

Reporting Institution: Hardrock Council on Substance Abuse
P.O. Box 20
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Project Title: Hardrock Family Walking Club

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Reporting Period Start Date – 08/05/2010

Reporting Period End Date – 12/20/2010

Publicity:

One walking club event has taken place and that was publicized by posting flyers throughout the community.

Outreach:

All the Hardrock walking Club events will take place in the community of Hardrock, which is located in Navajo county, in Northern Arizona. The event held encompassed twelve families, with 35 in attendance. The original intent of the Hardrock Walking Club was to run the program throughout the summer months when the days are longer and weather is good. This grant award was granted in late fall with the onset of the harsh winter weathers. This has posed a problem for the program. Ninety percent of our roads are dirt as is our walking trails. Therefore, any little rain or snow turns the roads into slippery, muddy surfaces only passable by four-wheel pick-up trucks. These conditions have a vast effect on participation of the Family Walking Club since such conditions cause people to go out only for necessity.

Other Accomplishments:

During this time period we had Yamila El-Khayat, Outreach Librarian at the Arizona Health Sciences Library, came out twice. The first time, 08/28/2010, she came out to give a talk to children and youth, Approximately 70+ children and youth were present as this was a big kick off day for back to school. The Purpose of this trip was to train Youth on how to use Medline Plus as a Health Information Resource. The emphasis was on Nutrition and Staying Fit. Training was done in an interactive manner as there was no internet connection available at the time of the training. Participants were presented with Brochures covering what Medline Plus was and were also given examples of how this site could be of use for school and home

The second time, 09/21/2010, she came out to Flagstaff (NAU Cline Library) where a group of community members (Approximately 15 participants) met with us to talk about reliable health resources. The Purpose of this trip was to train adults on how to find reliable health information resources. Participants were introduced to Medline Plus and a demonstration of all the features that the site offers. Laptops were spread out throughout the room to encourage participants to look for information on their own. Participants were also encouraged to ask questions and talk about health problems affecting their communities to look for on Medline Plus and the resources that are offered on this page. The book "You on a Diet" by Dr. Oz was also introduced and bits and pieces of the book were talked about to introduce participants to the importance of the information in the book for the walking club.

In the course of the first event we had an Indian Health Service (IHS) nurse come out of Tuba City to take the blood pressures and weight of our participants. A local physical education teacher also came out to assist with the stretch exercises. The program is in communication with local IHS service workers to assist with the health education aspects of the program once the weather lets up to allow for more walking club events.

One addition to the Family Walking Club event was the horseback ride. Many families in the community own horses and ride on a daily bases. Track rides have sprung up throughout the community and have been observed to be very popular. This component was added to promote male attendance. As speculated ten of our attendees were fathers riding with their children.

The water bottles and the books for the book club have been purchased and passed out as incentives.

Target audience:

The addition of the horseback ride to the program has surprisingly brought whole family participation. The target audience seem to be young families, parents ages ranging from twenty-three to early fifties. One group that was originally added in the focus group and has not been able to participate is the elderly population. This is more for safety reasons in preventing falls and exposure to the cold weather.

Goal, Outcomes, Objectives:

As previously indicated the timing of this grant period is not very feasible to the climatic conditions of the local area. Nevertheless, the best attempts are being done to conduct summer outdoor activities in the winter. There is a walking club event scheduled for the weekend following Christmas. This event is highly promoted as a time for new beginnings and playing off prospects for New Year's resolutions.

Including the horseback ride as a way of obtaining exercise has been a wonderful innovative idea since this will get more male participation.

Other unforeseeable setbacks have been family emergencies of our sponsoring families. One mother of a sponsoring family had a stroke the morning of the scheduled walking club activity, causing a cancellation of the activity. Others hindrances have been extreme cold and windy conditions and rain as

described earlier. With all this said Hardrock Council on Substance Abuse has been granted to sponsor five walks and has conducted one and the other four will take place between now and March.

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:

Although, it is hard to determine the impact of the program from one event, participants of the first walking club event have been continually called or inquired about upcoming events. This is a positive reinforcement and an indication that the coming events will have much participation.

Planned Activities:

Hardrock Chapter (the local community government) has employed some college interns for the winter break and we have been assigned one to work with. The program will use this individual by having some graphic designs created for posters and flyers. The four families to host the Family Walking Club events have been identified and dates are contingent on the weather.