



HP-HP Summit trail walk

Healthy Places-Healthy People 2024 Summit

Navajo Technical University on April 26, 2024 by Sheldon Benally

The Healthy Places-Healthy People trails project held their trail summit on Friday, April 26, 2024 at the Navajo Technical University Hospitality room in Crownpoint, New Mexico. The event was jam-packed with various presentations and panel discussions from community members of the participating



Eastern Navajo Agency communities. The event began with a welcome address and opening prayer by Leonard Perry, Vice-President of the Crownpoint Chapter House, followed by presentations from Dine' College public health students and Dr. Richard Kozoll on the "benefits of physical activity on mental and brain health". The Crownpoint Office of Dine' Youth program led an active break activity during mid-morning with stretches and team building exercises. Daniel Vandever of the K'E Community Trails project presented on their trail work initiatives in Crownpoint with some planned ideas for the future with their New Mexico Trails Plus grant they received for the upcoming year. Mr. Vandever was able to lead

the participants on one of their trails to talk about the various tools involved in trail building, as well as maintenance and sustaining trails in communities. A delicious lunch was served by the Navajo Technical University cafeteria. Following lunch, the Healthy Places-Healthy People communities were invited to be on a panel to talk about their experiences with the trails that were built (or planned) in their communities. Community members discussed their current status of their trails, successes and challenges, incentives, activities they plan to have on their trails, and technical assistance needs. The community discussions were amazing! People were able to ask questions and share ideas with one another.

The networking was fabulous. After the two-hour panel discussions, the Healthy Places-Healthy People staff presented a draft of the toolkit that is being developed for the project. The toolkit is based on the HP-HP experience with working with the Eastern Navajo Agency communities to build new or improve



ONE TRAIL AT A TIME

Cont'd from Pg 1: Healthy Places-Healthy People 2024 Summit

existing trails. It is the intent that anyone can use this toolkit to build trails in their communities. The toolkit contains information on coalition building, learning about Navajo Nation guidelines, communication, and much more. Crownpoint Service Unit's "Just Move It" team presented on their initiatives for the project following the toolkit presentation. "Just Move It" (JMI) has begun including more bike activities, in addition to their fun walk and run for the summer.

The first JMI event in the Eastern Navajo Agency will be on June 13th at the Becenti Chapter House and will run throughout several communities this summer. JMI will conclude at the Crownpoint Office of Dine' Youth on September 11, 2024. The final presentation at the HP-HP trail summit was "Little Bellas: Mentoring on Mountain Bikes". This organization is encouraging young girls to be more physically active through riding bikes to combat health related diseases in Native communities. They are open to working with everyone in our Navajo communities and offer loaner bikes and helmets when teaching girls how to ride their bicycles by modeling healthy and safe habits.

The Healthy Places-Healthy People team would like to thank everyone for making this trail summit possible. It was a very successful event. We hope you were able to learn and network with other communities. A big thank you to the Navajo Technical University

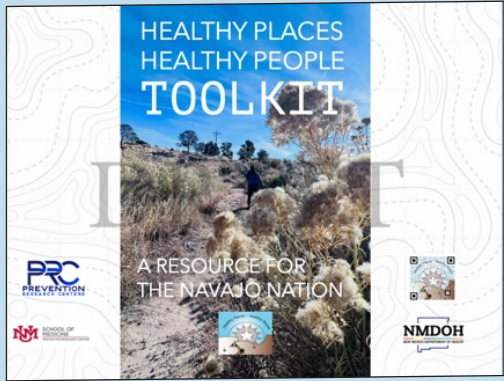
hospitality room services for welcoming us to have our summit there! The space was excellent. A big shout out to the Navajo Technical University for live-streaming the summit on their YouTube channel. There were additional folks who watched the summit online. In conclusion, this summit was successful because of the Healthy Places-Healthy People communities that attended and participated in the summit for the entire day. Thank you all for your partnership and hard work! The summit was sponsored by the Centers for Disease Control and the New Mexico Department of Health.



2024 Healthy Places - Healthy People Summit presenters and participants



Healthy Places-Healthy People Toolkit 2024 >>>>



This toolkit compiles evidence-based strategies and resources to support communities to plan and build trails and to promote use of the trails to improve the health of residents living in rural, underserved communities.

