

# Step Into Cuba: Walking Trails and Health



Southwest Trails Conference

October 10, 2012

Richard Kozoll, MD, MPH  
Cuba, New Mexico

Sally M Davis, PhD, Director  
UNM Prevention Research Center

**We bipeds are designed to walk and run great distances**



**Energy efficient travel allowed us to hunt and gather more effectively than our quadrupedal ancestors**

# Proven Positive Health Effects of Walking

- **Decrease in Death Rate from All Causes**
- **Prevention of Coronary Artery Disease**
- **Prevention and Control of Diabetes**
- **Prevention and Control of Hypertension**
- **Maintaining Weight, Enhancing Weight Loss**
- **Prevention of Osteopenia and Osteoporosis**
- **Improved Balance and Function as We Age**
- **Improved Mental Health**
- **Decreased Risk of Certain Cancers**



U.S. Department of  
Health and Human Services



# 2008 Physical Activity Guidelines for Americans



*Be Active, Healthy, and Happy!*

*[www.health.gov/paguidelines](http://www.health.gov/paguidelines)*





A black and white cartoon illustration of a man in a hat and plaid shirt sitting in a large armchair. He is holding a long stick. To his left is a small table with a steaming mug and a plate. To his right is a large, complex electronic device with many buttons and knobs, resembling a vintage computer or control panel. The background shows a window with a diamond pattern and a wooden railing.

