

Oct-Nov-Dec 2021 ISSUE
Volume 3, No. 1
Healthy Places-Healthy People

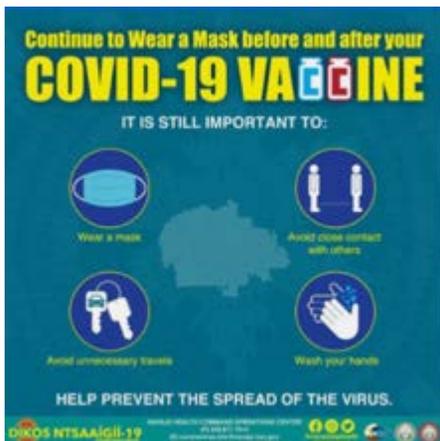
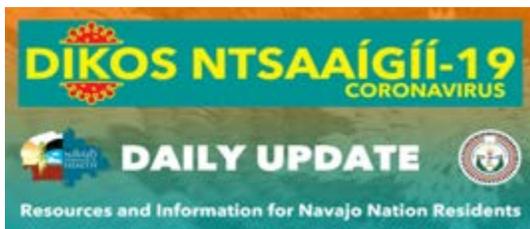
Stay informed about the HPHP project, 10 Navajo Nation Chapters in the Eastern Navajo Agency.

photo credit: shutterstock

Healthy Places-Healthy People

Navajo Nation COVID-19 update >>>

DAILY UPDATE: DIKOS NTSAAGII-19 Coronavirus



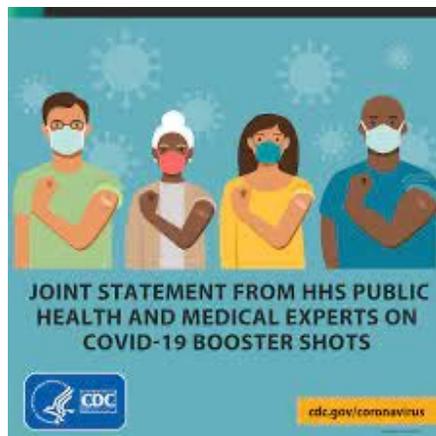
- <https://www.ndoh.navajonnsn.gov/COVID-19/COVID-19-Vaccine#vaccine>
- <https://www.ndoh.navajonnsn.gov/COVID-19/Data>

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

COVID-19 Vaccines & Children

CDC now recommends COVID-19 vaccines for children ages 5 through 11.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/children-teens.html>



Tse'ii'ahi Chapter update >>>

Sheldon Benally, Latasha James, and Elverna Bennett conducted a community needs assessment interview during the Standing Rock Chapter CLUPC meeting on 11-4-2021 at 10 am. Four people participated in the interview, which consisted of 13 questions.

The CLUPC team and chapter officials provided information on the needs for physical activity, leadership, current places to be active, partnerships, etc. The interview lasted for about 2 hours.



Photo credit: HPHP Staff

To'Hajiilee Community Feast and Fun Walks >>>



2021 Fun Walk Registration



THANK YOU!
We want to extend our thanks to the sponsors for making Fall feast possible for our community. The families enjoyed the outdoor activities and incentives (pumpkins and treats).



To'Hajiilee Community Feast and Fun Walk participants.

Photos credit: CBN staff



Photo credit: CBN staff



To'Hajiilee Community Events in December 2021 >>>

The newly created To'Hajiilee Fun Walk Trail around the Canoncito Band of Navajos (CBN) Health Clinic has been highly accepted and used by community members these past months. Some exciting events that occurred in November were:

- The New Mexico Brain Injury coalition came out to the trail and hosted a helmet fitting clinic and brought helmets to fit to kids to help promote riding bikes and injury prevention.
- The Walk for Veterans event was a day to honor community member veterans, and a bench along the path was dedicated to the Veterans Organization.
- Stress Buster and Health Awareness Turkey Trot Triathlon event was held with walking, biking, running, and hula hoop stations. The Managed Care Organization also came to support the event and handed out information about services through Medicaid and supported with swag bags and gift cards for community members to purchase thanksgiving turkeys.
- The CBN Health Clinic held a staff lunch walk to allow the employees to enjoy their health center trail.

