



CHRONIC DISEASE
PREVENTION COUNCIL

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3rd Quarterly Meeting "Getting to Equity"



3rd Quarterly Meeting "GETTING TO EQUITY"



Dr. Renée Branch Canady, PhD, MPA
CEO Michigan Public Health Institute



Dr. Jamal Martin, PhD, MPH
University of New Mexico

*September 22, 2020
1:00 pm – 4:30 pm
Online registration required*

At this quarterly meeting, we want to increase discussion and take action to address the health disparities and inequities that continue to affect racial and ethnic minorities. Everyone in America should live in circumstances that allow them to live a healthy life, regardless of who they are, where they are from, or where they live. This online education forum will feature Dr. Renée Branch Canady and Dr. Jamal Martin who will explore system and policy approaches to improve health and healthcare equity.

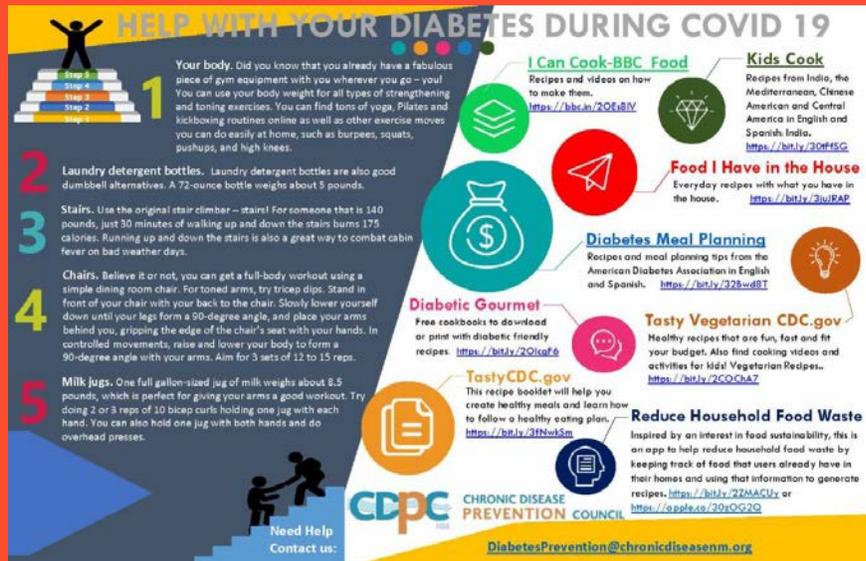
<https://chronicdiseasenm.org/quarterly-meetings/>

3 CEUs for CCHWs and NASW-NM

<https://chronicdiseasenm.org/quarterly-meetings/>

CLICK HERE TO GO
TO THE REGISTRATION PAGE

CDPC Prevent Diabetes Workgroup works with Roadrunner Foodbank



The CDPC Prevent Diabetes workgroup came up with a great infographic for distribution at Roadrunner Food Bank - Albuquerque locations.

We worked with Shelbie Coriz, Healthy Foods Center Coordinator, Roadrunner Food Bank.

It was an idea sparked in one of our monthly meetings that we provide some useful information on recipes for the food distributed by Roadrunner Food Bank. Often, the food one receives from such places as Roadrunner, is new to the user. The Prevent Diabetes Workgroup came up with an idea to provide sources, links to websites, that help with everyday recipes using what you already have in the house.

All one has to do is go to the link, start by selecting ingredients you already have on hand from several categories (such as meat, seasoning and dairy). As you add available ingredients, the app or webpage suggests recipes, updating results for each new item you include. Just a few simple ingredients can go a long way. If you have certain food items in your house, you are guaranteed to be able to throw together a meal that is tasty, healthy, and diabetes-friendly.

Also included on the infographic card are sample exercises one can do at home with everyday household items such as milk jugs, chairs, water bottles, stairs, etc.

Shelbie, along with her co-workers helped distribute the 1000 infographic cards in food boxes distributed that week. Thank you Roadrunner Food Bank, and thank you Shelbie.

Thanks also goes out to our Prevent Diabetes Workgroup: Susan Simons, Chair, Angela Gonzales, David Vigil, Charm Lindblad, and Jessica Spittler.

Prevent Diabetes has a new webpage on our CDPC Website!

Check it out at:

<https://chronicdiseasenm.org/diabetes-prevention/>

NMACTion Leadership Awards Ceremony

Save-the-Date

When: September 10th Where: Virtual Zoom
Time: 6:00 pm – 7:00 pm

NMACT

New Mexico Allied Council on Tobacco

NMACTion Leadership Awards Ceremony

First 50 guests at the event (*virtually*) will receive a celebration thank you gift box!

<https://www.eventbrite.com/e/nm-act-awards-ceremony-tickets-115766772533>



Join us Thursday, September 10, 2020 from 6:00 pm – 7:00 pm in celebrating community all-stars for their commendable work in advocacy for tobacco-free environments, and tobacco control and prevention. This year includes an opening keynote by Lieutenant Governor Howie Morales.

