



# WHAT'S HAPPENING

Healthy Kids Las Cruces Monthly Newsletter

August 2015

## Back to SCHOOL

### Immunization Clinics

#### Healthcare Setting

Lead: Dr. Danielle Nixon  
[drnixon@fullbloompediatrics.com](mailto:drnixon@fullbloompediatrics.com)  
Pediatrician at Full Bloom Pediatrics

The New Mexico Department of Health's Las Cruces Public Health Office will be hosting a three-day back-to-school immunization clinic on Thursday, August 6<sup>th</sup>, Monday, August 10<sup>th</sup> and Tuesday, August 11<sup>th</sup> from 9 a.m. to Noon at the Cineport 10 Movie Theatre at the Mesilla Valley Mall, 700 S. Telshor Blvd. The immunization clinic is open to the public and immunizations will be administered at no cost. All parents have to do is bring a copy of their child's shot record and Medicaid or private health insurance card, if they have one.

The special clinic is part of the *Got Shots? Protect Tots!* immunization campaign. The New Mexico Department of Health, the New Mexico Immunization Coalition (NMIC), the New Mexico Primary Care Association (NMPCA), and healthcare providers from across the state are partnering again to host immunization clinics from Aug. 1 to Aug. 15 for children 18 years old and younger.

For more information on the no-charge immunization clinic, call the Las Cruces Public Health Office at (575) 528-5001.

Childhood immunizations are the most effective preventive health intervention, resulting in a 90 percent reduction in vaccine preventable diseases since the 1950s. Immunizations are required for children attending day care and school.

Yearly well child appointments are advised.



### Upcoming Events

August 6, 10 & 11th  
Back-to-School Shot Clinics  
from 9-12 pm at the  
Cineport 10 Movie Theatre

August 10th-  
1st Day of School  
1st-12th grade

August 11th-  
Safe Routes to School  
Coalition Meeting  
9-10:30 am at City Hall Rm  
2007a

August 11th-  
1st Day for Kindergarten

August 12th-  
1st Day for Pre-school

Music in the Park  
August Series  
For more information call  
575-541-2550 or go to  
[www.las-cruces.org](http://www.las-cruces.org) for a  
online listing

Go to <https://www.facebook.com/HKLasCruces>



## National Farmers' Market Week

National Farmers' Market Week is here! "National Farmers Market Week is a great opportunity for farmers markets across the country to host special events to showcase all the tremendous services they provide," said USDA Secretary Tom Vilsack. "Farmers markets play a key role in developing local and regional food systems that support family farms, and help grow rural economies. They bring communities together, connecting cities with the farms that support them and provide Americans across the country with fresh, healthy food."



Area farmers' markets offer consumers fresh, affordable, convenient, and healthful products sold directly from the farm. They also offer additional market opportunities for local vendors, especially smaller or newer operations. Nearly all area farmers' markets offer EBT that can be used by recipients of USDA's Supplemental Nutrition Assistance (SNAP) Program - as well as low-income women, infants, and children and seniors participating in the WIC and Senior Farmers' Market Nutrition Programs - to get fresh, seasonal ingredients. In addition, the New Mexico Farmers' Market Association is offering a Double Up Food Bucks program to match \$1 for \$1 SNAP benefits spent at the Farmers' & Crafts Market of Las Cruces!

Cooking demonstrations, live music, food trucks, and other activities are planned for the Saturday, August 8 and Wednesday, August 12 evening markets. For more information please visit the Farmers' & Crafts Market of Las Cruces website at [www.fcmlc.org](http://www.fcmlc.org) or the New Mexico Farmers' Market Association website at [www.farmersmarketsnm.org](http://www.farmersmarketsnm.org).



## Volunteer Opportunities with La Semilla

Individuals, families or groups over 12 years of age are encouraged to volunteer at La Semilla Community Farm Wednesdays from 6:30 to 10:30am. Please e-mail [cristina@lasemillafoodcenter.org](mailto:cristina@lasemillafoodcenter.org) or call 575 882 2393 to RSVP and with any questions. All group volunteer visits must be scheduled in advance.

La Semilla Community Farm is located at 350 Our Way Rd., Anthony, NM, From Hwy 478, turn west onto W. Joy Rd. Cross the railroad tracks (running parallel to Hwy 478) and turn right (north) onto the very first dirt road. Proceed on this road for about 1/2 mile along the canal.

## Community & Regional Planning Setting

Lead: Andy Hume [ahume@las-cruces.org](mailto:ahume@las-cruces.org)

Senior Planner-City of Las Cruces Community Development

**SLOW DOWN!!**

School starts back up in August and therefore the streets will again be filled with students walking & riding their bikes to and from school. Please be extra cautious and aware when driving near area schools. Safe Routes to School continues to teach children safe pedestrian skills, but it takes a whole community to encourage safe and healthy travel.



## Education Setting

Lead: Barbara Berger [bberger@lcps.k12.nm.us](mailto:bberger@lcps.k12.nm.us)  
LCPS Health & Nutrition Specialist

### BMI Measurements Coming Soon!

To better understand and address the problem of childhood obesity, the New Mexico Department of Health (NMDOH) established a surveillance system in 2010 using Body Mass Index (BMI) percentile to measure the prevalence of childhood obesity over time, identify at-risk populations, and assess the progress of prevention efforts across the State. In the Fall of 2014, BMI data were collected on 6,587 kindergarten and third grade students in 54 randomly-selected public elementary schools throughout New Mexico. Data were analyzed by grade, gender, and race/ethnicity and results have been weighted to appropriately represent the kindergarten and third grade New Mexico public school populations. (To read this document in its entirety go to our Healthy Kids Las Cruces Facebook page).

Here in Las Cruces we are gearing up for this years round of BMI measurements in October. Thirteen schools in Las Cruces will be randomly selected and to prepare ourselves for the busy days of measuring so many students two NMSU student interns, DACC nursing students, and Department of Health staff will be trained or refreshed on the strict BMI protocol to be used. We will again be measuring kindergarten and 3rd graders in the selected schools.



For more information contact Gil Padilla at 575-528-5111 or Ellen Williams at 575- 527-5885

## Communities and Families Setting

Lead: Mark Johnston [mjohnston@las-cruces.org](mailto:mjohnston@las-cruces.org)  
City of Las Cruces Parks and Recreation Director

### Outdoor Pool Schedule

The following is the City of Las Cruces Parks & Recreation Department's seasonal outdoor pool schedule for Aug. 10 through Sept. 7:

Fridays	Open swim session 3:30 – 6:30 p.m.
Saturdays	Open swim sessions 12 p.m. (noon) – 3 p.m. 3:30 – 6:30 p.m.
Sundays	Open swim sessions 12 p.m. (noon) – 3 p.m. 3:30 – 6:30 p.m.



The outdoor pools will also be open to the public on Monday, Sept. 7, from 12 p.m. (noon) – 3:30 p.m.

Laabs Pool is located at 750 W. Picacho Ave., and East Mesa Bataan Memorial Pool at 6141 Reynolds Rd.

The Las Cruces Regional Aquatics Center will be open for its regular hours on Labor Day, Sept. 7.

Private rentals are available. For more information, call 575/541-2782 or email [aquatics@las-cruces.org](mailto:aquatics@las-cruces.org).