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The Connection

COMMUNITY ADVISORY COUNCIL (CAC) AND THE UNM PREVENTION RESEARCH CENTER (PRC)



UNM
SCHOOL of MEDICINE
PREVENTION RESEARCH CENTER
Prevention & Population Sciences

FALL 2010 - Volume 7, Issue 1

PRC awarded Robert Wood Johnson Foundation *Healthy Kids, Healthy Communities* Grant Susan DeFrancesco, JD, MPH, MAT



Cuba youth working to build new community garden bed in May 2010

In December 2009, the PRC received funding from the Robert Wood Johnson Foundation's national program called *Healthy Kids, Healthy Communities* – a community action program that is a cornerstone of RWJF's commitment to reverse the country's childhood obesity epidemic by 2015. The goals of the PRC's four year RWJF grant are to improve the health of children in and around Cuba, NM by increasing access to healthy foods and providing safe places to walk and play. The project is in partnership with a broad coalition of

local, state and national partners including community partners involved in the Step Into Cuba Alliance, Cuba's partnership of organizations and individuals working to increase opportunities for physical activity in the village of Cuba. Based on a rigorous selection process that drew more than 500 proposals from across

the country, Cuba was one of 41 sites selected for the RWJF *Healthy Kids, Healthy Communities* program.

The activities that are currently the focus of the grant include: the development of a Cuba Farmers' Market (the first-ever Cuba Farmers' Market was held August 7 to October 30, 2010); the expansion of the Cuba Community Garden to include local youth; changes along U.S. Highway 550 in Cuba to slow traffic and make it safer for people crossing; and the creation of safe places to play, walking paths and a

community garden in an outlying Native community. Working with community partners, PRC faculty and staff are providing technical assistance and helping to find the needed additional resources to make these changes a reality. In addition, policy changes that support these kinds of community initiatives are a focus of the grant work. For example, PRC staff and community partners will work to supplement an existing Village community planning document to support and provide specific guidance on ways to make Cuba more walkable.

This new PRC project is entitled *Healthy Kids, Healthy Cuba*. New PRC staff Shari Smoker (**introduced on page 4**), a Cuba resident, serves as the Community Project Coordinator. PRC faculty Susan DeFrancesco, JD, MPH is Project Director and Emily Piltch, MPH serves as Project Coordinator. ■

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Representatives from 16 New Mexico Head Start Centers Attend Second Annual CHILE Summit in Albuquerque

Courtney FitzGerald, MSW

On Friday, April 28, 2010, The UNM PRC hosted the 2010 CHILE Summit. The Summit is an annual meeting of representatives from Head Start centers across New Mexico that participate in the Child Health Initiative for Lifelong Eating and Exercise (CHILE), a five-year obesity and diabetes prevention study funded by the National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). CHILE includes a classroom-based curriculum about nutrition and physical activity for preschool aged children, training and technical support for teachers, an intervention for the school food service, and working with the local grocery store in each participating Head Start community. Dr. Sally Davis, Principal Investigator for the CHILE study and the Director of the Prevention Research Center, welcomed 65 Head Start teachers, coordinators, directors, and parents to the Hotel Albuquerque in Old Town for this year's event. Summit participants met to celebrate their successes at the end of the research phase of the study, and to plan for the delivery of the CHILE project to Head Start centers in the delayed-intervention group of the study. The CHILE project continues through February 2011. ■

For more information contact Courtney FitzGerald at (505) 272-4462 or via email at CAFitzgerald@salud.unm.edu.

UNM PRC Advances New Mexico Efforts in Health Impact Assessment (HIA) Training and Application



Emily Pitch, MPH

On July 15, 2009, over 50 individuals from throughout the state representing federal, state and local agencies attended the first New Mexico Health Impact Assessment (HIA) training. It was hosted by the UNM PRC with support provided by the Centers for Disease Control and Prevention (CDC) and the NM

Chapter of the American Planning Association. HIA is a set of guidelines that provides procedures, methods and tools that estimate the potential effects of a policy, program or project on the health of a population. Information that is gathered and presented through conducting an HIA can bring public health issues to the attention of decision makers who do not regularly consider health implications of community development.