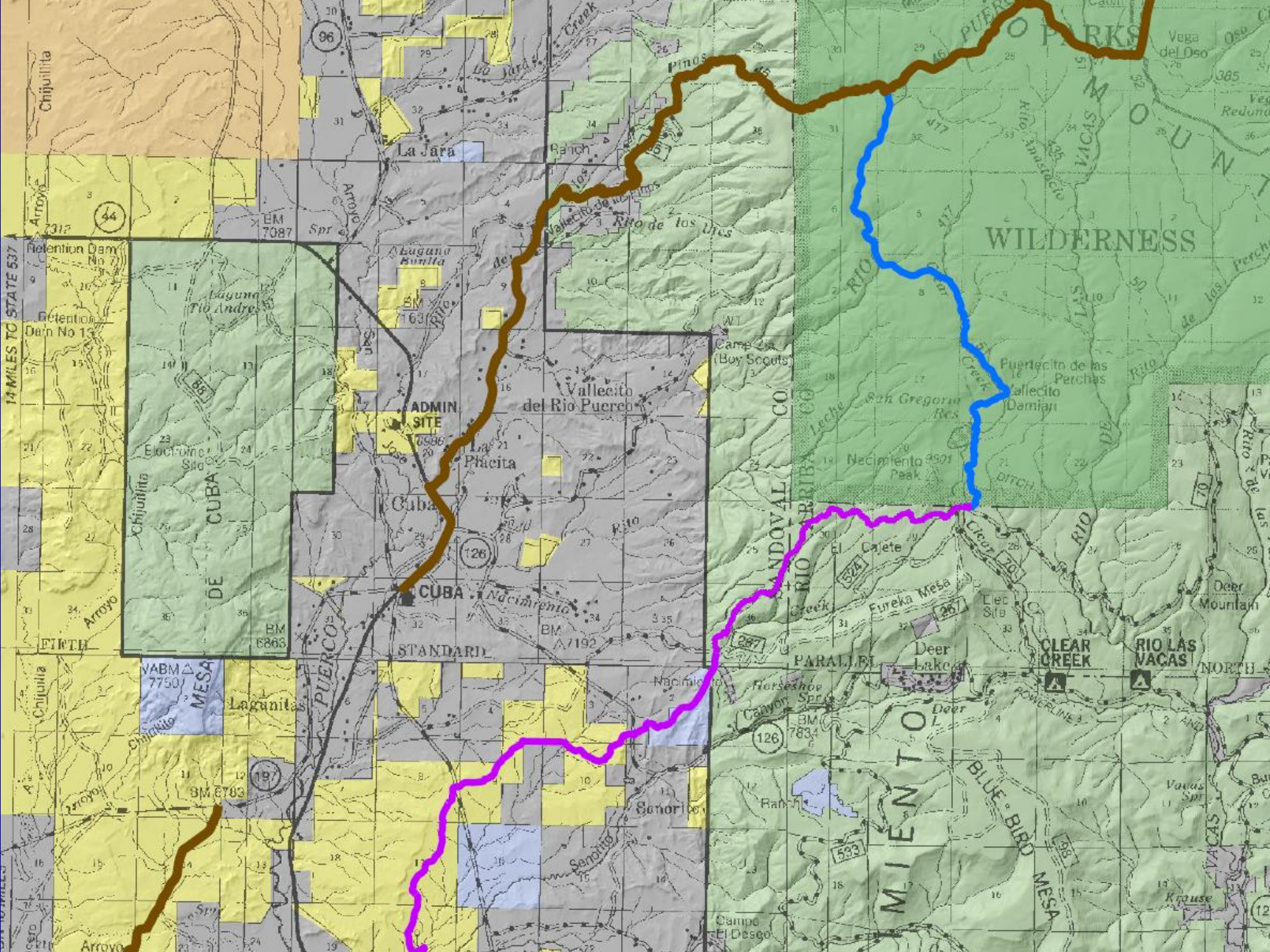
A. Christ

# Step Into Cuba - Goal

**To promote a healthy lifestyle by increasing walking and hiking in Cuba and on the surrounding Federal lands**









# Step Into Cuba - Activities

- **Creating walkways and trails in convenient locations and promoting their use**
- **Increasing pedestrian safety and walkability in the Village of Cuba**
- **Developing and improving St. Francis of Assisi Park as a walking hub and recreation destination**
- **Linking the Village of Cuba to the Continental Divide National Scenic Trail**
- **Engaging people and organizations by sponsoring campaigns and social support for physical activity**



# Step Into Cuba – Evidence Base

Step Into Cuba makes use of 6 recommended population-level strategies to promote physical activity recommended by the independent Task Force on Community Preventive Services:

## Informational Approaches

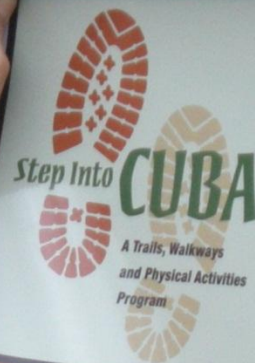
- Community-wide campaigns
- Point-of-decision prompts

## Behavioral and Social Approaches

- Social support interventions
- individually-adapted health behavior change

## Environmental and Policy Approaches

- *Enhanced access to places for physical activity combined with informational outreach*
- Street-scale urban design and land use policies and practices



A Trails, Walkways  
and Physical Activities  
Program

Coordinated by Nacimiento Medical Foundation



#### LOCATION

Village of Cuba, New Mexico and surrounding areas

#### PROJECT GOAL

To provide a healthy lifestyle by increasing walking and hiking in Cuba and on the surrounding scenic Federal lands

