



CHRONIC DISEASE
PREVENTION COUNCIL

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Meet our Two Newest Board Members

Consuelo Mondragón, MBA
CDPC Board Treasurer



Consuelo has been involved in finance and administration with both the private and public sectors for over 18 years. Since 2016, she has served as the Deputy Director for the State of New Mexico's Behavioral Health Services Division in Santa Fe. Before that, Consuelo served as Financial Manager for the State Engineer's Water Resource Allocation Program (WRAP) for 4 years. She brings a wealth of experience to our Board in strategic planning related to policy, procedures, processes and performance improvements. She is trained in Lean/Six Sigma concepts improving business processes to eliminate inefficiencies and improve outcomes. She has worked as an internal auditor and is skilled in working with various state and federal grants; interpreting grant

applications; preparing proposals and budgets; administering grants ensuring deliverables were met, that they fall within the scope of work; preparing interim and final narrative reports per funder's requirements; and performing other work affecting contract performance. Consuelo earned her Master's in Business Administration from New Mexico Highlands University.

Last and most of all not the least, Consuelo is the proud Mom of triplets, Manuel, Marquez, and Isabella! Needless to say, Consuelo is an inspiration and a breath of fresh air!

Raymond Sanchez CDPC Board Secretary

Raymond Sanchez has taken on the role of Montañas del Norte Area Health Education Center Director. Ray is a graduate of West Las Vegas High School (Class of 2000) in addition to being a student-athlete for the school. He was also a member of the New Mexico Highlands University Football Team where he earned a Bachelor of Arts Degree from NMHU in Health Promotion with a minor in History (2009) and a Master of Arts Degree in Human Performance and Sport with a concentration in Sport Administration (2014), also from NMHU. Ray also has certifications such as a Level 3 Educational Assistant, Certified Community Health Worker, Certified Asthma Specialist (New Mexico Department of Health), National Diabetes Prevention Program Educator (NDPP), Harm Reduction (NMDOH), QPR (Question, Persuade, & Refer for Suicide Prevention) Gatekeeper, QPR Train the Trainer, Motivational Interviewing, Mental Health First-Aid (Adult & Youth), and AAISA Group Fitness Instructor. His experience has prepared him for a career in serving youth, adults, and the elderly in various communities in the Northern part of the State of New Mexico. The focus of his work in the past has been around the concept of behavior change, whether it be quitting smoking, losing weight through exercise and nutrition, Suicide Prevention education, Harm Reduction education with alcohol and substance abuse, and chronic



disease prevention in the areas of diabetes (Pre-Diabetes, Type I and II), heart health, asthma and athletic performance for student athletes. Ray has led exercise sessions for students, parents and administration with school-wide events through the School-Based Health Centers, implementing valid and reliable information to decrease childhood obesity which lead to a multitude of chronic diseases later in life. [Learn more >>](#)

Meet TUPAC's new Program Manager

I wanted to say hello to you all and thank you for allowing me into the community. I am here to learn from what has and continues to work, and offer support where I can. Additionally, I look forward to fostering a Safe Space, where an emotionally intelligent atmosphere allowing for cultural humility can thrive. I am open to all community ideas for collaboration, that can help continue a partnership with the New Mexico Department of Health.



Renaldo Wilson

TUPAC Program Manager

Tobacco Use Prevention and Control Program

Population and Community Health Bureau

Renaldo is new to New Mexico, only now living in Albuquerque for two months. He is the Program Director for TUPAC (Tobacco Use Prevention and Control) for New Mexico Department of Health , and just moved from Los Angeles, Ca. While there, he was formerly a Health Educator, Cessation Specialist and Clinical Exercise Physiologist for Kaiser Permanente, and later a Health Education Manager for the Los Angeles County Department of Public Health. He is also still an Adjunct Professor with Pacific Oaks College in Pasadena, California, teaching virtual courses on Human Nutrition and Metabolism, Exercise Physiology and World Music and Culture.

Renaldo has degrees in Jazz Performance, Exercise Physiology, Nutrition and Comparative Near Eastern Religions and Philosophies. He is also certified in 24 different specialties, including Functional Nutrition, Diabetes Education, Prenatal/Postpartum Exercise, Peri/Post Menopause, and Corrective Exercise Techniques, among many others. And finally, he has, and continues to lecture on many topics, but focus mainly on Trauma-Informed Care, Toxic Masculinity and Culturally Competent Cessation.

