



WHAT'S HAPPENING

Healthy Kids Las Cruces Newsletter

April 2016



Upcoming Events

March 29-April 2
Plan4LasCruces!
Neighborhood
Workshops

<http://www.las-cruces.org>

April 9
3rd Annual Color Dash
Register Now at Caasnm.org

April 9
Crop and Cuisine Workshop
Saturday, at 11 am
514 S. Main Street.
Workshop is free.
Registration required.
575-541-2154

April 11-13th
New Mexico Public Health
Association Conference
<http://www.nmph.org>

April 30
Edible Ed New Mexico
Capstone Presentations at the
LC Farmers Market from
10:00 a.m. to 12:00 p.m.

Families and Communities Lead Moves on to the next PHASE.....

Healthy Kids Las Cruces will miss the visionary direction of Mark Johnston as he prepares to retire at the end of April.



Mark has been with HKLC since the early days and has played a key role in not only moving the collective work along, but in dreaming big for Las Cruces. We recently met with Mark to grasp as many of his future visions as possible. He joked that he would still have his same cell phone number...little does he know we will likely be using it. His mind is full of creative, monstrous plans for the future of Parks and Recreation and his impact on life as a Las Crucean can be seen

all around. Like any great lead he has passed on the baton to Phil Catanach & Tim Fulton and in his words left us in capable hands. Thank you, Mark, for all you have done to make Healthy Kids Las Cruces successful. We will miss you!!!

Community & Families

Lead: Mark Johnston
mjohnston@las-cruces.org

City of Las Cruces Parks and Recreation Director



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

PLAN 4 Las Cruces Neighborhood Workshops

The City will be hosting several Neighborhood Workshops from **Tuesday, March 29th through Saturday, April 2nd**. At each event, Dan Burden, nationally recognized expert on the built environment, will lead a conversation on building healthy communities, followed by a “walk audit” of the surrounding area. **Please wear comfortable shoes.** Community members will have the opportunity to plan their neighborhoods to be more livable for all users, ages, and abilities. **Refreshments will be provided. Kids are welcome. Spanish interpreter provided (¡Hablamos español!).**

This series of **FREE** events is open to all, and for your convenience these Neighborhood Workshops are being offered at various locations and times throughout the week, closing with a Saturday community wide **Community Visioning Fiesta!**

For more information about the event please contact Srijana Basnyat, Senior Planner, at sbasnyat@las-cruces.org or 575-528-3079. **Community & Regional Planning**

Lead: Andy Hume
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Downtown Coordinator, Las Cruces Community Development

Edible Education New Mexico

Capstone Presentations-April 30th, 2016

Farmers' and Crafts Market of Las Cruces in "La Placita" from 10:00 AM-12:00PM Teachers from North Valley Elementary, Vado Elementary, La Union Elementary, Sunrise Elementary, Sunland Park Elementary, East Picacho Elementary, and Mayfield High-school participating in La Semilla Food Center's Edible Education Professional Development series will be presenting on their school's experience in their first year of Edible Education.

In addition to presentations the public is invited to help our Edible Education Program in Planting the Adopt-a-Pot planters in Downtown Las Cruces with fresh flowers, herbs, and vegetables for the Spring season. There will also be a Farmers' Market Scavenger Hunt, a raffle, and a cooking demo and tasting of a healthy, fresh recipe!



Lead: Aaron Sharratt
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Director of Development & Administration

Health Department Releases Yearly Childhood Obesity Update

Numbers released today by the New Mexico Department of Health show childhood obesity has decreased over the past five years in both kindergartners and third graders. Between 2010 and 2015, there was a 16 percent reduction in childhood obesity among third graders, and a ten percent reduction in kindergartners.

The New Mexico Department of Health releases its annual New Mexico Childhood Obesity Update each year in March to coincide with National Nutrition Month. There was a slight, but statistically insignificant increase in obesity among kindergartners and third graders between 2014 and 2015. In 2015, 11.8 percent of kindergartners were obese, compared to 11.6 percent in 2014. Among third graders, 18.9 percent were obese in 2015, compared to 18.1 percent the year before.

“Based on data this year, we may be seeing childhood obesity rates in New Mexico beginning to level off,” said Deputy Secretary of Health Lynn Gallagher. *“We are proud of the progress our Healthy Kids Healthy Communities and partners throughout New Mexico have made to increase opportunities for healthy eating and physical activity.”*

While New Mexico is making progress in the fight against childhood obesity, more than one in three third grade and one in four kindergarten students is overweight or obese. There is also a significant upward shift in obesity prevalence between kindergarten and third grade.

In 2010, the Department of Health established a statewide childhood obesity surveillance system, and it has been collecting and reporting childhood obesity prevalence data each year. It uses Body Mass Index (BMI) and a standardized measurement protocol to monitor childhood obesity over time. In 2015, more than 8,100 kindergarten and third grade students were measured in randomly-selected elementary schools throughout the state.

