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"Step Into Cuba" Highlights New Project

The University of New Mexico's Prevention Research Center and the village of Cuba, N.M. are teaming up to fight diabetes and other diseases linked to obesity through an innovative new walking program titled, "Step Into Cuba." A Health Sciences Center video highlights one of the newest projects at the UNM Prevention Research Center. The video's mission is to promote healthy lifestyles and prevent chronic disease by providing walkways, trails and social support for walking and hiking.

Step into Cuba volunteers build the walking trails and coordinate social walking activities in an effort to tackle the community's high rates of diabetes and other diseases linked to obesity. Although their primary emphasis is on serving residents of the Cuba, New Mexico area, the walkways and trails are always available to visitors.

The Step Into Cuba program is a partnership with UNM's Prevention research Center, which is providing technical assistance and assessing the program, so that other communities can use it as a model.

To view the video visit: [Step Into Cuba](#).

Posted by scarr at November 5, 2009 03:38 PM
