



Photo Source: Ebennett

July-Aug-Sept 2021 ISSUE

Volume 2, No. 3
Healthy Places-Healthy People

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

Healthy Places-Healthy People

Benefits of Physical Activity & Mental Health >>>

Physical activity can help greatly with maintaining mental well-being. "Feel-good" chemicals in the brain, known as endorphins, are released by the brain during physical activity and help to improve mood, energy levels and even sleep.

Physical activity has resulted in reduced risks of depression and anxiety. Shared physical activities can give children and adults a sense of belonging and companionship (making friends). Improved body image (self-esteem, self-worth, and self-confidence) has also been a result of physical activity. For adults, physical activity reduces risk of dementia (losing focus and memory), including Alzheimer's disease (memory loss, confusion).

[CDC.gov/physicalactivity](https://www.cdc.gov/physicalactivity)

STRATEGIES THAT WORK



Benefits of Physical Activity on Brain Function

- ▶ Improved motor skills (such as hand-eye co-ordination)
- ▶ Better thinking and problem-solving
- ▶ Stronger attention skills and improved learning
- ▶ Better sleep
- ▶ Not surprisingly, these all combine to benefit school performance
- ▶ Even the simple act of playing outside with friends has been linked to children performing better on tests and assignments



Links for further information:

<https://www.aboutkidshealth.ca/article?contentid=641&language=english>

https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf

<https://www.aboutkidshealth.ca/article?contentid=641&language=english>

IVERMECTIN: CDC Health Advisory >>>

Why You Should **NOT USE** Ivermectin to treat or Prevent COVID-19. Ivermectin can be dangerous and even lethal (death). The FDA has not approved the drug for that purpose. www.fda.gov

EFFECTS OF IVERMECTIN OVERDOSE:

- Nausea
- Vomiting
- Diarrhea
- OVERDOSE Hypotension
- Decreased consciousness
- Hallucinations
- Seizures
- Coma
- Death



Congratulations >>>



Congratulations to Dave Nezzie who has been hired as the food and agriculture policy officer by the Thornburg Foundation. Mr. Nezzie is a very special friend of the Healthy Places-Healthy People project team. While he was still a field representative for Senator Martin Heinrich, Mr. Nezzie approached Dr. Sally Davis, Director of the New Mexico Prevention Research Center (PRC) VIVA Connects project inquiring about how to engage the PRC in implementing VIVA Connects in his and other communities in the Navajo Nation. These communities share some of the same characteristics as many other small rural communities such as high rates of diabetes and a lack of resources, especially safe places to be physically active.

This was the beginning of Health Places-Healthy People, a project designed for and by 10 Navajo communities with technical assistance from the PRC. Mr. Nezzie played a major role in energizing the effort and provided valuable advice and guidance as an adjunct member of the PRC Community Advisory Council.

Navajo Nation COVID-19 update >>>

- Get vaccinated
- Wear a mask in public
- Avoid close contact with people who are sick
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol
- Clean and disinfect frequently touched surfaces daily
- Avoid touching your face, nose, and eyes with unwashed hands
- Clean and disinfect your vehicle, home, workspace and other common areas on a regular basis
- Social distance- keep 6 feet between yourself and others
- Limit gatherings with individuals outside your immediate household

<http://www.ndoh.navajo-nsn.gov/COVID-19>

For COVID-19 related questions and information, Call (928)871-7014.

Safety Precautions >>>

COVID-19 VACCINE BOOSTER SHOTS

What you need to know: The COVID-19 vaccines continue to be remarkably effective in reducing risk of severe disease, hospitalization, and death, even against highly contagious Delta variant.

If I'm fully vaccinated are additional doses recommended?

- CDC recommends a 3rd dose for people with weakened immune systems who might not have responded well to the initial doses. This is only for people who have moderate to severe weakened ability to fight diseases.
- If needed a 3rd shot should be given at least 4 weeks after the 2nd dose of Pfizer and Moderna vaccine.
- A 3rd dose for Johnson & Johnson isn't authorized at this time.

If I don't have a weakened immune system, do I need a booster dose?

- Routine booster doses – additional doses given to improve protection after a decrease in vaccine effectiveness are not recommended at this time.
- Booster shots may be offered this fall if the FDA and CDC determine that this is needed to continue to have the maximum protection vaccines provide.

It's more important now than ever that unvaccinated and partially vaccinated people get their primary series of vaccines to further reduce the risk of COVID-19. Almost all the cases of severe disease, hospitalization, and death continue to occur among those not yet vaccinated at all.

