

## Putting Evidence into Practice

*Nancy Hood, MPH and Michele Suina, BS*



*Ross Brownson and CAC member, Linda Garcia.*



*Ross Brownson speaks at the Putting Evidence into Practice workshop.*

On August 11 and 12, 2004, the University of New Mexico Prevention Research Center (UNM PRC) hosted a two-day *Putting Evidence into Practice* workshop. This workshop was adapted for a New Mexico audience from the *Evidence Based Public Health* course originally developed by the Saint Louis University Prevention Research Center (SLU PRC). The goal of the workshop was to provide a different perspective on the meaning of “evidence-based” as well as some tools and processes for incorporating evidence into planning, implementation and evaluation. The workshop blended informative, expert presentations with small group activities to maximize learning and discovery.

This workshop was a collaborative effort not only between two PRCs, but also with the New Mexico Department of Health. Ross Brownson, PhD, director of the SLU PRC and developer of the original course, led the workshop along with faculty from the UNM PRC. That faculty included Linda Beltran, Lora Church, Leslie Cunningham-Sabo, PhD,

Nancy Hood, and Michele Suina. Susan Baum, MD from the New Mexico Department of Health adapted the original quantitative data module to offer specific information for a New Mexico audience. This workshop was initiated as a part of the New Mexico Obesity, Physical Activity and Nutrition (NM OPAN) project, a CDC funded effort, to develop a state-wide strategic plan to prevent obesity and to identify and implement evidence-based interventions as a part of this plan.

A total of 32 individuals, including workshop faculty, participated in the two-day workshop. Participants included New Mexico Department of Health staff, UNM PRC CAC members and staff, and even a participant from the Arizona Department Health Services. Further adaptation of this two-day workshop is being discussed by the Rio Grande Institute planning committee at the UNM PRC to provide a framework for RGI courses scheduled for Spring 2005.



## CAC Member Receives Honor from National Indian Health Board

*Leslie Cunningham-Sabo, PhD and Marla Paredilla, MSW, MPH*

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*CAC member, and National Indian Health Board award recipient, Hank Haskie.*

In August we were notified that Henry (Hank) Haskie, a long time member of the UNM PRC Community Advisory Council, was selected for Area/Regional Impact Award by the National Indian Health Board. This award recognizes individuals who have made significant contributions on a regional level in the areas of health advocacy and service to American Indian and Alaska Native people. Hank is the former Senior Nutritionist for the Navajo Area Agency on Aging (NAAA). He chose to return to school, Arizona State University in Tempe, AZ to complete this degree. He will be graduating with his bachelor's degree in Nutrition in December 2004.

We were proud to have made the nomination for Hank. Part of our nomination letter said, "We know that he has been a strong advocate for garnering resources for his program and serving as a mentor to other aging services providers throughout the Southwest, especially among American Indian communities."

We have had the pleasure of working with Mr. Haskie for the past six years, partnering to develop nutrition education and physical activity opportunities for Navajo elders and NAAA staff through a project called *Ats'íis Yá'át'éehgo Áhool'á* or 'Healthy Path'. During that time we have witnessed first-hand Hank's commitment to promoting the health and independence of Navajo elders and his vision of enhancing the capabilities of NAAA staff to provide excellent nutrition services to their elder clients. A recent accomplishment is an award upwards of \$1,000,000 of Food Stamp Nutrition Education funds through the states of New Mexico and Arizona to expand this program throughout the Navajo Nation (including reservation communities in Utah).

As a member of the national network of 33 Prevention Research Centers (PRC) funded through the Centers for Disease Control and Prevention, we asked Mr. Haskie to serve on our advisory council, which he has done with commitment and insight. He strongly represents our advisory council to the PRC's National Community Committee, and has given presentations on our partnership at the national level. His valuable input supports the health of American Indians across the country."

Congratulations to Hank for this much-deserved recognition!

# Exercising All the Way to Milwaukee, Wisconsin

Mrs. Fern Bennett, photos by Louise Q. Mark



Elders on the trip included Robert Whitehorse, Jimmie and Irene Clark, Effie Curtis, Mary Tsosie, Jeanette Coonsis, James Kee, Ella Mose, Eunice Denetso, Fern Bennett, and coordinator Louise Mark.

The Diné elders from Crystal Chapter joined 50 Navajo elders from 5 Navajo agencies, to attend the National Indian Council on Aging Conference in Milwaukee, Wisconsin on August 26-31, 2004. The conference is held every 2 years for the native elders to identify community, local and regional needs and concerns to the national leaders in Washington, DC. Elders share their tribal cultures and ideas as well as learn more about the benefits that are offered by the federal, state and county governments.

