

Physical Activity Opportunities Before, During & After School

(SY 2017-18)

Healthy Kids Healthy Communities (HKHC)* implementation strategies for expanding children’s physical activity opportunities before, during, and after school include **opening neighborhood schoolyards** for community use and **establishing regular walk & roll to school programs** and **in-school mileage clubs**. These numbers represent the 2017-18 school year and only include those schools that have created physical activity opportunities that occur on an ongoing and regular basis (*note: some rural communities are focusing on active park space rather than schoolyards and several other schools are still working on environmental and systems changes to make open schoolyard space more active and increase the frequency of walk & roll programs. These schools are not taken into account here*).

How much did we do?	How well did we do it?
<p><i>Healthy Kids Healthy Communities</i></p> <ul style="list-style-type: none"> 64 HKHC public elementary schools have increased physical activity opportunities 41 HKHC public elementary schools have schoolyards open for community use 51 HKHC public elementary schools have regular walk & roll to school programs and/or in-school mileage clubs 29 HKHC public elementary schools participated in International Walk to School Day HKHC leveraged monetary and labor resources to support healthy eating and physical activity initiatives within their communities 	<p><i>Healthy Kids Healthy Communities</i></p> <ul style="list-style-type: none"> 63% of HKHC public elementary schools have increased physical activity opportunities 41% of HKHC public elementary schools have schoolyards open for community use 50% of HKHC public elementary schools have regular walk & roll to school programs and/or in-school mileage clubs 29% of HKHC public elementary schools participated in International Walk to School Day HKHC collectively leveraged at least \$1,189,123 and 41,509 labor hours to support healthy eating and physical activity initiatives in 2017-18
Is anyone better off?	Is anyone better off?
<p><i>Healthy Kids Healthy Communities</i></p> <ul style="list-style-type: none"> 21,232 students in HKHC public elementary schools have increased physical activity opportunities 14,377 students in HKHC public elementary schools have access to open schoolyards 11,441 students in HKHC public elementary schools participate in regular walk & roll to school programs and/or in-school mileage clubs 2,889 students in HKHC public elementary schools participated in International Walk to School Day 	<p><i>Healthy Kids Healthy Communities</i></p> <ul style="list-style-type: none"> 68% of students in HKHC public elementary schools have increased physical activity opportunities 46% of students in HKHC public elementary schools have access to open schoolyards 37% of students in HKHC public elementary schools participate in regular walk & roll to school programs and/or in-school mileage clubs 9% of students in HKHC public elementary schools participated in International Walk to School Day

*HKHC represents 22% of students in the NM elementary school-age population (SY 2017-18)



Healthy Kids New Mexico builds state and local partnerships to expand children’s opportunities for healthy eating and active living where they live, learn and play.