#### PROJECT ACTIVITIES

- Creating walkways and trails and promoting their use
- Increasing pedestrian safety and walkability in the Village of Cuba
- Developing and improving St. Francis de Asis Park as a central trailhead and recreation destination
- Linking the Village of Cuba to the Continental Divide National Scenic Trail
- Engaging individuals and organizations in a shared goal of promoting physical activity and offering social support

#### PARTNERS

Continental Divide Trail Alliance, Cuba Independent School District, Cuba Regional Economic Development Organization, Nacimiento Heritage Area, NM Department of Health, NM Department of Transportation District 6, Presbyterian Medical Services, Sandoval County, University of New Mexico Prevention Research Center, US Bureau of Land Management, US Forest Service, US National Park Service, Village of Cuba

#### CURRENT SUPPORT

Village of Cuba/Sandoval County  
NM Department of Health  
UNM Prevention Research Center  
US National Park Service RTCA Program  
American Hiking Society/Nature Valley Trails Fund  
Kodak American Greenway Grant  
Cuba Soil and Water Conservation District

#### FOR MORE INFORMATION CONTACT:

Jeanette Luvette, NMF Program Director (575) 289-3718

This project is being conducted by the Village of Cuba Medical Foundation Research Center, a member of the Prevention Research Center Program, supported by the Centers for Disease Control and Prevention cooperative agreement number 5U49CE00081-01. For more information, please contact the NMF Foundation Research Center at 2015 1122 4802.





