Health and Wellness Projects in New Mexico Native Communities: An Activity Resource Kit

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Health and Wellness Projects in New Mexico Native Communities

AN ACTIVITY RESOURCE KIT

Published by UNM Health Sciences Library and Informatics Center with support from the National Library of Medicine.
Health and Wellness
Projects in New Mexico
Native Communities

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This resource kit was made possible by contributions from community health workers in New Mexico Native communities. We are grateful for their creativity and the important work they do.

December 2015

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Projects in New Mexico
Native Communities:
An Activity Resource Kit

In April 2015 the National Library of Medicine’s Native Voices—Native Peoples’ Concepts of Health and Illness traveling exhibit came to the University of New Mexico’s Health Sciences Library and Informatics Center (HSLIC) and stayed through the middle of October. During this time with the support of the National Library of Medicine, HSLIC faculty embarked upon a course to take the Native Voices exhibit to tribal communities in New Mexico and to enlist from those working in tribal communities their ideas of what it means to be healthy and well from a Native perspective.

We also asked them to contribute descriptions of projects in their communities that promote and foster health and wellness. Despite the often dire reports on Native American health, we knew that much is going on address the “health disparities” in Native communities in their own way and in their own time.

In the following pages you will find projects submitted from the communities in their own words, some with pictures and handouts. We hope you will them helpful as you plan your own activities or serve as measures to evaluate your community health programs.

Patricia Bradley, MLS, AHIP
Native and Distance Services Librarian
University of New Mexico Health Sciences Library and Informatics Center
On September 18, 2015, I had the honor of attending a New Mexico Tribal Community Health Summit held at the University of Mexico’s Health Sciences Library and Information Center facilities in Albuquerque, NM. This was one of several outreach activities carried out by the HSLIC in connection with the National Library of Medicine’s Native Voices traveling exhibition, which visited the HSLIC for several months in 2015.

The Community Health Summit included several dozen participants from the Navajo, Pueblo, and Apache tribes in New Mexico. The keynote speaker, Gayle Chacon, MD, the panelists, and the tribal health providers collectively conveyed a strong sense of purpose in advancing the health of their tribal communities. Many spoke to community programs that address the need for a healthy body, mind, and spirit.

A major outcome of the Health Summit is this activity resource kit, which includes about two dozen health enhancement and wellness projects underway in various New Mexico tribes.

Taken as a whole, the activities help illustrate some core themes of the Native Voices exhibition, which include the importance of taking responsibility both for one’s own health and behavior, and for community and family health as an extension of personal health.

The activities address a variety of health and wellness topics, such as lifestyle, diet/nutrition, exercise, games and dancing, positive perspective, family & youth support, traditional ceremony, and Native pride.

I am very pleased to see this activity resource kit come to fruition, in the spirit of Native Voices, and hope it will be put to good use.

Fred B. Wood, BSEE, MBA, DBA
Outreach & Evaluation Scientist
Office of Health Information Programs Development
US National Library of Medicine
Bethesda, MD
Community Projects

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**Culture of Health**

**Community:** Taos Pueblo

**Tribe(s) Served:** Taos Pueblo

**Dates of the Project:** 2007 - present

**Goals of the Project:** Full description and link to a video can be found at:


**Audience:** All ages

**Activities:**

Taos Pueblo Red Willow Farm, Taos Pueblo Head Start, Taos Pueblo Exercise Program and Taos Pueblo Community Health Workers. Full description and link to a video can be found at:


**Contact Information:**

Shawn Duran
sduran@taospueblo
Cycles of Life

Community: Native American Community Academy

Tribe(s) Served: 60+ Tribes (highest tribal populations: Pueblo and Navajo)

Dates of the Project: Ongoing program, currently in motion at the NACA/UNM Law School campus.

Goals of the Project: The goal of the program is provide the background of the complex and interconnected nature of elements that determine our health, which is interconnected to the health of our planet. The aim for providing this foundation is to encourage students to take action to create positive changes that support healthier people, communities and bioregions.

Audience: Cycles of Life seeks youth ages 15 to 21 to help create a space where we explore earth-centered modes of transportation and food production in order to take action and make positive impacts in the communities that we live, work, and play in. Cycles of Life takes a holistic approach to health by stimulating the mind, body and soul.

Activities:

Organizing community bike rides to bring awareness to various challenges in Indigenous communities.
*Past bikes rides: Zuni, Sandia, Isleta, Jemez.

Our objectives are to:

- Exercise the mind, body and spirit through bicycling, gardening and art
- Explore the historical, cultural, and natural landscape of New Mexico through earth-centered modes of transportation
- Explore the complex and interconnected social determinant of health including behavior, environment, socioeconomic status, historical trauma and our colonized minds
- Explore the complex and diverse understandings of health, history and identity
- Share from personal experiences as well as experiences from working in partnership with communities

Contact Information:

Leroy Silva (Dean of Students)
wellness_silva@nacaschool.org

Jake Foreman (Indigenous Studies)
foreman@nacaschool.org


**Desert Sun Fire Fitness**

*Community:* Santo Domingo, San Felipe, Cochiti, Cochiti Lake, Pena Blanca

*Tribe(s) Served:* Santo Domingo Pueblo, San Felipe Pueblo, Cochiti Pueblo

*Dates of the Project:* Current, on-going

*Goals of the Project:*

By empowering and guiding participants through an active lifestyle, together as one, we can raise the health and wellness of our people to its highest possible level. In partnership with Cochiti Elementary School, Desert Sun Fire Fitness has shed light on a new active lifestyle approach in five communities: Santo Domingo, San Felipe, Cochiti, Cochiti Lake, Pena Blanca.

