



# Woozhchii'd

## March - "Month of the First Cry of Eaglets"



Jan-Feb-Mar 2023 Volume 4, No. 2

### "Walk for a Healthy Heart" - Becenti Community >>>>

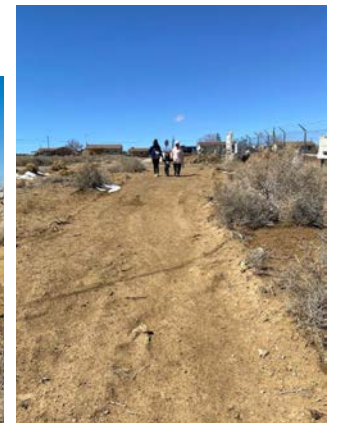
The Becenti community hosted a "Walk for a Healthy Heart" fun walk on February 24, 2023 on their "Tloo'di'tsin Trail". There were plenty of people from the community who participated in this first annual walk. Members of the I.H.S. Crownpoint Service Unit Public Health program registered participants at this event, while giving out racing bibs with numbers and hand sanitizers.

The Tloo'di'tsin Trail is approximately two miles in distance and surrounds the NHA housing complex, senior citizens center, and the Becenti chapter house. The walk was originally scheduled for February 14, 2023, but due to snowy weather conditions, the walk was postponed. There were plenty of healthy foods available for participants, which included healthy fruits, vegetables, and plenty of water. Water bottles were given to participants, as well as some healthy recipes for a "heart-healthy lifestyle" from the New Mexico Beef Council. February is "American Heart Month" (American Heart Association), so it is a time when we can all focus on having a strong heart.

The Becenti Community Land Use and Planning Committee (CLUPC) have their monthly meeting and are brainstorming ideas for an Easter themed walk in April 2023. We look forward to it!



## Tloo'di'tsin Trail



**EAT CLEAN**  
**DRINK WATER**  
**STAY ACTIVE**  
**BE HEALTHY**



## Summer Research Enhancement Program of Diné' College >>>>



### Preparing Native American Students for Careers in Public Health and Health Research

#### Summer Research Enhancement Program of Diné College

May 30, 2023 – August 4, 2023

#### **Priority Application DEADLINE: Friday, March 24, 2023**

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 courses required for SREP
- Room and board while at the Diné College, Tsaile AZ

Topics to be covered include:

Introduction to Public Health, Research Design & Methodology, Digital Storytelling, Social & Indigenous Determinants of Health, Diné' Educational Philosophy, Resiliency & Professional Skills, Epidemiology, Community-Based Participatory Research, Research Methods, Data Analysis

Please use this link to apply online:

<https://docs.google.com/forms/d/e/1FAIpQLScwKeTsq10bOrDKkivK9ZsuAzKTX-4wSe117GOwHKMkx9SnUhg/viewform>

The link to submit letters of recommendation is:

[https://docs.google.com/forms/d/e/1FAIpQLSf7AHZ-BeTGtIW0AP0vPdJDb6Sz60TrLaOj1VcfOd9\\_t9p-W8Kg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSf7AHZ-BeTGtIW0AP0vPdJDb6Sz60TrLaOj1VcfOd9_t9p-W8Kg/viewform)

For more information, please contact Sheldon Benally at [sbenally2@salud.unm.edu](mailto:sbenally2@salud.unm.edu) or [SREP@dinecollege.edu](mailto:SREP@dinecollege.edu)

You may also visit the Diné' College Summer Research Enhancement Program website at: [https://www.dinecollege.edu/about\\_dc/summer-research-enhancement-program-srep/](https://www.dinecollege.edu/about_dc/summer-research-enhancement-program-srep/)

## Navajo Nation COVID-19 update >>>>

For more information, including helpful prevention tip and resources to help stop the spread Stay active of COVID-19, visit the Navajo Department of Health's COVID-19.

