

# Healthy Kids Healthy Communities Colfax County

Building a Fit Future

HKHC Colfax County, a NMDOH initiative, is a network of community partners working together to reduce obesity by creating healthy eating and active living opportunities for all Colfax County residents.

## What does HKHC Colfax County do?

HKHC Colfax County focuses on three broad areas: schools, the food system, and the built environment. Key priorities are:

Schools	Food System	Built Environment
<ul style="list-style-type: none"> <li>Updating and implementing school wellness policies</li> <li>In-school walking programs</li> <li>Edible school gardens</li> </ul>	<ul style="list-style-type: none"> <li>Expanding the Raton Farmer's Market</li> <li>Increasing access to healthy food through food buying clubs</li> </ul>	<ul style="list-style-type: none"> <li>Identifying infrastructure improvements to increase walking and biking opportunities</li> </ul>



**Key Success of HKHC Colfax County:** Partnered with Raton Public Schools to secure \$7,500 for New Mexico Grown produce for the 2018-2019 school year



**Key Partners:** Raton School District, Parent Action Committees, Ramblin' 'Round Raton, Growing Great Kids, Lions Club, Project Power, Capulin National Park, Sugarite State Park, Raton Parks and Rec., Dept. of Health, World Journal Newspaper, Juvenile Justice Advisory Committee, CYFD, Raton Farmers Market and Community Garden, Center for Innovative Community, UNM Viva Connects

## How can you get involved?



## Why is our work important?

Healthy eating and physical activity are two main lifestyle behaviors that can help prevent obesity and reduce the burden of chronic disease. Our HKHC strategies are crucial to making sustainable policy, systems, and environmental changes to support healthy eating and physical activity in Colfax County.

**20%** of New Mexico 3<sup>rd</sup> graders are obese (2017)  
Obese children are more likely to become obese adults which is why it's important to shape behaviors early.

**26%** of Colfax County adults are obese (2015-2017)  
Adult obesity is associated with poorer mental health and chronic diseases such as diabetes, heart disease, stroke, and some types of cancer.

**21%** of Colfax County residents have limited access to healthy foods (2014)  
Not having access to healthy food is correlated with overweight and obesity.

**90%** of Raton K-6 students qualify for free or reduced lunch (2018-2019)  
Raton Public Schools participates in the Community Eligibility Provision, allowing all students free lunch and breakfast regardless of free or reduced lunch qualifications.

**29%** of Colfax County children under 18 live in poverty (2017)

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