Over 120 participants come to “feel the burn” with the variety of fitness sessions we offer such as Zumba FIT, Zumba Step, Circuit Training, Cardio Kickboxing, and Brazilian Jiu Jitsu. All sessions are free upon registration. In addition, Kidz Fit at Cochiti Elementary School teaches kids Zumba, Jiu Jitsu and soon, basketball. We have encouraged our participants and taken them to an all-Pueblo Crossroads event where pueblos come together and run a 5k to promote healthy lifestyles. Some participants run their first 5k, 10k, or half marathon. Our mottos are: “We start as one, we finished as one”, “We are not just a fitness group, we are family”. During the summer Desert Sun Fire Fitness brought the heat and now for the winter we are bringing the meltdown; we are melting down calories and reshaping our participants for 2016!

*Audience:* All ages, families and individuals

*Activities:*

To educate our people about the potential risks of obesity and diabetes, and address these risks by promoting a healthy lifestyle with the following:

- Running/Walking
- Stability Training
- Cardio Kickboxing
- Circuit Training
- Zumba Fitness
- Baseline Assessments
- Brazilian Jiu Jitsu
- Kidz FIT

*Contact Information:*

Facebook page @ desertsunfirefitness
Email: tcoriz@yahoo.com
Team members: Ellie, Keith, Skye, James, Kendra
Hacking to Stay Healthy

Community: Cochiti Pueblo, New Mexico

Tribe(s) Served: Cochiti Pueblo

Dates of the Project: October 28, 2015

Goals of the Project: The main goal of this project was to get the males of our community to attend our monthly men’s group meeting so that we could promote physical activity, health education and conduct health screenings.

Audience: Males 14 years and older

Activities:

We held a two-person team golf tournament where we encouraged participants to walk instead of using a golf cart to get around the golf course. All participants were eligible to take part for free if they agreed to allow our health department staff to do one of three health screenings (blood pressure, blood glucose level, height and weight). They also received a raffle ticket for each screening they did. Following the golf tournament, before prizes were awarded, we held an education class on diabetes. We also provided a dinner of sub sandwiches and baked chips.

All participants had a great time and were very thankful for the opportunity to play in a free golf tournament, and at the same time taking home some useful education on diabetes. They are all looking forward to the upcoming men’s group meeting so they can earn their entry to the next golfing event.

Our health department learned that golf is the key to getting the males of our community to be more active and attend our monthly men’s group meetings. We went from an average of five males attending our monthly meetings to over 34 men that took part in our Hacking to Stay Healthy event.

Contact Information:

Jude Suina
Po Box 1559
Pena Blanca, NM 87041
Jude_suina@pueblodecochiti.org
Hacking to stay Healthy!

Gentlemen! Grab your clubs and balls and come on out for an evening of fun and exercise at the first ever Men’s Health Group Golf Outing

Where: Cochiti Golf Club
When: October 28, 2015
Who: Open to all Cochiti Males 14yrs and older
Time: 4pm Shotgun Start
(Registration and Health Screenings 3:30pm)
Cost: One Health Screening
(Height and Weight, Blood Pressure or Blood Glucose)
You may pre-register with your health screening at the Hahn Center
Anytime before the 28th, we are open 8-5pm
Format: 9 Hole 2-Person Scramble (Blind Draw)
Prizes for our top finishers!
Closest to the pin and long drive competition!

For more information or to sign up for this FUN event, Call the Hahn Center at 465-3015
Sponsored by The Cochiti Health Department
Healers of Tomorrow (HOT)

Community: New Mexico

Tribe(s) Served: All

Dates of the Project: Continuous

Goals of the Project: Our goal is to expose the students to various healers, including traditional practitioners, therapy fields, physicians, nursing, midwifery, social work and other health fields.

Audience: Students

Activities:

This is a year-long mentoring program aimed at supporting Indigenous students who are interested in health careers. Our program also involves setting the students up with mentors who are undergraduate or graduate level students heading into health careers. These friendships are a central part of the program, with much of the mentoring, college advisement, scholarship advice, etc. happening through mentor-mentee relationships.

We also provide a chance for students to shadow in clinical settings, something that many students find very challenging to arrange on their own. Finally, the program expects the youth to create and carry out a health project in their home communities. Projects in the last years have included setting up medicinal gardens, arranging community clean-ups, the creation of a youth health fair, and peer-to-peer education on self-image, nutrition, and healthy relationships.

Our Native Health Initiative is a love-funded partnership and this program is no exception. We estimate that it takes a full-time FTE (approx. 2000 hours) a year to make HOT work, yet we spend only about $400 annually on this program.

Contact Information:

Shannon Fleg
shannon@lovingservice.us
Native Health Initiative
http://www.lovingservice.us/
You are cordially invited to attend...

Healers of Tomorrow Graduation
NHI Office: 924 Park Ave. SW
Saturday May 9th, 2015
9am-11am

Our Healers of Tomorrow students will share about their projects and their visions for their work as healers.