The elders participated in workshops that were offered by various sponsors, which were very informative and educational. In the evenings, the elders enjoyed activities such as native dances, native songs, pow-wow, and native fashion shows. The elders enjoyed sight-seeing in the city of Milwaukee the most. For most, it was their first time in Wisconsin.

It took 33 hours to travel on a train to Milwaukee, Wisconsin from Gallup, New Mexico. Before departure, the Navajo Area Agency on Aging (NAAA) distributed pamphlets prepared by Prevention Research Center's Healthy Path program. Sally Davis and Theresa Clay rush delivered the box of pamphlets just in time for the trip. The Healthy Path pamphlets had pages of physical activity cards. Each page had a 5-minute exercise that could be done sitting or standing while riding on the train. The members of the group used the little book to exercise during the long trip and it made the trip more comfortable and enjoyable.

We, the Navajo Nation participants, would like to express our appreciation to the staff at the UNM Prevention Research Center, Albuquerque, New Mexico who designed the pamphlet specifically for our trip.



Mary Tsosie, Louise Q. Mark, Fern Bennett and Ella Mose of Crystal, New Mexico.



# New Mexico Speaks! Research!America Held Media-Science-Policy Forum with New Mexico's PRC

Linda J. Peñaloza, PhD

“Now that’s something we can use!” said Carol S. Marr, RD, LD, New Mexico Department of Health, about Research!America’s New Mexico public opinion poll on prevention and public health research. The poll was released March 30 in Albuquerque, New Mexico, at a Prevention Research Initiative program hosted by the Center for Health Promotion and Disease Prevention, University of New Mexico.

The poll showed that New Mexico residents view some behaviors as more strongly associated with prevention than others. For example, more than two-thirds strongly associate avoiding risky behaviors with prevention (wearing a seat belt, 78 percent; not smoking, 71 percent; and safe sex, 67 percent). In addition, New Mexico residents think that U.S. spending on public health and prevention research is insufficient (73 percent). Nearly as many adults in New Mexico (71 percent) think U.S. spending on public health research should be at least 2 cents per health care dollar. Currently, the United States spends less than 1 cent per health care dollar.



The day’s program also featured an advocacy training session and a media/science/policy forum where researchers, legislative staff and media representatives shared tips and ideas for strengthening collaborative relationships. The tips included:

## **Make Your Prevention and Public Health Research News Story Compelling**

- Put a human face on research. The story should relate to the people who watch, read or listen to that station or newspaper.
- Show the public why your research benefits them.
- Become familiar with the kinds of stories the media outlet runs.
- Don’t pitch a story that ran last week and don’t admit—even if it’s true—that you are too busy to read the paper or watch the news.

## **Make Visits to Your Elected Official More Effective**

- Personalize your message and include examples of individuals’ personal stories.
- Share public opinion poll data in addition to statistics. State how much money will be saved as a result of prevention and public health research.
- Be specific, know what you want to say and know what you would like your elected official to do as a result of your meeting.

## **Be a Resource to the Media**

- Be sure to follow up. If you worked with the media to help recruit participants for a study, report the results back to your media contact. Even if the follow-up does not result in a story, it will help journalists remember you and view you as a resource.

# What is the Prevention Research Initiative?

Linda J. Peñaloza, PhD

The Prevention Research Initiative (PRI) is part of Research!America, a nonprofit, non-partisan education and advocacy alliance dedicated to making health and scientific research a much higher national priority. PRI's mission is to design and conduct a national public education and outreach campaign to increase awareness and support for disease prevention research. Funded by the Robert Wood Johnson Foundation, the PRI believes that prevention research is the bridge that links health research with everyday practices that everyone can use to lead healthier, happier lives.

*PRI's mission is to design and conduct a national public education and outreach campaign to increase awareness and support for disease prevention research.*

## **The PRI works to:**

- Determine the current level of local outreach for prevention research;
- Produce simple, unified messages about their importance of prevention research;
- Facilitate communication between researchers, public health practitioners, the public and civic leaders to increase the understanding of the role they play in promoting and supporting prevention research;
- Encourage a higher level of participation and effectiveness by researchers and practitioners in public education and outreach;
- Increase media understanding and coverage of prevention research.