Dr. Candace Rutt, of the CDC, was the instructor for the day-long training. Dr. Rutt has been involved in numerous HIAs ranging from walk to school programs, farmers markets, urban redevelopment projects, and natural resource development projects. Since the training, PRC staff have provided presentations on the basics of HIAs to community coalitions, UNM students and at the annual meetings of the NM Public Health Association and the NM Chapter of the American Planning Association to promote the use of this tool. Communities throughout the state work every day to advocate for decision making that promotes and protects the public's health. Use of HIA is a formalized method of providing this type of information to decision makers. Recently, the PRC worked with the Cuba community through the Step Into Cuba Alliance, Cuba's partnership of organizations and individuals promoting walkability and physical activity, to conduct an HIA. The Step Into Cuba Alliance is working to make U.S. Highway 550, Cuba's Main Street, a safer and more pleasant place for walking. This HIA documents the connections between health and transportation and roadway planning and shows design

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Changes to U.S. 550 can make Cuba a healthier and safer place to live.

The Village of Cuba will soon receive funding from the New Mexico Department of Transportation (NMDOT) to improve sidewalks and lighting on U.S. 550. NMDOT is beginning to plan what the project will look like. There are many ways that U.S. 550 can be made safer for pedestrians and many good reasons for making it safer.

Changes to U.S. 550 can make it safer and more inviting. There are different ways to slow traffic, to shorten the distance for people crossing the street, and to make it easier for drivers to see the people trying to cross the street. Here are some ways to "calm" or "slow traffic down":

- SPEED FEEDBACK SIGNS** tell drivers their speed (measured by radar) and the speed limit on the road.
- MEDIAN ISLANDS** provide a safe place in the middle of the road for people to stop and wait for traffic. If there is a median island, people do not have to wait for traffic to clear in both directions. They can cross when traffic is clear in only one direction.
- "SLOW DOWN" SIGNS** let drivers know they are leaving a rural highway and entering a community.
- BULB-OUTS, OR EXTENSIONS** of the sidewalk at other end of a crosswalk, make the distance people have to cross shorter and make it easier for drivers to see the people trying to cross the road.

The National Children's Study (NCS)

Josala Fetherolf, MS

The National Children's Study (NCS) is the largest long-term examination of children's health ever conducted in the United States. Nationally, it will follow 100,000 children from before birth to age 21 to learn how the environment and genetics may influence children's health and development.

In New Mexico, Valencia County was chosen as one of the 100 study locations to participate in this exciting study. This fall, NCS staff will begin knocking on doors in Valencia County, asking residents to participate in this extraordinary effort to learn about the health and development of our nation's children.

The National Children's Study – Valencia County established a special award for the Central New Mexico Science and Engineering Research Challenge, more commonly known as the Regional Science Fair at the University of New Mexico. This NCS award is presented to a Valencia County student with the best science fair project related to children's health. The winner of the 2010 National Children's Study award was Kayla Lucero, who was a 6th grade student at Bosque Farms Elementary School.

Kayla's project, 'Which diaper will be most absorbent?' evaluated 3 different diapers to determine which one absorbed the best. In her project, she

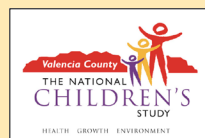


Dr. Beth Tigges, co-investigator of the National Children's Study, presents Kayla Lucero with a gift basket and award check for \$100

evaluated the absorbency by using different methods. Her presentation was clear and thorough. Working with her science teacher, Eileen Meyers, and her mother, Eva Lucero-Mendoza, NCS staff planned to surprise Kayla at a Bosque Farms Elementary school assembly and present her NCS award. Kayla was surprised!

Students are already working on their science projects for the 2011 Central New Mexico Science and Engineering Research Challenge. Flyers announcing the National Children's Study award are being distributed in the Valencia County schools, encouraging students to consider a research project related to children's health and be eligible for the NCS award. ■

For more information contact Josala Fetherolf at (505) 272-4462 or via email at JFetherolf@salud.unm.edu.