Potluck style brunch - please bring a dish to share

For more information, please contact Anthony (afleg@salud.unm.edu)

Native Health Initiative
www.lovingservice.us
Health Through a Native Lens Lunch Series

Community: Albuquerque, NM

Tribe(s) Served: All

Dates of the Project: 2008 to present

Goals of the Project: To introduce health-profession students at UNM to perspectives on health and wellness from an Indigenous perspective.

Audience: Students

Activities:

We host 5-8 lunches per school year, with topics ranging from ceremonial tobacco, communication with Indigenous patients, mental and spiritual health from Indigenous communities, and learning from traditional healers. The lunches are very well attended, usually with packed rooms of students, staff, and faculty. One of the successes of the program is a collaborative approach in which multiple UNM entities such as student groups and training programs serve as partners on the lunches.

Contact Information:

Native Health Initiative
Anthony Fleg, MD
AFleg@salud.unm.edu
Healthy Kids, Healthy Futures

Community: Pueblo of Laguna

Tribe(s) Served: Surrounding tribes of Laguna Pueblo

Dates of the Project: June 2014 to November 2015

Goals of the Project: To increase healthy lifestyle and physical fitness activities to decrease obesity and other risk factors of diabetes and chronic illnesses.

Audience: Youth, ages 1-19

Activities:

Ages 1-4: Parent nutrition and health information
   • Demonstrations in body movement

Ages 5-8: Awareness of movement and healthy snacks
   • Kids Zumba
   • Kids frozen fruit and smoothie making
   • Introduction to food labels and grocery store shopping
   • Outdoor physical fitness through activities and hikes

Ages 9-15: Awareness of skill building and teamwork, with emphasis on healthy eating and hydration
   • Defined sports – soccer, basketball, golf, flag football, Zumba
   • Each had parent night to provide healthy eating and snack demonstrations
   • Newsletter and brochures addressing parents’ concerns and needs regarding healthy lifestyle and health eating

Ages 15-19: Awareness of peer pressure and healthy lifestyles
   • Defined and challenging activities – basketball and Zumba
   • Participatory healthy food snacks and food labeling

Contact Information:

Karen Waconda-Lewis
kwaconda@lagunapueblo-nsn.gov
Healthy Lifestyles

Community: Surrounding communities of Laguna Pueblo

Tribe(s) Served: Pueblo of Laguna and surrounding communities

Dates of the Project: On-going

Goals of the Project: Increase awareness of toxins in the environment and to better care for one’s self.

Audience: All ages

Activities:

- Awareness of essential oils
- Application and use of essential oils
- Awareness of essential oils through: depression, mental and emotional blockages, cuts and injury with essential oils, cleaning without toxins, making body products with essential oils, managing weight through essential oils, tobacco cessation through essential oils, pet care through essential oils

Contact Information:

Karen Waconda-Lewis
kwaconda@lagunapueblo-nsn.gov
**Hip Hop, Indigenous Culture and Health**

**Community:** Albuquerque NM

**Tribe(s) Served:** All

**Dates of the Project:** 2010 to present (on-going)

**Goals of the Project:** Our goal is to provide ways to engage youth in the realm of health, language, and culture through the medium of hip hop.

**Audience:** Youth

**Activities:**

We have a grant program (Positively Hip Hop) that allows youth to apply for funds to support projects that are aimed to improve the health and well-being of their community through hip hop. We have also begun doing workshops to allow students to see the power that their own expression can have on their personal health, wellness, and fitness.

**Contact Information:**

Native Health Initiative
Anthony Fleg, MD
AFleg@salud.unm.edu
http://www.lovingservice.us/hip_hop_and_health
Honoring Healthy Traditions

Community: Pueblo of Laguna

Tribe(s) Served: Pueblo of Laguna

Dates of the Project: January 2015 to December 2020


Audience: All ages

Activities:

Activities designed by elders and high school youth

Year one: Community health screenings and completion of community health surveys.

Year two: Establish elder and youth focus groups to design and distribute healthy heart, healthy lifestyle and stroke awareness information to community members.

Year three: Youth food demonstrations of healthy food choices in local grocery store, elder storytelling, and field trips in identifying natural traditional foods.

Year four: Youth design art work and work with elders to design and display traditional food recipes in a grocery store. Establishing community awareness in healthy lifestyles and healthy eating.

Year five: Youth and elders design an all-age community activity book that includes traditional recipes, history of traditional healthy living, and prevention of heart disease and strokes.

Contact Information:

Karen Waconda-Lewis
kwacinda@lagunapueblo-nsn.gov
**Indigenous Health Leadership Institute (IHLI)**

**Community:** New Mexico

**Tribe(s) Served:** All

**Dates of the Project:** Annual recurring event

**Goals of the Project:** The main purpose of this institute is to increase cultural awareness and humility, as well as encourage health-profession students to become interested in working with Indigenous communities.

**Audience:** Health Professionals

**Activities:**

This is an annual three-day event for health professionals to learn in a culturally respectful way about Indigenous health perspectives from rural/urban tribal community members (youth to elders), community leaders, traditional healers, community advocates, and other Indigenous health professionals. The Indigenous community members are involved in the conversations, serve on the planning committee, assist in participant selection, and help identify and/or serve as host sites. During site visits, participants travel as a group to at least two rural tribal communities, as well as a few Indigenous urban communities and/or programs, to hear actual health stories, health concerns, and traditional health practices.

