



Geographic Area: Cuba, NM

Target Audience: All residents who could benefit from physical activity, especially walking,

Lead Organization: Nacimiento Community Foundation

Description: The DPCP has supported the Step Into Cuba (SIC) program for a number of years through state and Healthy Communities funding. The focus of this funding has been to encourage people with or at risk for diabetes to join walking groups offered to community members and employees through the worksite wellness programs.

For more information about the program, go to the Step Into Cuba website at <http://stepintocuba.org/>.

Cuba also participates in the Prescription Trails program in which healthcare providers prescribe specified amounts of activity based on the patient's physical condition, to treat chronic diseases such as diabetes, depression and high blood pressure. Patients are referred to a walking group and may receive a walking guide with a variety of recommended trails.

For information about other Prescription Trails programs in New Mexico, go to <http://prescriptiontrailsnm.org/index.shtml>