REFUGEE WELL-BEING PROJECT UPDATE

Jessica Goodkind, Ph.D

The Refugee Well-being Project (RWP), last featured in the Winter 2008 CAC Newsletter, is a community-based participatory research study that continues to work in partnership with refugees who have been recently resettled in Albuquerque, New Mexico. RWP seeks to reduce social, economic, and mental health disparities

experienced by refugees in New Mexico through an innovative program that emphasizes mutual learning and the mobilization of community resources.

The RWP was designed to provide refugees with non-stigmatizing, culturally-appropriate services that address mental health issues and

social determinants of health. Between 2006-2009, RWP involved more than 72 African refugees from Burundi, Democratic Republic of Congo, Eritrea, Liberia, and Rwanda and 53 UNM undergraduate students. In 2009-2010, RWP began working with Iraqi refugees, who represent a majority of refugees resettling in New Mexico at this time. Thirty-seven Iraqis and 25 undergraduates participated in the program during this year.



Iraqis Haya Albazzaz (L) and Luma Salem (R) and UNM Student Shayna Rosenblum worked together in the RWP

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HIA TRAINING - *Continued from page 2*

strategies that could make U.S. 550 more walkable. Based on data gathered for the HIA, PRC staff and Alliance members developed a two-page document that shows photographs and descriptions of possible improvements that can be made to U.S. 550. This document was published as an insert in the May 2010 Cuba News, Cuba's monthly local paper, as a strategy for educating both the public and decision makers. The community hopes that these design ideas might inform future design decisions made by the New Mexico Department of Transportation as changes and improvements are made to the highway.

Additionally, the PRC will be working with the Cuba community and the National Forest Service Cuba Ranger District to conduct an HIA providing input into the Forest Service's National Environmental Policy Act (NEPA) process as it considers possible trail connectors for the Continental Divide Trail near Cuba. This HIA will look at the health impacts of trail placement such as: the opportunity for safe physical activity, the connection be-

tween nature and health, the effect of trail development on the rural economy and social connectedness. The NEPA process only minimally assesses the impact that trail development has on human health and so this HIA will bring the health dimension more fully into the process. HIAs have been conducted in conjunction with NEPA processes elsewhere in the U.S. but never (to our knowledge) in a situation in which a new hiking trail is being developed. This opportunity for the PRC staff to collaborate with the National Forest Service on this project is very exciting.

PRC Staff are also working with LA Walks, a citizens' group in Los Alamos, to educate the public and local decision makers about the benefit of using HIA to help inform local transportation planning. LA Walks promotes safety, accessibility, convenience, and comfort for pedestrians throughout the community. ■

For more information on HIA or the PRC's involvement in HIA, contact Emily Piltch at (505) 272-8279 or via email at EPiltch@salud.unm.edu.

NEW STAFF AT THE PRC

JANET PAGE-REEVES



Janet Page-Reeves, Ph.D., is a Research Scientist at the PRC. Her research focuses on the intersection of identity and development processes in Indigenous and Hispanic communities, and she has worked with numerous nonprofit organizations in New Mexico on food equity and social justice issues. As a researcher at the PRC, she works on a variety of topics to serve the needs of communities affected by health, educational, social and economic disparities. Prior to joining the PRC, Dr. Page-Reeves conducted extended, intensive ethnographic field research with Quechua artisans in Bolivia and with the members of the "development" community in the United States that demonstrated how issues of identity have unexpectedly shaped and influenced the effectiveness of interventions to aid poverty-stricken households through international "economic development" strategies designed to work with artisan

knitters. These findings have implications for understanding structural, cultural, and individual dynamics at play in the work of the PRC, and for identifying cultural and community "assets" that can be leveraged and mobilized in the service of improving public health.

