



- Geographic Area:** Cuba, NM and surrounding area in northern Sandoval county
- Target Audience:** All residents who could benefit from physical activity, especially walking, with a special focus on those with chronic disease
- Lead Organization:** Nacimiento Community Foundation
- Description:** Healthy Communities is a CDC-funded program to concentrate prevention efforts in a selected community including:
- Step into Cuba, a multicultural, community-wide intervention to increase physical activity and thereby reduce the prevalence of obesity and related chronic conditions such as diabetes
 - Outreach to local businesses about worksite wellness activities including walking and healthy nutrition
 - Social support to encourage walking
 - Promotion of smoking cessation services and the dangers of secondhand smoke
 - Efforts to implement the CATCH program (Coordinated Approach to Child Health) in the local elementary school