Judged annually by the New Mexico Allied Council on Tobacco (NM ACT) Advisory Committee, the NMACTion Leadership Awards Ceremony recognizes individuals and organizations that have led legislative or regulatory advocacy and public policy efforts to expand commercial tobacco control in addition to their accomplishments in commercial tobacco control.

This year's main award, the Gold Star Standards of Excellence Award for Commercial Tobacco Control Policy, is for the acknowledgement of the passing of SB 131, also known as the Tobacco Products Act, signed into law on March 4th, 2020 which includes licensing requirements for tobacco retailers, manufacturers and distributors in New Mexico and raises the tobacco sales age in New Mexico to 21. New Mexico becomes the 39th state requiring tobacco retailer licensing and the 20th Tobacco 21 state as the Tobacco Products Act takes effect in New Mexico on January 1, 2021.

Tobacco 21 is a law intended to regulate the manufacture, distribution, and sale of tobacco products- raising the legal age for purchases of e-cigarettes and other tobacco products to 21 from 18, enabling New Mexico to meet the recent federal law.

Recipients of this year's award are: Governor Michelle Lujan Grisham, Senator Linda Lopez, Senator Gabriel Ramos, Representative Joanne Ferrary, and Representative Elizabeth 'Liz' Thomson.

NMACT

New Mexico Allied Council on Tobacco

Ceremony Keynote



Lieutenant
Governor
Howie Morales

The Solar System

NMACT *Leadership Awards*

NMACT

New Mexico Allied Council on Tobacco

Gold Star Standards of Excellence Award for Commercial Tobacco Control Policy

On behalf of the passing of SB 131, also known as the Tobacco Products Act, signed into law on March 4th, 2020 which includes licensing requirements for tobacco retailers, manufacturers and distributors in New Mexico and raises the tobacco sales age in New Mexico to 21. New Mexico becomes the 39th state requiring tobacco retailer licensing and the 20th Tobacco 21 state as the Tobacco Products Act takes effect in New Mexico on January 1, 2021.

2020 Recipients:

Governor Michelle Lujan Grisham

Senator Linda Lopez

Senator Gabriel Ramos

Representative Joanne Ferrary

Representative Elizabeth 'Liz' Thomson

This evening's awards also include the **Individual, Organizational, and Public Service Achievement Awards in Advocacy** – In honor of an individual, organization, and state or local elected official that has demonstrated exemplary efforts and results in advocating for legislative or regulatory policies demonstrating strong leadership and advocacy for tobacco-free environment, tobacco control and/or resources.

And lastly, individuals and organizations will be awarded for their work within the 2020 NMACT*ion* Conference tracks: Behavioral Health, LGBTQ+, and Youth & Family.

This year's panel of judges included: Alex Ross-Reed, Fierce Pride; Lesley Meyer, Keres Community Health; Marisa Trujillo, American Cancer Society, Cancer Action Network; Mahesh Sita, American Heart Association; JoAnna Strother, American Lung Association; Patricia Torn, Apartment Association; Laurel McCloskey, New Mexico Chronic Disease Prevention Council; Carlye Hausbeck, Rescue Agency; Michael Kelly, Rescue Agency; Tee Benally, Keres Community Health; and Jovian Henio, Keres Community Health.

Partner Spotlight



Kenneth Winfrey, LCSW
Founder, Umoja Behavioral Health, PC

Kenneth Winfrey is a licensed clinical social worker operating in Albuquerque, New Mexico. He is the founder and owner of Umoja Behavioral Health, PC and is the Chair of the CDPC Steering Committee. Kenneth also specializes in interventions that engage yoga practices, and uses approaches that are intentionally anti-oppression, feminist and mindfulness-based.

Umoja provides innovative coaching, counseling and behavioral health services for individuals, groups and organizations.

Healthy habits help us to have better relationships, and to reach our goals in life. Sometimes, our health practices, such as food and exercise, can contribute to unhappy feelings. Umoja Behavioral Health helps explore how your health habits can help you be happier.

Umoja's programs and methods incorporate the latest research in therapeutic approaches and integrates other disciplines that support and empower their clients. For example, using movement psychotherapy combined with traditional approaches to counseling, including dream work, talk, interpretation, and reflection, with experiential explorations helps clients explore the bodily means by which they conduct their daily lives. These explorations of clients'

patterns of bodily comportment and the explorations of new means of enactment are useful tools in the development of self-awareness and satisfaction in living.

Movement psychotherapy has been found to be a particularly effective means of working with trauma, post-traumatic stress disorder (PTSD), dissociation, identity issues, and affect regulation. It is effective in both group and individual settings, and especially useful for self-reflection and the development of new ranges of affect, expression, and self-comportment.