New Mexico Tobacco Use Prevention & Control Program (TUPAC)

ABOUT TUPAC

TUPAC MISSION STATEMENT: To improve lives by eliminating the harm from tobacco use and nicotine addiction using an anti-oppression framework and effective strategies that reach, involve, and mobilize individuals, organizations, and communities to develop policies, systems, and environmental norms that support nicotine-free lives.

The Tobacco Use Prevention and Control (TUPAC) program and its partners use a comprehensive, evidence-based approach to promote healthy lifestyles that are free from tobacco abuse and addiction among all New Mexicans. TUPAC follows recommendations from the Centers for Disease Control and Prevention (CDC).

TUPAC works with communities, schools, and organizations across the state to implement activities and services that decrease the harmful and addictive use of commercial tobacco, outside of its traditional, sacred or ceremonial purposes. This will reduce tobacco-related illness, save lives and save money.

Activities that encompass this comprehensive approach include:

- Community-based programs
- School tobacco policy
- Cessation services
- Public awareness and education campaigns
- Initiatives to reduce health disparities

[Learn More >>](#)

**This Quarterly Meeting is being sponsored by
Luna Community College
Montañas del Norte Area Health Education Center**



Montañas del Norte Area Health Education Center

CDPC 3rd Quarterly Meeting

**September 7, 2021 1:00 pm - 4:00 pm
3 CEUS for NASW-NM and CHWs**



CHRONIC DISEASE
PREVENTION COUNCIL

3rd Quarterly Meeting

**September 7th, 2021
1:00 pm – 4:00 pm**

Impact of Adverse Childhood Experiences on the Course of Chronic Disease

Associate professor in the Department of Psychiatry and Behavioral Sciences at the University of New Mexico, and clinical director of the UNM Behavioral Health Clinic at Health Sciences Rio Rancho Campus., and licensed Psychologist



Chris Morris, PhD

Behavioral health practitioner since 1999 and a licensed psychologist since 2012. Doctorate in Counseling Psychology from New Mexico State University. Now working for UNM Sandoval Regional Medical Center in the Family Practice and Bariatric clinics.



Lisa Houston, PhD

The 2020 Revision of the Essential Public Health Services: Centering Equity

Director of Programs at Umoja Behavioral Health PC in Albuquerque, where he continues to utilize his extensive background in public health, community development and organizational excellence by participating in several community and regional activities.



Jay Blackwell, MA

**CLICK HERE TO GO
TO THE REGISTRATION PAGE**

CDPC Partner Spotlight **Apartment Association of New Mexico (AANM)**



At AANM we believe that everyone deserves a healthy, clean, and safe place to call home.

Smoke-Free at Home is a non-profit program of the New Mexico Department of Health that promotes smoke-free and vape-free policies in multi-unit

housing. We educate property owners, managers, local policymakers, residents, and housing industry professionals about the benefits of smoke-free and vape-free homes.

Smoke-Free at Home NM assists owners and managers with creating, enforcing, and promoting a smoke-free and vape-free policy for their property. We also help renters find smoke-free and vape-free apartments offered by our certified smoke-free and vape-free properties. This assistance is provided for free throughout the state of New Mexico.

The team consists of two stakeholders with mutual goals in common. The Apartment Association of New Mexico and the New Mexico Department of Health have joined forces to create smoke-free and vape-free multi-unit housing for residents.

To also inform about the dangers of inhaling secondhand and thirdhand smoke and secondhand e-cigarette aerosols.

Smoke-Free living is in demand and, as proven in a recent survey conducted in 2015 by the National Multifamily Housing Council. Out of nearly 120,000 polled, the study found that 76% of respondents, across all generation levels, are interested in non-smoking buildings as an amenity. Therefore, Smoke-free and vape-free status is something that residents of all ages want and support!

At Smoke-Free at Home NM, we constantly provide up-to-date information and educational materials to residents and property owners, and managers of multi-unit housing. Working closely with our property owners, managers, and residents of MUH, to create a smoke-free and vape-free environment for their residents and staff.

That is what makes this partnership so perfect.

At Smoke-Free at Home NM, we provide education and resources to support policy adoption, implementation, and enforcement. In addition, there are many incentives for properties that get certified to receive listing and promotion online, along with many other

incentives.

