Why addressing food insecurity and promoting local food systems is good for the health of New Mexico

Denee Bex, MPH, RD, LD, Tséhootsooí Medical Center
My story with local food

- Born & raised on the Navajo Nation
- Cultural & local food was always present growing up
  - Working with grandmother in corn & squash field
  - Butchering and preparing sheep
  - Gathering with family on the weekends
  - Learning traditional food practices from family
Social determinants of health are conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks. ¹

Social Determinants of Health in Nutrition in My Community

- Navajo citizens are disproportionately impacted by diet-related diseases.
- 3 in 4 Navajo residents express some level of food insecurity.¹
- USDA defines the Navajo Nation as a food desert.²
- 51% travel off reservation for groceries and travel 155-240 miles round trip.²
- 1 out of every 4 residents do not have access to indoor plumbing or electricity.²

How supporting local food shapes my practice

- 11% of New Mexico residents are AI/AN¹
- Health professionals and policymakers are realizing increasing access to local food can improve health of individuals and community²
- Supporting local food initiatives is imperative to community health, especially for food insecure regions, to increase access to healthful foods.

Navajo Nation Sees Farming Renaissance During Coronavirus Pandemic

No running water. No electricity. On Navajo Nation, coronavirus creates worry and confusion as cases surge.
How supporting local food shapes my practice

- Improving access to local food via farmers markets was associated with increased f/v consumption.¹
- Increasing access to local food and encouraging food insecure community members can be one way to address the SDOH.
- Recognize health is multi-faceted and must involve advocacy at social, economical, & political levels to improve community health and food environments.

Local food starts with the family
New Mexico First Health Body, Mind, and Spirit

REMOTE TOWN HALL SERIES AUGUST 5-SEPTEMBER 2, 2020
August 5, 2020
1pm-5:00 PM

Town Hall Launch -
Health: Body, Mind, and Spirit

1-1:30 Welcome, Blessing, Overview, a Word from the Chair
1:30-2:45 Panel Discussion
2:45-3:00 Bio/Comfort Break
3:00-3:30 Question and Answer
3:30-4:15 Meet Your Consensus-Building Team
4:15-4:30 Overview- Road Map of the Town Hall
4:30-5:00 Virtual Ice Cream Social
Dr. Richard Luarkie
CHAIR-ELECT, NEW MEXICO FIRST
Valerie Romero-Leggott, MD
CHAIR, NEW MEXICO FIRST
Health Hero

https://conalma.org/
Health Hero

https://drive.google.com/open?id=1nUISO4tA1StdgBHM8WyhOurT8hDkFMEA
Health Promoter
Health Promoter
Health Promoter
Health Promoter
Health Ally
Clint D. Harden
CHAIR, NMF. HEALTH: BODY, MIND, AND SPIRIT TOWN HALL PLANNING COMMITTEE
NMF Town Hall 43

Health: Body, Mind, and Spirit

Planning (10/19-7/20)
12+ Members

Research (10/19-7/20)
6+ Members

Outreach (Jan-July 2020)
300+ people/18+ communities

Town Hall Series (Aug. 5- Sept. 2)
28 Consensus Builders Trained/Est. Learning Community

Implementation and Action Teams
Sept. ‘20
Planning Committee

Thank You!

- Dr. Dale Alverson, Medical Director, Center for Telehealth
- Del Archuleta, President, Molzen Corbin
- Michael Barndollar, Principal, Barndollar Associates Consulting
- Sharon Berman, Strategic Civic Engagement and Policy Manager, NMF
- Angelica Bruhnke, CEO and Co-Founder, Versatile MED Analytics
- Joel Davis, Owner, Davis and Kelley, LLC
- Eileen Goode, CEO, New Mexico Primary Care Association
- Clint Harden, Lead Consultant, Clint D Harden and Associates
- Lilly Irvin-Vitela, President and Executive Director, NMF
- Danny Palma, Partner, Direct Therapy Services
- Anna Rondon, Executive Director, New Mexico Social Justice and Equity Institute
- Melanie Sanchez-Eastwood, Deputy Director, NMF
Research Committee

Thank You!

