

Healthy Kids Healthy Communities Cibola County

Building a Fit Future

HKHC Cibola County, a NMDOH initiative, is a network of community partners working together to reduce obesity by creating healthy eating and active living opportunities for all Cibola County residents.

What does HKHC Cibola County do?

HKHC Cibola County focuses on three broad areas: schools, the food system, and the built environment. Key priorities are:

| Schools | Food System | Built Environment |
|---|---|---|
| <ul style="list-style-type: none"> • Healthy eating: the Fresh Fruit & Vegetable Program and salad bars • Physical activity: walk & roll to school and fit breaks | <ul style="list-style-type: none"> • Improving and adding community gardens • Encouraging families to grow their own food | <ul style="list-style-type: none"> • Improve connectivity to schools, parks, and recreation areas • Encourage active transportation |



Key Success of HKHC Cibola County: Introduced 5210 and Eat Smart to Play Hard initiatives into elementary schools to promote healthy eating and physical activity.



Key Partners: Grants-Cibola Schools, City of Grants, Cibola County, Cibola General Hospital, PMS, NMSU-Grants

Why is the work important?

Healthy eating and physical activity are two main lifestyle behaviors that can help prevent obesity and reduce the burden of chronic disease. Our HKHC strategies are crucial to making sustainable policy, systems, and environmental changes to support healthy eating and physical activity in Cibola County.



20% of New Mexico 3rd graders are obese (2017)

Obese children are more likely to become obese adults which is why it's important to shape behaviors early.



27% of Cibola Co. residents live in poverty (2016)

Poverty is linked to increased rates of overweight and obesity and other chronic diseases, such as diabetes, heart disease, and high blood pressure.



6% of Cibola County adults have had a heart attack or have heart disease (2015-2017)



16% of Cibola County adults were diagnosed with diabetes (2015-2017)



33% of Cibola County adults are obese (2015-2017)

Adult obesity is associated with poorer mental health and chronic diseases such as diabetes, heart disease, stroke, and some types of cancer.



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Healthy Kids Healthy Communities

Our Vision

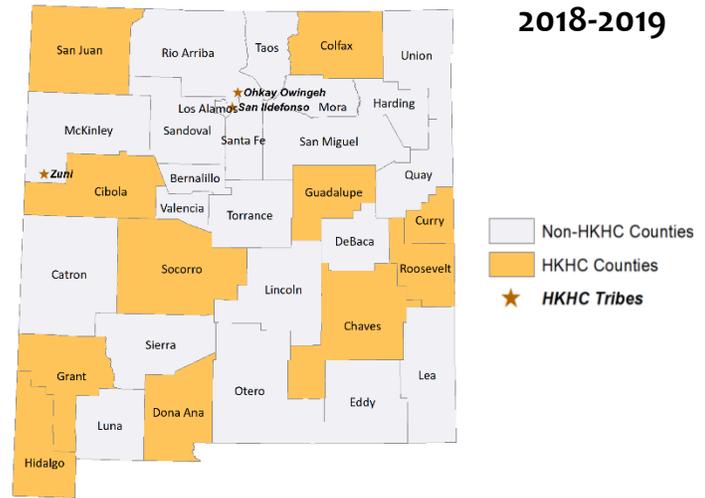
Healthy Kids Healthy Communities (HKHC) works with over 400 state and local partners and community coalitions to expand opportunities for healthy eating and physical activity where children and adults live, learn, play, work, eat, and shop.

Critical Partners

Departments of Health; Human Services; Public Education; and Children, Youth & Families; Women, Infants & Children (WIC); NMSU Cooperative Extension; UNM Prevention Research Center; Cooking with Kids; Kids Cook; Las Cruces Public Schools; **Local HKHC coalitions in 11 counties and 3 tribes:** Cibola, Chaves, Colfax, Curry, Dona Ana, Grant, Guadalupe, Hidalgo, Roosevelt, San Juan, Socorro, Pueblo of San Ildefonso, Ohkay Owingeh Pueblo, and Zuni Pueblo.

Healthy Kids Healthy Communities Reach

2018-2019



A Statewide Impact

29,781



Students who have increased healthy eating opportunities during the school day on an ongoing and regular basis in **91** HKHC elementary schools!

- classroom fruit & veggie tastings
- salad bars, pre-made salads
- fruits & veggies offered as snacks
- edible school gardens

Students who have increased physical activity opportunities before, during, and after school on an ongoing and regular basis in **61** HKHC elementary schools!

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

20,769



Leveraged resources to support healthy eating and physical activity initiatives across all HKHC communities in 2017-18.

\$1,575,920



*Includes non-labor and monetary value of **28,000** volunteer hours



The Weight of Our Children

- ❖ Obesity prevalence among 3rd grade students has decreased since 2010 (from 22.6% to 19.9% in 2017). However, kindergarten students have experienced a slight incline over the eight years (from 13.2% to 13.9% in 2017).
- ❖ Rates of obesity and overweight remain high; more than one-in-three 3rd graders is overweight or obese. American Indian students continue to have the highest rates (42.7% of 3rd graders are overweight or obese), followed by Hispanics (29.3%).
- ❖ Upward shifts in weight categories between kindergarten and third grade suggest a time-sensitive window for preventing excessive weight gain in children, particularly those who are already overweight in kindergarten.

Fig. 3: Percent of Students Obese by Grade, New Mexico, 2010-2017

