

THE NETWORK: TOWARDS UNITY  
FOR HEALTH & FACULTAD DE MEDICINA,  
UNAM, PRESENT



THE NETWORK  
TOWARDS UNITY FOR HEALTH



Facultad de Medicina



# TUFH2020 MEXICO

VIRTUAL CONFERENCE

"PRIMARY HEALTH CARE: A PATH  
TOWARDS SOCIAL JUSTICE"

SYSTEMS AND COMMUNITY BASED  
RESPONSES TO COVID-19

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## TUFH 2020 Abstracts

<b>Title</b>	<b>Running Medicine: Empowering Families to Mind, Body and Spirit Wellness Through Movement</b>
<b>Type</b>	Oral Presentation <i>Working with Underserved Populations towards Community Empowerment</i>
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### Content

Getting our patients and communities moving is challenging, with too few outlets for families to exercise together in low-cost, inclusive spaces. Running Medicine (RM) came from a vision of the Native Health Initiative to provide such a program. RM has found a unique blend of inter-generational play, partnerships, and culturally-grounded wellness creating an inclusive space for movement. The program operates as a program of a non-profit partnership, the Native Health Initiative, and like all NHI programs, is very intentionally strength-based in all of its elements. Sprinkle in 160+ community partners that range from Tribes, health clinics, schools, and non-profit organizations and you have the RM community approach to building wellness. Results: Using anonymous post-season surveys after the Spring 2019 season, we found that 80-82% of participants rated RM as an effective for improving physical, mental/emotional, spiritual/cultural health and "social connectedness". On a 100 point scale, participants rated an average improvement of 12 points in the three measures - mind/body/spirit. There was an even greater improvement in realm of social connectedness, with a 17 point increase from beginning to end of season. Conclusion: RM is a powerful reminder that individuals and communities thrive in an environment that creates a low-cost, inclusive place for movement; moreover, this is an important complement to our high-cost, disease-oriented health care system. Keeping an element of "sacred play" and a strength-based model, people identify their needs, and begin working toward mind/body/spirit wellness.