

## Nilchi'ihstsoh December - "Month of the Big Winds"

MERRY  
*Christmas*  
&  
HAPPY  
NEW YEAR

Oct-Nov-Dec 2022  
Volume 4, No. 1

### Navajo Nation COVID-19 update >>>>

*For more information, including helpful prevention tip and resources to help stop the spread of COVID-19, visit the Navajo Department of Health's COVID-19.*

*Website: <https://www.navajo-nsn.gov>*

*For COVID-19 related questions and information, call (928) 871-7014.*

#### FOR IMMEDIATE RELEASE

December 5, 2022

393 new cases and four deaths related to COVID-19 reported over one-week period

WINDOW ROCK, Ariz. – The Navajo Department of Health, in coordination with the Navajo Epidemiology Center and the Navajo Area Indian Health Service, reported 393 new COVID-19 cases for the Navajo Nation and four recent deaths over a one-week period from November 24 – December 1, 2022. The total number of deaths is now 1,960. 635,378 COVID-19 tests have been administered. The overall total number of positive COVID-19 cases is now 79,003, including 228 delayed reported cases.

“We continue to encourage our Navajo citizens to update their COVID-19 vaccines, boosters and flu shots. If you are feeling ill, please get tested, and get necessary treatment if needed. Wearing a mask and washing your hands are still the best practices to prevent contracting illnesses. Together, we can prevent the spread of COVID-19 in our communities. Please stay safe as we begin the holidays,” said Navajo Nation President Jonathan Nez.

Health care facilities on the Navajo Nation continue to administer COVID-19 vaccines. If you would like to receive one of the COVID-19 vaccines, please contact your health care provider and schedule an appointment.

“Our thoughts and prayers are with the families who have lost a loved one to COVID-19 and who are currently ill. We pray for a speedy recovery. Please continue to be safe while attending large holiday gatherings. Be safe and say a prayer for a safe week,” said Vice President Myron Lizer.

For more information, including helpful prevention tips, and resources to help stop the spread of COVID-19, visit the Navajo Department of Health's COVID-19 website: <http://www.ndoh.navajo-nsn.gov/COVID-19>. For COVID-19 related questions and information, call (928) 871-7014.

For the latest news from the Office of the President and Vice President, please visit <http://www.opvp.navajo-nsn.gov> or find us on Facebook, Twitter, and Instagram.

**Nihi Tsíís Baa**  
**Á'daa'á'dáhoolyá**

Stay active  
Stay connected  
Stay positive  
Stay spiritual

## HP-HP Chapter Updates >>>>

### Mapping and Walkability Assessment in Torreon, New Mexico on October 28, 2022

Sheldon Benally, HP-HP UNM PRC Project

On Friday, October 28, 2022, Sheldon Benally from the HP-HP team traveled to Torreon, New Mexico to conduct a mapping and walkability assessment workshop. I met with Cecilia Toledo, who is the Accounts Maintenance Specialist, for the Torreon Chapter House. We met in a small portable building, which is serving as a temporary chapter house while the chapter house is being renovated. We immediately looked at a map of a proposed recreational area for the community of Torreon. A map of the potential trail areas was included in the Land Use Plan for Na'Neel'Zhiin (Torreon/Star Lake Chapter) for 2020-2025. Although the mapping of the trail was mapped out, there were several questions that we had about ownership of the land. In the proposed area,



there is a baseball field and a horse shoe field that can be utilized for recreational purposes. I did walk the areas of the proposed trail down by the softball field and horse shoe fields. One thing I noticed was that this entire area is located below the hills. It is in a flood zone. This may not be a feasible area for a trail because of the flooding.



Although, the areas of the baseball field and horse shoe field are located at a higher elevation. We may be able to work in those areas to avoid the flooding. There seems to be quite a few active events in the community. Horse shoe is a big sport in Torreon.

I began my discussion with Cecilia after walking the trail. Cecilia mentioned that it might be best to start within the chapter house tracts (inside the fence) for now. We don't know who owns the potential trails

area right now and what type of clearances it must go through. I did walk the tract inside the fence of the chapter house tract and it measured about .40 miles. It is a great area to get started. There is connectivity between the chapter house, library, pre-school, and the Presbyterian Medical Services which is located next to the chapter house. During my visit, Cecilia had phone discussions with Alex Sandoval, who is a land board official, as well as Wally Toledo (community member). They are in support of this trail.

