

Healthy O'odham Promotion Program

A Division of Tohono O'odham
Nation Health and Human Services



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About Us

Vision: Healthy O'odham communities for today, tomorrow and generations to come.

Mission: Respecting our culture and traditions by empowering Tohono O'odham to live healthy lives through providing diabetes and nutrition education, physical activity, community outreach and healthy environments.

SDPI Grantee Since 1999
Community Based Program
22 Program Staff
Best Practice Diabetes Education

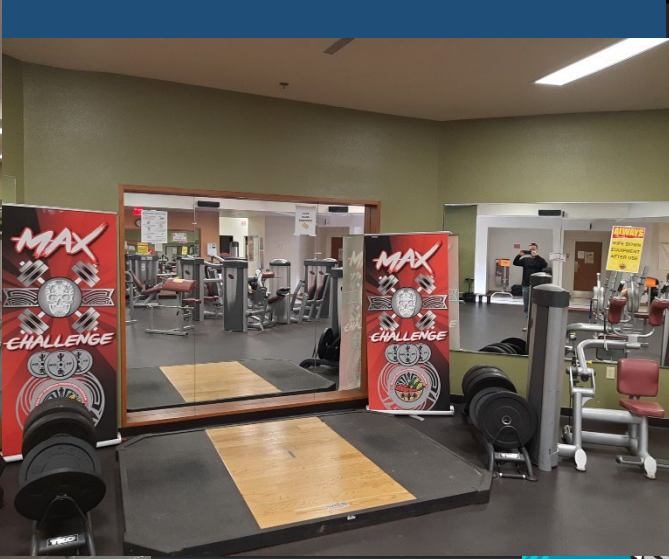
Diabetes Education



Nutrition Education

Physical Fitness

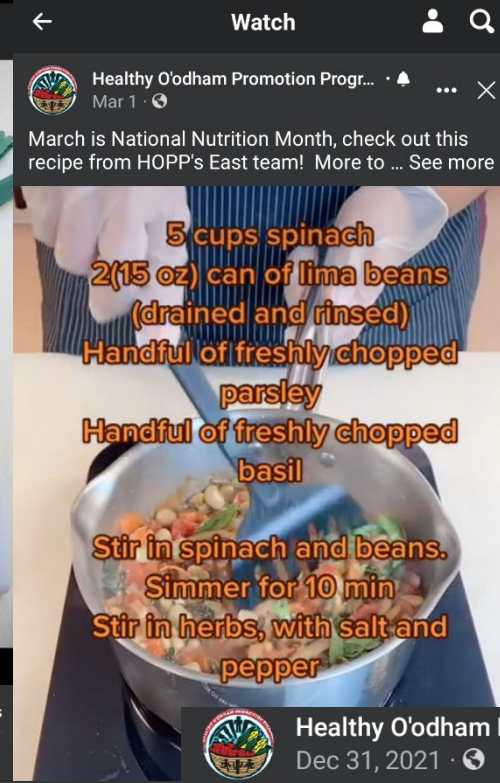




Healthy O'odham Promotion Progr...
3d · 🌐
Gekudak Workout Week 6: Leg Day



Watch
Healthy O'odham Promotion Progr...
Mar 1 · 🌐
March is National Nutrition Month, check out this recipe from HOPP's East team! More to ... See more



Watch
Healthy O'odham Promotion Progr...
Dec 31, 2021 · 🌐
2022 is almost here! Do you have any New Year's Resolutions? Check out this video from ... See more



Healthy O'odham Promotion Progr...
Dec 31, 2021 · 🌐
HOPE is counting down the days until Christmas! Take a break today and get moving with ... See more



Virtual Friday, May 13, 2022 - Sunday, May 15, 2022

KIDOKI 1/2 MARATHON

12 YEARS OLD & UNDER

KIDS 1/2 MARATHON: 1.31 MILE

KIDS MARATHON: 2.62 MILES

REGISTER HERE: <https://endurancecentral.com/event-reg/select-race?e=81240333>

RACE HAS TO BE COMPLETED IN ONE SESSION, CANNOT BE SPLIT BETWEEN DATES. RACE DAY TO TURN IN YOUR RESULTS WILL BE SUNDAY, MAY 15, 2022 AT 11:59 PM. PRIZES WILL BE GIVEN TO ALL PARTICIPANTS WHO COMPLETE THE EVENT.

The Healthy O'odham Promotion Program (HOPP) presents

JULY 2021

BEAT THE SUN

VIRTUAL FUN RUN SERIES

STARTING THIS 4TH OF JULY WEEKEND

OK GROUP
24557584564452

THE SUNRISE
SUBMIT THEM

End of Summer Weight Loss Challenge

Wednesday's

at 2:00 p.m.

MOTIVATIONAL

GoToMeeting

SEPTEMBER

15th, 22nd, 29th

Healthy O'odham Promotion Progr...
Mar 16 · 🌐
Get moving tonight with a short step workout from HOPP's Central Team!



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