



## Health beyond health care the subject of fall lecture series

By Andrew Oxford

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Discussions of health care typically revolve around insurance, doctors visits and medications. Health care professionals hope to broaden those conversations during this year's fall lecture series sponsored by SMU-in-Taos and UNM-Taos.

The notion there is more to health than health care ties together the three events that are part of the upcoming series, during which organizers plan to focus on the community's role in physical as well as mental well-being.

"We wanted representation from across medicine, nursing, and allied health fields, and asked them to talk about the factors that impact health that have nothing to do with the health care system," said Juliana Anastasoff, a rural health extension officer and lecturer at the UNM-Health Sciences Center who co-organized this year's series, set to begin Friday (Sept. 5).

"From there, we added three local panelists to expand on each night's theme to bring the issues home — to make it real, to offer hope, and to share with the audience how they can be involved, formally or informally, in building a healthy Taos County," she explained.

While the series focuses on health, Anastasoff said it will not only include doctors.

"Some panelists work in areas not always seen as health-related, such as education, planning and agriculture," she said. "Panelist who are clinicians are also involved in non-profit organizations, as volunteers, in the policy area, and in the faith community, and see that civic work as important to community health as what they do in healthcare settings. Several panelists are also students."

The goal, Anastasoff explained, is to foster a broad dialogue about health.

"For health professionals, students and faculty, we are offering an opportunity for mutual learning and dialogue with health leaders renowned here in New Mexico, nationally and internationally," she said. "For folks in the broader community, we hope the topics will be timely and relevant."

Friday's event — "Health is more than healthcare: The community determinates of health" — will frame the series by exploring the link between basic needs and the health environment. Dr. Arthur Kaufman, vice chancellor for community health sciences at the UNM School of Medicine, will provide the opening remarks. Matt Foster, from Taos Pueblo Housing Department, Carol

Miller, a rural health advocate from Ojo Sarco, and Juliet Garcia-Gonzalez, community project coordinator at the New Mexico Acequia Association, will contribute to the conversation.

The series continues Sept. 12 with Nancy Ridenour, dean and professor at the UNM College of Nursing, framing a discussion on early life and education setting the stage for lifelong health. Margaret Garcia, a Gates Millennium Scholar, Betsy Martinez of the Taos County Public Health Department and Andrew Leonard of the Upward Bound program at UNM-Taos will contribute to the conversation.

The final lecture, Sept. 16, will include Betsy Van Leit of UNM's occupational therapy program discussing inclusion and belonging as health resources. Dr. Alfredo Vigil, former New Mexico Secretary of Health, Melissa Wohltman, of UNM-Taos and Trinidad Argello of Tri-County Community Services will contribute to the conversation.

All lectures, which are free and open to the public, begin 7 p.m. in the Taos Center for the Arts.

"We'd like everyone to walk away with a deeper awareness of the everyday opportunities to create and support health in the community, to feel inspired and motivated to put their shoulder that wheel," Anastasoff said, hoping attendees all see themselves as "health workers" in the broadest sense of the term.

For more information, call SMU-in-Taos at (575) 758-8322.