Participants have the opportunity to network and participate in a community asset mapping workshop and a decolonization frameworks session, and work alongside community members on a unique form of community service. Participants also learn about health equity versus health disparity, historical trauma and/or intergenerational grief, and cultural approaches and strategies of how to work with Indigenous populations.

Our Native Health Initiative is a love-funded partnership, and we estimate about 2100 hours of loving service to make IHLI work, and spend about $1800.00 annually on this program.

**Contact Information:**

Shannon Fleg  
shannon@lovingservice.us  
Native Health Initiative  
http://www.lovingservice.us/
Inipi Lakota Sweat Lodge Ceremonies

Community: First Nations

Tribe(s) Served: All tribes / races

Dates of the Project: Every Friday at 7pm and Saturday at 9am

Goals of the Project: Healing

Audience: The homeless, spiritual seekers, or people struggling with addiction, hardship, confusion, loss, health problems, stress, relationship or family difficulties.

Activities:

Sweat lodge for men and women, separate on Friday evenings and together on Saturday mornings. Both include a potluck feast afterwards. Participants bring a dish to share, a towel, and an extra change of clothes. The men sweat in shorts. The women wear a long dress and cover shoulders. Saturdays are a homeless outreach project. Anyone is welcome to attend either ceremony. Ceremonies include prayer, songs, drumming, smoking pipes, and sitting in dark steam with herbs. Participants must be sober at least 24 hours to attend. An offering to the ceremonial leader is suggested; otherwise, it is free to attend.

Contact Information:

Norman Redstar
(605) 319-1490

Rasa Lila, ND
(505) 363-9748
**Jicarilla Family Fitness Park**  
**Good Health & Wellness in Indian Country**

**Community:** Dulce, New Mexico  
**Tribe(s) Served:** Jicarilla Apache Nation  
**Dates of the Project:** January 1, 2015 to October 2015 (Year one of a five year project)  
**Goals of the Project:** The goal of the Jicarilla Community Health & Fitness Center was to initiate a community health assessment/profile to support the creation of an Outdoor Family Fitness Park adjoining the existing indoor Jicarilla Health & Fitness Center.  
**Audience:** The audience for the program included community members of all ages.

**Activities:**

A proposal for a 5-year sub-grant through the Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC) was submitted in November 2014. The proposal was approved after undergoing small revisions. Project year one began in February 2015. Objectives for the first year included developing an interdepartmental health committee to hold monthly meetings and oversee the project, to complete a landscape design for the fitness park, to purchase educational materials related to chronic disease prevention, to hold at least two focus groups, to provide two run/walk events throughout the year, to provide two diabetes prevention education classes, to attend AASTEC training and receive their technical assistance, and to evaluate key activities at the end of the first year.

Individuals were recruited to serve on the advisory committee and met monthly. A total of four focus groups were completed by June of 2015. These groups represented the elders/cultural committee, the Youth Program staff, summer youth employees, and representatives from the court ordered employment program. Questions asked during the focus group related to existing and potential needs in regards to nutrition and physical activity.

During the summer months (June to August) our program was able to utilize the Native American Research Centers for Health (NARCH) to hire a college summer intern to coordinate the activities. The summer intern played a key part in establishing communication with the committee and the community, and in scheduling the focus group’s venue, participants, and activities.

Our program staff attended training to learn how to analyze the qualitative data collected through the focus groups. The focus group themes were generated by the responses received and will be used to write a final report. In addition to analyzing the focus group themes, our program collected primary data by distributing and collecting the policy, system and environmental (PSE) scan. Secondary data was collected regarding the Jicarilla community by collecting information from the US Census, American Community Survey, Jicarilla specific vital statistics from the New Mexico Department of Health Tribal Epidemiologist, The Indian Health Service Diabetes Outcomes Audit, the Government Program Results Act (GPRA), The Jicarilla 2014 Behavioral Risk Factor Surveillance Survey (BRFSS), and the Dulce Schools Youth Risk & Resiliency Survey (YRRS).
The original objectives for year one of the project were met with the exception of the landscape design completion. Our program was granted a no-cost extension for year one and we will be able to accomplish this task in year two. It has been interesting to learn how to collect primary data and secondary data. Four program employees will attend a strategic planning session in December 2015. We are looking forward to working with AASTEC to complete our Community Health Profile. What started as a simple project to build a fitness park has expanded to include an overall assessment of health and needs in our Jicarilla Community.

**Contact Information:**

L. Michelle Gomez, BSN RN, Director
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PO BOX 609
Dulce, NM 87528
lmgomezjicarillahealthfitness@gmail.com
Mindfulness and Stress Management

Community: Pueblo of Laguna

Tribe(s) Served: All villages of Pueblo of Laguna

Dates of the Project: On-going

Goals of the Project: Bringing awareness to the present moment to reduce stress in the mind and physical body.

Audience: All ages

Activities:

- Weekly mindfulness meditation and yoga for the inmates in the detention facility
- Health screenings, pre and post stress test
- Six week employee mindfulness lunch time meditation
- Six week mindfulness community evening classes: Mindful eating, walking, breathing and lying down exercises

Contact Information:

Karen Waconda-Lewis
kwaconda@lagunapueblo-nsn.gov
Native American Traditional Approach to Wellness Group

Community: Albuquerque, New Mexico

Tribe(s) Served: Navajo, Lakota, Pueblo

Dates of the Project: Started May 2015 to present

Goals of the Project: To empower participants through reinforcement of traditional Native American teachings, knowledge, skills and abilities that will lead them toward positive wellness and health.

