

# Quay County Virtual Site Visit and Project Summary Report



*Photo found on Google Images*

The University of New Mexico Prevention Research Center, VIVA Connects

May 28, 2021



## PARTNERS



*The mission of the Department of Health is to protect the public's health through preventing avoidable disease, injury, disability, and premature death; assuring access to affordable, quality health care; promoting healthy lifestyles; and documenting and monitoring health events. [www.nmhealth.org](http://www.nmhealth.org).*



*The Prevention Research Center at The University of New Mexico addresses the health promotion and disease prevention needs of New Mexico communities through participatory, science-based, health promotion, and disease prevention research. It fulfills this mission through collaboration, training, dissemination, and evaluation activities*

*[hsc.unm.edu/medicine/departments/pediatrics/divisions/ppls/initiatives/viva/](http://hsc.unm.edu/medicine/departments/pediatrics/divisions/ppls/initiatives/viva/)*



*Quay County Health Council is the local health council which promotes physical activity, health education, and community health care through awareness and organization promotion. Many community wide campaigns have benefitted the health of community members in Quay County, and the Health Council is promoting events at Five Mile Park with educational resources, rock scavenger hunts, and assistance with organizing the ribbon cutting ceremony to be held summer of 2021.*



*The City of Tucumcari is the local government entity which owns Five Mile Park. They have worked to donate materials such as trash bags, shovels, gloves, and additional equipment for the Five Mile Park project.*

*[www.cityoftucumcari.com](http://www.cityoftucumcari.com)*



*The County of Quay is a local government agency that has contributed personnel and equipment for the trail work at Five Mile Park*

*[www.quaycounty-nm.gov/](http://www.quaycounty-nm.gov/)*

## ADDITIONAL PARTNERS

- *Keep Tucumcari Beautiful*
- *Keep America Beautiful*
- *Rotary Club of Tucumcari*
- *Tucumcari Disc Golf Club*
- *Presbyterian Healthcare Services Community Health*
- *National Park Service*

# PARTICIPANTS

**Sally Davis** - Director, the Prevention Research Center.

**Laurel Fimbel** – Professional Intern, the Prevention Research Center.

**Brenda Bishop** - Coordinator, Quay County Health Department.

**Patrick Vanderpool** – Executive Director of the Greater Tucumcari Economic Development Corporation

**Daniel Zamora** – Emergency Management, GIS, Quay County Government.

## Additional Team Members (Those unable to attend the virtual site visit meeting)

**Joseph O’Dell** - Comprehensive Cancer Center: Department of Health.



*Volunteers working to build a walking path at Five Mile Park in May 2021*

*Photo provided by Daniel Zamora*

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## SITE VISIT OVERVIEW

On May 28, 2021, Laurel Fimbel and Sally Davis from the University of New Mexico Prevention Research Center's VIVA Connects program virtually met with Brenda Bishop, Daniel Zamora, and Patrick Vanderpool from Quay County.

The focus of the site visit was the trail building and general updates to the Five Mile park project. Discussion of facilitators and barriers of progress, Community Guide Recommendations, and future goals and events comprised much of the visit time. Using screenshare technology, Daniel Zamora was able to zoom with us from Five Mile park in order to "walk" us around the parking area/trailhead and the newly created walking path that volunteers had created a few weeks prior to our virtual site visit.

This meeting allowed the members of Quay County to proudly show the great work that has been done at Five Mile park and have a discussion with the VIVA Connects team about possible continued improvements and ideas for the park.

As part of ongoing technical assistance, VIVA Connects has provided this report to assess not only the status of their current grant, but overall sustainability and successful previous projects in the community of Quay County. Importantly, all of the recommendations by VIVA Connects are rooted in the evidence-based science promoted by the Community Guide.

*Volunteers working to build a walking path  
at Five Mile Park in May 2021*

*Photo provided by Daniel Zamora*



## TRAILHEAD FEATURES

Daniel Zamora shared with us the trailhead and entrance of the park via zoom screensharing. Not much work has been done at the trailhead by the team since this area has already been established and in working order for much time.

A kiosk has been ordered for installation at the parking lot trailhead, and the map, historical park information, disc golf information and rules, and additional current event and general information will all be posted on the kiosk. The kiosk and signage/information are planned for installation in July, 2021.