## **Partners include, but are not limited to:**

- Schools of public health;
- Departments of Health;
- Prevention Research Centers;
- Local public health associations

# Participatory Action for Healthy Lifestyles (PAHL) update

Theresa Clay, MS

As an update to the summer 2004, Volume 3, Issue 1, page 5 in *The Connection*, the University of New Mexico (UNM) Prevention Research Center was awarded a three year grant from the Centers for Disease Control and Prevention (CDC) for the Participatory Action for Healthy Lifestyles (PAHL) project which is in its final year (2004 – 2005). The project's goal is to better understand how previously developed health promotion programs are adopted and used by schools and communities. The PRC is disseminating a health project called *Pathways*, an obesity prevention school-based intervention designed specifically for Native American youth in 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> grade. By introducing *Pathways* to schools serving youth living in reservation communities in Arizona and New Mexico, the PAHL project is studying dissemination activities and actual strategies used to successfully implement the school-based nutrition and physical activity intervention.

In September 2004, an Arizona based PAHL coordinator, Bernice Shone from Pinon, AZ was hired and attended her first *Pathways* training in Albuquerque on September 16, 2004. At this stage, funding for dissemination efforts is limited to schools serving predominantly Native American students. Plans are being made to offer a *Pathways* training in Pinon, AZ during November 2004.

A presentation on the PAHL project was delivered at the Indian Health Summit: Healthier Indian Communities through Partnerships and Prevention in Washington, DC on September 23, 2004.

For more information about PAHL and *Pathways*, please contact Theresa Clay at UNM PRC (505) 272-4462.



# Visiting Postdoctoral Research Fellows Visit the Ft. Defiance Indian Health Service Hospital

Marla Pardilla, MPH, MSW



Standing L to R: Pauletta Haven, Betty Begay, Deepika Attygalle, Marla Pardilla, Nalika Gunawardena, Beth Leister  
Seated L to R: Ken White, Christine Becenti, Franklin Freeland

On Friday, November 12, 2004, Deepika Attygalle and Nalika Gunawardena were invited by the Navajo Area I.H.S. to have a cultural exchange with the Fort Defiance Hospital. Marla Pardilla assisted with planning and coordination of this visit. The hospital staff were given a colorful presentation about the country of Sri Lanka and their health care system. After the presentation, the I.H.S. program directors and supervisors had an opportunity to discuss health status and population statistics in comparison to the Navajo health data. The group found it interesting to compare and contrast diabetes and obesity statistics between the two countries. They learned that the Navajo Nation's square footage of 25,000 square miles was the same size as Sri Lanka; however Sri Lanka had 18 million population in comparison to Navajo Nation which had about 200,000 population. They also found some cultural likeness in people's reverence for the animals and the environment.

Afterwards, Nalika, Deepika and Marla were escorted on a tour of the brand new and modern Ft. Defiance I.H.S. hospital. They learned that the hospital patient care management is moving to a paperless patient management system. Computers were being installed in every patient visiting room. The hospital hallways were beautifully decorated in Navajo art and culture. On the way back, Nalika and Deepika enjoyed visiting and taking pictures at the Window Rock tribal park. The trio also enjoyed a Navajo traditional meal at the Window Rock restaurant before heading back to Albuquerque. Deepika and Nalika sincerely appreciate the generosity of Prevention Research Center director, administration and staff to provide such training opportunity while they are here on a training mission from Sri Lanka. They will departing the U.S. to go home to Sri Lanka on January 8, 2005.



Deepika Attygalle Nalika and Gunawardena at Window Rock tribal park.

# Pueblo of Zuni - Healthy Lifestyles Program

*Vinton Zunie, CAC member*

*Our objective is to provide community-wide education, addressing diabetes prevention in the community as well as in the schools.*



*CAC member Vinton Zunie*

The Zuni Healthy Lifestyles Program (ZHLP) was implemented to improve the health and well-being of the people of Zuni. Strong partnerships, living through cooperation and collaboration, have been established with tribal health and nutrition related programs, the Zuni Public Schools, the Indian Health Service, Parochial Schools, community businesses, and community members to promote healthy living. Our objective is to provide community-wide education, addressing diabetes prevention in the community as well as in the schools.