This December, the CBN will be holding events to continue to engage community members to enjoy the trail. Events being held this month are:

- The 15th annual Christmas tree lighting ceremony. A Christmas tree will be placed near the trailhead with solar lights, and a candlelight memorial service will be led by a faith-based church in remembrance for those who have passed. The ceremony will also include a "restoring hope" walk for those who wish to walk on the trail with loved ones.
- Tentative date: December 22, 2021. Time 10:00am to 3:00pm - The Christmas Artisans event will include arts and crafts for community members to partake in. The Managed Care Organization will also be present to help distribute COVID-19 vaccination information. Finally, a coat drive for kids will allow families to pick up warm clothes and jackets so that no child is cold this winter. The coat drive will go from December through January 30th.

The Healthy Places-Healthy People and VIVA Connects team are both very proud of the amazing achievements and organized community activities that the CBN holds at their walking path, and the entire community is grateful for all your hard work CBN staff. Thank you.



Tree Lighting & Restoring Hope Walk
Thursday December 09, 2021.
4:00 – 5:00 pm
To'Hajiilee Walking Trail



Activities:

- *Live Christmas tree donated by Randall Zuni will be delivered Monday December 06, 2021
- *Solar Lights and Christmas Ornaments/Decorations will be purchased by Randall and Sarah.
- *Plant Christmas tree and attachment of solar lights on December 06, 2021 at 12 noon, led by Randall and Volunteers.
- *Volunteer Activity at BH Conference room on December 07, 2021 – Develop written positive messages of hope to be attached to Christmas Ornaments.

Thursday, December 9th, Day of Walk

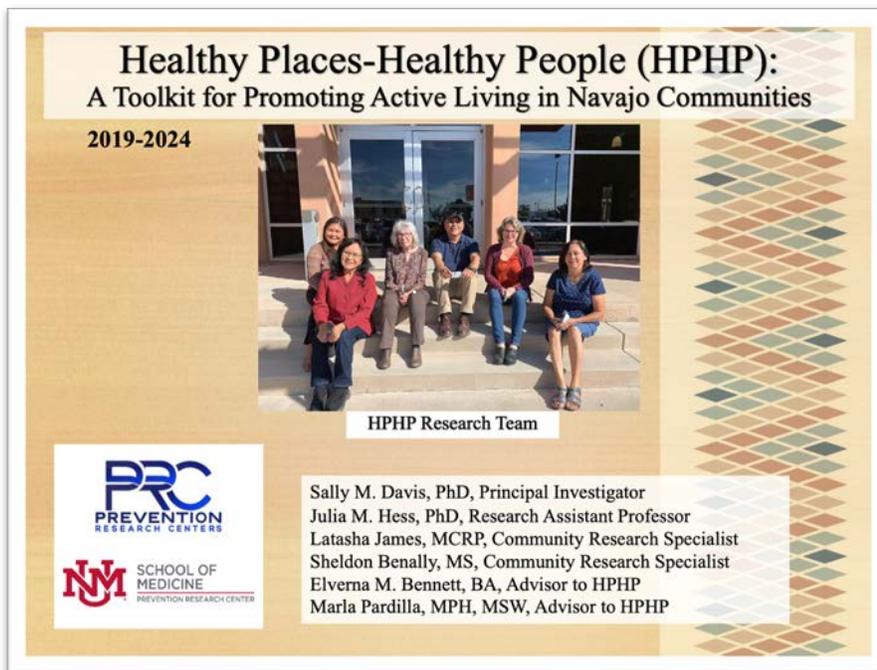
3:30 Set-up, sign in. PPE & water will be provided

4:00 Invocation – Lester Secatero, Community Stakeholder

4:05 Walk

4:15 After completion of walk, participants can pick out an ornament and place on Christmas tree to honor loved ones and family members to restore hope.

4:30 BH staff will be available to provide information on depression, grief and services of CBN Health Center, Inc, Behavioral Health services.