CUBA RESIDENT IS NEW UNM COMMUNITY PROJECT COORDINATOR



SHARI SMOKER, a Cuba resident, has recently been hired by the University of New Mexico Prevention Research Center (PRC) to serve as the Community Project Coordinator for two projects UNM is working on with residents of Cuba: (1) Village Interventions and Venues for Activity VIVA—Step Into Cuba -- a project to assist the Step Into Cuba Alliance examine the success of its efforts to increase physical activity in Cuba and (2) a Robert Wood Johnson Foundation *Healthy Kids, Healthy Communities* initiative to increase access to fresh, healthy foods and safe places to walk and play for children and their families in Cuba and the surrounding area. ■

Adolescents Committed to Improvement of Nutrition and Physical Activity (ACTION)

Alberta S. Kong, MD, MPH, Jose Canaca, MD, Rachel Mittleman, MEd, and Amanda Harris, BS

Insulin resistance is a prediabetic condition often associated with obesity, high blood pressure, abnormal lipids, and difficulty handling sugar. These metabolic derangements are commonly known as components of metabolic syndrome. People with metabolic syndrome are at increased risk for developing type 2 diabetes and cardiovascular disease. Early intervention with lifestyle modification of individuals at risk for metabolic syndrome is critical to decrease future risk of developing these chronic illnesses.

To address the emergence of metabolic syndrome in New Mexican youth, two high schools collaborated with Alberta Kong, MD, MPH, the principal investigator of the pilot study to help students eat healthy and be more physically active. Dr. Kong is a pediatrician board certified in adolescent medicine in the Department of Pediatrics and has been working with school-based health centers (SBHCs) since 1997. The study was funded by the National Institutes of Health (R21 HL092533) and was conducted through the University of New Mexico School-based Health Center Program which is under the medical directorship of John Leggott, MD and the management of Chris O'Donell, RN, MBA from the Department of Family and Community Medicine. The created intervention included eight clinical visits with the school-based health center primary care provider, Shawn Blaisdell, CNP, who used motivational

interviewing techniques to motivate students in adopting healthier eating and physical activity habits. Motivational interviewing is a client-centered counseling approach which enhances a patient's internal motivation to change behavior by exploring and resolving his/her ambivalence. The clinician providing the intervention received motivational interviewing training prior to starting the intervention and received coaching throughout the intervention. Supporting materials such as a DVD that included healthy eating information and aerobic exercises such as salsa, hip hop, and kick-boxing aerobics were created and given to participating students to use throughout the intervention. A provider toolkit was also created to assist the clinician with helping participants in behavior change during the clinical

encounters. Intervention materials were created through a participatory approach with parents and students from the participating high schools to ensure cultural relevance to the participants.

Two SBHCs were randomized to a care as usual group or the intervention group. The SBHC provider in the care as usual group met with students to discuss the students' body mass index, blood pressure and blood test results which included glucose and lipids. Advice to improve nutritional intake and physical activity was given during the visit and

a letter of results and recommendations were given to the adolescents to bring home to their parents/guardians. The intervention SBHC provider received two days of training in motivational interviewing by a member of the Motivational Interviewing Network of Trainers. Clinical visits with the intervention participants began only after the intervention SBHC provider passed proficiency evaluation in motivational interviewing. The goal was to meet with intervention participants eight times



Students involved in production of ACTION DVD



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ACTION - ADOLESCENTS COMMITTED - *Continued from Page 5*

during the school year to help them adopt healthy eating and physical activity behaviors. Parent phone contact was attempted after each visit to assist parents/guardians in making home changes to support their children in healthy eating and physical activity. Measures used to evaluate efficacy of the intervention included insulin resistance, body mass index percentile, diet intake and physical activity minutes. Pre and post changes for participants were compared between the care as usual group and the intervention group.

Forty-nine students were screened at the intervention site with 31 who met eligibility criteria and 52 were screened at the care as usual site with 29 who met eligibility criteria; therefore, a total of 60 students and their parents and guardians participated in this study. There were no differences at baseline between the two groups with respect to sex, ethnicity, age, body mass index percentile

and insulin resistance. Twenty-eight (90%) completed the intervention condition while 23 (79%) completed the care as usual condition. Three students moved out of state, one student was withdrawn from the study due to pregnancy, two transferred to another school and 3 dropped out of the study. Data currently is being cleaned and formatted for analysis but preliminary results show a significant decrease in body mass index percentile in the intervention group when compared to the care as usual group.