Many studies show how dangerous secondhand smoke, thirdhand smoke, and e-cigarette aerosols are. We provide this information to the residents of New Mexico to help them understand the repercussions of living where smoking and vaping are allowed.

[Learn more about Smoke-Free at Home NM, >>](#)

**[Click Here to Meet the Staff of
AANM](#)**

Native American Partnership



for Health & Wellness Promotion

Native American Partnership (NAP) Annual Conference

Save-the-Date!

2021

Native American Partnership



for Health & Wellness Promotion

Native American Partnership
Annual Conference
October 28th, 2021
9:00 am – 3:00 pm

Family Wellness in Native Communities



Track 1: Parenting & Family



Track 2: Health & Wellness



Track 3: Mental Health and Health Disparities

CDPE
CHRONIC DISEASE
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**Want More
Information?**

**Click
Here**

Mark Your Calendars!

October 28, 2021 9:00 am - 3:30 pm

Hybrid Event

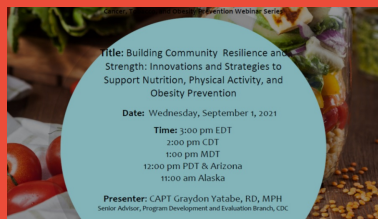
In-Person and Live Streaming

(If you are unable to attend you can still *enjoy the conference from work or home!*)

Register today!



PARTNER ANNOUNCEMENTS!



The Indian Health Service
Health Promotion/Disease
Prevention Program and the IHS
Clinical Support Center
(Accredited Provider)
present:

**Cancer, Tobacco, and Obesity
Prevention Webinar Series**

***Building Community Resilience
and Strength: Innovations and
Strategies to Support Nutrition,
Physical Activity, and Obesity
Prevention***

Wednesday, September 1st
1:00 pm

**Presenter: CAPT Graydon
Yatabe, RD, MPH**

Senior Advisor, Program
Development and Evaluation
Branch, CDC

**Register
Today**



New Mexico Diabetes
Advisory Council
Announces

***Gestational Diabetes:
Addressing the Unique Needs
of Pregnant Women***

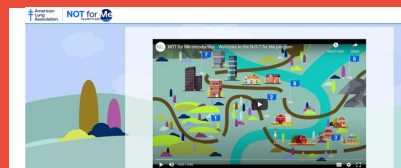
National Speaker from Sweet
Success Express will be
Presenting!

Please join NM DAC online
September 10th. We will
explore nutritional and physical
activity needs as well best
practices around care and
follow-up in women with GDM.

PRESENTERS:

Suzy Carlin, RN, CDCES and
Sonya M. Paiz, MS, RDN, LD,
CDCES from UNMH and Geetha
Rao, MS, RD, CDCES, CDTC, CPT,
CLE from Sweet Success Express

SIGN UP



The American Lung Association

is excited to announce the
launch of American Lung
Association's **NOT for Me**, a
self-guided, mobile-friendly
web-based program that gives
teens the resources to quit
vaping, smoking or chewing
tobacco products. This new
digital modality is based off our
Not On Tobacco (N-O-T)® youth
cessation in-person group
program curriculum which has
25 years of proven success in
helping young tobacco users
gain strength, health and
freedom from nicotine
addiction and tobacco
dependency.

American Lung Association's
NOT for Me web-based
program is available at no cost
at www.NOTforMe.org.

Additional information,
including a brief introductory
overview is available at

NOW!

NOTforMe.org

**Click Here to
RSVP**



NMPHA Vaccine in Equity Conference

The NMPHA and NM Vaccine Equity & Rebuild Network will host a virtual conference on Friday, September 10th: Vaccine Equity in Action/Equidad de Vacunas en Acción from 8:30-12:30.

Free for those in New Mexico, with Spanish/English translation throughout, the conference will connect those working to increase vaccination rates using equitable approaches, to share strategies and build solidarity.

Click Here for More Information



Want to learn more about the New Mexico Chronic Disease Prevention Council (CDPC) and how to become a member.

**Visit Our
Website**



New Mexico Allied Council on Tobacco

Want to learn more about the New Mexico Allied Council on Tobacco (NMACT) and how to become a part of this workgroup?!

**Visit Our
Website**

Find us on Facebook!

www.facebook.com/ChronicDiseaseNM

www.facebook.com/NewMexicoACT

To include your announcements in future newsletters

