



Wóózhch'ííd
March – “Month of the Eaglettes Cry”

Jan-Feb-Mar 2022 ISSUE

Volume 3, No. 2
Healthy Places - Healthy People

Stay informed about the HPHP project, 10 Navajo Nation Chapters in the Eastern Navajo Agency.

Healthy Places – Healthy People

Navajo Nation COVID-19 update >>>

Navajo Nation Continues Mask Mandate Damien Augustine

As more states are dropping the Mask Mandate, Navajo Nation continues to keep the mask mandate in place. What is the mask mandate? The mask mandate is wearing a facial mask in public, both indoor and outdoor when near others. The COVID-19 Virus is still active and each day, countless new cases are being formed on the Navajo Nation. According to the recent press release from the Office of the Navajo Nation President and Vice President and the Navajo Department of Health, there have been 10 new cases of COVID-19 reported as of March 9th and one new death. Since the beginning of the pandemic, the data for Navajo Nation shows that there have been 50,782 recoveries from COVID-19 and sadly, 1,655 deaths reported overall, since the beginning of the pandemic. Moreover, there have been 499,029 COVID-19 tests that have been administered to date, including the overall total number of positive cases is now 52,673 since the beginning of the pandemic.

Again, facial mask mandates continue to stay in place on the Navajo Nation and Navajo Nation continues to be in a “safer at home” status. As of December 2021, The Navajo Nation Emergency Command Centers continues to operate on the “Public Health Emergency Order No. 2021-019 Public Health Emergency Order Reemphasizing “Safer at Home” Order and Updating Gathering Limits; within this Public Health Emergency Order, President Nez urges Navajo people to continue to stay home where it’s safer and practice precaution measures when traveling. Gatherings are also still limited to 25 or less people. These gatherings including meetings, traditional practices, ceremonies, religious gatherings, and various Chapter House meetings. “We are seeing a decline in the numbers of new cases each week, but we have to remain diligent and keep practicing precautions to lessen the spread of COVID-19. Wearing two masks in public places and getting fully vaccinated and boosted are the best defense against the virus and its variants. Please be very cautious, and do not travel, go to work, or attend school if you are sick, tested positive for COVID-19, haven’t ended isolation or quarantine, or are waiting for test results,” said Navajo Nation President Jonathan Nez in a statement release of the Official Facebook Page of the Navajo Nation President and Vice President.

Continue to Wear a Mask before and after your COVID-19 VACCINE

IT IS STILL IMPORTANT TO:

- Wear a mask
- Avoid close contact with others
- Avoid unnecessary travels
- Wash your hands

HELP PREVENT THE SPREAD OF THE VIRUS.

NAVAJO HEALTH COMMAND OPERATIONS CENTER
 (P) 908.871.2014
 (E) coronavirus.info@navajo-nan.gov
 www.ndoh.navajo-nan.gov/COVID-19

Sources:
<https://www.ndoh.navajo-nan.gov/COVID-19>
<https://www.facebook.com/NezLizer2018>
https://www.opvp.navajo-nan.gov/Home/fbclid/IwAR3V_qAgsQd7pfs5VEHG_nQJz4XggHMVSxIE9CNsQuyzk8fb3Irb9Ex3o_8

HP-HP Team trip to Cuba to learn more about Trails building >>>

Photo credit: HP-HP team



It all started with plans to have a Walkability Workshop, whether to have it in Albuquerque or elsewhere. The HP-HP team decided to visit Cuba, NM because of its existing trails. The purpose was to gain more knowledge about how trails are built, what resources are needed and are available, what kinds of materials are needed for a trail, who all gets involved in trails development etc. Cuba serves as the pilot site due to its history as the *Step-into-Cuba* program which was the predecessor to *VIVA Connects* and the *Healthy Places- Healthy People* program. Dr. Richard Kozoll and Sally Davis, served as guides for the team, since they both have a long history of trails planning, implementation and evaluation from being involved in the development of these Cuba trails.

It was Thursday, March 3, 2022, and the weather was perfect, cool but sunny, and the hillsides still had some melting snow. Coincidentally, the group from the Bureau of Land Management (BLM) and the US Forest Service (USFS) were taking a field trip on the same day, and the teams briefly met at the Becker Mace trail to begin the day. The Becker Mace Trail, near Cuba, New Mexico, is named in honor of Ted Chee Mace, a longtime volunteer from Ojo Encino who worked tirelessly to restore natural plant habitats and build trails such as the one we saw on our field trip.

