

## Statewide Partners Come Together in Zuni Pueblo



HKHC Coordinators, statewide partners, and the NMDOH crew at Zuni's H'on A:wan Community Park

In late July, Healthy Kids Healthy Communities (HKHC) coordinators and partners from across the state gathered in Zuni Pueblo for the last HKHC training of the calendar year.

Graciously hosted by the Zuni Youth Enrichment Project at their brand new facility, 3.5-acre H'on A:wan Park (Zuni for "Belonging to All of Us"), the multi-day training incorporated a park tour and elementary school greenhouse tour, a variety of guest speakers, dynamic team building activities, and some local flavor!

It's often said that food brings people together, and food was certainly a highlight of our time in Zuni! Young Zuni chefs provided two delicious and beautifully crafted meals featuring traditional Zuni foods and Jessica Quinlan, ZYEP's Registered Dietician, facilitated a cooking demonstration and tasked the group with preparing different parts of a produce-forward taco lunch.



Preparing a traditional Zuni dinner

Touring the Shiwi Ts'ana school greenhouse and hearing how the Zuni Public School District uses garden produce in school meals was another high point and learning opportunity for coordinators as they work on implementing sustainable farm to school strategies in their own communities.



School greenhouse tour and team building activity using ZYEP's Imagination Playground!

## Current & Upcoming Events!

**New Mexico Grown Week: September 30<sup>th</sup> – October 4<sup>th</sup>**  
*October is Farm to School Month*

Schools are celebrating NM Grown Week - the first week of Farm to School Month - by highlighting local produce and farmers in cafeterias and classrooms across the state!

**National Walk to School Day: Wednesday, October 2<sup>nd</sup>**

Join the movement that inspires entire communities to come together and promote health and safer routes for students to walk & bike to school! While October 2<sup>nd</sup> is the official day, schools are celebrating throughout the month of October! Check out the website for resources and to see who's registered: <http://www.walkbiketoschool.org/>

**School Health Education Institute (SHEI):**  
**November 18<sup>th</sup> and 19<sup>th</sup> in Albuquerque**

HKHC coordinators and their school partners are invited and encouraged to attend! Visit the SHEI website for more information: <https://kessionones.com/shei2019/>

**HKHC Statewide Training: February 4<sup>th</sup>- 6<sup>th</sup> in Santa Fe**

We'll share additional details about the training and Food, Farms & School Nutrition Day (the 6<sup>th</sup>) at the legislature as we get closer to our date. Stay tuned!

# San Ildefonso Pueblo Celebrates Infrastructure Changes and Advances Rivers, Trails, and Sign Plan



Ribbon-cutting ceremony for the pueblo's new crosswalk and sidewalk

San Ildefonso Pueblo held a ribbon-cutting ceremony in mid-September to celebrate a new (but long time coming!) pedestrian crosswalk and a sidewalk connecting the San Ildefonso Elementary School to the Learning Center, library, and gymnasium. Completed earlier this year with New Mexico Department of Transportation funding, this major infrastructure change creates a safe place for youth to walk to school and add more physical activity into their day. It is also a critically important piece of the bigger picture to encourage active transportation in San Ildefonso.

Some of our readers will remember Summer Martinez, former HKHC San Ildefonso Coordinator, who carefully laid the groundwork for a trail system and increased physical activity opportunities in her community. Summer and her partners at the time (including Tim Rogers, HKHC's statewide active transportation consultant) applied for the funding that was awarded to San Ildefonso in 2013 for sidewalk and school crossing improvements. What was once a long-term vision has, more than five years later, become a reality for Summer, the state and local partners at the table then and now, and all San Ildefonso community members.



Partners gather during ribbon-cutting ceremony. From left: Josh Sanchez, field rep for Senator Udall; Marcy DeMillion, National Park Service; Martha Cooke; HKHC Coordinator; Summer Martinez, former HKHC Coordinator; Tim Rogers, Active Transportation Consultant

Under Summer's direction, nearly ten miles of new trails were established, creating a network that reached the entire community. Signage with maps indicating routes, mileage, and pueblo landmarks were posted at each trailhead.

To continue and expand on the work Summer started, HKHC San Ildefonso Coordinator Martha Cooke applied for a National Park Service (NPS) Rivers, Trails, and Conservation Assistance Program grant to draft a trails and recreation plan for the pueblo. In little more than a year, it was done! Created through a collaborative stakeholder process and recently approved by the tribal council, the new Recreation Plan: Trails, Lake, & Signs (Plan) outlines a vision to "expand, connect, and improve the conditions of existing trails, signage, and recreational amenities so community members will want to spend more time outdoors, improving their quality of life, and creating a more welcoming environment for visitors."

Specific goals include proposing a unified signing system for trails, offering design options for trail improvements and revitalizing the fishing lake, developing a map of existing and proposed trails that is easy to use and encourages confident trail navigation, and proposing a plan for collaboration with existing youth programs to increase physical activity and ensure the continued maintenance of trails on pueblo land.

