

# WHAT'S HAPPENING

Healthy Kids Las Cruces Newsletter

NOVEMBER 2016

## Bicycle Friendly Task Force

Reinstating the Bicycle Friendly Taskforce in order to bring Las Cruces from a Bronze designation to a Silver in 2019. The Bicycle Friendly Task Force held their first meeting where participants were given an overview on the history and process of the former BFC Task force. Following the meeting City of Las Cruces staff met and determined that it would be beneficial to host another meeting in order to give more people an opportunity to come and most importantly establish each work group. We determined in the last meeting that the three groups will be made up of:

**Enforcement:** this group partners and helps law enforcement understand and enforce the laws and guidelines to make cycling safer for all levels. Designating a law enforcement point person who can serve as a liaison to the bike community and law enforcement.

**Encouragement/Education:** this group actively engages in bicycle advocacy, promoting bicycling wherever they can for example by hosting events for all cyclists regardless of age and ability. Partnering with other local organizations to educate and provide public awareness of the rules of the roads for both motorists and cyclists in order to create a safer environment for all.

**Engineering/Planning:** targeting roadway projects that the complete streets policies as well as other design guides which improve bicycle safety can be applied and implemented. Improving the connectivity of the roadways and looking at other projects that improve bicycling facilities.

\*all of these categories implicitly incorporate equity and evaluation. These are brief descriptions of the work groups in order to give an idea of what these groups entail. These groups are in no way limited to the description.

If you are interested in being part of the Bicycle Friendly Task Force please join us at our next meeting on November 4th at 9 am at City Hall in Room 2007-B.

Community &  
Regional Planning

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

Downtown Coordinator, Las Cruces  
Community Development

## Upcoming Events

**November 4th**  
Bicycle Friendly Task Force  
9 am at City Hall Room  
2007-B

**November 8th**  
Presidential Election  
(Go VOTE!)

**November 14th**  
World Diabetes Day

**November 17th**  
Great American Smokeout

**November 24th**  
Thanksgiving & National  
Family Health History Day



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



## Winter Camp 2016-17

The City of Las Cruces Parks & Recreation Department will be accepting registration for the upcoming City of Las Cruces Winter Camp. Winter Camp locations will be at Frank O'Brien Papen Community Center, 304 W. Bell St. and East Mesa Recreation Center, 5589 Porter Road.



The camps will run Dec. 26 - 30 and Jan. 2 - 6, 2017. Hours of operation will be 7:45 a.m. - 5:15 p.m. Lunch will not be provided. Participants will need to bring a sack lunch and a snack. Water and Gatorade will be provided.

Registration will be from 8 a.m. to 5 p.m., Nov. 28 through Dec. 16 at the following locations: Administrative office, 1501 E. Hadley Ave., Meerscheidt Recreation Center, 1400 E. Hadley Ave., Las Cruces Regional Aquatic Center, 1401 E. Hadley Ave., and Frank O'Brien Papen Community Center, 304 W. Bell St. during regular business hours.

The cost for the Winter Camp is \$90 per participant. Single day enrollment is available at a rate of \$15 per day, per participant. Additional cost may be affiliated with any of the field trips your child may attend; fees will be announced before the field trip dates.

Acceptable payments include cash, check, money orders, debit cards, and major credit cards (VISA, Discover or MasterCard).

For more information, call the Parks & Recreation administrative office at 575/541-2550.

### Community & Families

Lead: Phil Catanach

[pcatanach@las-cruces.org](mailto:pcatanach@las-cruces.org)

City of Las Cruces Parks and Recreation

Youth Programs Director

## November 14th is World Diabetes Day

- Diabetes is a huge and growing burden: 415 million adults were living with diabetes in 2015 and this number is expected to increase to around 642 million or one in ten adults by 2040.<sup>1</sup>
- One in two adults with diabetes is undiagnosed.<sup>1</sup>
- Many people live with type 2 diabetes for a long period of time without being aware of their condition. By the time of diagnosis, diabetes complications may already be present.
- Up to 70% of type 2 diabetes cases can be prevented or delayed by adopting healthier lifestyles, equivalent to up to 160 million cases by 2040.<sup>1</sup>
- With increasing levels of poor nutrition and physical inactivity among children in many countries, type 2 diabetes in childhood has the potential to become a global public health issue leading to serious health outcomes.<sup>1</sup>
- 12% of total global expenditure on health is currently spent on adults with diabetes.<sup>1</sup>
- The number of people with diabetes in low- and middle-income countries will continue to grow, posing a threat to sustainable development. For example by 2040, the number of people with diabetes in Africa is expected to double.<sup>1</sup>

1. IDF Diabetes Atlas 7th edition [www.idf.org/diabetesatlas](http://www.idf.org/diabetesatlas) [www.idf.org/diabetesatlas](http://www.idf.org/diabetesatlas)

### Healthcare Setting

Lead: Dr. Danielle Nixon

[drnixon@fullbloompediatrics.com](mailto:drnixon@fullbloompediatrics.com)

Pediatrician at Full Bloom Pediatrics

## Garlic Rosemary Brussels Sprouts Recipe

Brussels sprouts are low in calories and packed with health-promoting nutrients, making them an ideal side dish for waistline-conscious Thanksgiving guests. This healthy holiday recipe delectably caramelizes these mini crucifers with garlic, rosemary, and lemon zest.

### Ingredients:

- 2 pounds Brussels sprouts, ends trimmed, each halved
- 1 head of garlic, cloves separated, each peeled, left whole
- 2 tablespoons olive oil
- 1 small lemon, zested and juiced
- 1 tablespoon minced fresh rosemary
- Salt and freshly ground black pepper to taste

### Directions:

1. Preheat oven to 350 degrees F. and line a large rimmed baking sheet with foil.
2. Place all ingredients in a bowl and toss to coat. Spread Brussels sprouts on baking sheet and drizzle with any liquid left in the bowl. Roast for 45 minutes, using a spatula to turn them occasionally, until Brussels sprouts are lightly browned and tender.



**Serves 8**

### Food System

Lead: Aaron Sharratt

[aaron@lasemillafoodcenter.org](mailto:aaron@lasemillafoodcenter.org)

Director of Development & Administration

## YRRS Roadshow Coming to Las Cruces

A Youth Risk and Resiliency Survey presentation specific to our area will take place on December 6 in the LCPS Board Room from 1:30 pm to 3:30 pm. Come learn about the health data collected from students in our area. You need to register so they bring enough copies of the local reports.

Use: [youthrisk.org](http://youthrisk.org)

and look for roadshows and click to register. Free.



### Education Setting

Lead: Barbara Berger

[bberger@lcps.net](mailto:bberger@lcps.net)

LCPS Health & Nutrition Specialist



**Education Update:** We will have the pear tasting lesson on November 30. Students have been eating locally grown produce during their school lunch from farms in Anthony (lettuce, cucumbers, peppers) Las Cruces (melons) and northern NM (apples). We are finalizing

various pieces of our district wellness policy this year to meet the June 2016 deadline from the NM PED. Opportunities for input from the community are available.

Contact Barbara Berger at [bberger@lcps.net](mailto:bberger@lcps.net) if you are interested in attending a wellness policy committee meeting.

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