The team visited 4 trails: Becker Mace Trail, Fisher Trail, Library Loop Trail, and the Trail at the St. Francis Center. The team was able to hike the Fisher Trail and the Trail at the St. Francis Center. During noon lunch break, the team led by Laurel Fimbel had a zoom meeting at the library to get an upate on the *VIVA Connects* sites. The team learned about the trails status of each *VIVA Connects* sites and how planning was accomplished. The HP-HP team was able to learn about how each of the trails were built and with what resources and materials. The team also learned about the importance of partnerships in trails building, trail maintenance, signage, safety, sustainability planning and community involvement. The team learned that each of the trails experienced its own unique issues and concerns that were eventually resolved mostly by volunteers and their enthusiasm. The team also visited the Cuba Middle School, Cuba Library, Visitor Center, Community Park, and the Ranger Station.

Continued to Pg 3:



VIVA Connects/HP-HP outdoor zoom meeting



Trail counter



Becker Mace Trail signage

Continued from Pg 2:

The Cuba School District incorporates trails and outside learning classrooms to increase physical activity and to offer alternative ways to learn. They also have built a nice greenhouse where students are learning the process of growing their own food with the theme 'farm to table'. The school district has also built a new hogan for prayers and ceremonies for students and the community. With this valuable knowledge and experience, the HP-HP will be better prepared to help with trails planning at the 10 Navajo Chapters who are in the HP-HP program. The HP-HP team members are, Dr. Sally Davis, Dr. Julia Hess, Sheldon Benally, Elverna Bennett, Damien Augustine, and Marla Pardilla. Laurel Fimbel from PRC who represents the *VIVA Connects* also contributes to the HP-HP project.



Along school trail outside learning classroom



Fisher Trail walk

Welcome new HP-HP team member 2022 >>>

Damien Augustine, MA is Diné and new to the HP-HP Team at the University of New Mexico Prevention Research Center. Damien is “Yucca Fruit Strung Out In Line Clan”, born for “The Mexican Clan”, his maternal grandparents are of the “Red Running Into-The Water Clan”, and paternal grandparents are of the “Sleep Rock People Clan”. Damien grew up in Counselor, New Mexico, a small community that is laced with patches of sage brushes and Indian wildflowers, on the Eastern side of the Navajo Nation Reservation. Currently, he splits his time between Bloomfield and Counselor. Damien also comes from a line of Navajo Traditional Practitioners and herbal medicines. His schooling includes a Liberal Arts Degree from San Juan College, a Bachelor of Liberal Arts Degree from The University of New Mexico, and a Master of Arts Degree in English and Education from Grand Canyon University



In addition, Damien is also in his fourth Doctoral class, working towards a Doctor of Philosophy in Psychology. Moreover, Damien has held so many jobs from writing for newspapers to executive management, but the ones he loves the most include teaching English at San Juan College as an Adjunct Faculty and being a public servant as President of Counselor Chapter House, a local government under the Navajo Nation Government. His favorite quote is *“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.”* by Ralph Waldo Emerson

GRANTS for Outdoor Recreation Trails >>>

The Outdoor Recreation Division has opened their Outdoor Recreation Trails+ grant on a rolling basis. This means that your community is able to apply for this grant as soon as possible, as long as funds remain! This could help your community build a trail, provide signage, trailhead structures, etc. Open until money runs out.

Please check out the link below for more information about this amazing funding opportunity:

<https://www.nmoutside.com/outdoor-grants-equity-fund>



Our Healthy Places – Healthy People Network
JOIN US on monthly ZOOM meetings

Date: Beginning April 20, 2022 (Wednesday)

LOOK OUT! for Zoom invitation & Time to be announced

Not only does the Healthy People - Healthy Places inspire wellness in the 10 Chapters, but also inspires communication and collaboration. Below are pictures of HP-HP sites helping each other with various needs that promote healthy living and mental wellness.

Hanaa'dli Office of Diné Y.O.U.T.H. Virtual Afterschool Programming:

Randy Larvingo, Recreation Coordinator and Jarvis Mullahon Sr., Programs and Projects Specialist for the Hanaa'dli Office of Diné Y.O.U.T.H. Afterschool Program

Diné Language/Culture:

Students were given learning packets and online access to learn more about the Navajo string games, colors for the month of January 2022.