Other approaches used at Umoja include the simplicity and depth of Sandplay and Art Therapy. Sandplay provides a space for contact with the inner, symbolic world. A basic premise of Sandplay is that psyche possesses a natural tendency to heal itself, given the proper conditions.

Art therapy, through integrative methods, engages the mind, body, and spirit in ways that are distinct from verbal articulation alone. Kinesthetic, sensory, perceptual, and symbolic opportunities invite alternative modes of receptive and expressive communication, which can circumvent the limitations of language. Art Therapy, facilitated by professional art therapist, effectively supports personal and relational treatment goals as well as community concerns.

To see what makes their approach unique, we invite you to explore their offerings and to contact Kenneth directly for services, support, pricing, telehealth counseling sessions and how they can design a program specifically suited to your needs or the needs of your team, contact Kenneth and his staff at (505) 633-8173 or go to <https://www.kennethwinfrey.com/>.

Partner Links & Resources



**NEW MEXICO AFRICAN
AMERICAN TOBACCO
PREVENTION NETWORK
(NMAAT)**

Update: New and ongoing community activities occurring online at
www.NMAATP.com

The Ujima Series

The Ujima Discussions and Workshops are an online series of trainings, chats and activities meant to engage our neighbors across the state and share What We Do Here.

[Use This Link to Learn More About the Ujima Series](#)





The American Lung Association's Tobacco Cessation Technical Assistance Team would like to invite you to join their team at an upcoming webcast! Please feel free to share this invitation with your teammates in public health.

Public Health Roadmap to Coaching a Clinical Team: Navigating to Address Needs to Increase Tobacco Cessation in Health Systems Change

ALA has developed a new tool designed to help you get the most out of CDC resources including the *Million Hearts® Tobacco Cessation Change Package and the Best Practices Users Guide: Cessation in Tobacco Prevention and Control*.

Join their webcast that will demonstrate how to use this Roadmap to pinpoint where you are and where you need to go to promote tobacco cessation health systems change. This webcast is intended specifically for tobacco control program staff, especially those working on cessation and health systems change, to further their use of the Million Hearts® Tobacco Cessation Change Package. You will also learn about opportunities for ongoing technical assistance for tobacco control program staff, to support their work with health systems throughout their states and jurisdictions.

Registration Information:

Live Webcast Date: Thursday, September 24th, 2020

(available on-demand following the live event)

Time: 10:00 am -11:00 am (MST)

Registration link: <https://bit.ly/3j9GgHg>

Visit the [registration page](#) to see more details



Resources on Health Equity

in the Context of

COVID-19 & Disproportionate Outcomes for Marginalized Groups

Against the backdrop of large-scale demonstrations triggered by the realities of systemic bias and structural racism that give rise to health, economic, and legal inequities and their tragic, often lethal, consequences, the **National Academy of Medicine's Culture of Health Program** works in partnership with national and local stakeholders on behalf of the fundamental changes needed to eliminate those inequities for populations across the United States.

As COVID-19 commands the attention of our nation, we face an extraordinary opportunity to advance health equity – a state where everyone in the United States is able to achieve their

full health potential – by eliminating the structural barriers to good health for marginalized populations. One of the root causes of health inequity is structural racism, illuminated most recently by the disproportionate outcomes for people of color related to COVID-19 and increasingly highlighted in the national dialogue around racial injustice.

The Culture of Health Program is committed to advancing the scientific underpinnings for progress in health equity and sharing evidence-based strategies to bring about the transformation in policy decision-making and public recognition necessary to dismantle structural racism and ultimately achieve health equity for all – mitigating the effects of the current crisis and safeguarding the well-being of our nation for the future. Resources on health equity in the context of COVID-19 are available below. For more information on the program and additional tools to understand and address the root causes of systemic and structural inequities and their health consequences, visit the [Culture of Health Program homepage](#).

Join CDPC and NM ACT Today!

We invite you to become a Partner of the New Mexico Chronic Disease Prevention Council. Partnering with the CDPC means you, your business or organization shares our vision to reduce chronic disease in New Mexico breaking down disease specific silos and focusing on prevention and control issues for chronic diseases, including arthritis, cancer, diabetes, heart disease, stroke, and diseases related to obesity and commercial tobacco use.



Click on graphic for more info and view the PowerPoint Presentation

Click [HERE](#) for a Membership Application or Contact

Devona@ChronicDiseaseNM.org

There is no cost to become a partner, and there are no obligations. We only ask that you make a good faith effort to participate actively in the network and that you take advantage of as many CDPC and NMACT programs and services as you find valuable to your organization. Lastly, you or your organization will be listed on our Partnerships, Resources web pages, and some of your success stories may be shared and promoted throughout our outreach efforts and communications.

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

Chronic Disease Prevention Council of New Mexico | P.O. Box 3511, Albuquerque, NM 87190

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