The promising preliminary result from this study is an example of how University researchers can collaborate with the community to create successful and sustainable school based clinical programs, specifically for school-based health centers that target diabetes prevention in adolescents. ■

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REFUGEE WELL-BEING PROJECT

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Research has demonstrated that the health and well-being of refugees is affected not only by past conditions (e.g., violence, trauma), but also by social factors related to resettlement, such as lack of meaningful social roles, poverty, discrimination, and language and cultural differences. The goal of the project is to provide refugee children and families with an environment that builds upon their inherent strengths and at the same time recognizes and equips them for the challenges they face as they adjust to life in the U.S.

The RWP plays an important role in the community as Learning Circle and advocacy components function together to promote learning and exchange in areas refugees themselves identify as unmet needs. In addition, the RWP helps to rebuild social support and valued social roles for refugees. As two participants explain:

“For a long time in my life, I lived like a refugee. This project is really good in terms of helping me with mental health. If I was just by myself, with just the family, I would be thinking about the terrible things that happened in the past. But when I come from work and get to meet with him [student advocate] and the other people, I am really engaged in the present, and I don’t dwell on the horrible things that happened in the past.”

~ **Male Refugee Partner, age 42**

“When we were in Tanzania, we were refugees there; we were treated like we were second class citizens, that we

wouldn’t share the same utensils as our supervisors or the people who were running the camp so we were treated as if we were not equal to the Tanzanian citizens. But we came here and we realized we were treated like human beings. For example... the students would come to the house and sit together and eat together and treat us like equals and so we see with time we are going to feel really at home here... and so I feel that humanity and dignity is really being noticed and upheld in America and people see us as people, yeah, and it’s really wonderful.”

~ **Female Refugee Partner, age 38**

The RWP also provides UNM undergraduate students a unique opportunity to understand more about refugees and the challenges they face, to help make a difference in some of their lives, and to participate in innovative community-based participatory research. In the words of one UNM student:

“...taking this class has shown me that not everybody has the opportunities that I have so when I hear another person’s story, I can’t be so quick to say, ‘Why are these people like that?’ I can easily stop and think, take into consideration things such as colonialism, class, gender, things like that.” ~ **Female UNM Student Partner**

Currently, we are applying for funding from the National Institute of Mental Health to refine the intervention model and prepare for a multi-site effectiveness trial.

For more information contact Jessica Goodkind at (505) 272-4462 or via email at JGoodkind@salud.unm.edu.



Bike safety demonstration in Deming, NM

PRC PARTNERS WITH THE NM SAFE ROUTES TO SCHOOL (SRTS) PROGRAM

Leona Woelk, MA

Safe Routes to Schools (SRTS) is a national program of the U.S. Department of Transportation created in 2006. The program provides funding to each state to improve the ability of elementary and middle school students to walk and bicycle to school safely. The goals of SRTS are:

1. to enable and encourage children, including those with disabilities, to walk and bicycle to school;
2. to make bicycling and walking to school a safer and more appealing way to get to school; and
3. to support projects and activities that will improve safety and reduce traffic, fuel consumption, and air pollution in the vicinity of schools kindergarten through 8th grade.

The New Mexico SRTS (NMSRTS) program was established within the New Mexico Department of Transportation (NMDOT) in 2006. Currently, there are 22 funded NMSRTS communities across New Mexico.

Prevention Research Center (PRC) staff provide technical assistance to NMSRTS. We have worked with NMSRTS to develop a logo, brochure and display banner

to provide a “look” for NMSRTS and to aid in promoting NMSRTS. We also assist NMSRTS in communicating with funded communities and others interested in SRTS by writing and editing a quarterly newsletter and managing a NMSRTS listserv. Each year, we assist NMSRTS in coordinating *Walk and Roll to School Day* (WRSTD). WRSTD is New Mexico’s version of *International Walk to School Day*, held annually in early October. The purpose of WRSTD is to help raise awareness of how increased physical activity can improve the health of children, how decreased traffic

around schools improves air quality and how walking and bicycling can be made safer for children through improvements to neighborhood streets, sidewalks and walkways.

PRC staff just conducted an evaluation of NMSRTS for NMDOT. We reviewed school data from NMSRTS-funded communities that show how students travel to and from school and parents’ concerns about letting their children walk and bicycle to and from school. We also reviewed progress reports from NMSRTS-funded communities and interviewed both community and state-level NMSRTS-involved people to learn what was helping or keeping SRTS programs from achieving their goals. Based on this information, we developed recommendations for NMSRTS on how to improve the program, and will also work with NMSRTS to put the recommendations in place.