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

**Nihi Tsíís Baa  
Á'daa'á'dáhoolyá**

**Stay active  
Stay connected  
Stay positive  
Stay spiritual**



**Carmella B. Kahn, DrPH, MPH**, (Diné/Navajo) is an Assistant Professor at the College of Population Health at the University of New Mexico in Albuquerque, NM, and is originally from Mariano Lake, NM. Dr. Kahn completed her Doctor of Public Health degree at the University of Arizona Mel & Enid Zuckerman College of Public Health in August 2018. Her research interests include American Indian resilience, diabetes prevention, youth substance abuse prevention, AI food systems, and developing student pipeline programs. For over 14 years, she has worked on community based participatory research projects with urban and rural American Indian (AI) communities. She was the principal investigator of a gardening project for urban AI youth, a research assistant for AI youth and family wellness programs in Tucson, AZ, and a research assistant for an elders' resilience project in collaboration with the Tucson Indian Center.



During the last seven years, she was an instructor for the Diné College Summer Research Enhancement Program and has served as co-director for the program for the past four years. She was an Instructor and Assistant Professor at Diné College for four years and was the co-Principal Investigator of the 2020 Navajo Native American Research Centers for Health (NARCH) grant, a collaborative partnership between Diné College and Northern Arizona University. Her previous work includes the NARCH project, Diné Teachings and Public Health Students Informing Peers and Relatives about Vaccine Education (RAVE), funded by the National Institutes of Health. Dr. Kahn has taught courses in the areas of introduction to public health, health services and policy, mental health promotion, and maternal and child health.

**Robert D. Esquibel** recently joined the Prevention Research Center as a Professional Intern. He holds a BA in History and English, and an MA in English from UNM. During his MA program, Robert Taught Composition I and II, Literature, and Technical Writing. Robert is currently working on the Healthy Places—Healthy People and VIVA projects with Dr. Sally Davis and her knowledgeable team.



### **Eastern Navajo Agency Meeting on March 4, 2023 >>>>**

The Eastern Navajo Agency Council held their meeting on March 4, 2023 at the Nageezi Multi-Purpose Complex Building. There were about 60 people in attendance and others that attended online via Zoom. All Eastern Navajo chapter houses were present. We were able to meet some of our HP-HP community members in-person. We recognized the ten communities that we have been working with and mentioned that we are available to provide technical assistance with this work. Some of our progress included creating logic models (discussing short/long term goals), creating coalitions, and conducting mapping/walkability workshops in communities. Navajo Nation Vice President, Richelle Montoya, was in attendance, along with some of her communications team members. There was also a Field Representative for Congresswoman Teresa Leger Fernandez in attendance. There were some communities who expressed interest in our trails project, as well. This was the first in-person eastern Navajo agency council meeting since the start of the Covid-19 pandemic. Nageezi Chapter did a great job facilitating and feeding us! Stew, fry bread, and cake were served during lunch.

## HP-HP Monthly Network Meetings >>>>

The HP-HP team began having Monthly Zoom Network meetings in April 2022 to discuss walking trail development, with the goal to increase physical activity for community members to fight chronic diseases and improve overall health. The meetings have been successful thus far. The purpose of this meeting is to gather all ten of our HP-HP communities to “network” with one another with guidance from UNM Prevention Center staff. Community members that have participated include chapter house officials, the Office of Diné Youth, Navajo Technical University, Indian Health Service, Community Health Representatives, Diné College public health students, NavajoYES, Navajo Housing Authority, Navajo Nation Division of Community Development, and other partners. The communities provide updates on their trail development, which have included the planning steps, the locations of their trail, the types of signs and benches available for purchase, recruiting volunteers, and describing the usage of their trails while incorporating it with various events and activities in their communities. During one of our meetings, we also had a Diné College public health student present on the benefits of physical activity on mental and brain health. The student also talked about how Navajo cultural teachings have been a huge part of her health by keeping balance and harmony in her

lifestyle. In October, the Navajo Nation Division of Community Development provided a descriptive presentation on the “Navajo Nation 164 Process” which is an external funding review process. For our December meeting, we invited the custom sign shop, FASTSIGNS, from Farmington, to discuss the types of signage products for trails that they can produce for any of our communities that might be interested. We have enjoyed hearing from our HP-HP community members and guests during these meetings. We look forward to continuing these meetings in 2023. The Monthly Zoom Network is where we discuss, learn, share, compare and discover latest ideas. We will re-send out our flyers and hope you can join us!

Happy Spring! The UNM Healthy Places Healthy People Trails Project team would like to invite you to our next networking meeting on Wednesday, April 19, 2023 from 10-11am via Zoom.