In addition to surveillance, the Department's Healthy Kids, Healthy Communities (HKHC) program is committed to helping increase opportunities for healthy eating and physical activity. HKHC builds collaborative state and local partnerships to expand opportunities for and exposure to healthy eating and physical activity for children and low-income adults where they live, learn, play, eat, work and shop. Because healthy eating and physical activity are the two major lifestyle choices that can help prevent obesity, HKHC focuses exclusively on policy, systems, and environmental changes to support these behaviors in a multi-sector community coalition-driven approach.

You can get the full Department of Health report [here](#).

New Mexico Childhood Obesity Update: 2015

The New Mexico Department of Health (NMDH) established the statewide childhood obesity surveillance system in 2010 to understand the extent of childhood obesity in New Mexico, specifically among the elementary school-age population. Data is collected through the use of standardized measurement protocols to monitor childhood obesity over time. Obesity rates are reported by grade and local jurisdiction, and allow appropriate resource allocation.

NMDH collects and reports childhood obesity prevalence data on an annual basis. In the fall of 2015, 8,100 kindergartners and third grade students were measured at 16 randomly-selected public elementary schools throughout New Mexico. Data was collected on gender, grade, and race/ethnicity and results have been weighted to appropriately represent the kindergarten and third grade statewide public school population.



Summary of Key Findings

- Rates of obesity and overweight remain high, more than one-in-three third grade and one-in-four kindergarten students is overweight or obese. This is a significant concern due to weight-related issues in children from kindergarten to third grade.
- Hispanic children continue to have the highest rates of childhood obesity, more than any other racial or ethnic group. In third grade, 28.4% of American Indian children are either overweight or obese (National Health and Medical Examination Survey).
- Obesity prevalence has declined among American Indian and White children since 2010, but Hispanic children have experienced little change over the six-year period.
- There is a significant increase in obesity rates from 2014 to 2015. More than one-in-three third grade (2015) students are overweight or obese. Rates for third grade have gone from 17.9% in 2010 to 18.9% in 2015, representing a 5.6% change for the overall observation year. Kindergarten obesity prevalence is comparable to 2014 (2014: 11.6% compared to 11.8% in 2015), representing a 0.2% change over the six years.
- There is a continuing need to create sustainable environmental, policy, and system changes to support healthy communities and healthy children, with a particular focus on government affected by overweight and obesity.

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Education Setting

Lead: Barbara Berger

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LCPHS Health & Nutrition Specialist

STATE HEALTH CONFERENCE SLATED FOR APRIL 11-13

Doña Ana County's Health and Human Services Department is working with New Mexico State University and the New Mexico Public Health Association to host the 2016 New Mexico Public Health Association (NMPHA) Annual Conference.

The conference will run from April 11-13 at the Las Cruces Convention Center, bringing together researchers, practitioners, community members, legislators, advocates, service providers, policy makers and others from within the state, across the country, and beyond U.S. borders.

The conference will provide attendees the opportunity to share their work, partner and engage with others within and across disciplines, and develop strategies and solutions that are targeted to improve public health.

Among the workshops that will be offered are "Organizing for Environmental Justice in New Mexico" and "Public Health Challenges and Opportunities in New Mexico Colonias: Social, Economic, and Cultural Determinants of Disparities in Health and Well-Being."

Keynote speakers include Maya Schenwar, journalist, author, and editor of Truthout.org, and Beti Thompson, PhD, with the Fred Hutchinson Cancer Research Center. Other noteworthy speakers include Dr. Inigo Garcia-Bryce, Director of the NMSU Center for Latin American and Border Studies, and journalists Dr. Molly Molloy and Diana Washington Valdez, who have covered a variety of public health issues in the US/Mexico region including Ciudad Juarez's murder epidemic.

Topics on the agenda include immigration and migration along the US/Mexico border; integration of community health workers into health and social system of care through certification; engaging high-risk communities in formative research for sexual violence prevention; obesity and diabetes; media in public health practice; maternal and child health Initiatives; teen pregnancy; food pantries, food insecurity and equitable access to healthy foods; criminal justice systems/policies; community-based participatory mapping; and mental health and substance use.

Visit <http://www.nmpaha.org> for the full conference agenda and registration form.



Healthcare Setting
Lead: Dr. Danielle Nixon
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Pediatrician at Full Bloom Pediatrics

Save the date – Saturday April 23rd!

The Paso del Norte Institute for Healthy Living hosts HEAL U at the College of Health Sciences on the University of Texas at El Paso campus. A mini course geared towards professionals, with a focus on healthy eating, active living, and obesity will be held in the morning. Participants will be eligible for Continuing Medical Education (CME) credit.

Internationally recognized researchers and scholars are coming to El Paso to present cutting edge information on the causes and treatment of obesity, exercise as medicine, and creating a welcoming clinic for clients with obesity. The day will start with a myth buster presentation to set the facts straight about obesity. Morning presentations will focus on evidence-based approaches to address health needs.

Informational sessions and health screenings for the general public will be held in the afternoon, including "meet the professor" opportunities with experts in nutrition, physical activity, and obesity.

HEAL U is FREE and open to the public!

Save the date and plan to attend the HEAL U event Saturday April 23rd at UTEP's College of Health Sciences. Registration will open soon. More details to come!