NAVAJO HEALTH COMMAND OPERATIONS CENTER (P) 928.871.7014
 (E) coronavirus.info@navajo-nsn.gov www.ndoh.navajo-nsn.gov/COVID-19
 @navajodephealth #DineDabjii

Practice the 3 W's

To reduce the risk of COVID-19 and its Variants

Wear
a mask

Wash
your hands

Watch
your distance

NAVAJO HEALTH COMMAND OPERATIONS CENTER (P) 928.871.7014
 (E) coronavirus.info@navajo-nsn.gov www.ndoh.navajo-nsn.gov/COVID-19
 @navajodephealth #DineDabjii



Crownpoint Youth Corps and Sponsors Visit Cuba Trails >>>

Youth and their sponsors from the Navajo Nation summer youth program, Office of Dine' Youth, Crownpoint, NM, visited the VIVA--Step Into Cuba project in Cuba, New Mexico. Their visit came as part of their summer Youth Corps work and the K'E Community Trails project to build a new walking trail in Crownpoint.

The youth group and their sponsors, Leonard Perry, Crownpoint Chapter Vice-President; Jimmie Toledo, Jr, Youth Corps leader; and Daniel Vandever, K'E Community Trail Steering Committee Chair were welcomed by John Hennard, USFS Cuba Ranger District Administrator and community members Dr. Richard Kozoll and Dr. Sally Davis. Introductions were followed by an overview of the plan for the day that included the history of Step Into Cuba and the importance of trails to physical and mental health.

The group then travelled to the Fisher Community Trail that was built by local volunteers on donated land. The group hiked the mile to the trail junction with National Forest land. They stopped at various points along the trail to learn about erosion control; transporting and installing benches, signs, and kiosks; environmental concerns; wildlife; cultural assessment and protection; events held on the trail such as a full-moon hike; and had their many questions answered. This was a great opportunity to learn about building, using, and maintaining a community trail like the one they are constructing in Crownpoint.

The group returned to the US Forest Service (USFS) office and picnic area for lunch where they learned about trails and their role in economic development in the Cuba from Carey Beam and Carmen Campbell co-ambassadors for the Continental Divide Trail (CDT) and local leaders of CDT Gateway Community outreach activities in the area. Carmen shared a personal story about her daughter working in Youth Corps projects for the USFS each summer as she completed her Bachelors and Masters Degrees to become a kindergarten teacher. Paul O. Martinez, West Zone Supervisory Forester told the students about the path to a career as a forester, sharing his own story of getting a degree in biology while attending Highlands University in Las Vegas, New Mexico.



After lunch the group walked Cuba's new surfaced trail and met Cuba Council Member and Mayor Pro Tem Gilbert Dominguez at St. Francis of Assisi Park. Councilman Dominguez explained the process involved in turning a rough dirt path into an 8-foot-wide, one mile long paved trail around the perimeter of the park. He shared the challenges as well as the success of building a surfaced trail that is enjoyed by local citizens and visitors alike for outdoor recreation. Dr. Davis discussed data collected by VIVA-Step Into Cuba that showed a large increase in park trail use upon completion and noted that the increased use continued during the COVID pandemic.

The final visit was to Cuba's newly re-routed segment of the Continental Divide Trail (CDT). The CDT is referred to as one of the Triple Crown of Hiking Trails – the others are the Appalachian Trail and Pacific Crest Trail - in the United States. The group learned how this new segment of the CDT was re-routed in response to local efforts to have the trail completed and located closer to Cuba for economic, health, and recreation purposes. The group was able to enjoy one last hike for the day. Now the entire group can say they have hiked on the CDT.

Bragging aside, the views were spectacular and the streams full of water from recent rains were refreshing. The day's activities closed with everyone receiving a VIVA bag of small gifts (water bottle, lip balm, lanyard, VIVA cap, postcards, and material about some of the places they had visited during the day.



Logic model workshop at San Juan College on July 29, 2021. Members are from the Counselor, Huerfano and Standing Rock communities. (Staff Photo)



In July, Sheldon and Latasha presented to Navajo Nation Office of Dine' Youth (ODY) and chapter summer students. (Staff Photo)

UNM HPHP Updates >>>

UNM Healthy Places-Healthy People (HPHP) provided online Coalition Building trainings in May 2021 for the eastern agency communities participating in the project.

In May and June 2021, HPHP staff sent out information on grant opportunities to communities that focused on increasing physical activity, including trail building.