The Zuni Healthy Lifestyles Program funded through the Special Diabetes Program for Indians has shown recent success on a number of fronts. A coalition entitled; "Keeping Children Healthy in Zuni" started a playground project. Healthy Lifestyles further developed the concept and built the *Shiwi Ts'ana Playground* in a central location in the Pueblo. This has been very popular and will soon be expanded to include a skate park and a cooking/dining area. The School Healthy Lifestyles Program continues to provide diabetes prevention information in the classrooms from Head Start through high school advocating nutrition, health, and physical activity. Diabetes prevention activities include, classroom instruction utilizing various curricula such as the wellness curriculum, Pathways, SPARK PE, Lifestyle Balance, and Health Smart. Non-competitive

Physical activities include; Kiddy Aerobics, High/Low impact aerobics, Spinning, Walk/Run Programs, Inter-Departmental basketball tournaments, Little League baseball, softball, and coming soon with the renovation of the swimming pool, some aquatic programs for students and community members. The Zuni Healthy Lifestyles Program with all of its partners locally and in the region has initiated an innovative way of incorporating the message of diabetes prevention to community members. We sponsor a monthly event entitled "*Your Life's Direction*" that provides for families to engage in non-competitive physical activity such as walks, spinning and low impact aerobics. These monthly events draw an average of more than 1,050 participants of all ages who come to enjoy various forms of physical activity as well as obtain nutrition information, enjoy fresh fruits and consume more water as they participate in the event. A locally designed t-shirt is issued to all participants as an incentive for their participation. Our local radio station (KSHI) provides coverage and disseminates pertinent information regarding pre-diabetes, diabetes, and nutrition education. The collaborative efforts of our community have contributed greatly to the success of the program and we acknowledge all our partners for their contributions.



Likizo Njema (Swahili) Merry Keshmish Doo Hozhooogo Níkéénídadóháhá! (Navajo)

Suba Nawa Wasarak! (Sinhala - Sri Lanka) Mwaka Mweru (Kikuyu)

Don k'ettsannishshi lukkya debikwaynan chim'ona' anikdohnapdu (Zuni) Naya Saal Mubarak (Urdu)



Nyuweenu Ntdrwaushchiyu Ee Naatsi Kasraiti Ntdrwaushchiyu (Keresan-Laguna Style)

Happy Chanukah (Jewish) Feliz Año Nuevo (Spanish)

From all of us at  
New Mexico's  
Prevention Research Center

Frontrow (L to R)	Back row (L to R)	Not Pictured
Elverna Bennett	Christina Leon	Gil Quintero
Nalika Gunawardena	Sharon Johnston	Gloria Blea Johnson
Bonnie Young	Jeff Peterson	Lora Church
Andy Rubey	Mary Dillon	Amber Davies-Sloan
Theresa Clay	Eric Chrisp	Lance Freeland
Rob Guttenplan	Sally Davis	Chris Hollis
Lucinda Jim	Girish Kumar	Jerold Manuelito
Marla Pardia	Michele Suina	Lisa Marr-Lyon
Linda Beltran	Nancy Hood	Rachel Mittleman
Jackie Morgan	Carol Cassell	Lydia Montoya
Linda Peñaloza	Deepika Attygalle	Jared Roy
Tina Paez	Jennifer Buckner	Bernice Shone
Pam Sedillo	Jessica Goodkind	Ryan Toledo
Leslie Cunningham-Sabo	Willa Ortega	Eugene Tsinajinnie
Peou Lakhana	Lynn Abeita	
Yvette Garcia	Judith Rinehart	
	John Barela	
	Gayle Griffith	
	Leslie Trickey	

Feliz Navidad (Spanish) Nav'roz Mubarak (Farsi) Bon Année (French)

## PRC Staff Updates:



**Jessica Goodkind** joined CHPDP in September 2004. She is originally from Albuquerque and is happy to return home. Most recently, she was Assistant Professor of Human Development at California State University Hayward from 2002-2004. Jessica received her PhD from Michigan State University in ecological/community psychology in 2002. Jessica's research has focused on promoting the mental health and well-being of refugees who resettle in the United States through community-based projects that bring university students and newcomers together to engage in mutual learning and the mobilization of community resources. Jessica has been working with refugees since 1993, when she moved to Thailand for two years to work in Phanat Nikhom refugee camp to help prepare Hmong, Mien, and Lahu refugees who were resettling in the United States. Jessica has also been involved in research to improve the community's responsiveness to women who experience domestic violence and their children, and her interests include a wide variety of community-based research projects and service learning opportunities that seek to create social change and social justice. Jessica is looking forward to continuing these efforts at CHPDP and contributing to CHPDP's health promotion and disease prevention work.