# Steering Group - Step Into Cuba Alliance

- Partnering organizational representatives
- Community volunteers
- Many health professionals
- Walking champions

\* \* \* \* \*

- Meets regularly to review and celebrate progress, explore issues, make recommendations, designate action groups, plan events

# Many Partners Recruited

- **Nacimiento Medical Foundation**
- **Village of Cuba**
- **Sandoval County**
- **Cuba Independent School District**
- **Presbyterian Medical Services**
- **Cuba Regional Economic Development Organization**
- **Nacimiento Heritage Team**
- **Cuba Soil and Water Conservation District**
- **NM Dept. of Health**
- **US Forest Service**
- **US Bureau of Land Management**
- **US National Park Service/RTCA program**
- **Continental Divide Trail Alliance**
- **NM Forestry Division**
- **NM Department of Transportation**
- **UNM Prevention Research Center**



We're Celebrating 10 Years!



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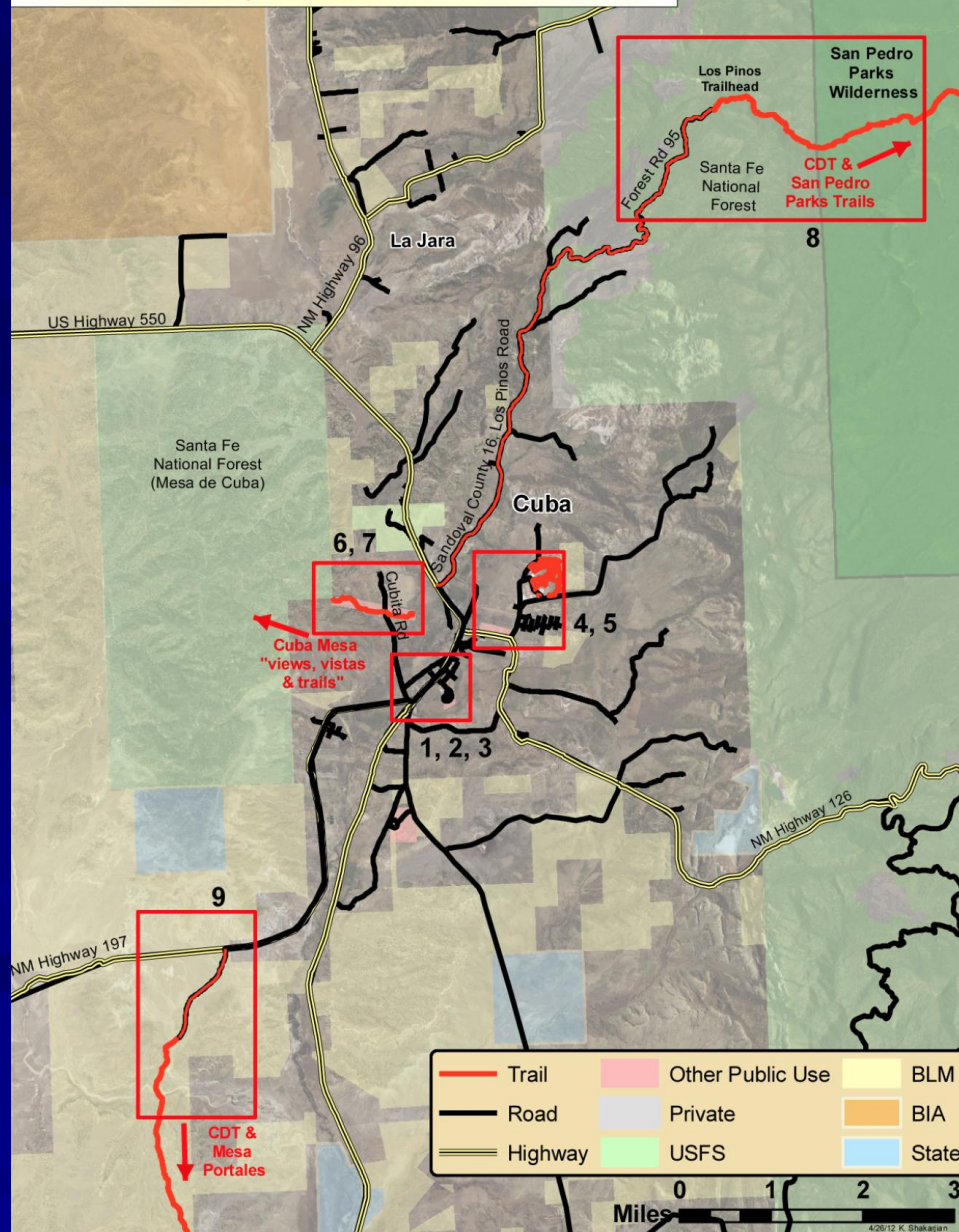
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## Environmental and Policy Approaches

