

# Healthy Kids Healthy Communities

## Our Vision

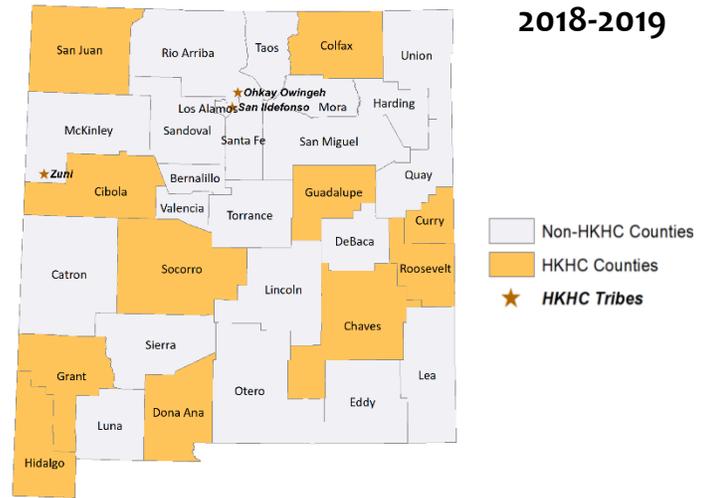
**Healthy Kids Healthy Communities (HKHC)** works with over 400 state and local partners and community coalitions to expand opportunities for healthy eating and physical activity where children and adults live, learn, play, work, eat, and shop.

## Critical Partners

Departments of Health; Human Services; Public Education; and Children, Youth & Families; Women, Infants & Children (WIC); NMSU Cooperative Extension; UNM Prevention Research Center; Cooking with Kids; Kids Cook; Las Cruces Public Schools; **Local HKHC coalitions in 11 counties and 3 tribes:** Cibola, Chaves, Colfax, Curry, Dona Ana, Grant, Guadalupe, Hidalgo, Roosevelt, San Juan, Socorro, Pueblo of San Ildefonso, Ohkay Owingeh Pueblo, and Zuni Pueblo.

## Healthy Kids Healthy Communities Reach

2018-2019



## A Statewide Impact

29,781



Students who have increased healthy eating opportunities during the school day on an ongoing and regular basis in **91** HKHC elementary schools!

- classroom fruit & veggie tastings
- salad bars, pre-made salads
- fruits & veggies offered as snacks
- edible school gardens

Students who have increased physical activity opportunities before, during, and after school on an ongoing and regular basis in **61** HKHC elementary schools!

- active welcoming schoolyards
- walk & roll to school programs
- in-school walking clubs

20,769



Leveraged resources to support healthy eating and physical activity initiatives across all HKHC communities in 2017-18.

\$1,575,920



\*Includes non-labor and monetary value of **28,000** volunteer hours



## The Weight of Our Children

- ❖ Obesity prevalence among 3<sup>rd</sup> grade students has decreased since 2010 (from 22.6% to 19.9% in 2017). However, kindergarten students have experienced a slight incline over the eight years (from 13.2% to 13.9% in 2017).
- ❖ Rates of obesity and overweight remain high; more than one-in-three 3<sup>rd</sup> graders is overweight or obese. American Indian students continue to have the highest rates (42.7% of 3<sup>rd</sup> graders are overweight or obese), followed by Hispanics (29.3%).
- ❖ Upward shifts in weight categories between kindergarten and third grade suggest a time-sensitive window for preventing excessive weight gain in children, particularly those who are already overweight in kindergarten.

Fig. 3: Percent of Students Obese by Grade, New Mexico, 2010-2017