The PRC also worked with NMSRTS on the development of a NMSRTS educational package that includes a pedestrian safety curriculum, Walking School Bus and Bicycle Train guides and other resources for parents, school administrators and community members. This educational package is available to both NMSRTS-funded communities and communities who are not funded but who are interested in increasing the numbers of students safely walking and bicycling to and from their schools. ■

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PAK ACROSS NEW MEXICO

Linda Beltran, MS

The UNM Prevention Research Center (PRC) in partnership with the Indian Health Service (IHS) – Albuquerque Area Office (AAO) – Health Promotion Disease Prevention (HPDP) has combined and disseminated culturally appropriate physical activities for American Indian communities across New Mexico called **Physical Activity Kit (PAK): Staying on the Active Path in Native Communities.**

The goal of **Physical Activity Kit-PAK** is to increase the time spent in moderate to vigorous physical activity by promoting age and culturally appropriate physical activities across the life span of members of Native communities. **PAK** includes various levels of physical activity (strength, flexibility, and cardiovascular activities) through games, movement, and dance that can be used in schools, youth programs, elderly centers, community events, staff meetings, and anytime.

Since 2009, Linda Beltran and other from the PRC and Theresa Clay (IHS HDPDP Coordinator and PRC Center Advisory Council member) has provided **PAK** Train-the-Trainers in 6 host locations across New Mexico with approximately 150 professionals from their communities.

The Crownpoint **PAK** training was hosted by Marjorie Werito (Director of IHS Crownpoint Community and Prevention Health Services and PRC CAC member) with her staff.



PAK training at Crownpoint, NM



PAK training at Pueblo of Zuni, NM

The Zuni **PAK** training was hosted by Vinton Zunie (Coordinator of the Pueblo of Zuni School Healthy Lifestyle Program and PRC CAC member) with his staff.

Marjorie and Vinton invited and recruited individuals from local programs and organizations (schools teachers, health educators, dietitians, youth health and fitness coordinators, community health representatives, physical education instructors, senior center staff, child care coordinators, public health nurses, and tribal youth specialists) in their area to attend the **PAK** Train-the-Trainer as teams.

PAK Train-the-Trainers give each participants of each team hands-on experience in demonstrating and teaching **PAK** activities from each of the eight **PAK** books.

Each team develops their own action plan to how they want to implement **PAK** in their community. Each participant leaves the training with all the **PAK** materials and resource and a network of colleagues and future partners who are committed to encouraging physical activity to enhance health and reduce risk of mortality. ■

For more information contact Linda Beltran at (505) 272-4462 or via email at LBeltran@salud.unm.edu.



Quotes from the question "Do you have any additional comments for PAK?"

- "I enjoyed the **PAK** training and all the physical activities with a mixture of cultural activities. I had lots of fun."
- "I am looking forward to using the **PAK** material with our community."
- "Very good information and useful activities."



Developing **PAK** Team Action Plans



Experiencing **PAK** Activities



Vendor Ray Sisneros with his bountiful harvest!

The air was filled with the delicious aroma of grilled yellow squash and tomato bruschetta prepared by Culinary Artist Gida Snyder, as over 100 customers shopped, ate, danced and visited with community members at the opening day event for the Cuba Farmers' Market. Visitors swarmed the Market to buy their favorite locally grown vegetables and fruit, as approximately 15 vendors quickly sold their harvest of squash, onions, beans, swiss chard, grapes, plums and much more to customers eager to taste the selection of healthy foods. The spirit of the community flowed throughout the day as visitors enjoyed cooking demonstrations, a clown for the children, hula hoop contests, and music performed by the talented guitarist and singer Arturo Montoya. Nicole Lujan, of the New Mexico State University Cooperative Extension Service provided education and information for families, youth and consumers with a focus on selecting healthy foods, food safety, and nutrition. Community members were excited to see the Market up and running with many claiming "It's finally here!" Customers were pleased to be able to speak to and shake the hands of those that grow their food, as well as share recipes with their neighbors. Market customer Diane Roberts is pleased to see the Market up and running. "The Market encourages people to grow their own food. The collaboration is great - we learn from each other." Elena Snyder believes the Market will be a great benefit to the community. "We hope that the Farmers' Market will encourage people to eat more fresh fruits and vegetables. A healthy diet can help reduce obesity, diabetes, high blood pressure, heart disease, and other health conditions."