We are collaborating with the Dine’ College Public Health program for this meeting. Several students will be sharing their perspectives on the benefits of being physically active. How does being physically active help with mental and brain health? They will also be sharing some cultural teachings on being healthy as Dine’ College students.



## VIVA Connects Meetings Update >>>>

The VIVA connects networking meeting for April took place on Thursday, April 6th at noon. Information about the two (2) VIVA Connects mini-grants were shared with VIVA Connects communities. The application for the two grants were sent via the VIVA Listserv and VIVA network. These grants offer two VIVA Connects communities a chance to improve their community by initiating one or more of [The Community Guide’s evidence-based strategies](#) to increase physical activity (Community-Wide Campaigns, Creating or Improving Places for Physical Activity,

Built Environment Approaches, Social Support Features). The grants are funded by the New Mexico Department of Health.

VIVA Connects is continuing to partner with AllTrails to get community trails up and correctly mapped on their platform. VIVA has a new contact with AllTrails and will continue to work with the platform.

The next VIVA Connects networking meeting is scheduled for Thursday, May 4th at Noon.

[VIVA Connects](#)

## BCBSNM Announces Blue Impact Grant Program >>>>

### Applications open February 15, 2023

Feb. 9, 2023

ALBUQUERQUE — Blue Cross and Blue Shield of New Mexico (BCBSNM) is launching a new major grant program as part of a refreshed community investment strategy focused on social determinants of health (SDOH). The new Blue Impact grants and other BCBSNM community investments will more directly target the social and economic factors that play a role in health and wellness in our communities. The Blue Impact grants will invest more than \$800,000 in our communities statewide.

BCBSNM is accepting applications for the Blue Impact grants program from Feb. 15 through March 31 for programs occurring from July 1, 2023, through June 30, 2024. Applying organizations must have 501(c)(3) status. To learn more about Blue Impact grants and the application process, visit [bcbsnm.com](https://bcbsnm.com) and look for the Blue Impact grants link under Company Information. All applications must be submitted online.

“We have worked in close collaboration with community organizations and partners, leveraging their knowledge, experience and talents on a local level to help support healthier communities,” said Janice Torrez, BCBSNM president. “We’re continuing to build on that model and are refining how we believe we can make a difference.”

Nationally, it’s estimated that more than 50%PDF link

of poor health outcomes are driven by SDOH factors and BCBSNM is aligning to areas where data shows we can make an impact.

The Blue Impact grant program replaces BCBSNM’s Healthy Kids, Healthy Families® grants and better reflects BCBSNM’s refined focus on supporting the health of more New Mexicans. Grants are just one of the ways BCBSNM supports local communities — the company’s community investments also include additional grants and sponsorships, as well as in-kind donations, volunteerism and disaster relief. Moving forward, all BCBSNM’s community supports will align under five strategic areas of focus to better support our umbrella mission of expanding access to care.

The new focus areas are:

**Economic Opportunity and Stability:** Addressing issues such as poverty, removing barriers to employment, providing good jobs and upskilling.

**Nutrition:** Supporting efforts to decrease hunger and increase access to nutritional food.

**Neighborhood and Local Assets:** Focusing on affordable healthy housing, access to transportation and access to physical activity.

**Locally Defined Health Solutions:** Addressing local health and human service needs.

**Optimal Health Outcomes:** Helping close gaps in care, specifically around six priority areas: immunizations, diabetes care, cardiovascular care, behavioral health, early detection cancer screening and maternal and infant health.

## ANNOUNCEMENT >>>>

The University of New Mexico Center for Participatory Research (UNM CPR), funded by the W. K. Kellogg Foundation is currently seeking **Tribal Data Champion Fellows**, attached is the fellowship flyer. A fellow can be employee, student, or administrator working with a tribal organization who works with data, evaluation, and/or research and would like to receive mentorship from a team of tribal evaluators/researchers in a training program lasting 12 months. Please see eligibility and requirements in the document.

If you wish to nominate a person online, please follow this link or scan the QR code below. You can also submit the attached document by email to [begorman@salud.unm.edu](mailto:begorman@salud.unm.edu).

**Deadline: April 28, 2023**

**Fellowship Selection by: May 5, 2023**

If you have further questions regarding the fellowship, please contact us by email or call (505) 800-9158.