OUTREACH: Community Youth Christmas Stocking and Gift DriveThru Celebration Event:

The Hanaa'dli ODY served a total of two hundred and seventy-nine (279) youth by providing an educational and recreation activity by providing educational supplies, stocking gifts filled with hygiene, socks, gloves, mittens, school supplies and toys for Huerfano and surrounding communities.

S.T.E.A.M. Counselor Chapter House Outreach: The Hanaa'dli ODY served one hundred and seventy-seven (177) youth and families at the Counselor Chapter House located in Counselor, New Mexico on Monday, February 7, 2022 from 10 am to 3 pm with providing free S.T.E.A.M. learning packets for their youth and families to implement at home. The Hanaa'dli ODY also delivered clothing, hygiene supplies, and educational books to the families.

S.T.E.A.M. Nageezi Chapter House Outreach: The Hanaa'dli ODY served one hundred and thirty-seven (137) youth and families at the Nageezi Chapter House located in Nageezi, New Mexico on Tuesday, February 8, 2022 from 11 am to 3 pm with providing free S.T.E.A.M. learning packets for their youth and families to implement at home. The S.T.E.A.M. learning project was about learning how to make a Valentine woven heart by utilizing measurements and identifying creative shapes. The Hanaa'dli ODY also delivered clothing, hygiene supplies, and educational books to the families.



HPHP Updates in 2022 >>>

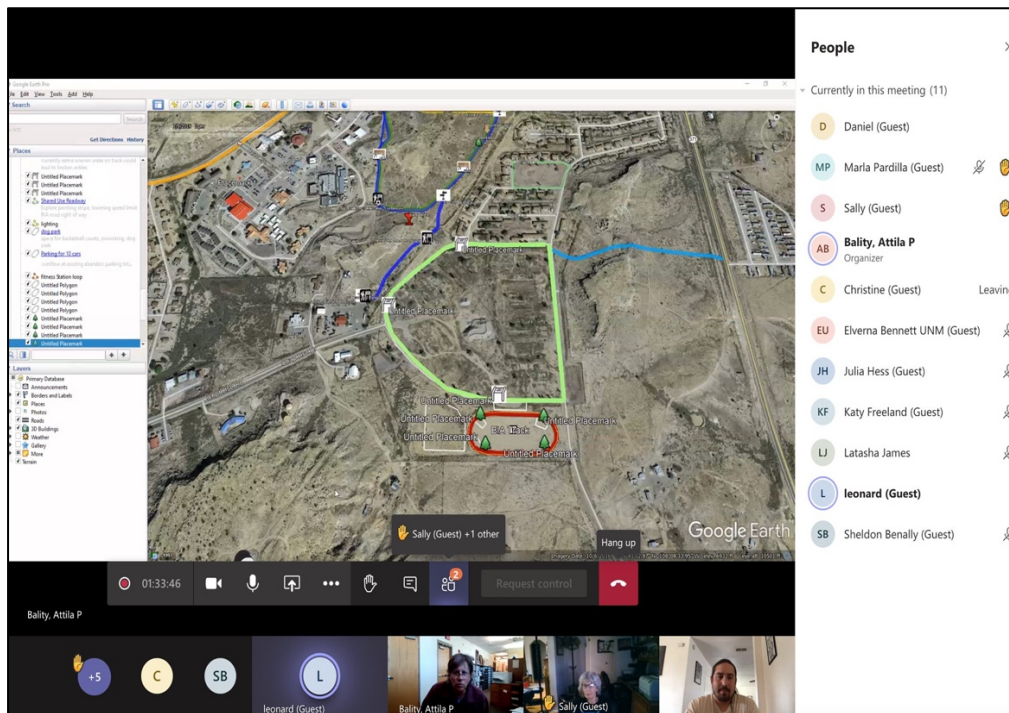
Technology helps keep trail development on course in Crownpoint

Daniel Vandever

Two years into the pandemic and the K'é Community Trails project in Crownpoint, NM is ready to formalize walking paths after the Crownpoint Chapter approved the network by resolution in late February. Approval of the trails was a long process that required in depth communication with the Crownpoint Chapter, Community Land Use Planning Committee, and extensive community partners made possible by technology given the Navajo Nation's strict COVID protocols.