Audience: All ages, families and interested individuals

Activities:

Native American Traditional Approach to Wellness Group provides teaching through traditional storytelling, traditional ceremonial process talks and hands on demonstrations of traditional wellness tools. Psycho-educational, life skill, and wellness teachings and seasonal stories are also presented every Wednesdays from 5:30-7:00 pm. Traditional healthy meals are prepared and presented to the participants. A traditional winter Kesh’jee (Shoe Game) is scheduled on December 16, 2015.

Contact Information:

Lorenzo Jim, LADAC
First Nations Community Health Source
5608 Zuni Rd SE
Albuquerque NM 87108
Lorenzo.jim@fnch.org
Native American Approach to Wellness Group

This group will focus on Native American teachings, cultural values, learning through storytelling, creative arts/crafts, empowerment, prevention and other psycho-educational wellness topics

Everyone is welcome
“Share, Learn, Create & Build”

Every Wednesdays
5:30 – 6:30 pm
First Nations Community HealthSource D Bldg
5608 Zuni Road SE, Albuquerque, NM

For more information call 505-262-6520/6597
Email lorenzo.jim@fnch.org
**Native Voices Community Outreach**

**Community:** New Mexico

**Tribe(s) Served:** 22 tribes of New Mexico

**Dates of the Project:** July 1 - September 30, 2015

**Goals of the Project:** The purpose of the Native Voices Community Outreach was to promote the National Library of Medicine’s *Native Voices: Native People’s Concepts of Health and Illness* traveling exhibit to New Mexico and New Mexico’s tribal communities by

- Providing a professional development opportunity for Native American community health care workers.
- Taking the Native Voices exhibit to sites near native communities.

**Audience:** Native American communities in New Mexico

**Activities:**

We planned, scheduled and convened on September 18, 2015 a summit—Concepts of Health and Wellness among Native Peoples of New Mexico. Thirty American Indian health educators, health advocates and community health workers from throughout New Mexico traveled to Albuquerque to attend the event. Activities included a morning panel session, networking opportunities and an afternoon sharing circle of health and wellness projects from the community attendees. All provided favorable feedback for the summit. Follow-up with the attendees took place.

Health Sciences Library faculty Laura Hall and Patricia Bradley took the Native Voices traveling exhibit to the following colleges that serve American Indian populations:

- September 10—UNM Gallup Branch Library, Gallup NM
- September 15—UNM Taos Branch Library, Taos NM
- September 16—New Mexico State University campus, Grants, NM
- September 21—San Juan College Library, Farmington NM (Ms. Bradley only)

At each site we set up the exhibit banners and took iPads for extended exhibit viewing by visitors. At the Taos and Farmington sites Natives Voices was incorporated into health classes. At San Juan College, a panel discussion was held in conjunction with the traveling exhibit. The Taos community requested a subsequent visit. Feedback for all of the site visits was positive.

**Contact Information:**

Patricia Bradley, Native and Distance Services Librarian, University of New Mexico Health Sciences Library and Informatics Center
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Laura Hall, Division Head Resources, Archives and Discovery University of New Mexico Health Sciences Library and Informatics Center
Email: ljhall@salud.unm.edu
Native Voices Community Outreach Amendment

Community: New Mexico

Tribe(s) Served: 22 tribes of New Mexico

Dates of the Project: October 1 - December 31, 2015

Goals of the Project: To build upon the activities completed for the Native Voices Community Outreach (7/1/15 – 9/30/15) which promoted the National Library of Medicine’s Native Voices: Native Peoples’ Concepts of Health and Illness exhibit to New Mexico and New Mexico’s tribal communities.

Audience: Health workers in Native communities.

Activities:

Offered financial assistance to Native American youth interested in health careers to attend a local or national health-related conference such as SACNAS or AISES.

Compiled an Activity Resource Kit describing health and wellness projects and activities in Native New Mexico communities. We developed an input form for submission, offered authors $150 per submission and printed the Activity Resources Kits. A PDF of the kit was put into the Native Health Database: https://hscssl.unm.edu/nhd/ for online access.

Contact Information:

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Laura Hall, Division Head Resources, Archives and Discovery, University of New Mexico Health Sciences Library and Informatics Center
Email: ljhall@salud.unm.edu
Partners in Good Health and Wellness CHR Training

Community: UNM’s Project ECHO offers a 54-hour training program open to any Community Health Representatives, navigators, MAs, or other health paraprofessionals working with patients/clients in a clinic or home healthcare setting. This training is no cost (excluding travel, meals, and lodging) to participants, and participants are eligible to earn a Certificate of Completion along with endorsements in the areas of foot health, blood pressure counseling, blood glucose counseling, depression screening, and weight/nutrition counseling.