## 51% of world may be Overweight or Obese by year 2035 >>>>

More than half the world's population age 5 and older — 51 percent, or more than 4 billion people — are projected to be overweight or obese by 2035, according to a report from the World Obesity Federation. By comparison, 2.6 billion people worldwide (38 percent of the population) were overweight or obese in 2020. Obesity alone is expected to rise from 14 percent in 2020 to 24 percent, or nearly 2 billion people, by 2035. The steepest increase is expected among youths ages 5 to 19, with the predicted obesity rate among boys doubling from 10 to 20 percent and more than doubling among girls, rising from 8 to 18 percent.

The numbers representing overweight and obesity are based on people's body mass index (BMI), with a BMI over 25 considered overweight and a score over 30 considered obese.

Dubbed the World Obesity Atlas 2023 and presented to the United Nations, the report cites data for geographical regions around the globe as well as the

expected economic effect of overweight and obesity, including health-care costs. It urges countries to develop comprehensive national action plans to prevent and treat obesity and to support those who have it.

If prevention, treatment and support do not improve, the report notes, the economic effect will reach more than \$4 trillion a year by 2035, which it says would be comparable to the economic harm of the coronavirus in 2020.

Obesity — in essence, weighing more than what is considered healthy for a given height and having an excessive amount of body fat — can increase health risks for heart disease, diabetes, high blood pressure, osteoarthritis, sleep apnea and more. It also has been linked to mental health problems and a lesser quality of life. In the United States, about 58 percent of adults will be obese by 2035, according to the report's projected trends.

## ANNOUNCEMENTS >>>>

### **The Ancestral Lands Conservation Corps (ALCC)**

is rooted in the culture and heritage of local tribal communities. The power and impact of our corps is due to the community investment and support for each program tribally and locally, combined with the network of operational support from Conservation Legacy.

<https://ancestrallands.org>

#### WHO WE ARE

Ancestral Lands Conservation Corps (ALCC) is a corps program based out of offices in Acoma Pueblo, Navajo Nation, Zuni Pueblo, Hopi-Kykotsmovi, and Albuquerque. ALCC originally began in 2008 at Pueblo of Acoma, NM as a program model nestled in

Southwest Conservation Corps, another program of Conservation Legacy.

Ancestral Lands Conservation Corps established itself as its own corps in 2021. Our program strives to cultivate a new generation of local land stewards. We partner with tribal communities and land managers to accomplish impactful and lasting conservation service projects. ALCC works to build and support sustainable public access, historical interpretation and ecological health. Crews and interns have been working on projects from historical preservation, traditional agriculture, chainsaw crews, hiking clubs, stream restoration, fencing, trail construction, and more. ALCC also aims to incorporate traditional culture and language as part of crew lifestyle and project work.

**The Continental Divide Trail Coalition (CDTC)** is the 501(c)(3) national non-profit working in partnership with the US Forest Service, National Park Service, and Bureau of Land Management to complete, promote, and protect the Continental Divide National Scenic Trail. Founded in 2012 by a passionate group of volunteers and recreationists, CDTC is a membership organization working to build a strong community of supporters who want to see the CDT protected not just for today's users, but for generations to come.

[https://continentaldividetrail.org/?mc\\_cid=f9aa542094&mc\\_eid=b39ae3daca](https://continentaldividetrail.org/?mc_cid=f9aa542094&mc_eid=b39ae3daca)

# UPCOMING EVENTS >>>>

**NAHAZOZÁAN BIKÁÁN SH KÉLCHÍ WALK/RUN SERIES**

Registration: 8PM | Run starts: 8PM (DST) | The Top Wellness Center, Crownpoint, NM

**04.14.23** | 8PM (DST) | Dikun Farmgrounds, Dikun, AZ

Registration: 8PM | Run starts: 8PM (DST) | Taha City Old Airport, Taha City, AZ

**04.21.23** | 8PM (DST) | Monument Valley Tribal Park - Wetzel Star, Monument Valley, Utah

Registration: 8PM | Run starts: 8PM (DST) | Frank Mesa Chapter, Frank Mesa, AZ

**05.05.23** | 8PM (DST) | Navajo Health Museum, Window Rock, AZ

Registration: 8AM | Run starts: 8AM (DST) | Evening runs will start 8PM to 10PM. Morning runs will start 8AM to 10AM.