The toolkit was developed based on information collected using group process evaluation methods, interviews, and surveys. The toolkit focuses on promoting and increasing physical activity by recognizing the importance of place, values, and traditions related to land in Navajo culture.

The goal is to create and develop safe, meaningful, and accessible places to be active—such as community trails. This toolkit is for active living in Navajo communities is the result of collaboration with tribal partners, funders, and community



members to carefully document and rigorously evaluate HP-HP. The HP-HP team is pleased to share the lessons learned, resources, frequently asked questions, locally developed strategies, and other useful information for increasing physical activity in Navajo communities.



The Table of Contents include: Healthy Places-Healthy People background, Why physical activity?, building a new trail in your chapter, coalition building, improve an existing trail and community engagement and promoting trails.

Dine College Public Health Student intern >>>>

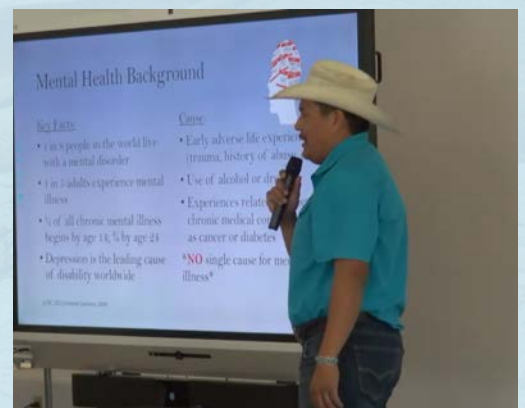
Tyrel Pablo, a former public health student at Dine' College, completed his practicum with the Healthy Places Healthy People trails project during his spring 2024 semester. Tyrel graduated with his B.S. in Public Health in May 2024. He is originally from Standing Rock, New Mexico.

During his practicum, Tyrel was able to present on our project to assist in building coalitions and trainings at local chapter houses and with local tribal organizational programs. With his good communication and organizational skills, Tyrel also assisted with the preparation of our



trails summit at Navajo Technical University in Crownpoint, New Mexico in April 2024. Tyrel was a presenter at our trail summit focusing on the “benefits of physical activity on mental and brain health”. Tyrel also conducted needs assessment interviews with local leaders, and coded some of the project’s data using various software programs and coding.

He was a great student intern from the Dine' College public health program and we wish him the best for his future endeavors.



Presenter at the 2024 HP-HP Summit

Diné College Summer Research Enhancement Summer (SREP) Interns >>>>

My name is Holly Chee. I am a Diné College Summer Research Enhancement (SERP) intern with Healthy Places-Healthy People (HP-HP). I am a student at Central New Mexico Community College working towards a Biotechnology degree and a proud alumnus of New Mexico Highlands



Holly Chee

University and Southwestern Indian Polytechnic Institute. I am very honored to have interned with HP-HP being that I love hiking. During my internship with HP-HP I gained knowledge and skills in Community Engagement and qualitative research in addition to coding and memo writing. I was excited to learn about the development of a trail toolkit for all of Navajo Nation communities. I also had the opportunity to volunteer with the Crownpoint IHS “Just Move It” events in Crownpoint and Torreón. I observed families, elderly, children and participants with limited mobility participate in the walk/run. I observed participants enjoying themselves and laughing; many giggled stating “They need to stretch



more often.” The volunteers praised “Good Job” to the JMI participation for their walk and each participant received a JMI t-shirt. It was amazing to witness the HP-HP trails being utilized by JMI and community members. During my conversations about HP-HP with community members during the JMI events, every participant expressed an interest in having a trail within their community.

Also, I was super excited to have my mother join me at these events. We walked the trails together in Step into Cuba and Ke’ Trails in Crownpoint and this internship encouraged both of us to continue walking every day. After this internship ends, I plan to remain a champion within my community of Pueblo Pintado. I would like to see an increase in community engagement in Physical Activity and a vision of a trail being implemented so others may have a safe place to walk and live a healthier lifestyle.

