



Kewa Pueblo Health Corporation

Public Health Nursing

Pueblo Road Warriors

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Description of Program

Pueblo Road Warriors is a program to address the activity level of the patients of Santo Domingo Health Center. This health promotion and disease prevention project is designed to assist in preventing and combating diabetes by providing a structured support program to increase activity level, encourage weight-loss and improve blood pressures.

Physical activity is the key element in the prevention and management of type 2 diabetes. Structured interventions combining physical activity and modest weight loss have been shown to lower type 2 diabetes risk by 58% in high-risk populations.

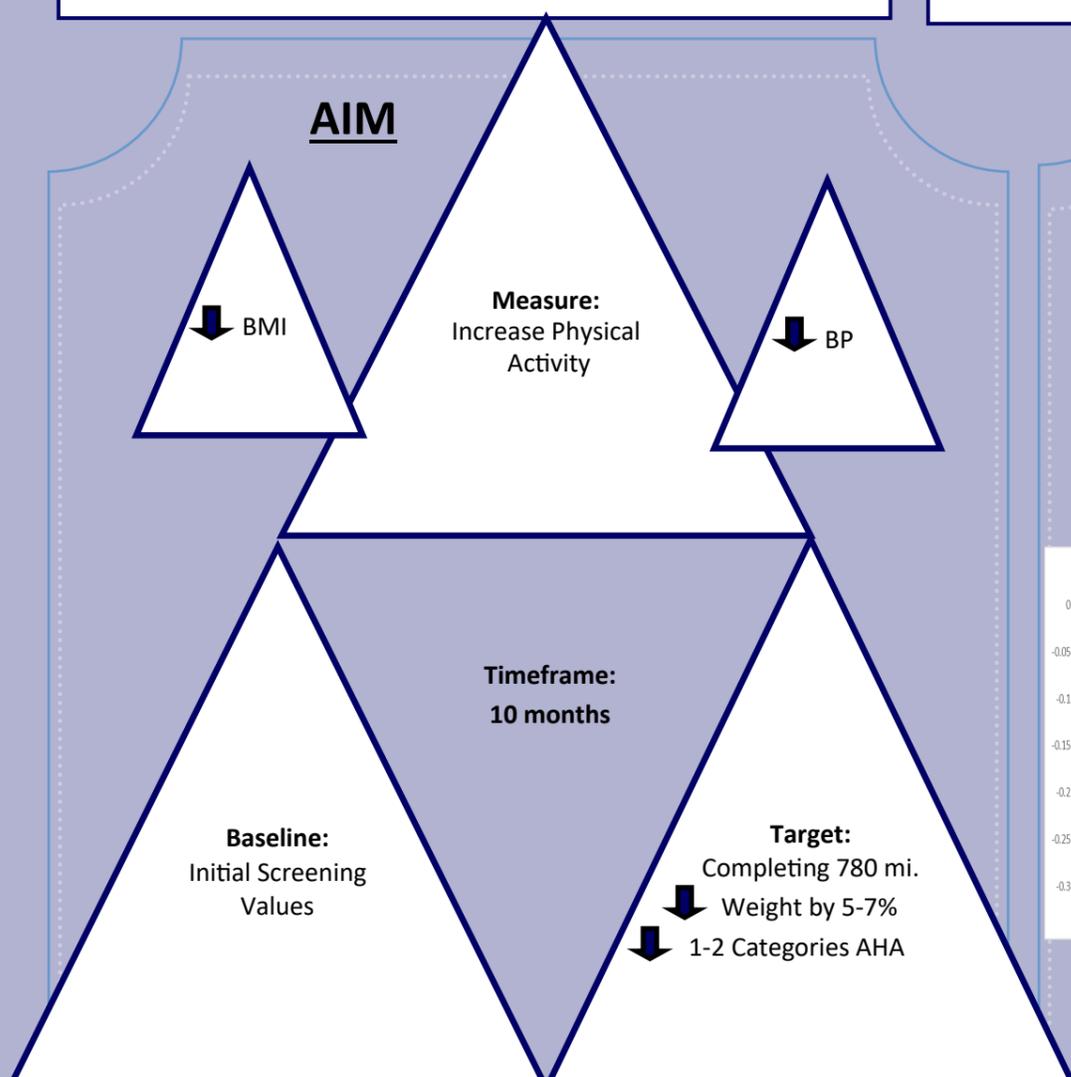
Public Health Nursing

A department serving to promote and improve the healthcare and well-being of the Kewa Community through the following wide-range of services:

- Health Promotion and Disease Prevention
- Chronic Disease Case Management
- School Health
- Infectious Disease and Immunizations
- Community and patient advocacy
- Prenatal, Newborn and Postpartum Education



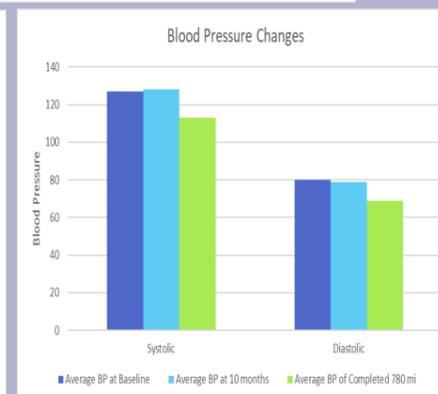
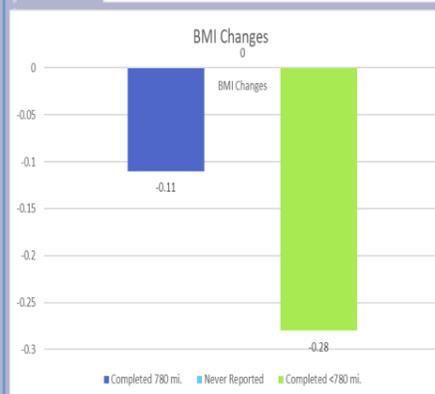
AIM



PRIMARY GOAL:

Increase physical activity by completing 780 miles in 10 months, while encouraging weight-loss and improved blood pressure.

Results



HIGHLIGHTS

Total Miles Completed by all in 10 months: **9513.88**

Total Miles Completed by the 5 RWs in 10 months: **4124.98**

Average of 825 miles

Actions Taken

Outreach+Community Engagement=Small Test of Change

- Community wide recruitment (KPHC Newsletter, Flyers, Word of Mouth)
- Developed visual of Pueblo Route
- Health Screenings (Initial, at 526 miles, Final)
- Awarded incentives at specific mile markers
- PHN Sponsored Health Events
- Communication with participants to report steps/miles

Lessons Learned

- Behavioral changes required to improve frequency of reporting steps.
- Provide more durable activity trackers.
- Have visual displayed in larger communal area for motivation.
- Pandemic hindered group PHN events.

Conclusion

The Pueblo Road Warriors program has the potential to larger, with much room for improvement. The data supports existing evidence that states small improvements in physical activity contribute to increased prevention and management of pre-diabetes and diabetes.