We also visited the senior citizens center. As I was visiting the center, they were getting ready to host a Halloween carnival for the elders. The director of the senior center was very excited to see our planned trail work. She mentioned that the senior citizens are interested in walking. They may be excited to start soon. I did walk the area inside the senior citizens center along the fence. Walking around the fence three times would measure about one mile. It is a good leveled area for the seniors to walk. The director of the center also mentioned that the area south of the center may also be utilized.



Torreon Senior Center



MERRY CHRISTMAS

## HP-HP Chapter Updates >>>>

### Summary of Tlóódi Tsin Walking Trail

The community of Becenti is in Eastern Navajo Agency of the Navajo Nation covering approximately 32 square miles within McKinley and San Juan Counties in northwestern New Mexico (NM). The Becenti chapter house is found eight miles north of Crownpoint along NM State Highway 371 also known as NM Vietnam Veterans' Memorial Highway.

*Tlóódi Tsin* or Remote Forest and *Jádi háadi t'íih* or Antelope Lookout Point were the original names for Becenti. According to contemporary accounts of local elders, the modern history of this unique community began when the Navajos returned from their confinement at Fort Sumner, NM or Hwééldí in late 1800's.

*Tlóódi Tsin* became the name of the area land before the 1900s when the landscape was with trees and vegetation, creating a remote forest surrounded by desert that exist around the rock formation seen east of Becenti Chapter. The forest was thick and very green water flowing to the east, filling the area once known as Becenti Lake. There now remains petrified wood in various locations throughout the area.

The name *Jádi háadi t'íih* was given to the rock formation south of Becenti Chapter, where Navajo hunters would sit and scan the landscape for antelope that were plentiful. Navajo hunters would gather and share hunting stories and local news with one another as they await antelope herds to come in range of their arrows. Antelope in the area were then rounded up



and chased off the cliff of a mesa and were instantly killed. Antelope proved an important commodity because many families would use every part of the carcass for food, clothing, and tools.

As we swiftly move forward to current event of Becenti Community, the discussion of the walking trail revived with coordination and discussion with Healthy Places - Healthy People program from UNM PRC. Through our planning, completion of walking assessments, networking with other successful of walking trails projects, and gathering more information, we finally broke ground by having Becenti Chapter personnel plow the trail. We have since ordered signs and now getting added equipment to beautify the trail. We have officially named our trail as, "TlóódiTsin Walking Trail".

Reviews from the community members have all been positive. As we progress, we will be sharing the community feedback on their experience and thoughts about the trail. We look forward to having our first events during February of 2023.



HAPPY  
holidays

## The term colitis is often used very loosely

### YOUR CHILD'S HEALTH

**Dr. Pankaj Vohra**

**Q:** Doctor, my mother has colitis. Can my child develop it?

**A:** The term colitis is often used very loosely. In fact, it seems that many individuals who say they have colitis actually do not have colitis! Let me explain.

The colon is the last part of the intestines. It is also called the large intestine and is about 2-to-3-feet long. It roughly starts where your appendix sits and ends at the very end where you pass stools from. Though it has many functions in water and electrolyte balance, the key is to store stool till such time that you are ready to evacuate.

Any inflammation or infection of the colon is referred to as colitis. Hence the word colitis does not give a very accurate picture. Yes, people do get “infectious” colitis and that could be further broken down if the infectious agent is identified. Infectious colitis could occur from consuming too many antibiotics which kill off the good bacteria. Some can acquire it by travelling to areas where the water sanitation is not the best, consuming spoilt food or while camping or from certain pets.

Infection of the colon or infectious colitis does also lead to an inflammation of the colon but of a different type. In addition, there are multiple inflammatory conditions as well that affect the colon, ulcerative colitis and Crohn’s disease being the most well-known. The exact reason for the development of these inflammatory conditions is not known. Both these conditions come under the umbrella of inflammatory bowel disease (IBD).