JUST MOVE IT Events >>>> Crownpoint and Torean Chapters



Holly Chee and Keona Hosteen
JMI monitors' lead walk/run



JUST MOVE IT Event >>>> Tse'ii'ahi'/Standing Rock Chapter

The Tse'ii'ahi'/Standing Rock Chapter is the community where I recently volunteered and informed people about HPHP. I participated in the JMI event hosted by the Crownpoint Service Unit, and once again, I was amazed by the turnout of community members and residents from surrounding areas who come together to walk, run, and socialize. Being from Standing Rock, it was enjoyable to see familiar faces and discuss the Healthy Places-Healthy People initiative as an intern.

The JMI events often feature various health fairs and freebies that the public eagerly anticipates, along with the popular JMI shirts. The atmosphere is unique, with a diverse mix of participants from babies and toddlers to adults and the elderly. These events undoubtedly encourage physical activity on the Navajo reservation. Hosting local chapters and organizing JMI programs involve a lot of work, but it has become a cherished summer tradition for many to attend some or all of these events.



**Keona Hosteen, B.S.
Diné (Navajo)
First Year NAU Master's
Student, Clinical Speech
Language Pathology
Graduate Assistant**



Keona Hosteen at JMI walk



JUST MOVE IT Events



CDC: PREVENTING MOSQUITO BITES >>>>

<https://www.cdc.gov/mosquitoes/index.html>

Mosquitoes

MENU

About Prevention Control Mosquitoes During an Outbreak What to do After a Hurricane or Flood Communication Resources

ESPAÑOL

Preventing Mosquito Bites

KEY POINTS

- Take steps to protect yourself and your family from mosquito bites that can make you sick.
- Use Environmental Protection Agency (EPA)-registered insect repellents.
- Wear loose-fitting, long-sleeved shirts and pants.
- Wear clothing and gear treated with permethrin.
- Control mosquitoes indoors and outdoors.



ON THIS PAGE

Protect yourself and your family

Control mosquitoes indoors and outdoors

About natural repellents

Resources

HPHP Monthly Network meetings:

Thank you all for joining our UNM Healthy Places-Healthy People (HP-HP) trails project network meetings.

Healthy Places Healthy People Network Meeting #27

Wednesday, May 29th, 2024 from 10-11am via Zoom
Topic: April 26th Trail Summit Evaluation and Feedback -- "Share your thoughts about the Summit"

Zoom Meeting ID: 995 0689 9522
Passcode: 687382

One tap mobile
+13462487799,,99506899522#





HP-HP NETWORK MEETING #28

Wednesday, June 26, 2024 @10am MT

TOOLKIT REVIEW AND FEEDBACK

Join Zoom Meeting
<https://hsc-unm.zoom.us/j/92514524876>
Meeting ID: 925 1452 4876
Passcode: 920825

One tap mobile
+18699006833,,92514524876# US (San Jose)



HP-HP Monthly Network meeting #29

July 24, 2024 @10am (MT)

TOPIC:
HOW CAN YOU SUSTAIN YOUR TRAILS? SUSTAINABILITY QUESTIONS

Join Zoom Meeting
<https://hsc-unm.zoom.us/j/99856698312>

Meeting ID: 998 5669 8312
Passcode: 189068

One tap mobile
+12532050468,,99856698312# US

ONE TRAIL AT A TIME



University of New Mexico Prevention Research Center >>>>

PROFILE

Populations of Focus: rural and frontier communities, Hispanic people, Navajo Nation and Native American populations in New Mexico, Spanish-speaking immigrants
 Topic Areas: health equity, chronic disease prevention, well-being

<https://www.cdc.gov/prc/pdf/center-descriptions/PRTB-UNewMex-Profile-H.pdf>



**UNIVERSITY OF NEW MEXICO
PREVENTION RESEARCH CENTER**

PROFILE

Location
Albuquerque, New Mexico

Populations of Focus
rural and frontier communities, Hispanic people, Navajo Nation and Native American populations in New Mexico, Spanish-speaking immigrants

Topic Areas
health equity, chronic disease prevention, well-being



Young people and sponsors from the Navajo Nation summer youth program pictured with the mayor of the village.

HIGHLIGHTED PUBLICATION
Model for systematic and progressive scaling up of evidence-based recommendations for physical activity

CONTACT INFORMATION
Principal Investigator

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Professor and Division Chief

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Prevention and Population Sciences, Department of Pediatrics
University of New Mexico School of Medicine

Center Email
prc@salud.unm.edu
For more information about UNM PRC and ways to get involved, visit UniversityofNewMexico.PreventionResearchCenter.

