



Another Thanksgiving week is upon us. For many, this time of year is busy visiting with family and friends, enjoying hearty meals, cheering on our favorite football teams. We encourage each of you to take good care of yourself over the Thanksgiving holiday and to rest, and rejuvenate, so we all return ready for the demands and excitement that comes with the end of the 2021 calendar year.

On the other hand, we also recognize that this time of year may be challenging for some. While it is joyful, the holiday season can also bring on, or heighten, feelings of stress, anxiety, loss, and depression. The respect and concern that we demonstrate for others has always been a hallmark of the CDPC Community, and we encourage you to take care with friends and colleagues who may need support and encouragement during this season of thanks.

The CDPC staff is forever grateful for our phenomenal CDPC, NM ACT, and NAP communities. May all of you have a blessed Thanksgiving with your family and friends.

Happy Thanksgiving!
Your CDPC Staff

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November is Diabetes Month!

This is a time when communities across the country team up to bring attention to diabetes. This year's focus is on prediabetes and preventing diabetes.

Prediabetes is a serious health condition where your blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. According to the CDC, more than 1 in 3 U.S. adults have prediabetes—that's 88 million people—but the majority of people don't know they have it.

The good news is that by making small healthy lifestyle changes, it is possible to prevent type 2 diabetes and even reverse your prediabetes.



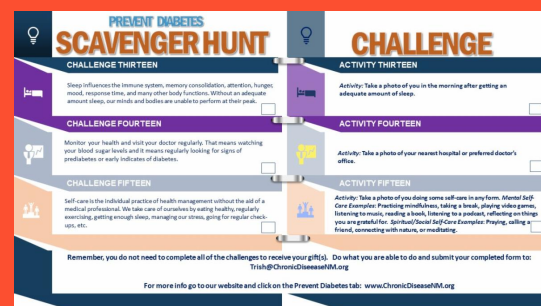
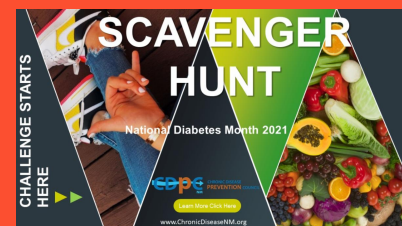
BINGO Game!

- Complete a vertical, horizontal, or diagonal line and receive a CDC Water bottle
- Complete a blackout and earn a Mystery PRIZE!
- Complete by December 1st, 2021
- Submit your card to:
Devona@ChronicDiseaseNM.org

Join us in our **Prevent Diabetes Scavenger Hunt** and help manage prediabetes and prevent diabetes. This game challenges you to accumulate, without purchasing, a series of common and fun items! Everyone's a winner – you will receive a gift by returning the challenge with all the boxes marked.

NOTE: Even if you can't do all of them, do as many as you can! Everyone who participates wins a prize!

Complete by December 1st, 2021
Submit completed cards to
Devona@ChronicDiseaseNM.org



Prevent Diabetes Bi-Weekly Message...

CDCP's Prevent Diabetes Workgroup is dedicated to providing information, support, and current research on living a full life with any type of diabetes.
[Check here](#) every other week for a positive tidbit to improve your day!

Partner Spotlight



Nuestra Salud

New Mexico Community Health Worker Association

Our Health - *Nuestra Salud*

The NMCHWA was established in 1995 and has continuously provided ongoing support to build skills and capacity, advocate for and empower community health workers. Community Health Workers (CHWs) are the frontline of public health: trusted public health workers who understand and link community members, especially in

rural and minority communities, with critical health/social services

Their work to support community health workers in New Mexico - including Spanish-speaking *promotoras* - and communities they serve, contributes to assuring access to quality healthcare, especially for New Mexico's rural and marginalized communities.



Maria Otero Executive Director

María D. Ulloa Otero is an immigrant, community leader, public health educator and grassroots activist who has dedicated her more than 23 years as a health professional to social justice and dismantling oppression, empowering communities to have a voice in their health and healthcare. She co-founded Nuestra Salud, a community-based organization whose mission is to

reduce health disparities affecting Hispanic communities in New Mexico through research, training and outreach. Since 2017 she has served as executive director for the New Mexico Community Health Worker Association, which houses Nuestra Salud. María works with minority populations on maternal child health, reproductive rights, tobacco-use prevention, chronic disease risk factors and end-of-life options. Her work has been published in peer-reviewed journals and lay media. She has provided numerous media interviews and presentations, in English and Spanish, and received national and international awards for her professional accomplishments. María earned a Bachelor of Science degree from New Mexico State University.

Please feel free to also e-mail Maria directly for more information at Maria@NSNM.org

CDPC Heart Disease & Stroke Workgroup Sheryl Wilkeson, MPA

Sheryl is our new Chair for the CDPC Heart Disease & Stroke (HD&S)

Workgroup. Sheryl is the Community Director for the American Heart Association and covers the territory of New Mexico and Southern Colorado.



