



SMALL CHANGES FOR A BIG HEART

Tamaya Wellness Program

March 2016

About Million Hearts®

The goal of the national Million Hearts Campaign is to prevent 1,000,000 heart attacks by 2017.

Here in Santa Ana Pueblo, we are striving to assist community members to learn how to prevent, manage, and control blood pressure by offering activities such as:

- ▶ Blood Pressure Challenge
- ▶ Blood Pressure Class
- ▶ Cholesterol Class
- ▶ Healthy Cooking Classes
- ▶ Physical Activity Class

In addition, we are working with the Santa Ana Clinic to give extra assistance and monitoring to individuals who have difficulty

controlling their blood pressure. Ask us how you can earn points for redemption while learning valuable information about the Million Hearts Campaign.

For more information or to join the program, please contact Kathryn at 771-6772.

Prevention

Heart disease and stroke are an epidemic in the United States today. Many of the people who are at high risk for heart attack or stroke don't know it. The good news is that many of the major risks for these conditions can be prevented and controlled through healthy lifestyle changes.

Help us prevent **1 MILLION** heart attacks and strokes by **2017**

Talk to your health care team about the

ABCS

Aspirin when appropriate Blood pressure control Cholesterol management Smoking cessation

PRACTICE HEALTHY LIVING HABITS

Eat a healthy diet Maintain a healthy weight Be active on most days

Don't smoke or use tobacco Limit alcohol use

Pledge No Soda

The Tamaya Wellness Program challenged Santa Ana community members and employees to give up drinking soda (including diet) for 1 month. The promotion started Tuesday, December 1 and ended Thursday, December 31. Here are the results of the promotion:

77 community members/employees and 53 youth committed to Pledge No Soda:

- 25 participants submitted a tracking log reporting they DID NOT drink any soda
- 6 participants submitted a tracking log in which they reported drinking 1/2 a can or more of soda
- 99 participants did not submit a tracking; however, many participants who did not track reported success!

Congratulations to the drawing winners:

- Norma Montoya: \$20 gift card to Lady Foot Locker
- Michael Garcia: \$20 gift card to Fleet Feet
- Edwina Pena: \$20 gift card to Sprouts
- Joseph Garcia: \$20 gift card to Dick's Sporting Goods
- Esther Paquin: \$20 gift card to Sports Authority

Thank you for participating and keep up the healthy habits!



Tamaya Afterschool Program Keeps Moving In the Right Direction

The Youth Tamaya Wellness Program has been very active this past year. From planting gardens to helping with homework this staff is working hard to educate our youth on the importance of eating healthy and being physically fit.



Fast Fact:

50% Native American children have higher overweight and obesity rates than any other racial or ethnic group



2015 Holiday Challenge Results

The Holiday Challenge was designed to encourage and improve healthy eating habits and physical activity for 30 minutes a day, 5 days a week. There were two challenges: Weight Maintenance (maintain your weight throughout the holidays) and Weight Loss (set a goal to lose weight over the holidays). Weigh-ins were held the week of November 16-25 and ended January 7-15, 2016.

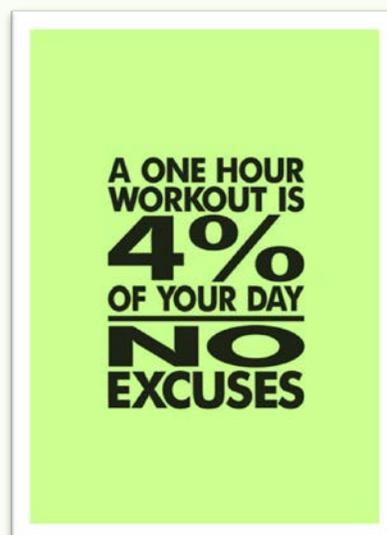
A total of 55 participants joined the Holiday Challenge. Here are the results:

Weight Maintenance Results: 19 participants joined

- 11 participants met the goal and maintained their weight (*6 participants lost a total of 21 lbs.*)
- 3 participants did not meet the goal
- 5 participants did not weigh out

Weight Maintenance drawing winners:

- Barbara Chino: \$30 gift card to Sprouts
- Lena Garcia: \$30 gift card to Sprouts
- Marge Garcia: \$30 gift card to Big 5
- Samantha Lujan: \$30 gift card to Foot Locker
- Xavier Lujan: \$30 gift card to Dick's Sporting Goods



Weight Loss Results: 36 participants joined

- 25 participants met the goal and lost weight
 - As a group they lost a total of 96.2 lbs.
- 11 participants did not meet the goal (they either maintained or gained weight)

Weight Loss drawing winners:

- Giselle Montoya: 2-\$30 gift cards to Lady Foot Locker
- Martina Montoya: 2-\$30 gift cards to Dick's Sporting Goods
- Syshana Montoya: 2-\$30 gift cards to Lady Foot Locker
- Martin Paquin: 2-\$30 gift cards to Foot Locker
- Joey Sanchez: 2-\$30 gift cards to Sportsman's Warehouse

HEALTHY ASIAN COOKING CLASS:
NOVEMBER 2015



Tamaya Wellness Program

(formerly known as Santa Ana Community Wellness Program SACWP)

OUR MISSION

To promote, support, and maintain healthy lifestyle choices within the Santa Ana Community.

TAMAYA WELLNESS PROGRAM
505-771-6753

The Tamaya Wellness Program located on the 2nd floor in the Tamaya Wellness Center has been providing programming since 1999. We have several programs that serve the youth as well as adults.

Some of the programs are:

- Healthy Heart Project
- Diabetes Education
- Tamaya Youth Wellness Program



Youth Fitness Assistants:

Lila Leon

Erin Pino



Top Row: JoAnna Garcia, Diabetes Prevention Coordinator; Kathryn Herrera, Healthy Heart Specialist; Tanya Chino, Youth Fitness Specialist; Perdita Wexler, Wellness Project Coordinator

Bottom Row: Tina Trejo-Winn, Administrative Assistant; Alina Potrzebowski, Youth Health & Fitness Coordinator; Judy Reuter, Wellness Program Manager



Fitness Assistant:

Irene Holmes



Personal Trainer:

Isaac Leon

What does Health & Wellness mean to you?

Perhaps you agree with the elders who attended discussion groups in October 2015.

- “No illness or disability” as a definition of health that includes being free, and having mobility
- Health or being healthy and well also includes taking care of one’s mental, physical, emotional, and spiritual health. For example, prayer is a way that people take care of their spiritual health
- Taking individual responsibility for one’s health
- Communication with family
- Eating healthy foods and the right portion sizes, as well as the importance of food preparation