Both the above (infectious and inflammatory) conditions can occur in children and adults. They often run

in families and siblings. And yes, these are overall referred to as some form of colitis, but in itself, the word colitis does not give us a lot of information. However, the more common condition worldwide is irritable bowel syndrome (IBS). Here too, the colon does get involved. You may get diarrhea or constipation or both, you may get pain and bloating and it could be uncomfortable and annoying, often made worse by some foods or stress. This tends to run in families as well and we do see it in children. But the term colitis, which is often used loosely for this condition i.e. for IBS, is wrong. And the reason for that is that in IBS there is no infection or inflammation (though it is now known that infection can initiate IBS).

Hence, to answer your question, yes, your child can develop colitis if the grandmother has colitis, but the key point would be to answer if there is an infection, inflammation or neither, in which case it is functional. To make the point, IBS and IBD are very different conditions, in fact they are poles apart, IBS being far more common in our population than IBD. And they both often affect the colon, one has no colitis and the other does.

Both these conditions are long term and require very different management strategies. Infectious colitis is probably the most common cause of colitis in certain parts of the world, but not so in ours, and though it can make the person very sick, it can affect family members as infections often spread easily, it is usually a short-lived condition.

Pankaj Vohra is a Pediatric Gastroenterologist at UNM. Please send your questions to [pvohra@salud.unm.edu](mailto:pvohra@salud.unm.edu).

## VIVA Connects Meetings Update >>>>

Laurel Fimbel, VIVA Connects

To’hajilee funding is being processed by UNM and hopefully they will receive their \$3,000 soon for benches and walking path.

Shayla Draper of the Navajo Nation Division of Community Development responded to the Becenti application/documents regarding the 164 review process on the VIVA NMDOH grant. Hopefully, the process will continue to move along and Becenti can receive \$2,000 for their walking path.

The VIVA Connects Action Community Zoom committee meets once a month, and we are going to part-

ner with AllTrails to get our walking paths up on their platform, and will be helping to design QR code signs for our VIVA Communities, as well as pilot test a “portal” program where VIVA communities can “control” the trails in their local area to provide updates, trail closures, announcements, etc.

[VIVA Connects](#)



# 10 ways to start running even if you dislike it

BY KELYN SOONG

THE WASHINGTON POST, 2022 Oct 6

Are you a runner who hates running? It turns out, a lot of runners don't love the actual running part of their sport. Even avid runners who love the sport have had periods where their motivation wanes.

Brendan Leonard, an outdoor adventure writer who runs ultramarathons, said that when strangers learn he's a distance runner, they often tell him that they hate running, to which Leonard replies, "I hate running, too, man. It's not that fun." And yet, running is one of the most popular forms of exercise with nearly 8 million people around the world signing up to compete in races each year. Here's some ideas to start.

## GO SLOWER. YOU CAN EVEN WALK SOME-TIMES.

You don't have to go fast. You don't even have to run the whole time.

Cody Townsend, a 39-year-old professional skier, found running boring and painful. His endurance coach, Sam Naney, told him to slow down and alternate jogging for 30 seconds and walking for 30 seconds. Townsend ran-walked for 20 minutes several times a week for about four to six weeks. In the beginning, that meant he was running a 12- to 13-minute mile pace.

## EXPECT THE STRUGGLE. EMBRACE THE BOREDOM.

The struggle of running is a shared experience with every other runner, from beginner to elite marathoner.

In his book, "I Hate Running and You Can Too: How to Get Started, Keep Going, and Make Sense of an Irrational Passion," Leonard recommends giving yourself permission to struggle. Running takes time. It requires practice. You need the proper shoes and gear. Another common refrain from people who don't like running is that it's boring. Leonard, 43, agrees. But to him, "Boredom is fertile. It's a great place to put yourself to actually think, as opposed to something that's commanding your attention every few seconds."

## MAKE A GAME OUT OF IT

Mika McDougall, who is married to Christopher McDougall, the bestselling author of "Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen," realized that she needed extra motivation to run during the frigid winter days of Lancaster County, Pennsylvania. She noticed that in a nearby neighborhood, residents had set up free libraries in their front yards. She started to organize her runs around them. By the end of her runs, she would have a pile of books to take home. She would also drop books off.

## RUN WITH A PERSONAL COACH IN YOUR EAR

Listening to a running podcast or guided running app during your run is like having a personal coach by your

side. You can search for a variety of apps for runners of all levels.