- Lisa Cacari Stone, PhD, MS, MA, Associate Professor of Health & Social Policy, College of Population Health, Director, Transdisciplinary Research, Equity and Engagement Center for Advancing Behavioral Health (TREE Center)

- Sarita Cargas D.Phil. Oxford University, Mst in the Study of Religion Oxford University, MA Theology Aquinas Institute of Theology, MA Psychology Georgetown University, BA St. John’s College, Associate Professor, University of New Mexico, Honors College

- Michelle Guiterrez, Master’s International Cooperation and Development, Program Officer, W. K. Kellogg Foundation

- Lilly Irvin-Vitela, Masters in Community and Regional Planning, President and Executive Director, NMF

- Abigail Reese, PhD, CNM, MSN, Executive Director, New Mexico Perinatal Collaborative

- Wendy Wintemute, PhD, Social Work, Program Director- SHARE NM, a program of New Mexico First
Thank You!

Town Hall Consensus Building Team

Alan Barton
Sharon Berman
Kate Dow
Melanie Eastwood
Dan Gerry
Ophelia Hudson
Lilly Irvin-Vitela
Leslie Kryder
Charna Lefton
Jeanette Martinez
Christina Morris
Alina Potrzebowski
Erika Robers
Martha Romero
Tina Ruiz
Martha Troup
Xavier Vallejo
Wendy Wintermute
Panel

HEALTH: BODY, MIND, AND SPIRIT
Dr. Dolores Roybal
EXECUTIVE DIRECTOR, CONALMA HEALTH FOUNDATION
Denee Bex

REGISTERED DIETICIAN, TSÉHOOTSOOÍ MEDICAL CENTER AND AN ADVOCATE FOR HEALTHY TRADITIONAL NAVAJO DIETS AND HOME-GROWN FOODS IN NATIVE COMMUNITIES
Tracey Bryan

PRESIDENT STATE WORKFORCE BOARD, PRESIDENT AND CEO- THE BRIDGE OF SOUTHERN NM, NMF BOARD MEMBER
Sharon Finarelli
EXECUTIVE DIRECTOR, NM ALLIANCE OF HEALTH COUNCILS
Jeanette Martinez, MSW

PRESIDENT, CIRCLE OF JUSTICE
Bio Break
Questions and Answers
Break-out Practice: Meet Your Track

Orange Team  Health Workforce

Purple Team  Toxic Stress, Trauma

Yellow Team  Health Promotion, Prevention Intervention and Treatment

Green Team  Food Security & Food Systems
Road Map

Jan.–July 2020
Community Conversations - Health: Body, Mind, and Spirit

6 Aug. – 1 Sep. 2020
Weekly Break Out Sessions

Sep.–Dec. 2020
Share Recommendations and Report with Communities Who Hosted Conversations and Action Teams Prepare for the Legislative Session

Apr. 2021
Review Progress and Strategize about Action Team Next Steps

Jan.–Mar. 2021
Action Teams Advance Town Hall Recommendations During the Legislative Session

May–Dec. 2021
Action Teams Advance Town Hall Recommendations
Toxic Stress, Trauma, and Resilience

Jeanette Martinez, MSW
President, Circle of Justice
Everyone Has Stress and Hard Times

Toxic Stress and trauma are different
Tipping Point Between Stress and Toxic Stress

- Intensity
- Frequency
- Duration
- Timing
- Degree of Violence
- Pre-natal Experiences
- Capacity for stress-recovery and regulation/co-regulation
- Genetic Loading
- Environment
- Temperament
- Quality of Attachment
Toxic Stress

Toxic stress is the extreme, frequent, or extended activation of the stress response, without the buffering presence of a supportive adult. (Johnson, Riley, Granger Riis Pediatrics 2013)
Toxic Stress

- Inability to recover from stress and functioning in an ongoing state of
  - Hyper-vigilance
  - Rage
  - Depression
  (Lillas 2015)
Toxic Stress

- If experienced during the early years and left untreated it may negatively impact brain development on multiple levels:
  - Executive
  - Regulation
  - Sensory
  - Mental Health

(Lillas 2015)
Toxic Stress Response

- Strong, frequent, and/or prolonged adversity
- Examples: physical or emotional abuse, chronic neglect, caregiver substance abuse or mental illness, exposure to violence, and/or the accumulated burdens of family economic hardship—without adequate adult support
- Prolonged activation of the stress response systems can disrupt the development of brain architecture and other organ systems
- Can increase the risk for stress-related disease and cognitive impairment, well into the adult years.

