

Reporting Institution: Hardrock Council on Substance Abuse
P.O. Box 20
Kykotsmovi, AZ 86039

Project Title: Hardrock Family Walking Club

Report By: Mary Robertson-Begay
mbegay523@yahoo.com
(928) 725-3501

Reporting Period Start Date – 12/21/2010
Reporting Period End Date – ~~03/18/2010~~ 03/18/2011

Publicity:

Three (3) run/walks have taken place at community member's residents. Flyers were posted all over the community and announced at community meetings. For a community such as Hardrock, word of mouth is one of the best methods in getting word out about activities.

Outreach:

On February 25, 2011 we had 26 participants with 13 families participate in a 3 mile walk/run. The weather was very cold and windy but these participants came and braved the cold. The hosts were able to provide education on nutrition since the walk was sponsored by a lady who worked in a hospital cafeteria as a cook. Many different types of salads were presented to us along with a very hearty vegetable stew. The traditional teaching included names of areas in the vicinity and what foods can be home grown and stored for later use.

On March 4th, 2011 we had 18 participants consisting of 11 families. This particular walk was all a hike of 3 miles out and 3 miles back in. The women who sponsored this activity are very traditional Dine' women. They live without the luxury of neither electricity nor indoor plumbing. Herding sheep and taking care of their livestock is a way of life for them. Each day they walk or ride their horse approximately 10 miles while herding sheep. The meal they gave was very simple. Black beans, brown rice and naturally sweet squash. Traditional Navajo tea was also served. While we were on this walk, again we learned about the names of areas in the Big Mountain area along with the medicinal use of plants.

On March 18th, 2011 we had our finale at the Chapter House. We had 44 participants made of 27 families. The cook was a nutritionist from the Pinon Health Center. They provided lasagna with a salad. The presenter broke the meal down into the different food groups and what each person received in terms of calories. That was exciting and the participants really enjoyed that. A young man from Hardrock who goes to Dine' college and runs in their Cross-Country team was able to lead the group through exercises and the run.

Other Accomplishments:

Of all the walks we did, 6 families were able to participate in all of the walks. All participants' names were entered into a drawing each time they walked or ran with the group. Prizes were given out at the finale.

The Hardrock Wellness calendar is well underway for publishing. A local husband/wife team has been hired to take the lead in the production of the calendar. The calendar will be a 12-month, July to June issue. It will contain all Navajo Nation holidays and all scheduled meetings and activities in the Hardrock

community. The pictures are all of people and places in the community. Thus, the calendar is Hardrock specific.

Yamila El-Khayat, University of Arizona Health Sciences Librarian, has been very instrumental and helpful in obtaining information from different sources and the internet. Her presentations on MedlinePlus have been referred to over and over again by the participants. We hope to continue to use her as a resource for the community after the programs ends.

Target audience:

As indicated in our original proposal, we said that we would serve all ages, very young children to the elderly. With the last three (3) walks, we were able to see the elderly walking with their families. The walking club has been a good program for everyone who became involved.

Goal, Outcomes, Objectives:

The book (You on a Diet, by Dr. Oz) was given to 25 families. These families were asked to bring the book to each event for discussion, but most did not. We found that unless one was an avid reader, they were not going to read a book not of their choosing. In the future, should there be another program of this kind; we will not be including a book to read.

Our goals have all been met as we had written them. We have kept track of attendance with a sign-in sheet, the participants kept records of their walks everyday on their own time at home. Each participant was able to record beginning and ending weights and blood pressure.

Evaluation:

Participant registration included a submission of personal data such their names, age, and the family group they belonged to. Participants also submitted to having themselves weighted and a blood pressure check.

Impacts and Observations:

The impact of this program will be seen months and years from now. We can only hope that children will retain the information presented on fast foods and obesity.

Planned Activities:

A family who has participated in the walks has agreed to host a Health Fair at their residence. A horse ride is scheduled along with the walk, run and a hike. Different health providers and service providers for the Hardrock area have been invited and asked to provide health screenings. This will be happening in the next two (2) weeks. Our sustainability plan is that we will continue with fun walks where we can bring the community and family walking club participants together. Our hope is that we will find more grants that can fund these types of activities for the community.