Jess Mullen, 39, an administrative assistant in Philadelphia, says that running is "always a slog." Listening to the NHS Couch to 5K podcast has helped. The episodes distract her from pain and offer reminders about form and breathing.

## RUN WITH MUSIC OR ENTERTAINMENT

Music, audio books and podcasts can also serve as entertainment and distraction on a long run. "At low to moderate intensities of running, the reduction in the rates of perceived exertion is around 10%" while listening to music, said Costas Karageorghis, a professor at Brunel University in London and author of the book, "Applying Music in Exercise and Sport."

## HEAD TO THE TRAILS

Trail running allows a change of scenery and an escape into nature. It also gives you "permission to slow down," said Mike Crowley, 59, of Conshohocken, Pennsylvania, who has competed in multiple 100-mile races.

The American Trail Running Association (ATRA) lists dozens of trail-running events in the United States every month.

## KEEP CHASING THE RUNNER'S HIGH

Not everyone experiences the runner's high the same way, but research suggests the feeling has to do with endocannabinoids, which are the natural versions of THC and CBD.

"When we say runner's high, we mean kind of a euphoric effect that some but not all people experience after a bout a physical activity, and also reductions in pain and anxiety and stress," said Hilary Marusak, an assistant professor of psychiatry and behavioral neurosciences at the Wayne State University School of Medicine.

## PRACTICE BREATHING

A common question beginners ask is how to breathe. Heather Knight Pech, a running coach for McKirdy Trained, said one of the first thing she tells her clients is to slow down their pace.

One breathing exercise Knight Pech recommends to warm up before running is box breathing — inhaling and pausing for three to five seconds before exhaling through the mouth and pausing for three to five seconds.

## FIND YOUR RUNNING COMMUNITY

A number of runners noted that the running community — during training and at race day events — can make running more fun. The Road Runners Club of America offers a comprehensive list of U.S.-based running groups.

## PICK A FUN OR QUIRKY RACE

Running doesn't have to be all business. In San Francisco, the Bay to Breakers 12K race routinely draws tens of thousands of participants, many of whom are in costume.

## How Healthy Places—Healthy People is being Evaluated

Julia Hess, Co P.I., HPH UNM PRC Project

Our goal for Healthy Places—Healthy People (HPHP) is not only to increase access to places to be physically active in the 10 chapters of the Eastern Agency where we are currently working, but also to study the process. There are proven practices for how communities can increase physical activity, however, these strategies were developed and assessed in urban or suburban places. Prior to HP-HP, the UNM PRC had been successfully engaged in adapting these strategies in rural communities in New Mexico.

In the current project, we are collaborating with community members to adapt and implement these strategies in ten Eastern Agency Navajo communities. We began from the view that it is important to understand and consider local context of each community. By context we mean culture, history, geography, land use practices of each community. We also want to understand communities' goals around physical activity and places to be active and the work that they are already doing in these areas.

The most essential aspect is identifying those “champions” or people in the community who are acting (if you are reading this, you are probably one of them!), existing groups, partnerships that can contribute to these efforts, as well as community resources, strengths and challenges.

Central to our efforts to understand local context and the ongoing efforts and processes to increase physical activity are interviews with people who are engaged in these efforts. We conducted interviews in

the first year of the project and are currently trying to follow-up with people in each community to understand where you are in the process. Interviews usually take about an hour and we hope that they are useful not only for us, but for you to get ideas, and inspiration for continuing your efforts.

Other ways we evaluate our efforts include making notes of each contact/interaction we have with community members, meetings, field visits, the HP-HP Monthly Network Meetings and the technical help we provide to each community. The technical help aspect is especially important—we want you to ask when you need guidance. We are happy to provide help.

What kind of help can we provide? Support and advice for seeking funding, trail enhancement (signage, community events), marketing or community outreach to increase physical activity, help with GIS and mapping, walkability workshops/assessments, the creation and distribution of trail guides. We can also put you in touch with potential partners or resources.

In summary, our goal for the evaluation is to not only carefully and systematically follow the process of implementing HP-HP in the Eastern Agency as required by our funder, Centers for Disease Control (CDC), but also to continually involve community members in the process—what works? What doesn't work? What can we do better as we try to make communities healthier? If you have any ideas to share, please don't hesitate to reach out to any of our team members or use the Monthly Network Zoom meetings.

