



# WHAT'S HAPPENING

Healthy Kids Las Cruces Newsletter

FEBRUARY 2017

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 APP TODAY**

See your menus on the Web...  
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## Education Setting Update:

The 'newest' way to see Las Cruces Public Schools Breakfast & Lunch menus is [lcps.nutrislice.com](http://lcps.nutrislice.com) a website to assist parents and older students. The site not only lets you see menus, you can also find fun nutrition education information. Check it out. For the month of February we are doing a newly developed tasting lesson. The lesson is called Vegetables That Are Actually Fruit.

On February 23rd students will study all those veggies that are botanically fruit...peppers, snap peas, tomatoes, beans-- those that contain the seed are fruit!

Look for our salad bar slogan and logo promotion contest to "kick off" soon.

## Education Setting

Lead: Barbara Berger  
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 LCPS Health & Nutrition Specialist

## Upcoming Events

### February 7th

NMDOH Flu Outreach  
 East Mesa Clinic  
 10 am - 2pm

### February 11th

For the Love of Fitness  
 10 am - 2 pm  
 Rio Grande Prep Institute  
 More info. on pg. 2

### February 11th

Mesilla Cupid's Chase 5K  
 Starts at 12 pm  
 For more information visit [comop.org](http://comop.org)

### February 25th

Run with Your Doc  
 For more information visit  
[active.com](http://active.com)

**Raices** empowers youth and young adults to take control of their health, wellbeing, and future! Each year we engage more than 40 youth in intensive food production and educational programming at La Semilla Community Farm through multiples sessions of this intensive semester-long course. Raices is a 'food systems primer' offering high school age youth hands-on experience in the nuts-and-bolts of food production, cooking and nutrition education, ancestral wellness, policy advocacy and leadership development. Youth are provided opportunities to learn from area experts, participate in field trips, and develop an appreciation for our local food, environment, and communities.



Interested youth must complete an application process, follow-up interview, and make a commitment to attend each and every session for program duration. Upon successful completion of the Raices program, youth are eligible to apply for our

Food & Farm Apprenticeships. Youth selected for the course are provided an educational stipend to compensate them for their time and work, as well as to demonstrate the inherent value of good food – something we've come to grossly undervalue!

Interested high school age youth are asked to check the Calendar of Events for upcoming application deadlines. Please contact Catherine with any questions at 575-882-2393 or [info@lasemillafoodcenter.org](mailto:info@lasemillafoodcenter.org)

## Food System

Lead: Aaron Sharratt  
[aaron@lasemillafoodcenter.org](mailto:aaron@lasemillafoodcenter.org)  
 Director of Development & Administration



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



## For the LOVE of Fitness



Students at Rio Grande Prep Institute (RGPI) have found a healthy way to fundraise. They will be hosting the “For the Love of Fitness” health/fitness fair on February 11th at the RGPI campus from 10 AM-2PM. We are hoping to have a multigenerational event. There will be three distinct components for this event; the health fair inside the building, the rotation of 8 local gyms in the school gym, the kid/adult ninja course outside. One bracelet gets five people into the event and is \$20.00. Call 575-527-6058 for more information. All events held at 2355 Avenida De Mesilla, Mesilla, NM 88046

## 2017 Spring Youth Sportsmanship Basketball League Registration

The City of Las Cruces Parks & Recreation Department will hold registration for individual and returning team registration for the 2017 Spring Youth Sportsmanship Basketball League from 9 a.m. to noon Saturday, Feb. 11 and Saturday, Feb. 18 at the Parks & Recreation Administration Office, 1501 E. Hadley Ave. Cost is \$40 per individual due at registration, which includes a game jersey. The league is offered to Pre-K through 8th grade levels, as of the 2016/17 school year.

Returning teams must pay in full and submit a signed roster with a minimum of seven returning players. Returning team player cost is \$30 and does not include a game jersey. Space is limited so sign up early.

All participants will be required to have a Parks & Recreation Activity ID card. For a child to obtain a card, parents or guardians, along with the child, must appear in person at Meerscheidt Recreation Center, 1600 E. Hadley Ave., to fill out the permission form, provide proof of child's age and grade level, and to have the child's photo taken. Cards will be issued from 9 a.m. to 8 p.m. Monday through Friday and 10 a.m. to 1 p.m. Saturdays

All necessary documentation must be submitted by individual players and returning teams during the registration dates before they can be scheduled for league play.

