

WHAT'S HAPPENING

Healthy Kids Las Cruces Newsletter

OCTOBER 2016



For this year's flu season the New Mexico Department of Health welcomes Mountain View Regional Medical Center to the annual event – as NMDOH works with both hospitals in Las Cruces to get as many children and adults vaccinated. Some new guidelines for this year flu season: ONLY flu shots from now on – NO flu mist for children in accordance to CDC guidelines revised this year after research found them to be less effective than shots.

Everyone six months of age and older should get a flu vaccine each flu season, especially people in the following groups because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications:

- Children 6 months through 4 years of age
- Pregnant women (any trimester)
- People age 50 and older
- People of any age with certain chronic medical conditions like asthma, diabetes, lung or heart disease, and those who are immunocompromised
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from flu
- American Indians and Alaskan Natives
- People who are morbidly obese
- Healthcare and early childhood personnel

The flu vaccination event is created in partnership with the New Mexico Department of Health, Memorial Medical Center, the Doña Ana County Immunization Coalition, the United Way of Southwest New Mexico, the City of Las Cruces, Doña Ana County Government, Las Cruces Public Schools, New Mexico State University, and the United States/Mexico Border Health Commission.

For more information contact
 David Morgan
 (575) 528-5197

Healthcare Setting
 Lead: Dr. Danielle Nixon
drnixon@fullbloompediatrics.com
 Pediatrician at Full Bloom Pediatrics

Upcoming Events

Sept. 30th, Oct. 4th, 5th & 6th
 International Walk & Roll to School
 See page 3 for the link to walk & roll events

Oct. 7th & 10th
 Las Cruces Public Schools Fall Break

Oct. 10th
 World Mental Health Day

Oct. 16th
 World Food Day

Oct. 29th
 Boo to Flu Event
 8 am to 2 pm



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



New Promotional Video Highlights Downtown

Beginning on September 23rd a new promotional video will be airing in theatres and on the cable air waves. The video which can be viewed using the hyperlink is a great tool to visually show the benefits of getting outside and enjoying the many advantages Las Cruces has to offer. Explore Downtown with the many things to do for youth and family, all in walking distance including a library, three museums, a new plaza with splash pad and parks.

Check it out and see for yourself!

<https://www.youtube.com/watch?v=x8VIHoQT3Yw&feature=youtu.be>

Community & Families

Lead: Phil Catanach

pcatanach@las-cruces.org

City of Las Cruces Parks and Recreation

Youth Programs Director



New Coalition Needs YOU!

"You can do what I cannot do. I can do what you cannot do.

Together we can do great things."

Mother Teresa

La Semilla has been leading the way in creating access to healthy food for our community. They can only do so much and the non-profit has a evidence based strategy to share and hopefully motivate others to join. It is a huge task providing healthy food access to families that live in communities without, together La Semilla believes we can. If you are interested in how you can help with food availability join La Semilla at their next coalition meeting September 30th from 9-11 am location to be announced. For more information on the Healthy Food Financing Initiative contact Krysten Aguilar

krysten@lasemillafoodcenter.org or 575-882-2393

Food System

Lead: Aaron Sharratt

aaron@lasemillafoodcenter.org

Director of Development & Administration



Health Observances for October

Breast Cancer Awareness Month of October

World Mental Health Day October 10th

World Food Day October 16th

Education Setting Update:

Las Cruces Public Schools Wellness Policy Leadership Committee. This district level committee, chaired by Nancy Cathey, Executive Director of Operations, will meet FOUR times per year. The LCPS District Nutrition Advisory Council will be combining with the Leadership Committee since the two groups have similar missions.

The purpose of the committee is to oversee LCPS wellness policy. Wellness policy is mandatory for all school districts receiving USDA monies which fund school meals. Wellness policy covers school feeding programs and nutrition education but also includes policy on physical activity and education, health education, staff wellness, health services, social and emotional health, safe environment and family/school/community partnerships.



Tasting of the month

The Grape and Raisin Tasting lesson is scheduled for October 27, 2016.

Education Setting

Lead: Barbara Berger

bberger@lcps.net

LCPS Health & Nutrition Specialist

International Walk and Roll to School

The Las Cruces Safe Routes to School Program has again put together a great schedule of the schools participating in International Walk and Roll to School Day. All 25 LCPS elementary schools will be participating for the second year in a row. What is International Walk to School Day? International Walk to School Day is a global event that involves communities from more than 40 countries walking and biking to school on the same day. It began in 1997 as a one-day event. Over time, this event has become part of a movement for year-round safe routes to school and a celebration – with record breaking participation – each October. Today, thousands of schools across America – from all 50 states, the District of Columbia, and Puerto Rico – participate every October. Las Cruces Public School have participated since 2007.



If your interested in volunteering send Ashley Curry a e-mail at acurry@lcps.k12.nm.us

Click here to see this year's schedule:

<http://lcps.k12.nm.us/2016/09/28/lcps-hosting-walk-to-school-day-events/>

Community &
Regional Planning

Lead: Andy Hume

ahume@las-cruces.org

Downtown Coordinator, Las Cruces

Community Development