## ANNOUNCEMENTS >>>>

### Grant Opportunity

Rural Pathway Program now open Oct 17, 2022 to May 1, 2023

To learn more, or apply, visit [newmexico.org/industry/work-together/grants/rural-pathway-program](https://newmexico.org/industry/work-together/grants/rural-pathway-program)

### AmeriCorps Service Opportunities Now Recruiting

You can find more information about [NACDD's PHA Program](#), [Service Opportunity Listings](#), and [how to apply here](#). We are accepting applications until 1/13/2023. Individuals and/or students who are interested in learning more about the program can also register and join us for one of our two upcoming informational webinars on:

### National Park Service

Benefits of Hiking: Hiking is proven to have many health benefits, ranging from physical exercise you get when out on the trail, to emotional or mental relief that comes from being in nature.

<https://www.nps.gov/subjects/trails/benefits-of-hiking.htm>

## UPCOMING EVENTS >>>>



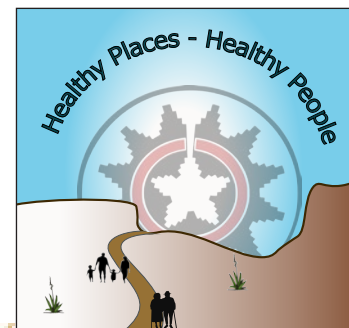
## HP-HP Monthly Network Meetings >>>>

The HP-HP team began having Monthly Zoom Network meetings in April 2022 to discuss walking trail development, with the goal to increase physical activity for community members to fight chronic diseases and improve overall health. The meetings have been successful thus far. The purpose of this meeting is to gather all ten of our HP-HP communities to “network” with one another with guidance from UNM Prevention Center staff. Community members that have participated include chapter house officials, the Office of Diné Youth, Navajo Technical University, Indian Health Service, Community Health Representatives, Diné College public health students, NavajoYES, Navajo Housing Authority, Navajo Nation Division of Community Development, and other partners. Communities provide updates on their trail development, which have included the planning steps, the locations of their trail, the types of signs and benches available for purchase, recruiting volunteers, and describing the usage of their trails while incorporating it with various events and activities in their communities. During one of our meetings, we also had a Diné College public health student present on the benefits of physical activity on mental and brain health. The student also talked about how Navajo cultural

teachings have been a huge part of her health by keeping balance and harmony in her lifestyle. In October, the Navajo Nation Division of Community Development provided a descriptive presentation on the “Navajo Nation 164 Process” which is an external funding review process. For our December meeting, we have invited the custom sign shop, FASTSIGNS, from Farmington, to discuss the types of signage products for trails that they can produce for any of our communities that might be interested. We have enjoyed hearing from our HP-HP community members and guests during these meetings. We look forward to continuing these meetings in 2023. The Monthly Zoom Network is where we discuss, learn, share, compare and discover latest ideas. We will resume sending out our flyers and hope you can join us!



HP-HP Monthly Network Meetings - 2023 (3rd Wednesday of the month @ 10-11am)	
January 18	July 19
February 15	August 16
March 15	September 20
April 19	October 18



## Christmas Messages from the HP-HP Team

*"Healthy Places-Healthy People, One Trail at a Time".*

*Sally Davis*

*The winter holidays teach us that there is always hope even when the world seems dark. Sending everyone light and hope this holiday season and best wishes for the New Year.*

*Julie Hess*



*Wishing you and your family peace, health, happiness, and Hozho in the coming New Year 2023. Merry Christmas*

*Elverna Bennett*

*For Navajos, in the old times there were no Christmas presents, decorations or a Christmas tree. The old trading posts would prepare small gift bags (hard candy, nuts, and a fruit) for the people. More important was the gathering of kinship, meals together by the fireplace, and sharing of stories and laughter, that was Keshmish. Merry Keshmish*

*Marla Pardilla*

*"Happy Holidays to all of our communities! May you continue to Walk in Beauty, One Trail at a time!"*

*Sheldon Benally*

Happy  
Holidays!

MAY YOUR HOLIDAYS BE FILLED WITH WARMTH  
AND CHEERFUL CELEBRATION

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