Tribe(s) Served: The 27 Southwestern American Indian Tribes in the Albuquerque Area, including those in Texas, Colorado, and Utah. The tribes include:
White Mesa Ute, UT
Ute Mountain Ute, CO
Southern Ute, CO
Ysleta del Sur, TX
All others below are located in NM. Pueblos of:

- Taos
- San Felipe
- Zia
- Picuris
- Sandia
- Cochiti
- Santa Clara
- Isleta
- Jemez
- Pojoaque
- Zuni
- San Ildefonso
- Nambe
- Acoma
- Ohkay Owingeh
- Tesuque
- Laguna
- Santo Domingo
- Santa Ana

Dates of the Project: Ongoing for the next 4 years. Cohort #3 training begins on Feb. 2, 2016 and runs through June 2, 2016.

Goals of the Project: The goals of this project is to train approximately 250 Community Health Representatives between 2015 and 2020 in the areas of diabetes and cardiovascular and stroke risk reduction.

Audience: Please see above

Activities:

Participants learn skills in areas such as foot health, blood glucose testing and counseling, blood pressure technique and counseling, depression screening, waist, weight, height and BMI, motivational interviewing, giving a case presentation, health coaching, and team building.
There are three components to the training:

Phase 1: Coming Together and Skills Building
4-Day Training in communication, education and skills building, team building, and IT problem solving. Focus on presenting culturally relevant materials using adult education theory.

Skills building areas:
- Blood pressure education
- Blood glucose monitoring education
- Weight management education
- Foot health education
- Depression screening

Phase 2: Community of Practice
16 weekly teleECHO clinics to present cases, share information, and receive didactic presentations from Project ECHO staff and outside specialists including RN/CDE, community health worker, health educator, and social worker.

Phase 3: Evaluation and Graduation
One-day skills evaluation and graduation ceremony. Trainees can earn endorsements in the various skills areas listed above. Supervisors, community members, and family are invited to attend.

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Project ECHO
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Physical Activity Kit (PAK)

Staying on the Active Path in Native Communities… A Lifespan Approach!

**Community:** Serving the American Indians and Alaska Natives in the I.H.S. Albuquerque region. The region includes various tribes in the country, including the 19 Pueblos, two Apache nations, three Navajo bands in New Mexico, the Southern Ute and Ute Mountain Indian Reservations in Colorado and on lands bordering New Mexico, and the Ysleta Del Sur Pueblo, the southernmost tribe located in Texas, next to the border of New Mexico.

**Tribe(s) Served:** The 19 Pueblos, two Apache nations, three Navajo bands in New Mexico, the Southern Ute and Ute Mountain Indian Reservations in Colorado and on lands bordering New Mexico, and the Ysleta del Sur Pueblo the southernmost tribe located in Texas, next to the border of New Mexico.

**Dates of the Project:** 2009 to current

**Goals of the Project:** To increase the time American Indians and Alaska Natives spend in moderate to vigorous physical activity for all ages across the lifespan.

**Audience:** The 19 Pueblos, two Apache nations, three Navajo bands in New Mexico, the Southern Ute and Ute Mountain Indian and the Ysleta Del Sur Pueblo, plus others interested nationally and in Canada.

**Activities:**

The PAK contains Modified American Indian Games, Challenges, Exercise Breaks, Family Events, Native American Aerobics, and powwow dances to encourage people of all ages to be more physically active in the schools, Head Start programs, elder centers, youth organizations, and communities.

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Download and print free PAK Books 1-8 by going to the following website:
http://www.ihs.gov/hpdp/index.cfm?module=dsp_hpdp_pak
The PAK website also contains demonstration videos of selected games and activities for viewing.
The Pueblo of Laguna Fatherhood Program

Community: Our primary goal is to provide services to fathers who have children attending Laguna Head Start, but extend our invitation to the Pueblo of Laguna community members and surrounding community members. Exclusion: Any person who has been convicted of a crime related to children, domestic violence and any other major crimes.

Tribe(s) Served: Pueblo of Laguna, Pueblo of Acoma, but extend our invitation to other Native and Non Native Head Start Programs and Communities.

Dates of the Project: The Laguna Fatherhood Program was established in 2003/2004 with the help of Partners for Success. In 2005 the Pueblo of Laguna Head Start became the primary service provider for fathers.

Goals of the Project:

For Laguna Fathers to be active and engaged in the development of physical, social and emotional growth of our children in the hopes of decreasing sexual activity at an early age, decreasing substance abuse, and lessen the desire to participate in gang activity, and for fathers to promote and provide a loving home environment so our children can reach high academic standards and increase positive living styles at home, in the community, and at school.

The Pueblo of Laguna Fatherhood Program is primarily focused on providing resources to fathers who have a vested interest in the social and emotional growth of their children at home, in school, and in the community. We are not a counseling service but a school based program that provides access to services in the areas of physical health of the child, social-emotional needs, oral health, developmental stages and educational needs of the child. Above service areas are made accessible through a monthly Fatherhood workshop and Family Priority Goal Setting. Assistance is provided to fathers who may not be living in the home but wanting to have a closer bond with their child by providing parenting education through research-based programs such as Circle of Security and workshops geared toward improving parental skills.

Audience: Head Start Families and community members. Two parent families, single parent families, teenage parents, brothers, uncles, grandfathers and community members and fathers who may not be living with their children.

Activities:

Monthly Fatherhood Nights: Workshops with various topics related to strengthening parenting skills.

Yearly Motivational Conference: To promote the importance of fathers in the lives of their children and to show the important role fathers have in the family.

