tips & advice as well as a variety of recipes

### Phone Apps

- “All Trails” - Create an account and see walking and biking trails near you.

## Public parks in the 87507 zip code



The list has 14 public parks listed and their features.

If we can help people find their closest of most convenient outdoor space, we can also encourage them to step out for a walk of exercise.

Map Number	Park Name	Address	Features
1	Bonito Park	Agua Fria Park Road	Picnic tables, tennis/basketball/bowling courts, BBQ grill
2	Guadalupe Chavez Community Center	3227 Rodeo Rd. 87505	Play equipment, multi purpose field
3	Herb Martinez Park & Rawlana Park	614 Camino Carlos Rey	Tennis courts, picnic tables, baseball fields, basketball courts, multi purpose field
4	Monica Lazcano Park	852 Camino Coronado	Picnic tables, play equipment, BBQ grill, soccer fields
5	Las Arroyitas Park	1101 Calle Anjo	Picnic tables, play equipment, park shelter, BBQ grill, multi purpose field
6	Las Hermanas Rodriguez Park	1612-1624 La Cruzguita	Picnic tables, play equipment, basketball courts
7	Las Milagros Park	4936 Las Milagros	Picnic tables, play equipment
8	Municipal Recreation Sports Complex	203 Caja del Rio	Play equipment, BBQ grill, soccer fields, volleyball equipment, multi purpose field
9	Marc Bonatti Park	3217 Sringo Rd.	Picnic tables
10	Dancing Ground Park	Langshof Court La.	Picnic tables, play equipment, multi-purpose field
11	Pueblo del Sol Park	3930 Governor Mills Rd	Picnic tables, play equipment
12	Rancho del Sol	5 San Pecos Park	Picnic tables, play equipment
13	Villa Linda Park	4129 Cervillon Rd	Picnic tables, play equipment, multi purpose field
14	Martha F. Ramirez Skate Park	1219 Camino Carlos Rey	Skate park
15	La Familia Medical Center	2143 Caja del Oro Grand Rd.	Class

## Physical Activity Guidelines for Americans:



squats



planks

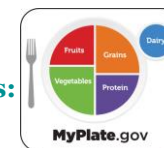


running

2.5-5 hours a week of moderate-intensity physical activity

1.25- 2.5 a week of vigorous-intensity aerobic physical activity

## MyPlate Dietary Recommendations:



## Acknowledgements



- Thank you Dr. Gary Giblin and Dr. Matthew Schmidt for their time and dedication to the community and education.
- Thank you to the staff and patients of La Familia Medical Center Southside Clinic

### Sources:

Santa Fe County Community Services Department. (2017). Health Services Gap Analysis. New Mexico Department of Health. (2017). New Mexico's Indicator-Based Information System. New Mexico Department of Health. Diabetes Prevention and Control Program. Diabetes in New Mexico Infographic. U.S. Department of Agriculture. (2021). MyPlate. www.myplate.gov. U.S. Department of Health & Human Services. (2018). Physical Activity Guidelines for Americans. 2nd Edition.