### Recorded Meeting Notes:

Trailhead Feature	Yes	No	Comments
Signage present from road indicating location, direction, or presence of park?	X		-Big sign at the front of the road leading in
Designated parking area? Signage present?	X		
Signs present at trailhead?		X	-Kiosk, signage, and map coming soon
Map present at trailhead?		X	
Kiosk present at trailhead?		X	
Benches, tables, sunshades, etc. present?	X		
Garbage, recycling bins present?	X		-Permanent trash from the city that needs to be installed -The city wants to pay for more trash cans and benches -The Disc Golf club currently performs trash maintenance
Restrooms/water present?		X	-Use to have a port-a-potty, but was not maintained
Dogs allowed? Signage/rules? Cleanup?	X		-No rules or signage about dogs -long term goal of having a dog park in the park

# TRAIL FEATURES

On Saturday May 22, 2021 a trail work crew of volunteers worked at Five Mile park. During that workday,

- Members of the Rotary club, county and city staff and disc golf club (n = 25 people) volunteered their time to help with the connector trail segment.
- A connector trail was built between the inner and outer loops to create a short-cut between the two loops.
- The connector trail was made with concrete and crusher fine to reduce erosion.
- Attila Bality, with the National Park Service, visited to help plan the path and provided technical assistance for the project.
- Volunteers also removed garbage/abandoned car tires/waste/etc. and vegetation that was in the way of the paths.

The rest of the trails at Five Mile park are already pre-existing, however, Daniel is looking into organizing another workday to place more crusher fine on the pre-existing trails to ensure their long-term sustainability.

Trail Feature	Yes	No	Comments
Signage present at intersections?		X	-Not yet, will be put in place on 6/12/2021
Directional, informational, branding, etc. signs along path?		X	
Trail work completed?		X	-5/22/2021 Still working to make switch backs at the end of the connector trail
Adequate materials used on trails?		X	-Want to enhance trails with crusher fines
Erosion/waterbars created on trail?		X	-Trails are on flat enough ground, so waterbars are not required
Hazards marked/removed from trail?		X	-6/12/2021 Want to bring in a dump truck to remove waste
Benches, tables, sunshades, etc. present?	X	X	-Hoping to have enough funds left after trail work for benches. -Seeking funding from Keep America Beautiful for Picnic Tables -Some trees in the parking area and along path
Garbage, recycling bins present?		X	-Seeking funding from Keep America Beautiful for trash receptacles
Restrooms/water present?		X	

**Recorded Meeting Notes:**

# COMMUNITY GUIDELINES

Established by the U.S. Department of Health and Human Services in 1996 and supported by the Centers for Disease Control and Prevention (CDC), the Community Guide offers the latest, evidence-based recommendations for implementing health-improvement initiatives in local governments, communities, schools, and other populations.

There are five intervention elements to increase physical activity as such:

- *Community-Wide Campaign*
- *Creating or Improving Places for Physical Activity*
- *Individually Adapted Programs*
- *Built Environment Approaches*
- *Social Support Interventions*

Utilizing the Guide as a framework for program development ensures that all health initiatives, campaigns, or other recommendations are embedded in evidence-based practice, enhancing the potential impact of a given intervention while ensuring that local funding sources are used efficiently.

Based on the discussion during our virtual site visit, as well as photos and additional information provided by the Quay County team, *Community Wide Campaign*, and *Improving Places for Physical Activity*, are Guides that are being met by this project.

Specifically, the *Community Wide Campaign* is being supported by the placing of 100 painted rocks along the walking paths of Five Mile park (a long-standing walking initiative program held in Quay County where members can collect the painted rocks along walking paths for prizes and discounts). Also, the ribbon cutting ceremony in July, 2021 to increase interest of Five Mile park is a community wide campaign.

Creation of a trail map with the different loops, as well as creation of the connector trail are two components of *Improving Places for Physical Activity*.

By increasing the Five Mile park paths and features and holding events and celebrations to encourage community members to use the park more, overall health and long-term beneficial impact for the health and wellbeing of the community is improved.

## PROJECT FACILITATORS AND BARRIERS

During our virtual site visit, I asked the Quay County team what were some facilitators that helped their project along. The Quay County team explained that having the meetings with the VIVA Team to ask questions and seek advice (technical assistance) was helpful for them to overcome challenging questions or problems that they were facing.

Additionally, support from other organizations such as the Quay County Health Council, Tucumcari City Council, Volunteers, and clubs associated with Five Mile park were essential for additional funds and making the work happen at the park. The disc golf club maintains the trailhead, garbage, and much of the walking paths, which lessens the burden of work for the Quay County team. Along with the City Manager, Mark Martinez, who has helped support the work and funding for the project.

It is important for the VIVA Team and the Quay County team to both understand the facilitators which make this project possible, as this information is critical for additional work in the future. Also, if a future VIVA Connects Action Community is seeking partnerships with other organizations, the VIVA Team can provide guidance to establish connections with local city and community organizations.



*Volunteers working to build a walking path at Five Mile Park in May 2021*

*Photos provided by Daniel Zamora*



Barriers that have been experienced during the project are 1.) lack of funding, 2.) COVID restrictions, 3.) lack of available resources, 4.) stolen items, and 5.) lack of time.

1.) Lack of funding

The Quay County team expressed that they would like to install park benches along the walking paths to encourage those to walk even if they cannot complete a full loop without rest. There are no more funds in the budget for park benches, and so are not an option to install at this time. The committee is seeking funding from other sources.

