



July 2021

Dear Communities,

The VIVA Connects team hopes that you are all doing well, and finding ways to safely enjoy activities outside. This newsletter has been designed to easily provide the most current and accurate health information to you all, so that you may keep yourselves and your communities safe. Please feel free to share this information with community members and loved ones.



General Cancer Prevention Tips

There are many simple lifestyle changes that can make big differences in your health! These 6 healthy lifestyle habits can help you and your loved ones decrease your risk of developing cancer(s).

Consider these cancer-prevention tips to see where you and your loved ones are already practicing healthy lifestyle choices, and areas that you can improve to be even more healthy!



Healthy Lifestyles

**Avoiding tobacco
or deciding to stop using it
is one of the most important health
decisions you can make**



1. Don't use Tobacco

- Using any type of tobacco has been linked to higher risk of developing cancer (especially in the lungs, mouth, throat, pancreas, bladder, cervix, and kidney).
- Even if you don't use tobacco yourself, secondhand smoke might increase your risk of lung cancer. If you live with someone who smokes, encourage them to smoke outdoors so that the smoke is not caught inside the house for others to breathe.
 - *** **Never smoke in the car or house with other children and pets!** They may not know the dangers of smoking, and are exposed to harmful chemicals that may increase their risk of developing cancer.
 - ***If you or someone you know would like to learn more about quitting, you can visit <https://www.quitnowm.com/> for more information.

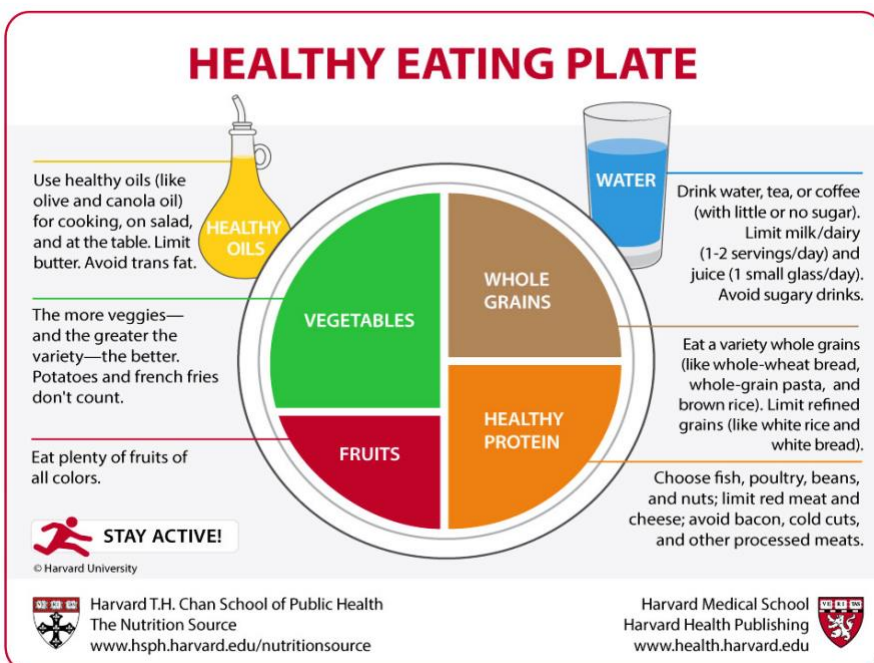
2. Eat a Healthy Diet

- Eat plenty of fresh fruits and veggies. Both fruits and veggies have many vitamins and minerals in them to help keep your body strong and healthy.
- Limit processed foods, meat, and drinks. WHO (World Health Organization) warns that eating large amounts of processed meat and food can slightly increase the risk of developing some cancers. Processed foods, meat, and drinks are usually bought from fast food restaurants, or snack/"junk food"/soda/candy from a grocery store.
- If you drink alcohol, do so in moderation. Alcohol can increase risk of breast, colon, lung, kidney, and liver cancer if you drink too much.

**FOR WOMEN, up
to 1 drink a day**



**FOR MEN, up to
2 drinks a day**



3. Physical Activity and Healthy Body Weight

- Maintaining a healthy body weight can help reduce risk of developing diabetes, as well as breast, prostate, lung, colon, and kidney cancer.
**** Talk to your health care provider about the best weight for your body. Your health care provider can help recommend eating and physical activity practices to best fit you and your lifestyle!*
- Physical activity can help maintain your healthy body weight, and can even help decrease breast and colon cancer.

How much activity do I need?