CORE RESEARCH
Each PRC uses a community-engaged approach to conduct one primary applied public health prevention research project called a core research project. Project activities include design, development, implementation, evaluation, and dissemination. PRCs use at least 50% of their CDC funding to conduct the project in partnership with communities.

Healthy Places-Healthy People
UNM PRC's core research project for the 2019-2024 funding cycle will focus on a program designed to increase physical activity in the Navajo Nation in New Mexico. It is an expansion of a model program developed by UNM PRC called *VIVA—Step Into Cuba*. This evidence-based program promoted physical activity in the rural village of Cuba, New Mexico, by developing sidewalks, paths, trails, social support, and opportunities for lifestyle change. It is based on physical activity recommendations from The Community Guide, such as increasing access to places to be active in the natural environment.

During the 2014-2019 funding cycle, UNM PRC worked with partners across the state to implement an expanded and refined version of the program called *VIVA Connects* in 31 other rural and frontier communities.

Healthy People-Healthy Places builds on these earlier efforts to create opportunities for students, faculty, and staff of Diné College and Navajo Nation Technological University to participate in workshop, training, implementation, and evaluation activities. For the current project, UNM PRC is providing training, workshops, and health education; identifying resources; sponsoring

events; creating maps and walking guides; and providing other technical assistance as needed. The goal of the project is to increase access to and awareness of different ways to be physically active across the Navajo Nation.

UNM PRC is also adapting and studying strategies for project implementation and sustainability in 10 Navajo Chapters (communities). It will use mixed methods to determine the processes and successes of Healthy Places-Healthy People. Key instruments and documents are being translated into the Navajo language for the 25% of the population who are most comfortable speaking in their native language.

ADDITIONAL RESEARCH
PRCs may receive supplemental funding to work on additional research projects each funding cycle. These Special Interest Projects (SIPs) focus on a variety of health topics or gaps in scientific evidence. PRCs can also conduct additional research as part of SIP Thematic Research Networks, which are groups of PRCs working together on related health topics.

2021
PRC Vaccine Confidence Network
In April 2021, CDC funded a 12-month award to all 26 PRCs to form the PRC VCN in support of the agency's *Vaccinate with Confidence* strategy for COVID-19. As part of this network, UNM PRC's strategy includes collaborating with community partners to conduct key informant interviews, listening sessions, and surveys to gain insight into vaccine hesitancy.

CDC Prevention Research Centers (PRCs) conduct innovative public health research at the community level. The PRC Program is a network of academic research centers in the United States that work with their communities to identify public health problems and develop, test, and evaluate solutions that can be widely shared and applied within the public health system. PRCs research a wide range of health topics and focus on populations experiencing health disparities.

FOR MORE INFORMATION ABOUT THE PRC PROGRAM
Visit www.cdc.gov/prc or contact prcprogram@cdc.gov.




<https://health.gov/moveyourway>



En español



Walk. Run. Dance. Play. What's your move?

Everyone needs physical activity to stay healthy. But it can be hard to find the time in your busy routine.

The Move Your Way® tools, videos, and fact sheets on this page have tips that make it easier to get a little more active. And small changes can add up to big health benefits!

Physical Activity Benefits for Adults 65 or Older

A single session of moderate to vigorous physical activity provides immediate benefits for your health. In addition, regular physical activity helps prevent many chronic diseases.

