



CHRONIC DISEASE
PREVENTION COUNCIL

In this issue:

- **Recap of June Quarterly Meeting: *Racism as Public Health Issue***
 - *PowerPoint and Recording links available*
- **Heart Disease & Stroke Workgroup - Update from Apeksha**
 - *CDPC Million Hearts Program Keeps on its Success Track*
- **Gigi Bella, Poet and Author - Review by Devona**
- **PARTNER SPOTLIGHT - *Keres Community Health***
- **CDPC & NM ACT Host First Annual Membership Drive**
- **Upcoming Events**
 - **September Quarterly Meeting: *Getting to Equity***

**Thanks to Maria Otero and
Frances Ashe-Goines
whose efforts made for a successful
June Quarterly meeting!**



The June Quarterly Meeting featured two speakers. Maria Otero, the Executive Director of the New Mexico Community Health Workers Association and the Co-Founder of Nuestra Salud presented on “**Asthma and Understanding Cultural and Language Differences in Families: A Photovoice Project.**”

[PhotoVoice Project PowerPoint](#)

Following, Frances Ashe-Goines, an expert consultant in public health and nursing presented on “**Population Health and Health Disparities.**” [Population Health PowerPoint](#)

In addition, Lisa Taylor and Susan Simons, the Co-Chairs of the **Prevent Diabetes Workgroup**, provided an overview of current work projects and priorities.

The final portion of the meeting focused on an update of the **New Mexico Shared Strategic Plan 2020 Priority Goals**. John Linney from Impact Associates led a virtual World Café with breakout sharing session for all members to share and network on current related work. The next Quarterly Meeting is on September 22, 2020 in a virtual format from 1-4pm.

CDPC Revamping the Heart Disease & Stroke Workgroup and Looking for New Co-Chair!

by Apeksha Dighe



Heart Disease & Stroke Workgroup

We are currently developing a project partnered with a neurosurgery ICU nurse to provide vital, non-clinical information and community resources to stroke patients. Information will be circulated through Zoom informational sessions, flyers, online

resources, other community resources and non-profit organizations. Stay tuned for more updates on this exciting project!

Million Hearts Program

Taking inspiration from the Centers of Disease Control and Prevention (CDC) and Centers for Medicare and Medicaid Services' (CMS) Million Hearts® Initiative, aims to prevent 1 million heart attacks and strokes within 5 years, this workgroup aims to address and educate about heart disease and stroke prevention and management among those in New Mexico. This goal is achieved through the use of evidence-based strategies, such as identification and management of undiagnosed high blood pressure and educating the public on risk factors for heart disease and stroke, such as high cholesterol and commercial tobacco use.

If you are interested in our program, we are looking for a Co-Chair. For more info contact Apeksha@ChronicDiseaseNM.org.

We'd like to say "thanks" to Ryan Sanchez who chaired these programs for the last several years. Good luck to him as he pursues his law degree. We wish him well!

Apeksha Dighe
Community Events Coordinator
CDPC & NM ACT



Co-Chair of Heart Disease & Stroke Workgroup/Million Hearts

Gigi Bella Renowned and Award-Winning Poet Gives Live Poetry Reading for *No Minor Sale!* by Devona Valdez

I attended the *No Minor Sale Campaign* poetry event on June 18th not knowing what to expect. Within 5 minutes of listening to Gigi Bella speak, I was blown away with her candid, emotional, and riveting poems from her new book, "Big Feelings." Her poems resonated with the audience as she expressed feelings of love, racism, and insecurities. She has a way of speaking to how we are all feeling inside but not necessarily expressing to the world. It was nice to know we are not alone in our feelings and fierce leaders like Gigi can be our voice in the world. I would recommend attending another *No Minor Sale* event if you missed this one! It speaks to all ages, ethnicity, and genders as we can relate to each other through poetry in a very powerful



way.

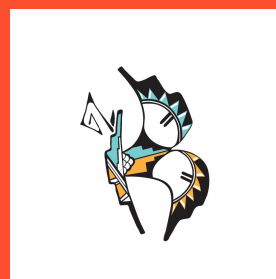
No Minor Sale is a partner of NM ACT and CDPC. It is a New Mexico campaign that aims to reduce the illegal sale of tobacco products to youth. For more info contact Michael Kelly, *No Minor Sale Campaign Manager, Rescue* | The Behavior Change Agency.

<https://nominorsale.com/> <https://www.rescueagency.com/>

Devona Valdez
Events & Membership Director
CDPC & NM ACT



Partner Spotlight



By Lesley Meyer, MBA
Project Manager
Keres Community Health

Keres Community Health is a division of Keres Consulting, Inc. (Keres), which was founded in 2001 by Timothy Chavez (enrolled member of the Pueblo of Acoma). Keres is a general management consulting firm with specialized expertise in real property asset management and sustainability, engineering and the environment, and communication and training.