Moderate-intensity aerobic activity
Anything that gets your heart beating faster counts.

at least **150** minutes a week



AND

Muscle-strengthening activity
Do activities that make your muscles work harder than usual.

at least **2** days a week



Tight on time this week? **Start with just 5 minutes.** It all adds up!

4. Sun Protection

- Skin cancer is one of the most common cancers that people develop! Here in New Mexico, we have lots of sun exposure, and need to protect ourselves from too much harmful sun ray exposure.
- Try to avoid being in direct sunlight from 11am – 3pm. This is when the sun's rays are the most harmful, so try to stay in the shade/indoors during this time. Also, wearing large brim hats, sunglasses, long sleeves and pants can all help protect your skin from direct rays.
- Use sunscreen of at least 30 SPF. Re-apply sunscreen every 2 hours, or more often if you are swimming or sweating. Even on cloudy days it is important to wear sunscreen since the sun's rays can still reach you through clouds.
- Avoid tanning beds. These are just as, or even more, dangerous than the sun's rays.



5. Regular Medical Care

- Yearly (or more often if recommended) visits to your health provider is important for cancer prevention screening against cancers such as skin, colon, cervix, and breast.
****Ask your health care provider what the best cancer screening and regular health check-up schedule is for you based on your health.*
- Staying up to date on your shots can help with cancer prevention. Two shots that are very important to decreasing risk of cancer is the Hepatitis B shot, and Human Papillomavirus (HPV) shot. Both of these infections and viruses can lead to cancer if you do not get these preventative shots.

**SCREENING
 SAVES LIVES**

1 in 3
 Cancer
 deaths could
 be prevented
 with earlier
 detection



6. Avoid Risky Behaviors

- Risky behaviors, such as unsafe sex or needle sharing, can increase your risk of developing cancer.
- Practice safe sex. Limiting sexual partners and using a condom when you have sex are two ways to limit your risk for sexually transmitted infections and viruses that can increase risk of cancer.
- Don't ever share needles. Sharing needles with someone can lead to HIV, Hepatitis B and C, all which can increase the risk of liver cancer.
****If you are concerned about your own or someone else's drug misuse, addiction, or mental health you can find more information by calling the New Mexico Crisis and Access Line, or visit: <https://nmcrisisline.com/>*



These are some lifestyle tips to help keep you and your loved ones safe and healthy. Talk to your health care provider about additional ways to lower your risk of cancer based on your lifestyle, health, family health, and other factors.

For more cancer prevention information, visit:

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/cancer-prevention/art-20044816>

Community Highlight: Partnerships Propel Crownpoint Trails Project

Navigating trail development in an area with over seven different land jurisdictions can be overwhelming, especially when each segment is a part of a landscape that is a cross section of Chaco culture, Diné culture, and modern society. The K'é Community Trails project out of Crownpoint, NM spent three years engaging community members to navigate this complex situation and is positioned to begin development after being awarded over \$19,000 from the state of New Mexico's Clean and Beautiful program and \$2,500 from a private donor.

Early outreach was crucial in getting the project to this point, but it was also key in identifying valuable partners that could help sustain the project well into the future. The K'é Community Trails project started as a collaboration between the Crownpoint Chapter, Navajo Technical University, and National Park Service, but has grown to include community agencies such as the Office of Diné Youth and Navajo Nation Special Diabetes Project. The University of New Mexico's Prevention Research Center's Healthy Places, Healthy People (HPPH) initiative has also been an invested partner providing guidance in designing the trails network to be inclusive in promoting physical activity. HPPH has also been instrumental in bridging the project to VIVA Connects, opening Crownpoint's network to change agents throughout the state.



Trail Assessment photo: Attila Bality of the National Park Service discusses the possibility of installing a speed table to connect the K'é Community Trails network to the Office of Diné Youth.

A youth employment program will launch at the end of the month to begin remediation on the K'é Community Trails network with key partners leading workshops. Discussions of building a biking ecosystem in Crownpoint is also materializing. It is these partnerships that have provided the K'é Community Trails project with its foundation, and it is these collaborations that will make Crownpoint's path to a healthier community more manageable.



Community Feedback photo: Trail assessment packets were made available to community members on each trail of the K'é Community Trails network.

- *Story and photos provided by Daniel Vandever
K'é Community Trails Coalition and VIVA Connects Member*

Stay safe, mask up, and get outside!

Sincerely,

The VIVA Connects Team

Compiled by Laurel Fimbel for VIVA Connects

Please contact at: LFimbel@salud.unm.edu