(Harvard Center on the Developing Child)
ACES

- Adverse Childhood Experiences
- Adverse Community Experiences
- Adverse Climate Experiences
Illness and disease are not and accident. They are a predictable result of toxic stress and trauma.
Poorer Health Outcomes are Linked to Traumatic and Toxic Stress

When someone has 4 or more ACEs they are:

- Twice as likely to smoke
- Twice as likely to have heart disease
- Twice as likely to be diagnosed with cancer
- Four times as likely to have emphysema or chronic bronchitis
- Six times as likely to have sex before age 15
- Seven times as likely to be alcoholics
- Twelve times as likely to have attempted suicide
- 46 times as likely to have injected drugs

(Lillas 2015)
Resilience

- Health Promotion and Prevention Work
- If There is Risk or Harm Intervene Early
- Support Two Generation Models
- Strengthen the Context of Health - Family Community and Culture
  - Concrete Supports - Basic Needs
  - Increase Understanding of Child Development
  - Reduce Social Isolation
  - Focus on Social and Emotional Development
- Focus on Assets not Just Risks
- Remember – we’re in this together!
Building the Healthcare Workforce
New Mexico Needs

New Mexico First Town Hall: Body, Mind, and Spirit
August 5, 2020
Unemployed by Industry 7/17/20

- Public Administration
- Other Services (Except Public Admin)
- Agriculture/Forestry/Fishing/Hunting
- Accommodation & Food Service
- Arts, Entertainment, Recreation
- Healthcare & Social Assistance
- Educational Services
- Admin & Support/Waste Mgmt
- Mgmt of Companies
- Professional/Scientific/Tech. Services
- Real Estate, Rental, Leasing
- Finance & Insurance
- Information
- Transportation & Warehousing
- Retail Trade
- Wholesale Trade
- Manufacturing
- Construction
- Utilities
- Mining
- Educational Services
- Healthcare & Social Assistance
- Information
- Transportation & Warehousing
- Retail Trade
- Wholesale Trade
- Manufacturing
- Construction
- Utilities
- Mining
- Agriculture/Forestry/Fishing/Hunting

137,500 unemployed
<table>
<thead>
<tr>
<th>Code</th>
<th>Service Description</th>
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<tbody>
<tr>
<td>6211</td>
<td>Offices of Physicians</td>
</tr>
<tr>
<td>6212</td>
<td>Offices of Dentists</td>
</tr>
<tr>
<td>6213</td>
<td>Offices of Other Health Practitioners</td>
</tr>
<tr>
<td>6214</td>
<td>Outpatient Care Centers</td>
</tr>
<tr>
<td>6215</td>
<td>Medical and Diagnostic Laboratories</td>
</tr>
<tr>
<td>6216</td>
<td>Home Health Care Services</td>
</tr>
<tr>
<td>6219</td>
<td>Other Ambulatory Health Care Services</td>
</tr>
<tr>
<td>6221</td>
<td>General Medical and Surgical Hospitals</td>
</tr>
<tr>
<td>6222</td>
<td>Psychiatric and Substance Abuse Hospitals</td>
</tr>
<tr>
<td>6223</td>
<td>Specialty (except Psychiatric and Substance Abuse) Hospitals</td>
</tr>
<tr>
<td>6231</td>
<td>Nursing Care Facilities (Skilled Nursing Facilities)</td>
</tr>
<tr>
<td>6232</td>
<td>Residential Intellectual and Developmental Disability, Mental Health, and Substance Abuse Facilities</td>
</tr>
<tr>
<td>6233</td>
<td>Continuing Care Retirement Communities and Assisted Living Facilities for the Elderly</td>
</tr>
<tr>
<td>6239</td>
<td>Other Residential Care Facilities</td>
</tr>
<tr>
<td>6241</td>
<td>Individual and Family Services</td>
</tr>
<tr>
<td>6242</td>
<td>Community Food and Housing, and Emergency and Other Relief Services</td>
</tr>
<tr>
<td>6243</td>
<td>Vocational Rehabilitation Services</td>
</tr>
<tr>
<td>6244</td>
<td>Child Day Care Services</td>
</tr>
</tbody>
</table>
Healthcare is BIG in New Mexico

### Occupational Employment Distribution

This section shows the top occupations with the highest estimated employment for Health Care and Social Assistance in New Mexico based on a 2018 estimate.