The Market is open through October 30, 2010 and is held every Saturday from 9:00 a.m. to NOON. A special

Cuba, New Mexico's Farmers' Market Enjoys Successful Opening Day!

Shari Smoker, BA

thank you to our sponsors and volunteers whose support and hard work make the Cuba Farmers' Market possible: The Village of Cuba, the Cuba Farmers' Market Planning Committee, the UNM Prevention Research Center, the Robert Wood Johnson Foundation, The McCune Foundation, Giant Mustang, Arturo Montoya, Ann Stern, Anna Schulte, Gida Snyder, Fatou Gueye, Nicole Lujan, David Smoker, Mark Hatzenbuhler, the Cuba Volunteer Fire Department, and above all, the many, many local growers and vendors who participated in the Market.

For details on the Market or to become a vendor, please contact Shari Smoker at (575) 289-0244 or via email at ShSmoker@salud.unm.edu.

"The Market encourages people to grow their own food. The collaboration is great - we learn from each other."



Culinary Artist Gida Snyder prepares a healthy meal with fresh vegetables

Presbyterian Medical Services “In-Vests” in Walking for Health

Shari Smoker, BA



Reflective safety vests are becoming a regular accessory for the medical practitioners and other staff at the Presbyterian Medical Services (PMS) clinic in Cuba, NM. You may have seen them walking about town conducting business and running errands. The clinic is supporting a broader community effort, Step Into Cuba, that promotes walking for health. Leading the group is Dr. Dick Kozoll who came up with the idea for the use of safety vests to cross busy U.S. 550 that has no crosswalk near the clinic.

At a staff meeting held at the clinic, various issues were discussed relating to walking for health. While discussing safety, staff members were asked if they would be interested in wearing “official PMS” safety vests while tending to their errands on foot. The response was a unanimous “yes.” The vests were purchased at cost by PMS from Richard’s True Value, a business supporter of Step Into Cuba. PMS and Step Into Cuba logos were placed on them, and ten vests are kept on a coat rack for the staff to use as needed.

The “In-Vest” program has just begun. The hope is that it encourages other employers to begin their own safety vest programs as well. Walking is a great form of physical activity because it costs nothing and

does not require a person to buy gadgets or sign up for a membership. It burns calories effectively and allows one to enjoy the outdoors! It is also a great tool for improving your health. Step Into Cuba supporters are hopeful that the safety vests will also draw more public and agency attention to the need for crosswalks and other safety measures to slow traffic and promote walkability in Cuba.

“I would like to see more recognition and concern about how pedestrians can safely cross a major thoroughfare” states Dr. Kozoll. “Driving to work each day, I have to slow down as pedestrians cross U.S. 550 without looking. Many people use the center lane as a refuge. This is really not a safe practice. Crossing U.S. 550 is a public safety and public health issue. Through the leadership of the Mayor and Village Council, interest in improving U.S. 550 has gained some momentum and it will be great if our safety vest program furthers that interest.”

A pedestrian improvements project for U.S. 550, that includes new sidewalks and lighting, is currently scheduled in the NM Department of Transportation Statewide Transportation Improvement Plan for FY 2011. In the meantime, if you happen to see the reflective light of orange or yellow, don’t worry - it isn’t a roadblock! It’s a safe path to health. ■

For more information contact Shari Smoker at (575) 289-0244 or via email at ShSmoker@salud.unm.edu.



New Mexico Public Health Conference was held on May 5–7, 2010

Linda Peñaloza, Ph.D

UNM Health Sciences Center faculty, staff and students participated with the New Mexico Public Health Association during the 2010 New Mexico Public Health Association Annual Conference: Social Justice & Public Health, which was held May 5-7 at the Radisson Hotel Albuquerque.