The two opportunities included the New Mexico Outdoor Equity Fund grant and the 2021-2022 VIVA Connects Community Grant. The HPHP staff was available and happy to assist with technical assistance on these grants. Three of the Eastern Navajo Agency (ENA) communities met the June 2021 application deadline and received funding for their trails projects. They included Crownpoint, ToHajilee and Ojo Encino chapters.

In July and August 2021, HPHP staff conducted logic model workshops for trail building with the HPHP participating communities. During the logic model workshops, officials and community members were able to discuss and work on Inputs, Activities, Outputs - short term and long term goals, etc.

Walkability Workshops >>>

Walkability workshops bring together community members and topic area experts to assess different parts of the community for pedestrian friendliness and physical activity opportunities. Sections of the community to be evaluated are strategically identified as popular pedestrian thoroughfares, close to schools, or may be unsafe or confusing for pedestrians. Through a "walking audit" different groups record, in writing and photographs, observations of positive and negative features of these places in their community. Participants also note future opportunities for improvements, and specific challenges to safe and pleasant walking. Through discussion of the group's findings recommendations are generated or ways to make the community an easier and safer place to be physically active.

The next steps for HPHP staff will be to conduct virtual walkability assessment workshops for participating communities. Once the COVID-19 cases begin to decrease and we are allowed to travel within these communities, we will conduct a "hands-on" walkability assessment workshop on areas or trail(s) of choice.



VIVA Village Interventions and Venue for Action >>>

Thanks to generous support from the New Mexico Health Department's Comprehensive Cancer Program and the Department of Health, we are able to offer small grants to community coalitions from any of our VIVA Connects communities each year.

Once communities have been granted funding awards for their projects, they are now Action Communities in recognition for their hard work and determination to improve physical activity and health for their community members. Currently, the communities and their funded projects for this fiscal year have projects focused on physical activity for older adults, creation and maintenance of walking paths, creating safe crosswalks for pedestrians and school kids, installation of benches, signage, and safety lights. Two of the ten Navajo communities have been awarded the VIVA Connects Community Mini Grants for \$3,000 to increase physical activity through trail development.

Sustainability and maintained engagement of these projects is very important for communities to produce long term benefits for members of their community. Many New Mexico communities have seen positive change from community members using walking paths and health resources, as well as enjoying healthy lifestyle changes thanks to the hard work of VIVA community members.

Announcements >>>

COMMUNITY WATCH & AWARENESS Via Teleconference

Join by Phone: 971-248-6033 PIN# 119 014 163#
Google Meet: xdp-ggnx-oje

CROWNPOINT CHAPTER

SEPT. 23, 2021
3PM-5PM

-FALL CLEAN-UP HOME/YARD
-ANIMAL CONTROL
-COVID SAFETY

2-DAY FALL COMMUNITY CLEAN-UP EVENT

Community Involvement

In coordination with Ke' Community Trails

For More Information: Contact Crownpoint Chapter at (505) 786-2130

Crownpoint Chapter
Community Watch & Awareness

In Coordination with Ke' Community Trails
NM Clean and Beautify, Outdoor Equity
McKinley County Commissioner, Northwest New Mexico Regional Solid Waste Authority & Crownpoint Rug Weavers Association

2-Day Fall Clean Up Event

October 7th
October 8th

Crownpoint Community Wide

Trash Bins (household trash) Free until Full
Location: TTS (Crpt. Trash Transfer Station) 8:15am to 4:45pm
Trash bags available at Crownpoint Chapter
Drive Up Cookout: Oct. 8th, Crpt Chapter Parking Lot for those who volunteered during event 11am-1pm (tentative)

Follow NN Public Health Orders for Safety
Chapter will not be liable for any injuries/damages during event

University of New Mexico Prevention Research Center



Phone: (505) 272-4462/800-9158

Emails: SDavis@salud.unm.edu LLJames@salud.unm.edu
SBenally2@salud.unm.edu JMhess@salud.unm.edu
mpardilla@aol.com Bennett.elverna@gmail.com

This publication is a product of a Health Promotion and Disease Prevention Research Center supported by Cooperative Agreement Number (DP006379) from the Centers for Disease Control and Prevention. The findings and conclusions in this document are those of the author(s) and do not necessarily represent the official position of the Centers for Disease Control and Prevention.
Funding Source: CDC 5 U48DP006379-03.

2021 Navajo Research Conference

Hózhó Náhasdljį':
Sustaining Reverence for Life and Wellness
October 19-21, 2021
Virtual Conference



Researchers from across the country who conduct research in the Navajo Nation will present their research findings back to local Programs, representatives and community members

<https://www.nnhrrb.navajo-nsn.gov>