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# WALKING AND HIKING PLACES NEAR CUBA, NEW MEXICO













Santa Fe  
National Forest  
(Mesa de Cuba)

Cuba Mesa  
"views, vistas  
& trails"

Fisher Trail

CUBITA RD

P

0 750 1,500 3,000 Feet



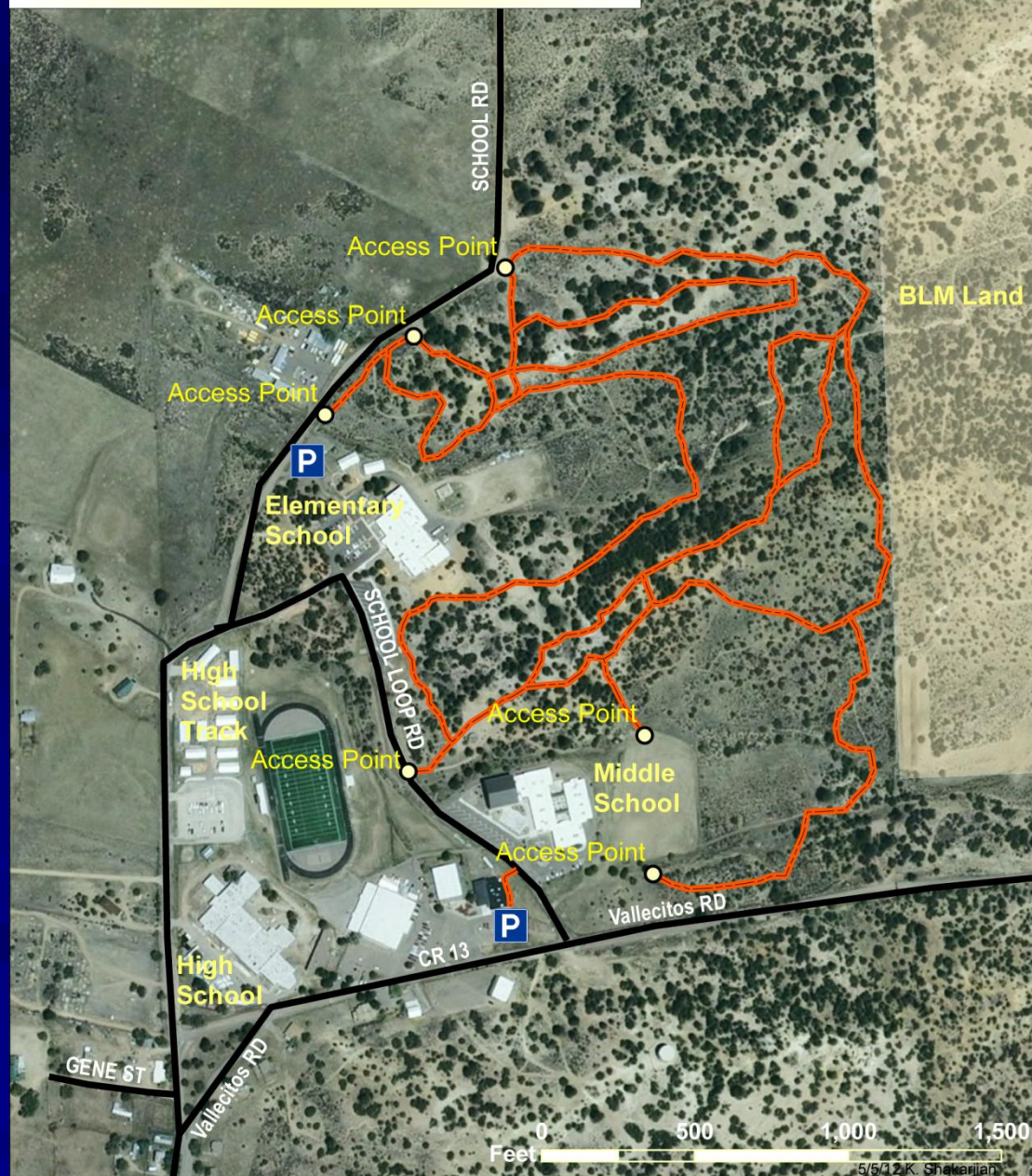








# WALKING TRAILS NEAR CUBA SCHOOLS



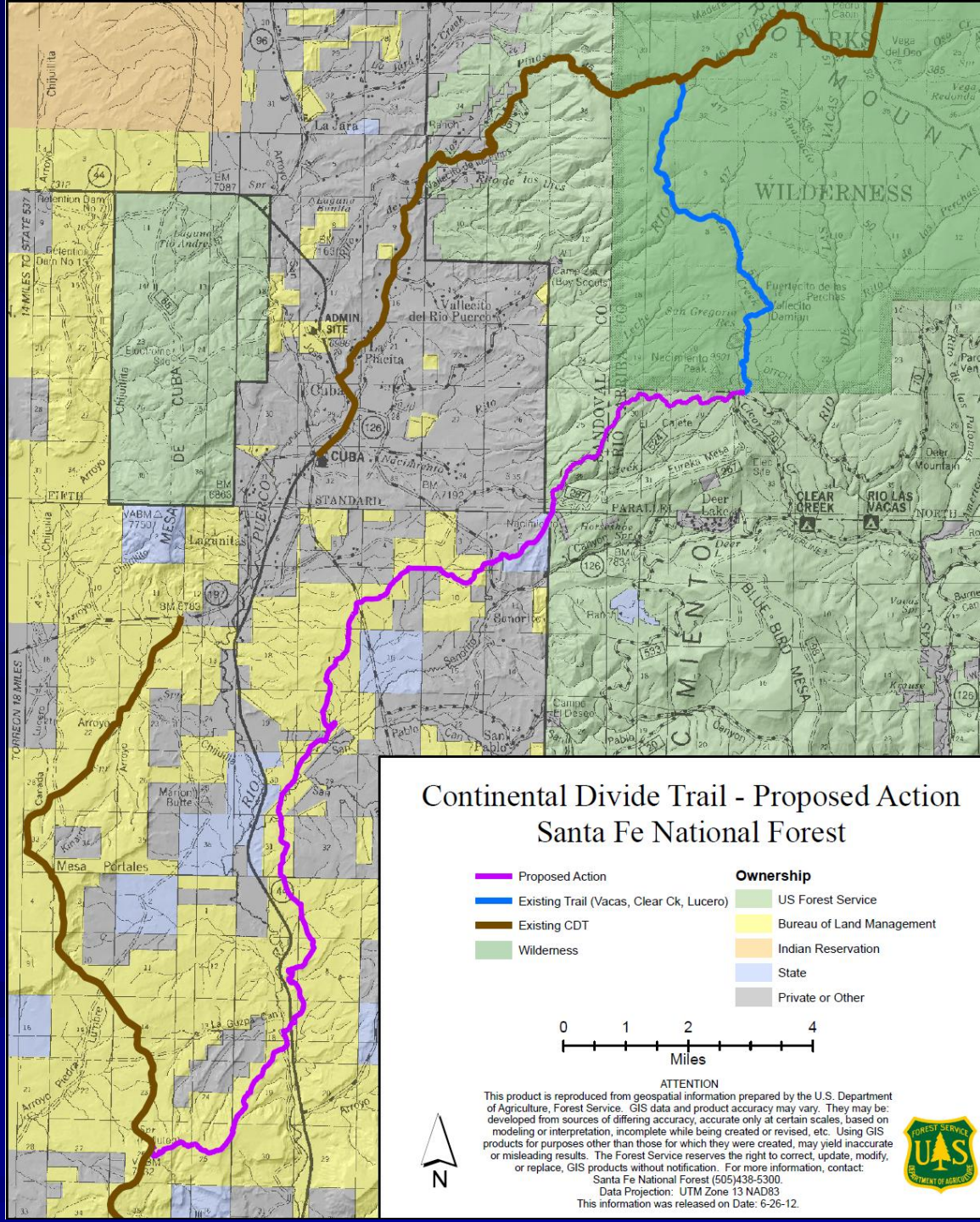






























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# http://www.stepintocuba.org

**STEP INTO CUBA**  
A Trails, Walkway and Physical Activity Program

ABOUT US > | PLAN YOUR WALK > | HEALTH BENEFITS > | GET INVOLVED > | NEWS & PHOTOS > | RESOURCES >

## Welcome to Step into Cuba!





### What is Step into Cuba?

Step into Cuba is a program to promote healthy physical activity through development of sidewalks, paths, trails, social support, and opportunities for lifestyle change. It is based in Cuba, New Mexico. It is guided by a partnership of organizations and individuals – the Step Into Cuba Alliance – and coordinated by the Nacimiento Medical Foundation. Our future vision is to create a “greener,” healthier, and more pedestrian, community with opportunities for extraordinary walking and hiking on surrounding scenic Federal lands.



Beautiful Los Pinos Trail Hike (Fall Aspen Stand)



### What's Happening?

Step Into Cuba has several walking groups you can join, as well as walking champions who can help you design your own exercise program. You can also choose to participate in volunteer activities – such as landscaping, tree watering, and trail maintenance – to get outdoors, have fun, learn new skills and help the community. We are also developing youth recreation and training programs.