The keynote presentation by Makani Themba-Nixon, *"Connecting the Dots: Making Health Justice Happen Right Where We Are"* presented a comprehensive approach to building healthy communities through addressing issues of place and power relations.

The conference included sessions on sharing work and research linking social justice and public health in New Mexico in a number of areas including working with communities, advocacy efforts, creating data and health impact assessments (HIA), working on behalf of children and youth, environmental health, and the social determinants of health.

On December 1, 2010 the New Mexico Public Health Association will be presenting the 7th Annual Health Policy Legislative Forum. Special highlights include a keynote presentation by Angela Glover Blackwell, Founder and CEO of Policy Link. ■

For more information contact Linda Peñaloza at (505) 272-4462 or via email at LPenaloza@salud.unm.edu.

ACL TEEN CENTERS' NEWS...



Denyse Carr, Wes Studi, Zachary Vicente

our very own Laguna Acoma Teen Center team, worked with Wes Studi and his wife Maura Dhu, to create an incredible film making experience for the youth at LAHS. The students were involved in all aspects of the suicide prevention film creation, "Got Your Back", from the screen writing, to the acting, to the camera work. Silver Bullet Productions and Governor Bill Richardson gifted the audio visual equipment to the youth so that they can continue to tell their stories and have a creative outlet in photography and film. The 'rough cut' has been viewed three different times and has been met with enthusiasm. The final cut has been completed and we expect to see it very soon! We would like to thank everyone involved, and especially LAHS Administration for hosting, as none of this would have been possible without their support.

To'hajiilee Teen Center To'hajiilee Teen Center staff continues to actively partner and serve the To'hajiilee community by presenting at the June 14, 2010 To'hajiilee Under Age Drinking Town Hall Meeting, conducting a Summer Youth Program throughout June and July, participating in the September 13-17 Red Ribbon Week Movie Night and Health Fair, attending after school functions and school board meetings, and having membership in the Parent Advisory Committee and Year Book Committee at the To'hajiilee Community School.



Medicaid-PE/MOSAA On October 8, 2010, Christina Leon (Rodriguez) received a New Mexico Primary Care Association's Medicaid Enrollment Program Excellence Award in recognition of her outstanding success, persistent, creative, and resourceful strategies for enrollment. Christina increased Medicaid enrollment at Laguna Middle School to 95%; the remaining 5% of student are on private insurance.

Because of Christina's efforts our students and their families have health insurance, the ACL communities have more information on affordable health insurance and health care options, and our programs, including our IHS partner, will be reimbursed by Medicaid for clinic visits supporting long-term program sustainability!

Laguna Middle School Teen Center On October 12-14, 2010, Laguna Middle School Teen Center, in collaboration with ACL Hospital Dental Program conducted an annual "Dental Blitz" at Laguna Middle School Counseling Resource Center, a New Mexico Community Foundation Elev8 site. Our partnership resulted with ACL Hospital providing 212 students with dental screenings, cleanings, fluoride treatments, and sealants. Thank you ACL Hospital, Laguna Middle School and Laguna Elementary School for insuring our students have great oral health and beautiful smiles!

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Prevention & Population Sciences

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The Connection - Fall 2010

<http://hsc.unm.edu/som/prc>

The Connection Newsletter (since 2002)

features programs, updates, and reports on program activities and announces upcoming events for the University of New Mexico Prevention Research Center and the Community Advisory Council.

Please direct all inquiries and correspondence to Mary Hanrahan at (505) 272-4462 or via email at mhanrahan@salud.unm.edu.

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The University of New Mexico Prevention Research Center (UNM PRC) is one of 37 Prevention Research Centers funded by the Centers for Disease Control and Prevention (CDC). The CDC develops and carries out scientifically-based innovation chronic disease prevention to improve the health of Americans. The mission of the (UNM) Prevention Research Center (PRC) is to address the health promotion and disease prevention needs of New Mexican communities through participatory, science-based, health promotion and disease prevention research. We fulfill this mission through collaboration, training, dissemination and evaluation activities. The Connection is a joint effort of the PRC and the Community Advisory Council (CAC), which connects the Center and the Community.