<https://www.cdc.gov/physical-activity-basics/health-benefits/older-adults.html>

Health Benefits of Physical Activity

FOR ADULTS 65 AND OLDER

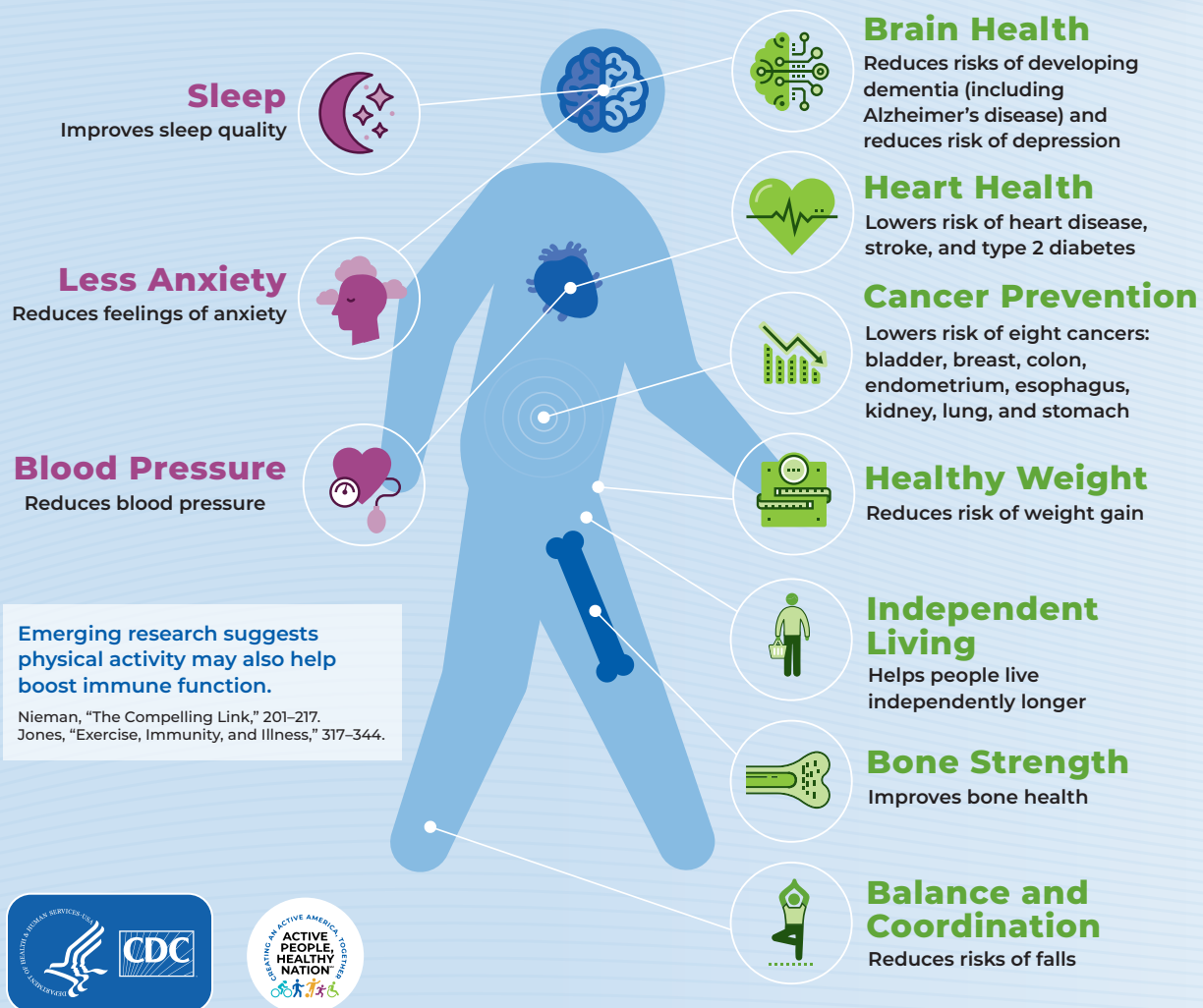


IMMEDIATE

A single bout of moderate-to-vigorous physical activity provides immediate benefits for your health.

LONG-TERM

Regular physical activity provides important health benefits for chronic disease prevention.



Source: *Physical Activity Guidelines for Americans*, 2nd edition

To learn more, visit: <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity.html>

