

AZWP 2023 Grant: Year-End Summary

Submitted by NavajoYES – January 2024

The programs of NavajoYES reach across the Navajo Nation throughout the year. The year represented the final year of AZWP grants and we were honored to be one of the recipients of the finale!

The mission of NavajoYES is to promote community wellness, lifelong fitness and youth empowerment in communities of the Navajo Nation. This grant and the work of AZWP help to foster these changes. We focused our efforts this year on two aspects of our programs: The Monument Valley Kids Marathon and our family outings.

The MV Kids Marathon is an exciting event held annually in conjunction with the Monument Valley Veterans Marathon in November. We had over 200 youth take part in the event on November 17, 2023, with students from age four to 13 enjoying a young in the scenic beauty of the tribal park. Due to the support of AZWP, we were able to provide a finisher's medal for each of the youth, in addition to healthy snacks, an event poster and stickers to all the participants. We also were provided event beanies and caps to the top finishers in each grade taking part in the run. This was the sixth annual running of this event and the young runners all had an outstanding experience at the event. Students from many communities took part in the run, including the reservation communities of Monument Valley, Oljeto, Kayenta, Douglas Mesa, Halchita and Chilchinbeto.

The second aspect of our program that was supported by the AZWP this year was our family outings. We believe strongly in providing opportunities for youth and their families to take part together in activities and events. Our events included a litany of hiking, biking, bike repair and trail service outings in communities around the Navajo Nation, including the reservation communities of Navajo Mountain, Tonalea/Red Lake, Shonto, Teec Nos Pos (Four Corners Tribal Monument), the Chuska and Carrizo Mountains/Sweetwater, Window Rock, Cameron (Little Colorado River Park) Kayenta, Page/LeChee and Monument Valley (Monument Valley Tribal Park).

The support from AZWP provided NavajoYES with the opportunity to provide promotional items (beanies, t-shirts, water bottles, posters, stickers, cups and now), in addition to healthy snacks and meals.

Many of these activities included a service component, including trail work and bike repairs, for families, youth and schools in the communities. The mission of all of these efforts is to provide a better and healthier Navajo Nation, while empowering youth and families to help foster positive change.

NavajoYES is grateful for the support of AZWP in support of our health and wellness programs on the reservation, both in the year 2023 and for the many recent years of funding and encouragement from AZWP.