To keep efforts on course, community partners utilized technology like Zoom, Google Earth, and other digital resources to plan and communicate community-wide efforts. Crownpoint sits on checkerboard land in the Eastern Agency of the Navajo Nation and requires consent and approval of development across tribal trust land, Executive Order land, and land leased to various community entities. Organizers were able to coordinate with partners like Office of Diné Youth, National Park Service, and UNM's Healthy People Healthy Places initiative to develop roughly a half mile of trail last summer and are now looking to expand trail work.

With the passing of the Chapter resolution, organizers are now coordinating with the Bureau of Indian Affairs to extend the trail and working with organizations such as Chaco Culture National Park and Capacity Builders to sustain summer youth work. Teamwork and communication is the crucial to any community development initiative, which has been possible in Crownpoint thanks to technology.



Announcements >>>

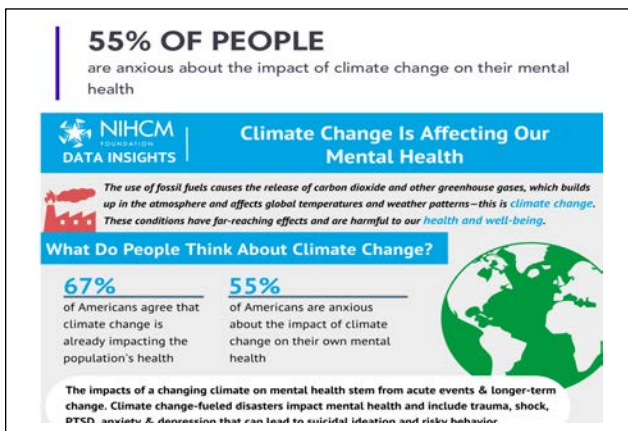


Planning ahead can help save money and reduce mealtime stress! Follow these steps to plan and prepare meals that fit your preferences and lifestyle:

<https://sm.eatright.org/mealplanning>

<https://www.eatright.org>

Announcements >>>



<https://nihcm.org>

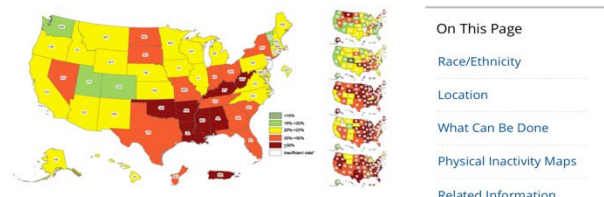
Adult Physical Inactivity Prevalence Maps by Race/Ethnicity

COVID-19

- Physically Inactive People Are More Likely To Get Very Sick
- How to Be Physically Active While Social Distancing

Press Release | [What Can Be Done](#)

(January 2022) — Differences in the prevalence of physical inactivity in the United States exist by race/ethnicity and location, according to new CDC maps.



<https://www.cdc.gov/physicalactivity/data/inactivity-prevalence-maps/index.html>

Preparing Native American Students for Careers in Public Health and Health Research Summer Research Enhancement Program Diné College May 23, 2021 – July 29, 2022



A 10-week program designed to prepare Native American freshman and sophomore college students for careers in public health and health research.

The program has three stages:

- Stage 1 Intensive 3-week training in Public Health Research Methods at Diné College in Tsaile, AZ
- Stage 2 Six-week mentored internship in student's home community (student is responsible for housing during the 6 weeks)
- Stage 3 One-week data analysis workshop and presentation at Diné College, Tsaile, AZ

While participating in SREP, the students receive the following:

- \$5,760 stipend (distributed in installments)
- 7 transferrable college credits hours in Public Health (4 classroom and 3 practicum)
- Tuition, books and materials for the Public Health Topics to be covered include:

Introduction to Public Health, Cancer and Diabetes Disease Processes, Health Promotion Epidemiology, Screening for Cancer and Diabetes, Research Methods, Statistics, Health Effects of Diet and Nutrition, Research Article Reviews, Nutrition, Ethics in Research

Please use this link to apply online:

<https://forms.gle/Jti9jxonhBtPxyDk9>

The link to submit letters of recommendation is:

<https://forms.gle/zH1XFWpD8587ATLz9>

For more information, please contact Sheldon Benally at sbenally2@salud.unm.edu or SREP@dinecollege.edu

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