**Lynn Abeita** (Laguna/Isleta Pueblo) is a Clinical Psychology Post-doctoral Fellow working with the ACL Teen Centers. Her focus is with *Venturing Beyond Prevention*, an outdoor experiential program for middle school youth, as well as providing therapy services for the youth and their families in the communities of Acoma, To'Hajilee and Laguna. Dr. Abeita is affiliated with the Society of Indian Psychologists and the American Psychological Association's subsection of Division 18: Psychologists in Indian Country. She graduated with a BA in Psychology and a minor in Communications from the University of New Mexico in 1996, and received her doctoral degree in Clinical Psychology from Arizona State University in 2003. Dr. Abeita is currently working toward clinical licensure. Her professional goals for the future are to combine her research interests and training with her clinical work in order to improve American Indian mental health issues. Her clinical and research interests include: substance use, trauma, sexual risk behaviors, emotional, spiritual and physical well-being.



**Bernice Shone**, member of the Dine Nation, recently joined the UNM Center for Health Promotion and Disease Prevention. Bernice will be working in Arizona with the PAHL Project and disseminating the Pathways curriculum as well as working closely with University of Arizona PRC to recruit American Indian schools and communities. She attended Northern Arizona University and Arizona State University studying Computer Information Systems (CIS). She has recently been with a non-profit organization (B&GCN, Inc.) for a year and public school systems for 17 years.



## PRC Staff Updates Continued



**Jerold Manuelito** joined the PRC on June 14, 2004, as the field coordinator for Participatory Action for Healthy Lifestyles (PAHL) and Healthy Path (HP) projects. Jerold is coordinating the field training activities for PAHL and also working with the HP staff to pilot test the developing nutrition and physical activity curriculum for the Navajo elderly. He brings a tremendous amount of “working-with-people” experience to PRC from working for the Navajo tribe since 1991 as an administrative assistant, home health attendant, personnel clerk, counselor, caseworker, and personal care manager. During his time with the Navajo tribe, he has earned numerous awards for excellence.

### Future CAC Members:

On July 6, 2004 Eric and his wife Anna became the proud parents of a new baby boy, Bruce Orion East Crisp. Eric is a Research Specialist with the UNM PRC.



Emmeline Eve Tsinajinnie was born on June 29, 2004 and weighed 8 lbs. at birth. Her proud parents are Eugene and Sheri Tsinajinnie. Eugene is a research assistant with the ACL Teen Centers, UNM, PRC.

## Announcements:

### Article in New Mexico Woman Magazine about Prevention Research Center

*Marla Pardilla, MSW, MPH*

The month of November is proclaimed by the state government as the Native American month. A couple of years ago, *NM Woman* decided to honor the tradition by featuring Native American Women and publish unique stories about the lives of Native Americans in New Mexico. This year, the University of New Mexico, Prevention Research Center was highlighted in the November issue as a Center that is contributing to improving the health of Native Americans by providing research services to Native American communities. A copy of the magazine is available at the Center for review.



Reprint permission obtained from *NM Woman*.

### Save the Date: February 7, 2005 Conference - Black HIV/AIDS Awareness Day

**Location:** University of New Mexico Student Union Building Ballroom 8 am - 5 pm

**Organized by:** New Mexico AIDS Services, New Mexico Aging and Long Term Services Department, Office of African American Affairs, Office of Health Equity/New Mexico Department of Health, UNM New Mexico AIDS Education & Training Center, Winfrey Educational Enterprises.

**For more information:** <http://www.two-seven.org>

### UNM offers bachelor's degree in Native American Studies

The UNM Board of Regents approved the curriculum for a bachelor's degree in Native American Studies at their December 14 meeting. UNM joins approximately 35 institutions offering the Native Studies major, according to the Guide to Native American Studies Programs in the United States and Canada. The major has long been a goal - dating back to 1964 when it was a discussion item at UNM Kiva club meetings.

**For more information:** <http://www.unm.edu/~market/cgi-bin/archives/000439.html#more>





*The Connection* is a production of the newsletter workgroup:

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The Connection is a quarterly newsletter that features programs, provides updates, reports on program activities and announces upcoming events for the University of New Mexico Prevention Research Center and the Community Advisory Council. Direct inquiries and correspondence to Marla Pardilla by mail or by phone.

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The University of New Mexico Prevention Research Center (UNM PRC) is one of 33 Prevention Research Centers funded by the Centers for Disease Control and Prevention (CDC) to develop and carry out scientifically-based, innovative chronic disease prevention research to improve the health of Americans. The mission of the UNM PRC is to address the health promotion and disease prevention needs of New Mexicans through participatory science-based research and through collaboration, training, dissemination, and evaluation activities. The UNM PRC has a long history of partnering with communities in New Mexico and the Southwest. The UNM PRC has a Community Advisory Council (CAC), whose members serve in an advisory and advocacy capacity, and represent the public health interests and concerns of New Mexico communities. Through collaboration and communication, these two entities work together to carry out the goals of the Center.



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