<table>
<thead>
<tr>
<th>Rank</th>
<th>Occupation</th>
<th>Estimated Employment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Personal Care Aides</td>
<td>26,958</td>
</tr>
<tr>
<td>2</td>
<td>Registered Nurses</td>
<td>15,609</td>
</tr>
<tr>
<td>3</td>
<td>Medical Assistants</td>
<td>6,158</td>
</tr>
<tr>
<td>4</td>
<td>Home Health Aides</td>
<td>4,197</td>
</tr>
<tr>
<td>5</td>
<td>Secretaries and Administrative Assistants, Except Legal, Medical, and Executive</td>
<td>3,647</td>
</tr>
<tr>
<td>6</td>
<td>Receptionists and Information Clerks</td>
<td>3,608</td>
</tr>
<tr>
<td>7</td>
<td>Dental Assistants</td>
<td>2,706</td>
</tr>
<tr>
<td>8</td>
<td>First-Line Supervisors of Office and Administrative Support Workers</td>
<td>1,854</td>
</tr>
<tr>
<td>9</td>
<td>Childcare Workers</td>
<td>1,820</td>
</tr>
<tr>
<td>10</td>
<td>Preschool Teachers, Except Special Education</td>
<td>1,735</td>
</tr>
</tbody>
</table>

**Employment**

17.0% of all jobs in New Mexico

Source: NMDWS, Quarterly Census of Employment and Wages program
Healthcare is Still Hiring in New Mexico

<table>
<thead>
<tr>
<th>Rank</th>
<th>Advertised Certification Group</th>
<th>Advertised Certification Sub-Category</th>
<th>Job Opening Match Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>American Heart Association (AHA) CPR &amp; First Aid Certifications</td>
<td>Nursing</td>
<td>4,889</td>
</tr>
<tr>
<td>2</td>
<td>Nursing Credentials and Certifications</td>
<td>Nursing</td>
<td>3,784</td>
</tr>
<tr>
<td>3</td>
<td>National Registry of Emergency Medical Technicians (NREMT)</td>
<td>Fire Rescue</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Social Worker Credentials &amp; Certifications</td>
<td>Social and Human Services</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>State Licensed Counselors</td>
<td>Counseling</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>National Board for Respiratory Care (NBRC)</td>
<td>Medical Treatment and Therapy</td>
<td>153</td>
</tr>
<tr>
<td>7</td>
<td>American Society for Clinical Pathology (ASCP) Certifications</td>
<td>Laboratory and Research</td>
<td>156</td>
</tr>
<tr>
<td>8</td>
<td>American Red Cross - First Aid Certifications</td>
<td>Nursing</td>
<td>83</td>
</tr>
<tr>
<td>9</td>
<td>American Health Information Management Association (AHIMA)</td>
<td>Healthcare - All Other</td>
<td>74</td>
</tr>
<tr>
<td>10</td>
<td>American Association of Medical Assistants (AAMA) Certifications</td>
<td>Medical Professional</td>
<td>72</td>
</tr>
</tbody>
</table>
Workforce Talent Collaborative
Comprehensive Workforce Development to Drive Economic Impact
Economic Development Targets

- Healthcare
- Defense
- Agriculture
- Aerospace
- Digital Media

- Advanced Manufacturing
- Transportation & Logistics
- Energy
Understanding the Key Connections

1. **EDUCATION** is the key to building talent.

2. **TALENT** is the key to economic development.

3. **ECONOMIC DEVELOPMENT** is the key to job growth.