American Heart Association's 2024 Goal -

Every person deserves the opportunity for a full, healthy life.

As champions for health equity, by 2024, the American Heart Association will advance cardiovascular health for all, including identifying and removing barriers to health care access and quality.

Check out the AHA's New Mexico Community Assessment! ([click on the image below](#))

Check out [CDPC's Heart Disease & Stroke web page](#).

To join the Workgroup, please email Sophie@ChronicDiseaseNM.org.

COMMUNITY ASSESSMENT

AMERICAN HEART ASSOCIATION

New Mexico

2nd Annual RAFFLE Fundraiser a Great Success! Thank you to our Partners!



Thanks to our partners
Compassion & Choices
and
Nuestra Salud
for helping make our
2nd Annual
RAFFLE Fundraiser
a success!



Nuestra Salud

Thanks also goes to our outstanding lineup!

Comedians

~ Cody Dove ~ Korey Herrera ~ Courtney Foster ~ Chuck Parker

Musicians

~ St. Levi & the Family Tree ~ The JD Nash Band

CDPC 4th Quarterly Meeting



Yoga: Movement as Medicine

*Kenneth Winfrey, LCSW, RYT
Umoja Behavioral Health PC*

Overview: This seminar will provide attendees a brief education on the application of yoga as a mental health intervention, and its role in regulating physiology and behavior. This presentation will review the application of chakras as a framework, breathwork as an intervention, and yoga as a tool for addressing social justice.



Community Impact – American Heart Association's Strategic Shift

*Sheryl Wilkeson, MPA
Community Impact Director
New Mexico & Southern Colorado
American Heart Association*

Overview: Advances in population health have demonstrated that health is shaped by a myriad of community and societal forces and complicated by deep social inequities. As a result, the AHA is making a significant strategic shift to create partner and data-informed community impact plans within local communities prioritized by local stakeholder feedback. While we will

December 7th

1:00 PM - 4:00 PM



continue our advocacy and research efforts, the AHA recognizes that transformational change at the local level is fundamental to achieving our mission. This can only be done through proactive community convening and multi-sectoral collaboration. In this session we will discuss our most recent assessment, spotlighting priorities, rationale and create a space for feedback and collaboration.

NMPHA's 18th Annual Health Policy Forum



December 3, 2021 on Whova/Zoom

Click [here](#) to register.

Click [here](#) to submit a legislative proposal.

Features keynotes by Dr. Corrine Sanchez, Tewa Women United, and Tia Taylor Williams, APHA Policy Director: School, Health & Education. Hear legislative proposals and join your choice of workshops on cannabis policy, end-of-life options implementation, public health infrastructure, environment health policies, advocacy skills, and policy presentations by UNM MPH Policy and Equity students. For information, email Policy Co-Chairs. Click here for Forum flyer and click here if you are inspired to sponsor.

New Mexico Alliance of Health Councils



**CDC Health Council Training
Overview of Implementation Framework:
Community Based Participatory Research (CBPR)**
December 6th (1-3pm)

Health Council Talks
December 17th (Noon-1pm)

Check out NMAHC Tribal Connections [Web Page](#)

This page includes information about New Mexico's Tribal Health Councils, resources for newly formed councils, funding opportunities, and news and updates about the important activities Tribal Health Councils are engaging in New Mexico.

[Visit NMAHC website](#)

NMDOH Quarterly Asthma Data Report September 2021

Clearing the Air

A Quarterly New Mexico Asthma Data Report



NM students with asthma do not report any major differences in participation in schools and community activities or physical activity.



NM students with asthma are more likely to report consistent exposure to secondhand smoke.



NM students with asthma are more likely to report being bullied and worse mental health.

IHS Scholarship Program

Click on image for more info!

Indian Health Service (IHS) Scholarship Program



Pursue a debt free health professions career and make a difference in medically underserved American Indian & Alaska Native Communities



2022-2023 IHS Scholarship opportunities!

Application cycle will **open December 15, 2021 – February 28, 2022.**

Application is online only (no mail accepted) and can be found here:

<https://www.ihs.gov/scholarship/apply/>

The Indian Health Service (IHS), an agency within the Department of Health and Human Services, is responsible for providing federal health services to American Indians and Alaska Natives. The provision of health services to members of federally-recognized Tribes grew out of the special government-to-government relationship between the federal government and Indian Tribes.

www.ihs.gov

For more information:

<https://chronicdiseasenm.org/contact/>

<https://newmexicoact.org/contact/>

Find us on Facebook!

www.facebook.com/ChronicDiseaseNM

www.facebook.com/NewMexicoACT

<https://www.instagram.com/nmact2020/>

<https://twitter.com/NMCDPC1>

www.ChronicDiseaseNM.org

www.NewMexicoACT.org