Our Step Into Cuba Alliance or committees meet monthly and welcome guests with ideas and information. We sponsor community events and work closely with the Village of Cuba, Sandoval County, New Mexico Department of Transportation, Federal Agencies, and Continental Divide Trail Alliance on planning future trails including a new segment of the Continental Divide National Scenic Trail.

**Step Into Cuba Video | HSC UNM | October 26, 2009**  


[» Sign up for e-newsletter](#)

[» Walking Groups Calendar](#)

[» Volunteer Opportunities](#)

[» Our Partners](#)

[» Contact Us](#)

**STEP IT UP!**  
Join a walking group  
It's safe and enjoyable, and provides a great social atmosphere to develop new friendships and strengthen current relationships. Sign up and receive information about walking groups in Cuba, New Mexico.  
[JOIN NOW »](#)

 [Find us on Facebook](#)

 [See us on Flickr](#)

 [Tell Me More Blog](#)

 [Take Our Online Survey!](#)

The Nacimiento Medical Foundation is located at 6362 U.S. Highway 550, Cuba, NM 87013 : Phone: (575) 289-3718  
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Centers For Disease Control & Prevention



University of New Mexico Prevention Research Center



**Richard Kozoll, MD, MPH**  
**[lospinos@unm.edu](mailto:lospinos@unm.edu)**

**Sally Davis, PhD**  
**[sdavis@salud.unm.edu](mailto:sdavis@salud.unm.edu)**

**<http://www.stepintocuba.org>**