Family outings and activities: Fishing, Hiking, Sporting Events (Baseball games/Football games/Basketball games) Pueblo of Laguna Fiesta Parade, Spend a Day With Your Child (classroom activities)/ Spruce Up The Campus Day/ What We Are Thankful For-Thanksgiving Event/ Cultural Events
Contact Information:

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Turkey Trot 2015

Community: Cochiti Pueblo, New Mexico

Tribe(s) Served: Cochiti Pueblo

Dates of the Project: November 7, 2015

Goals of the Project: This project was to promote physical activity, health education, and conduct health screenings to the community. Also to bring awareness of other topics like Domestic Violence and Drugs.

Audience: All ages

Activities:

This event included a 3k walk and 5k run where individuals competed for prizes in 5 different age categories for both the walk and run. Age categories included: Seniors 50+, Adults 18-49, Teens 13-17, Kids 6-12 and Toddlers 0-5 years. Prizes were awarded to the 1st, 2nd, and 3rd place finishers. All participants received a t-shirt and raffle ticket upon having one of three health screenings done (blood pressure, blood glucose, height & weight). We had 75 participants take part in the day’s activity.

Presentations were also conducted by the tribes Health Department and Social Services Program, BIA Law Enforcement, and Five Sandoval Indian Pueblos Inc. Topics included Domestic Violence Awareness, Meth Labs, Commercial and Traditional Tobacco Use, and Diabetes.

The community would like to see an event like this one held monthly and plans are to do just that with our next event already lined up, The Jingle Bell Jog Fun Run and Walk!

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COCHITI HEALTH DEPARTMENT

TURKEY TROT

2015

“IT’S TIME TO Gobble up THE COMPETITION!”

DON’T BE A TURKEY! LET’S TROT OUT DIABETES!

JOIN US FOR A FREE 5K RUN/3K WALK AND

MINI HEALTH FAIR

NOVEMBER 7

HAHN CENTER

Registration and Health Screenings: 8:15 a.m.
Run/Walk/Health Fair begins at 9 a.m.

Wear your favorite team jersey or t-shirt

Prizes will be given to 1st, 2nd, and 3rd place finishers
In each age category for both the run and walk!

Age Categories:
Seniors 50+, Adults 18-49 yrs, Teens 13-17 yrs, Kids 6-12 yrs, Toddlers 0-5 yrs

Sponsored by Cochiti Health Department (Dental, CHR, SDPI) and
Five Sandoval Indian Pueblos, Inc.

Free T-shirts! Free Lunch! Free Raffle!
A Year of Health Consciousness
Recognizing Important Health Issues Each Month in 2015

Community: Dulce, New Mexico

Tribe(s) Served: Jicarilla Apache Nation

Dates of the Project: February 01, 2015 to December 15, 2015

Goals of the Project: The goal of the Jicarilla Community Health & Fitness Center was to highlight monthly national health awareness campaigns or health issues that are relevant to our community. Special events and seminars were planned each month to educate, inspire and engage as many community members as possible.

Audience: The audience for the program included community members of all ages, encouraging the participation of individuals and families.

Activities:

Information was collected from the Society of Healthcare Strategy & Market Development of the American Hospital Association, and the National Wellness Institute. An initial newsletter was compiled and distributed to community programs and to the general public to reflect health observances for each month. A public service announcement was recorded for our local public radio station announcing the year of health consciousness. The monthly health observances chosen for the project included the following:

- February - Heart health with focus on stress
- March - Grief/loss and Colorectal Cancer
- April - Caregivers and Alcohol Awareness
- May - Arthritis awareness & Fitness,
- June - Men’s health, Nutrition awareness,
- July - Alcohol Awareness (repeat),
- August - Distracted driving and kids day,
- September - Prostate health, Childhood obesity prevention, and Audiology,
- October - Breast Cancer awareness, Domestic violence awareness, Red Ribbon week,
- November - Diabetes awareness, Alzheimer’s awareness,
- December - World AIDS day, safe toys and gifts.

Attendance at circuit classes, biking events, walks/runs were greatly encouraged. Throughout the year, starting in February, a total of 35 fitness classes were held, and 11 fun runs/walks, 3 informational booths, and 9 health education sessions. Total attendance for all events was 1,006 (As of November 20, 2015). As an incentive to participate, signature sheets were collected from each event, those names will be put in an end of year drawing. Thanks to the generosity of the Jicarilla Legislative body, our program was able to purchase three prizes; two certificates for high quality mountain bikes, and one home gym equipment set. The end of year grand prize drawing will be held during our community Christmas dinner in December 2015.
Overall, the Jicarilla Health & Fitness Center is confident that our goal to highlight monthly national observances was successful. Community participation and support continues to be evident as we finish the last month of our project. Support for the project by staff of the Jicarilla Health & Fitness center indicates that we will continue to follow health observances for 2016, with addition of emerging health issues.

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A Year of Health Consciousness

RECOGNIZING
IMPORTANT HEALTH ISSUES EACH MONTH
IN 2015...

FEBRUARY - HEART HEALTH WITH FOCUS ON STRESS
During the month of February, many see the heart as a symbol of love. Take this time to show your heart some love. Cardiovascular disease—including heart disease, stroke, and high blood pressure—is the number 1 killer of women and men in the United States and a leading cause of disability.

March - Grief & Loss / Colorectal Cancer
We will take time to address strategies to cope with the loss of a loved one, so that you can move forward in a healthy way. Also during this month, cancer groups, hospitals, and communities focus attention preventing, treating, and curing colorectal cancer.