2.) COVID restrictions

During quarantine, meeting with people face-to-face and organizing work groups was not possible. Also, longer wait times by the city were experienced as city members were not in their offices nor available to meet to discuss park work. COVID slowed down the entire work progression this past year, however, the Quay County team has been very patient and diligent to continue moving forward with their project no matter delays. COVID has caused a delay in the manufacturing and delivery of the trail head Kiosk which has postponed the kick-off celebration.

3.) Lack of available resources

The trailhead kiosk is hard to get during this time due to shortages in resin caused by COVID. It has been on order since April 2021. Funding to work on additional area of the park revitalization plan are not available which would make the park more appealing to families.

4.) Stolen items

Unfortunately, items at Five Mile park have been vandalized or stolen in the past, and so the team needs to have the funds and resources to concrete items such as future benches and the trailhead kiosk into the ground. Additionally, for the trailhead kiosk, they anticipate graffiti, and already have the information on how to remove it safely if paint is sprayed on the kiosk and posted information.

5.) Lack of time

Daniel is a volunteer on the Quay County team and finds it difficult to find the time to organize the work parties and help with the project. Additionally, it is difficult for the remaining members, Brenda and Patrick, to find the time to create and apply for funding grants. Although the team knows that it is important to spend the time to apply for funding, it is difficult for them to actually complete many grants since they are time consuming.

All of these barriers are very important for the VIVA Team and the Quay County team to discuss and define since it makes it easier to acknowledge and therefore try to find solutions to the challenges. Although the team has experienced many barriers, their project has been successful so far thanks to their determination and hard work. The VIVA Team will continue to provide any technical assistance and support to them as they need it.

## FUTURE GOALS

Brenda Bishop, Daniel Zamora, and Patrick Vanderpool are continuing work on Five Mile park. Some upcoming events in the near future are:

- Install Kiosk and printed park map in July, 2021
- Continue creating a switchback connector path between trails
- Place trail signage markers along trail in July, 2021
- Ribbon Cutting Ceremony at the end of July, 2021
  - Cutting of the trail path ribbon
  - The mayor will give a welcoming speech
  - A talk about the history of the park
  - Discussion of next steps and goals, and how to be involved in the work
  - Walk along the trails to find hidden painted rocks for prizes
  - Disc golf demonstration and raffle
- Create historical and informative signage for the trailhead Kiosk and other locations along the paths
- Add benches along the walking path
- Continue work at the historical bath house to create a place for community events and family gatherings.

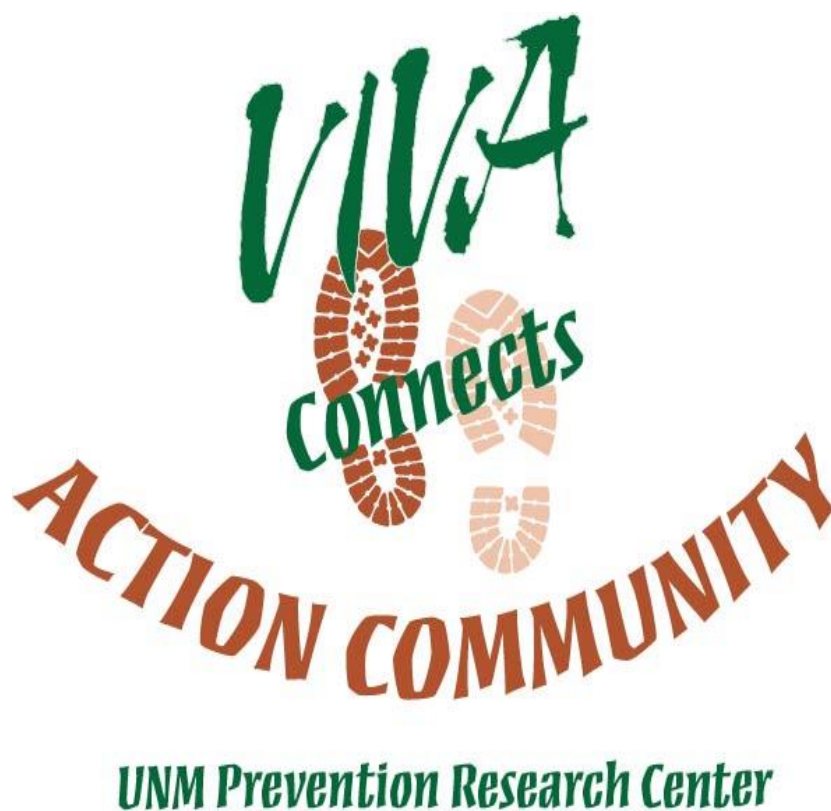
The VIVA Connects team will continue to provide technical assistance and support for Quay County in order to increase physical activity and cancer prevention, as well as economic and community enhancement of Quay County.



*Volunteers working to build a walking path at Five Mile Park in May 2021*

*Photos provided by Daniel Zamora*

Special thanks to everyone involved for promoting health and physical activity in communities around New Mexico.



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