The Healthy Places-Healthy People team: Sally Davis, Latasha James, Sheldon Benally, Marla Pardilla, Elverna Bennett and Julia Hess presented at the Navajo Nation Human Research Review Board (NNHRRB) virtual research conference on October 20-21, 2021.

[Navajo Nation Human Research Review Board Conference 2021](#)

The title of the presentation was Healthy Places—Healthy People (HPPH): A Toolkit for Promoting Active Living in Navajo Communities

Abstract: HPPH, in partnership with ten Navajo Chapters in the Eastern Agency, aims to develop an Active Living Toolkit by documenting the process and identifying the core elements, barriers, facilitators, and resources to increasing and sustaining physical activity in Navajo communities. We are using the RE-AIM framework to assess Reach, Effectiveness, Adoption, Implementation and Maintenance. We are collecting both qualitative and quantitative data using interviews and surveys conducted in Navajo and/or English or both by the four members of the research team who are fluent in both Navajo and English.

Proposed Format: We propose a **panel presentation** for the NN Research Conference Oct 20-21. We have six presenters, and each presenter will have 2-5 slides for their section of the presentation.

Objective 1: Participants attending the Navajo Nation Research Conference will learn how to increase physical activity in Navajo communities by adapting evidence-based strategies to local context such as building and improving local walking trails and places to be active, conducting community informational outreach, encouraging social support with group events and activities, and other approaches developed by local coalitions. Examples will be presented.

Objective 2: Participants attending the conference will increase their knowledge of how public health research, communication, and implementation can be delivered and evaluated by using creative techniques during the COVID-19 pandemic. Examples will be presented.

Objective 3. Participants attending the conference will learn how the HPPH research team educated and involved group participation from Navajo communities in research techniques such as coalition building, logic models, and walkability assessment workshops. Examples will be presented.

Objective 4. Participants attending the conference will learn how the HPPH project staff plans to involve public health students from Dine' College in the trail building process on the eastern part of the Navajo Nation.

Objective 5. Participants attending the conference will learn how to involve residents in developing maps of local trails connected to nearby outdoor assets to foster community pride, increase level of physical activity, and ensure sustainable use of local cultural resources. This is done in collaboration with Navajo Nation GIS, Navajo Land Department and/or CLUPC (Community Land Use Planning Committee).

Holiday Greetings from HPH team members >>>



Announcements >>>



Community-Based Research Specialist

<https://unm.csod.com/ux/ats/careersite/18/home?c=unm&sq=req18256>

UNM Prevention Research Center, Healthy Places-Healthy People
<https://hsc.unm.edu/medicine/departments/pediatrics/divisions/pps/initiatives/viva/hphp/>

Cut Back on Salt

Americans eat too much salt about one-third more than the American Heart Association's suggested daily limit of 2,300 mg. Since the FDA say 70 percent of excess sodium comes from packaged, prepared or restaurant food, they're asking manufacturers to scale back their use of salt. In hopes of reducing customer intake by 12 percent over the next two and a half years. Want to start at home? Make simple dietary improvements with these tips:

- **Season foods with herbs**, citrus, pepper flakes and spices
- **Replace processed cold cuts** with fresh chicken or turkey
- **Rinse canned beans or veggies** in a colander before using
- **Eat less bread**, the top source of sodium intake for Americans (simply because we eat so much of it.)

For more information:

[Sodium in Your Diet: Use the Nutrition Facts Label and Reduce Your Intake](#)

LANL group offers scholarships

Los Alamos National Laboratory Foundation is accepting applications for four-year undergraduate scholarship awards. While high school seniors are the primary audience, students pursuing a bachelor's degree at an accredited, post-secondary educational institution are encouraged to apply. Awards range from \$1,000 to \$20,000 for students from northern NM in any field of study. Eligible applicants are automatically considered for all applicable scholarship opportunities.

Applicants are evaluated based on academic merit, demonstrated leadership and commitment to service. Certain awards have additional criteria.

For more information, visit www.lanlffoundation.org/our-work/scholarships/4-year-undergraduate-scholarships.

The application deadline is January 18, 2022.

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