

## Healthy Kids New Mexico 5.2.1.O Challenge (SY 2017-18)

The 5.2.1.O Challenge motivates third grade students to eat 5 fruits and vegetables a day, trim screen time to 2 hours a day, get at least 1 hour of physical activity a day, and drink lots of H<sub>2</sub>O every day for 21 consecutive days. These numbers represent Healthy Kids Healthy Communities (HKHC) data reported for 2017-18 school year.

How much did we do?	How well did we do it?
<ul style="list-style-type: none"> <li>• 19 HKHC public school districts, 2 HKHC tribal schools, and 3 private, summer and/or after-school programs participated</li> <li>• Developed teacher toolkit, teacher lessons, parent materials, and Challenge trackers in English and Spanish (<i>disseminated to school districts and posted on Healthy Kids New Mexico website</i>)</li> <li>• Published 10 Dinky Series children’s books on the 5.2.1.O healthy behaviors (5 in English, 5 in Spanish)</li> </ul>	<ul style="list-style-type: none"> <li>• 21% of NM school districts participated</li> <li>• HKHC coordinators train classroom teachers and school staff on how to implement the 5.2.1.O</li> <li>• Disseminated Dinky Series books to schools participating in the 5.2.1.O Challenge and statewide BMI data collection</li> </ul>
Is anyone better off?	Is anyone better off?
<ul style="list-style-type: none"> <li>• 2,171 third graders participated (<i>2,852 total elementary students participated</i>)</li> <li>• 878 third graders successfully completed (<i>1,090 total elementary students successfully completed</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• 8% of NM third graders participated</li> <li>• 3.4% of NM third graders successfully completed</li> </ul>