June 2023

UPCOMING EVENTS >>>>

JUST MOVE IT CROWNPOINT SERVICE UNIT 2024 JUST MOVE IT FUN RUN & WALK

LOCATION	DATE	REGISTRATION	START
BECENTI CHAPTER	JUNE 15, 2024	5:00 PM	6:00 PM
COUNSELOR CHAPTER	JUNE 17, 2024	5:00 PM	6:00 PM
LAKE VALLEY CHAPTER	JUNE 18, 2024	5:00 PM	6:00 PM
SMITH LAKE CHAPTER	JUNE 20, 2024	5:00 PM	6:00 PM
CROWNPOINT CHAPTER	JUNE 24, 2024	5:00 PM	6:00 PM
THOREAU CHAPTER	JUNE 25, 2024	5:00 PM	6:00 PM
STANDING ROCK CHAPTER	JUNE 26, 2024	5:00 PM	6:00 PM
BACA CHAPTER	JUNE 27, 2024	10:00 AM	11:00 AM
MARIANO LAKE CHAPTER	JULY 09, 2024	5:00 PM	6:00 PM
WHITEROCK CHAPTER	JULY 10, 2024	5:00 PM	6:00 PM
TORREON CHAPTER	JULY 11, 2024	5:00 PM	6:00 PM
NAHODISHGISH CHAPTER	JULY 13, 2024	5:00 PM	6:00 PM
LITTLEWATER CHAPTER	JULY 25, 2024	5:00 PM	6:00 PM
CASAMERO LAKE CHAPTER	JULY 24, 2024	5:00 PM	6:00 PM
OJO ENCINO CHAPTER	AUGUST 15, 2024	10:00 AM	11:00 AM
WHITEHORSE LAKE CHAPTER	AUGUST 22, 2024	5:00 PM	6:00 PM
PUEBLO PINTADO CHAPTER	SEPTEMBER 05, 2024	9:00 AM	10:00 AM
OFFICE OF DINE YOUTH (CRPT)	SEPTEMBER 11, 2024	5:00 PM	6:00 PM

Being physically active daily can help you stay healthy and prevent diabetes and heart disease. You can do something about your health. It's UP TO YOU (T'áá' Hwó Ají T'éego) - Only YOU can make a difference. The Just Move It fun run and walks are held in 17 local communities throughout the summer. The events are open to everyone of all ages.



TOHAIJILEE COMMUNITY SCHOOL

WELCOME BACK AND 75TH ANNUAL CBN LAND RECOGNITION CELEBRATION

UPDATED: 7/23/24

AUGUST 13, 2024
PARADE FROM CHAPTER HOUSE TO BASEBALL FIELD @ 9:00 AM
FOR MORE INFORMATION CALL TOHAIJILEE CHAPTER HOUSE @ 505-908-2732

AUGUST 14, 2024
9:00 AM - TCS GYM
TCS WELCOMES
NAVAJO MAGICIAN BRIAN YAZZIE
CALL TCS @ 505-908-2426 IF YOU HAVE ANY QUESTIONS.

TOHAIJILEE SENIOR CENTER

55th Annual Cho'í & Masani'í Powee & Dance

August 14 & 15, 2024

<p>August 14, 2024 Tohajiilee Senior Center SOCIAL MEET ARRIVAL OF TRAIL RIDERS - 4 PM Dinner, Barbecue, K94 POTLUCK LUNCH - 4 pm to 4 pm TCS COUNTRY & WESTERN DANCE - 4 pm to 7 pm ENTERTAINMENT - 8PM TO 10 PM They Sing, You're, Alone Kahlo - Strong Singing</p>	<p>August 15, 2024 Tohajiilee School Gymnasium FUN WALK - 9 am to 9 am SQUARE DANCE - 9 am to 2 pm LUNCH @ NOON 12 pm Free Lunch for Participants and Visitors ENTERTAINMENT DANCEY DANCING & FASHION SHOW GIVE AWARDS EXHIBIT BOOTH - 9 am to 3 pm</p>
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Admission: Senior Center, \$5.00 (incl. tax & 10% tip)
Dinner, Barbecue, K94, \$10.00 (incl. tax & 10% tip)
NAVAJO DIVISION OF LONG-TERM SUPPORT SERVICES WILL HOST AN INFORMATION & FOR SCHEDULED ACTIVITIES OR TRIP IN THE EVENT OF RAIN OR DURING EVENT

HELLO SUMMER

Beat the Heat with the following Tips:

- Stay cool
- Stay Hydrated
- Protect Your Skin

PRC PREVENTION RESEARCH CENTERS

National Immunization Month

PRC PREVENTION RESEARCH CENTERS

University of New Mexico
Prevention Research Center
Phone: 505-272-4462



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ONE TRAIL AT A TIME