Coaches' meetings will be held at the following times at Meerscheidt Recreation Center, 1600 E. Hadley Ave., on Wednesday, March 15.

6 p.m. - Pre-k through 2nd grade  
6:45 p.m. - 3rd through 5th grade  
7:30 p.m. - Middle school boys and girls

Games begin the week of March 27.

For more information, call 575/541-2563 or email [Athletics@las-cruces.org](mailto:Athletics@las-cruces.org)

Community & Families

Lead: Tim Fulton

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City of Las Cruces Parks and Recreation  
Parks Director

## Department of Health encourages New Mexicans to listen to their heart

February is American Heart Month; Friday, Feb 3 is National Wear Red Day

Santa Fe, NM – February marks American Heart Month, and the New Mexico Department of Health (NMDOH) is raising awareness about the risks everyone faces for heart disease and stroke.

Friday, February 3 is **National Wear Red Day** – a special day that brings attention to some staggering facts:

- One out of every three women in America die from heart disease and stroke—more than all cancers combined.
- Approximately 4,000 New Mexicans die every year from heart disease and stroke.

Heart disease is consistently the first or second leading cause of death among *both* women and men in New Mexico annually. Stroke has been the 5th leading cause.

“One of the most important ways for New Mexicans to get heart-healthy is to learn about risk factors for heart disease and stroke. Both are strongly tied to personal health habits and family medical histories,” said Department of Health Secretary Lynn Gallagher. “We encourage everyone to know their cardiovascular risk, wear red on National Wear Red Day, and encourage their friends and loved ones to take action to live longer, healthier lives.”

Heart disease can often be prevented when people make healthy choices and manage their health conditions. Well-known risk factors which can be controlled and may help prevent or delay heart disease include:

- High blood pressure
- Smoking and second hand smoke exposure
- Diabetes and prediabetes
- High cholesterol
- Unhealthy diet
- Physical inactivity
- Being overweight or obese

Excessive alcohol use

Other factors to consider are:

- Older age. For men and women alike, the risk of coronary heart disease increases with age, with significant increase after age 45.
- A family history of early coronary heart disease is a risk factor for developing coronary heart disease, specifically if a father or brother is diagnosed before age 55, or a mother or sister is diagnosed before age 65.

Among these risk factors, the percentage of adult New Mexicans with high blood pressure has steadily increased, with 30 percent of adults reporting they had high blood pressure in 2015. Also, nearly 65 percent of adults in New Mexico were overweight or obese in 2015, and nearly 12 percent of adults statewide have been diagnosed with diabetes – both of which often contribute to higher rates of cardiovascular disease and other chronic conditions.

In addition to National Wear Red Day, the Department of Health’s Heart Disease and Stroke Prevention Program is committed to helping New Mexico adults improve their cardiovascular health, through the *Million Hearts*® Initiative. *Million Hearts*® is a national initiative created by the U.S. Department of Health and Human Services (HHS) in 2011 that works with providers and health systems in our state to support improved clinical quality care and empower communities to make healthy choices.



### Healthcare Setting

Lead: Dr. Danielle Nixon

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Pediatrician at Full Bloom Pediatrics

## Downtown Plan Approved

On December 5, 2016, Las Cruces City Council adopted the update of the City's Downtown Master Plan. You can print a copy on demand [here](#).

The Council's approval of the Downtown Plan is the latest in a series of plan and coding updates shaped through community collaboration. Just one popular outcome of those efforts: The new Plaza de Las Cruces, which has already been embraced by residents and visitors alike.

You can review each step of the process that led to the Council's approval of the final Plan draft by checking out the diary posts on the [project website](#). And you can review background on the goals of this process and the groundwork that preceded the latest efforts [here](#).

Everyone who participated in all the discussions and in each refinement of the draft Plan should take a bow. Their work led to policies likely to accelerate the implementation of many of the goals they identified and refined over the course of this historic process. Congratulations, Las Cruces

### Community & Regional Planning

Lead: Andy Hume

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Downtown Coordinator,

Las Cruces Community

Development