4. **JOB GROWTH** fuels regional prosperity and vibrant, thriving community for all.
A Comprehensive Approach to Workforce Talent Development

- **Culture Change**: Narrative Change
- **Workforce Talent Development**
  - High School Graduation
  - ECHS, CTE, DC
  - Career Certifications and Associates Degrees
  - 2+2, Aggie Pathways
  - College Graduation
  - Workforce Solutions' Workforce Innovation Opportunities Act Opportunity Youth Onramp
- **STEM/STEAM/STEM-H Proficiency**
- **Business Engagement** (Leadership, Mentorship, Internships, Apprenticeships, Externships)
- **Policy**
Healthcare Industry
Pathways, Partners, and Positions

Dual Credit/CTE Pathways
- High School: Arrowhead Park Medical Academy/HS CTE Health Pathway
- New Mexico State University: College of Health and Human Services
- NMSU, Texas Tech, Univ. of NM, St. Francis
- Burrell College of Osteopathic Medicine, University of New Mexico

2+2 Programs
- 

3+3 Program
- 

Hands-on experience
- Volunteering, Internships, Part-Time Jobs
- Employer and College-Led Work-Learn Pathways
- Residency

Career Opportunities
- Certified Nursing Assistant $24,000
- Patient Care Tech $27,000
- Specialized Tech/ADN $41,000 - $59,000
- BSN $61,000
- Physicians Assistant/Nurse Practitioner $100,000
- Medical Doctor/Doctor of Osteopathic Medicine $145,000

Education to get you career ready

Entry point for out-of-school youth and adults

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Behavioral Health Pathways, Partners, and Positions

Dual Credit Pathway

High School: Arrowhead Park Medical Academy/HS CTE Health Pathway

New Mexico State University (NMSU):
College of Education/Counseling/Psychology
School of Social Work
School of Nursing

DACC to NMSU
AA/ADN-BSN - MSN ** BA/BS-MA/MS/PhD or Doctorate)

Residency/ Patient Rounds

University of New Mexico/Baylor College of Medicine/Texas Tech University Health and Sciences/Texas A&M

2+2 program

Non-Traditional Education Pathway
Certified Medical Assistant Program
CNA or CMA – dual credit to DACC

Work-Learn Pathways
(Tuition Asst.)

NMSU to Medical School
(M.S./Doctorate to M.D.)

3+3 program

Traditional Education Pathway

Workforce Solutions and NM Human Services Department – placement/ training assistance

NMSU to Medical School
(ADN/AA)
Registered Nurse
with Psychiatry Skill $50,000-$65,000

Career Opportunities

Certificate Required:
Registered Behavioral Tech/ Med. Assist. with Psychiatry Skill $32,000

(ADN/AA)
Registered Nurse with Psychiatry Skill $50,000-$65,000

(ADN/AA) Therapists; LPCC, LADAC, LFMT, LCSW, School based Psychologist $42,000-$56,000

Board Certified Behavioral Therapist; Psychiatry Mental Health Nurse Practitioner $70,000-$107,000

Psychologist
PhD. $60,000 - $72,000

Psychologist Peer
PhD. $60,000 - $72,000

(Doctorate)PMHDNP – Psychiatry Mental Health Doctor Nurse Practitioner $125,000 - $150,000

Psychiatrist, M.D.
$227,478-$285,600
You have the power and the resources to become the best, most qualified New Mexico True Talent you can be! We welcome you to explore this unparalleled set of free, online resources to help you build and navigate your own roadmap from school to college to career.

Your Guide to COVID-19 Recovery

NewMexicoTrueTalent.org
EXPLORING YOUR ROADMAP

Welcome to Doña Ana County’s most comprehensive collection of resources for connecting New Mexico’s youth and young adults, parents, teachers, and businesses with the skills, training, and resources they need to succeed. Connecting our people, New Mexico’s True Talent, to the rich resources we have, is the key to your bright future and ours. No matter who you are, or where you are in your journey, there is a wide variety of resources available to you in our virtual one-stop shop.

Resources for Students

Students can make decisions today that put you on a strong path for tomorrow. Check out this wide range of tools available to help navigate from here to there.

Resources for Parents

Doña Ana County is quickly becoming the best place to connect your potential, as well as that of your children, with the very real opportunities for careers in well-paying industries here now and poised for growth.