Keres Community Health currently holds two contracts with NMDOH TUPAC including a four year contract for Prevention and Intervention Strategies for New Mexico Young Adults ages 18 to 29 (2019-2022), and Secondhand Smoke and Aerosol Protections for Native American Communities (2019-2022). Keres has held the Secondhand Smoke Protections for Native American Communities contact since 2015.

Keres Community Health also works on community health initiatives outside of tobacco. Examples include a youth diabetes prevention program funded through NM Indian Affairs Department for Zia Pueblo for T'Siya Day School and support of the NMDOH Office of Tribal Liaison's initiatives addressing food sovereignty and food deserts within Native American communities.

Lesley has been with Keres since 2015 supporting various roles including marketing, business development, and project management. During her time with Keres, she has managed various projects including the above TUPAC initiatives, statewide grant management for the New Mexico Indian Affairs Department, and Addressing Food Deserts in Native American Communities, among others. Lesley graduated from UNM Anderson School of Management with her Bachelors in Business concentrating in Entrepreneurial Studies and a Masters of Business Administration.



Tia "Tee" Benally, is a Navajo and White Mountain Apache and is originally from the Navajo reservation. She received her Bachelor's of Science from the University of New Mexico in 2017. Since then she has worked in youth mentoring, diabetes prevention, and now commercial tobacco prevention. Tee has been working with Keres for almost two years and previously was an intern when she was an undergraduate.

Tee Co-Chaired our NMACT^{ion} Conference Planning Committee and as we write this article we are also saying "goodbye" to Tee! Tee is pursuing her Masters in Public Health at the University of Washington in Seattle.

"This a bittersweet moment for me because I am very excited to begin this next phase of my life, but I am also sad I will be leaving Keres and the amazing people I have met through NM ACT, CDPC, Southwest Tribal Tobacco Coalition, and communities. However, I will definitely use my experience and knowledge from working in tobacco prevention, and skills gained from Keres to apply it to my graduate degree. In addition, having hands on experience and working directly in communities have definitely prepared me for a capstone research project as a MPH student. Ultimately, I will miss NM, the people, and the opportunities to work with tribal communities.

Ahe'hee (thank you) to everyone who have been part of my journey!"

NOTE: If any organizations is seeking a graduate student for research work next summer, we highly recommend Tee to your organization. Tee would like to develop a partnership with your organization and/or community and the University of Washington. Please Contact Tee at tbenally@uw.edu.



Jovian Henio has been the Outreach Coordinator for Keres since 2016. Jovian has a combined 8 years of experience within commercial tobacco control in Native American communities. In his work, Jovian is involved with best practices, developing strategic approaches to assist Native American communities to reduce commercial tobacco use, supporting tobacco cessation programs, and delivering awareness

prevention education to minimize the initiation of commercial tobacco products. Jovian's experience and passion centers on eliminating exposure to commercial tobacco secondhand smoke, secondhand aerosol, and supports efforts of commercial tobacco smoke-free environments. Jovian is currently serving as the NM ACT Capacity Building Chair to assist with opportunities for promoting coalition partnerships, providing sustainability strategic process and engagement with NM ACT activities throughout the fiscal year. Jovian has a Bachelors in Psychology from the University of New Mexico and a Bachelor of Science in Electronic Engineering Technology from Eastern New Mexico University.



Josiah Concho is the newest member to Keres. Josiah is a Project Coordinator and attended the University of New Mexico earning his BA in Environmental Planning and Design. Over the course of his journey, he was added on as an intern for Keres Community Health. Eventually, he transitioned into the Project Coordinator position. With his background and knowledge he assists with different community health initiatives, including assisting with the Smoke Free Signals, Youth Diabetes Prevention and Young Adults Programs.

Membership Drive

Thanks to our NM ACT and CDPC Workgroup Chairs and Co-Chairs who provided informative presentations for their committees:

Alex Ross-Reed, Fierce Pride
Lesley Meyer, Keres Community Health
Marisa Trujillo, American Cancer Society
Jovian Henio, Keres Community Health
Michael Kelly, No Minor Sale/Rescue Agency
Tee Benally, Keres Community Health
Susan Simons
Apksha Dighe, CDPC & NM ACT
Devona Valdez, CDPC & NM ACT



Click on graphic for more info
and a look at the PowerPoint Presentation

Click [HERE](#) for a Membership Application
or Contact

Devona, our Membership Director at
Devona@ChronicDiseaseNM.org

Upcoming September Quarterly Meeting: *Getting to Equity*

September 22nd

1:00 -4:00 pm

via Zoom

Renee Canady, "Getting to Equity"
National Association of Chronic Disease Directors

Dr. Jamal Martin, University of New Mexico



For more information:
<https://chronicdiseasenm.org/contact/>
<https://newmexicoact.org/contact/>

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