The approved Plan also identifies specific priorities for trail development, which is a required component of federal transportation funding applications. Most importantly, the Plan was created with San Ildefonso Pueblo community input and reflects the values of the community, which is important for its long-term success. Considerable thought is given to fostering community interaction and social support networks, preserving important habitats and cultural sites, and identifying destinations and venues for community members to engage in physical activity.



## Giving Recess Before Lunch a Go in Two Rural Schools

The Ohkay Owingeh Community School (OOCs) is small, serving 71 students in grades K-6. It has an edible garden, but it doesn't have a gym. For kids to be physically active on a regular basis, they must be bused several miles down the road and across a major highway to the Boys & Girls Club. All HKHC coordinators are tasked with increasing opportunities for physical activity before, during, and after school in their communities as a key strategy to address obesity and encourage healthier lifestyle behaviors.

Eager to expand access in her community, HKHC Coordinator Jennifer Denipah sat down with the OOCs principal, Claudia Seña, to discuss options for incorporating more physical activity into the school day. Part of their conversation focused on the merits of moving recess from after lunch to before lunch. Multiple studies have shown that in schools where this national best practice has been adopted, students eat more fruits and vegetables, drink more milk, waste less food, and have better behavior.

Ms. Seña decided to give it a try. When school started in August, teachers and parents were introduced to the idea and food service staff modified their schedules. During the first week, Jennifer monitored the cafeteria to note any behavior changes among students. She observed an improved lunchroom atmosphere with less acting out, less noisy conversation, and less food exchange. She also noticed students were hungrier, ate more of their meals, and drank more water and milk. Ms. Seña even interviewed some of her students, who unanimously said they liked the change. Plans are underway to administer surveys to teachers, food service staff, and additional students to gain insight into what's working well and to inform next steps moving forward.



In the southeast, Dexter Elementary is piloting recess before lunch for 66 third graders and is enjoying similarly positive initial results. Teachers think it's a good move - there are less disciplinary problems in the lunchroom and students are calmer once back in the classroom. Teachers have also noticed improved appetites and less food waste. Forthcoming data from both Dexter and Ohkay Owingeh will shape how we pitch the recess before lunch idea to other schools to help ensure they have success implementing it.

# Celebrating Our Successes!

## 29,568

Number of students who have increased healthy eating opportunities during the school day on an ongoing and regular basis in 92 HKHC elementary schools!

- classroom fruit & veggie tastings
- salad bars, pre-made salads
- edible school gardens



## 21,528

Number of students who have increased physical activity opportunities before, during, and after school on an ongoing and regular basis in 65 HKHC elementary schools!

- active welcoming schoolyards
- walk & roll to school programs
- in-school walking clubs



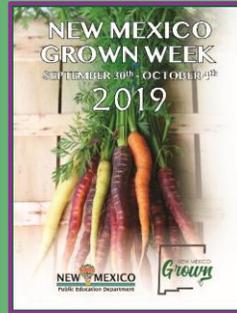
## 2,150

Number of students who participated in the Healthy Kids 5.2.1.0 Challenge to eat 5 fruits & veggies, trim screen time to 2 hours, get 1 hour of physical activity, and drink lots of H<sub>2</sub>O each day for 21 days in 39 HKHC elementary schools!



# Ramping Up for New Mexico Grown Week and Farm to School Month

HKHC coordinators in Chaves and Roosevelt counties celebrated fair season and the kickoff of NM Grown Week by displaying eye-catching booths at the Eastern New Mexico State Fair and the Roosevelt County Fair late this summer. Dinky books, 5.2.1.0 posters, photos of local kids engaging in healthy activities, and even fresh garden vegetables grown by elementary students adorned the booths. Congratulations to Caron Powers, Roosevelt County Coordinator, who won a ribbon for her display!



## We Don't Miss a Beat: Statewide Childhood Obesity Surveillance Underway for 11<sup>th</sup> Consecutive Year!

It's that time again! Just as we've finished analyzing data and publishing results from the previous school year, recruitment and data collection start in earnest once more. Becky Joyce, who we all know as HKHC Chaves County co-coordinator alongside Paula Camp, is also taking on the role of statewide BMI surveillance coordinator beginning this year. While she learns the ropes, she'll help our team facilitate trainings for school nurses and nursing program students, coordinate logistics and help oversee and conduct measurements at elementary schools all over New Mexico, and input data on over 10,000 students. It's no small task and to say we are thrilled to have her on board is a huge understatement! Welcome to the team, Becky!

Of course, we couldn't do any of this without support from numerous schools, nursing programs, HKHC coordinators, high school Health Science students, and volunteers across the state. Thank you! We appreciate your efficiency, professionalism, and willingness to help!

Our program collects and reports obesity prevalence data on kindergarten and third grade students annually. In case you missed the release of our Childhood Obesity update earlier this year, you can view the full report here: [NM Childhood Obesity 2018 Update](#).

thank YOU



High school Health Science students help take measurements in Deming (left, above)



Santa Fe Community College nursing students help take measurements in Santa Fe and Pojoaque (left, above)