**05.07.23** | 8AM (DST) | Navajo Health Museum, Window Rock, AZ

**Bashas'**



**World Health Day**

**5K RUN/WALK**

**DATES: APRIL 7, 2023**

REGISTRATION: 11:00AM | START TIME: 12:00AM TO 1:00 PM

LOCATION: **TIIS TS'OOZI WELLNESS CENTER ODY WALKING TRAIL**

# JUST MOVE IT

2023 T'ÁÁ HWÓ'AJI T'ÉEGO

Being physically active daily can help you stay healthy and prevent diabetes and heart disease. You can do something about your health. It is UP TO YOU (T'áá Hwó'aji T'éego) - only YOU can make the change to make the difference. The Just Move It fun runs and walks are held in 23 local communities during the summer, with 20 in-person and three virtual events. The events are open to families and communities of all ages.

CHAPTER/LOCATION	DATE	TIME	EVENT
<b>EAST</b>			
Farmington - Berg Park	May 7	4 PM - 7 PM	In-Person
Tse Dáá K'áán	May 9	5 PM - 7 PM	In-Person
San Juan	May 11	5 PM - 7 PM	In-Person
Upper Fruitland	May 16		Virtual
Nenahnezad	May 17	5 PM - 7 PM	In-Person
Huerfano	May 22	5 PM - 7 PM	In-Person
Dzilth-Na-O-Dith-Hle Health Center	May 24	5 PM - 7 PM	In-Person
Nageezi	May 31	5 PM - 7 PM	In-Person
<b>SOUTH</b>			
Tooh Haltsooi	June 5	5 PM - 7 PM	In-Person
Newcomb	June 8	5 PM - 7 PM	In-Person
Toadlena / Two Grey Hills	June 12	5 PM - 7 PM	In-Person
Tiis Tsoh Sikaad	June 15	5 PM - 7 PM	In-Person
Tsé Alnáoztíí	June 20	5 PM - 7 PM	In-Person
Red Valley	June 22	5 PM - 7 PM	In-Person
Cove	June 26		Virtual
<b>WEST</b>			
TeeNosPos	June 29	5 PM - 7 PM	In-Person
Tolikan	July 6	5 PM - 7 PM	In-Person
Mexican Water	July 10	5 PM - 7 PM	In-Person
Four Corners Regional Health Center	July 12	9 AM - 6 PM	In-Person
Red Mesa	July 13	5 PM - 7 PM	In-Person
<b>NORTH</b>			
Gadii'ahi / To'koi	July 17		Virtual
Beclabito	July 20	5 PM - 7 PM	In-Person
Shiprock			
Tsé Bit A'i Pinnacle	July 26	4 PM - 7 PM	In-Person

**EMPLOYEE FUN & FITNESS**

**DATE(S): MAY 17, 2023**

**LOCATION: TIIS TS'OOZI WELLNESS CENTER**

**THIS WILL BE AN OUTSIDE EVENT**

- 5K RUN 7:00AM REGISTRATION 8:00AM EVENT STARTS
- SPINNING 9:00AM TO 10:00AM
- BIKE RIDING 10:00AM TO 11:00AM
- ZUMBA 11:00AM TO 12:00PM
- FOOD DEMO: PRE & POST WORK OUT 1:00PM TO 2:00PM
- GARDENING BASICS PRESENTATION 2:00PM TO 3:00PM
- COUNTRY FUSION DANCE FITNESS 3:00PM TO 4:00PM

**MOVE YOUR WAY**

Announcing a Move Your Way® webinar:

**How Move Your Way Impacted Physical Activity Outcomes in Communities Across the United States**

April 26, 2023 | 2:00 to 3:00 p.m. ET

OASH Office of Disease Prevention and Health Promotion

For more information, call Northern Navajo Medical Center Health Promotion Disease Prevention at 505-368-6300 or Four Corners Regional Health Center Health Promotion Disease Prevention at 928-656-5380.

**2023 NMPHA ANNUAL CONFERENCE**

**CONNECT, HEAL, TRANSFORM**

CONECTAR, SANAR, TRANSFORMAR

**MAY 18-19 2023**

Join us virtually for the

**2023 NMPHA Annual Conference**

Thursday, May 18, 2023, 9:00am - 5:00pm

Friday, May 19, 2023, 9:00am - 4:00pm

University of New Mexico  
Prevention Research Center  
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**PRC**

**PREVENTION RESEARCH CENTERS**

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