RECOGNIZING HEALTH ISSUES CONTINUED...

APRIL - CAREGIVERS/ALCOHOL AWARENESS
This month we will be honoring those who dedicate their time to helping care for others. We will also raise awareness about the dangers of alcohol use, and offer strategies for ending alcohol abuse.

MAY - ARTHRITIS AWARENESS/FITNESS
Arthritis is actually a complex family of musculoskeletal disorders consisting of more than 100 different diseases or conditions that can affect people of all ages, races and genders. Understanding this disease is the first step in getting treatment.

Incorporating fitness into your daily life can increase your quality of living and improve your health. Take the time to find out how you can make fitness a bigger part of your life.

JUNE - MEN'S HEALTH MONTH/ NUTRITION AWARENESS/ SAFETY MONTH
National Men's Health Week is June 15-21, 2015. Take the time to make your health or the health of the men in your life a priority.

Eating a healthy and balanced diet can do wonders to improve your health. What you put into your body can have a direct correlation to how you feel. Take care of your body so it can take you where you want to go. Help save lives and prevent injury. Learn more about how make safer choices at home, on the job and on the road.

JULY - ALCOHOL AWARENESS
Alcohol is the number one drug of choice for America's young people, and is more likely to kill young people than all illegal drugs combined. Although national alcohol awareness month is in April, the community could benefit from extra support in this area.

AUGUST - DISTRACTED DRIVING /KIDS DAY
With the ease and convenience of mobile devices, using them while driving has become a safety hazard. In 2012 alone, 3,328 were killed in distracted driving crashes. Kids Day is an awareness campaign designed to encourage parents to spend more time with their children.

Continued on Page 3

Taking simple steps to improve the health and safety of you and the ones you love can make a big impact on your quality of life. The first step is taking the time to educate yourself.
A Year of Health Consciousness

RECOGNIZING HEALTH ISSUES CONTINUED...

SEPTEMBER - PROSTATE HEALTH/AUDIOLOGY
September brings prostate cancer into focus, it's a time to increase public understanding of the disease, including its prevalence, approaches to screening and prevention, treatment options, and resources that offer updated prostate cancer information throughout the year. Over 36 million American adults have some degree of hearing loss. We will use this time to bring awareness to the issue and let you know what you can do to prevent hearing loss.

OCTOBER - BREAST CANCER/DOMESTIC VIOLENCE
National Breast Cancer Awareness month is committed to increasing awareness of breast cancer issues, including early detection, and encouraging women to take charge of their own breast health. Domestic Violence Awareness month offers a way to connect advocated working to end violence against women and their children.

NOVEMBER - DIABETES/ALZHEIMER'S AWARENESS
November is a time to communicate the seriousness of diabetes and the importance of prevention and proper control.

Today, the number of people with Alzheimer's has soared to nearly 5.4 million. Support Alzheimer's care and research by wearing purple and educate yourself about the disease.

DECEMBER - WORLD AIDS DAY/SAFE TOYS AND GIFTS
World Aids Day focuses global attention on the impact of this epidemic, and encourages us to take action. December is a time for celebration and family fun. Many people suffer from celebration related injuries. Learn how to take simple measures to protect you and your family.
The Year at a Glance...

LOOK FOR UPCOMING EVENTS AS THEY ARISE

FEBRUARY
American Heart Month
Stress Management Strategies

Events: Heart Health Presentation
2/24/15
12:00pm
JSU Conference Room

MARCH
Colorectal Cancer Awareness Month
Grief & Loss - Strategies to Cope

APRIL
Caregivers Appreciation Month
Alcohol Awareness Month

MAY
Fitness
Arthritis Awareness Month

JUNE
Men’s Health Month
Nutrition Awareness

Safety Month - Distracted Driving/
Seatbelt Safety

JULY
Alcohol Awareness

AUGUST
Kids Day
Safety Month - Distracted Driving/Seatbelt

SEPTEMBER
Audiology Awareness
Prostate Health Month
Suicide Prevention Week

OCTOBER
Breast Cancer Awareness Month
Domestic Violence Awareness Month

NOVEMBER
Alzheimer’s Disease Awareness Month

DECEMBER
World AIDS Day
Safe Toys and Gifts Month

Each month we will highlight a national health awareness campaign or health issue that is relevant to the area. We will hold special events and seminars each month to help educate and engage the community.

Attendance will be documented, and those who attend the most events will be eligible for a grand prize drawing in December.
Youth Tobacco Awareness and Ceremonial Use

Community: Pueblo of Laguna

Tribe(s) Served: All villages of Pueblo of Laguna

Dates of the Project: November 1, 2015 to June 30, 2016

Goals of the Project:

- Share information of the harmful effects of commercial tobacco
- Share and respect the traditional teachings of plant life and tobacco
- Foster change in limiting or not using commercial tobacco in traditional lifestyle and activities
- Honor local gardeners and their efforts for sustaining growth of our traditional plants

Audience: Youth ages 14-19

Activities:

- Establish linages with tribal leaders to teach the respect of traditional tobacco
- Design a digital story of youth in sustaining in smoking commercial tobacco and respecting traditional tobacco
- Participate in a weekend retreat for religious leaders, elders and youth to discuss concerns and teachings
- Youth create smoke-free tobacco signs to place throughout the community

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