

WHAT'S HAPPENING

Healthy Kids Las Cruces Monthly

April 2015

Upcoming Events

April 6– Safe Routes to School Presentation to Las Cruces City Council in Council Chambers @ 1:00 pm

April 11– ColorDash Fun Run NMSU Tailgate Check-in 8:00 am Race Time 9:30 am Register @ caasnm.org

April 18– Keep Las Cruces Beautiful 3rd Annual Reuse & Recycle Fashion Show 12-1 pm La Placita Downtown Mall For more info call 575-528-4723

April 22– Earth Day

April 25– March to help Babies at Albert Johnson Park Saturday 7:30 am Check-in & opening ceremonies 8:00 am start call 575-523-2627

Las Cruces Healthy Kids mentioned in Robert Wood Johnson New Mexico: Signs of Progress



New Mexico created its statewide obesity-prevention efforts from the ground up, starting with one pilot site in Las Cruces. What leaders learned there informed the development of a comprehensive agenda that would be carried out across 40 programs based in eight state agencies.

As part of the state's Healthy Kids New Mexico effort, schools have:

- initiated classroom fruit and vegetable tastings, created salad bars or pre-made salads as lunch options, and offered fruits and vegetables as snacks; and
- created walk- and bike-to-school programs, improved access to active schoolyard space, and begun student mileage clubs.

These efforts are paying off. Eighty-three percent of students in participating schools have increased healthy eating opportunities and 64 percent have increased physical activity opportunities before, during, and after school on an ongoing and regular basis.

Las Cruces made numerous changes in communities too:

- passing a resolution that prioritized more active methods of transportation, such as walking and biking;
- mapping restaurants, grocery stores and farmers' markets in order to inform efforts to increase access to affordable healthy foods;
- creating a program which enabled local farmers' markets to accept benefits from the Supplemental Nutrition Assistance Program (SNAP); and
- offering cooking classes to participants of SNAP and the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).

To read the article in its entirety "like us" on our NEW Healthy Kids Las Cruces Facebook page there you will find this article and much, much more!! More on our new media outlets on page 3.

Education Setting

Weird Science

On April 15th Hermosa Heights Elementary School will hold its first ever "Science Day". Coordinator Ida Madrid says she has Explora from Albuquerque coming down along with local agencies like New Mexico Department of Health, White Sands National Monument and Heritage Farm and Ranch Museum. The day will begin at 8:30 and end at 2:30 with grades k thru 5th participating.

Lead: Nancy Cathey ncathey@lcps.k12.nm.us
Director of Nutrition Food Services LCPS



Walking Challenge WINNING Schools!

Safe Routes to School Coordinator Ashleigh Curry and her team of school champions are always looking for ways to continue motivating the students to walk. The team came up with a Weekly Walking Challenge. The 8 week challenge was district wide and challenged schools to see who could have the most student participation-based on percentages. The contest was divided into schools with an acting champion and those without a champion.

For the schools with an acting champion, Jornada won with a total of 23%. Among the schools without an acting champion Loma Heights won with a total of 8%. Both schools will receive a bike blender at a special school wide assembly on April 13th at 1:00 pm for Jornada and on date and time to be announced for Loma Heights.

Congratulations!! And Job Well Done!!!

Community & Regional Planning Setting

Lead: Andy Hume ahume@las-cruces.org
Senior Planner-City of Las Cruces Community Development



Adopt-a-Pot Downtown Project

La Semilla, the Mesilla Valley food policy council, and the City of Las Cruces partnered to launch Adopt-a-Pot. They are putting urban agriculture into practice and planting edibles in the large planters along downtown Main Street! On Friday, February 20th, they held their first work day of the year. The city provided flowers for a pop of color and some herbs. La Semilla provided seeds.



What is Adopt-a-Pot?

A collaboration between Parks and Rec, the Mesilla Valley Food Policy Council, and you! We're working to plant edibles in the planters along Main Street in downtown Las Cruces. Growing food in public places is great for our community and an important part of urban agriculture in Las Cruces, with positive health, community, economic, and quality of life benefits.

Who can use Adopt-a-Pot?

Anyone from the community, including individuals, families, and groups. If you'd like to adopt a planter downtown, email krysten@lasemillafoodcenter.org.



What is planted in the pots?

A combination of edibles and ornamentals – flowers, herbs, and vegetables. The pots will be used to demonstrate how easy it is to grow your own food, and how edibles can beautify landscapes. This project is primarily for educational and beautification purposes.

What are my responsibilities?

There will be 2 or 3 scheduled work days throughout the year to plant for fall and spring and to maintain the planters. Additionally, we hope people will keep an eye on the planters as they stroll downtown and spread the word about what we're doing.

Food System Setting

Lead: Aaron Sharratt aaron@lasemillafoodcenter.org
Director of Development & Administration

Communities and Families Setting

Summer Recreation program sign-ups:

April 13 - May 1

Mondays-Thursdays

8:00 am-5:00 pm

Fridays 8:00 am-4:00 pm



No telephone registrations accepted*

REGISTRATION: Registration is by **lottery** for the Summer Recreation Program Only. The Parks & Recreation Department staff will draw and post the names of the chosen participants Wednesday, May 6, 2015 at the Parks & Recreation Administrative offices located at the "Old" City Hall, 200 N. Church St. If chosen, payments will be accepted beginning Monday May 11, 2015.

Contact information:
Parks & Recreation Department
Tel (575) 541-2550
TTY (575) 541-2661

REGISTRATION: Registration for Specialty Camps will be taken on a first-come, first-served basis and must be paid at registration. Only parent or legal guardian may register participant. Please have birth certificate or CLC Sports ID when registering.

SUMMER RECREATION

Lead: Mark Johnston mjohnston@las-cruces.org
City of Las Cruces Parks and Recreation Director

SAVE *the* DATE

MAY 20

1:30PM - 3:30PM

HEALTHY KIDS LAS CRUCES SEMI-ANNUAL STAKEHOLDERS MEETING
BRANIGAN LIBRARY ROADRUNNER ROOM

HEALTHY KIDS LAS CRUCES

NOW has a [Facebook](#) page and a [Pinterest](#) Board on the [New Mexico Department of Health](#) Pinterest Board. Welcome Healthy Kids Las Cruces to the **New Millennium** by "Liking our **PAGE!!!**"



Please.....[HKLas Cruces](#)

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



April Diabetes Outreach

Adult Diabetes Educational Support Group Meeting

DATE: April 7 and April 21, 2015
(1st and 3rd Tuesday of Each Month)

TIME: 6:00 p.m. - 7:30 p.m.

LOCATION: MountainView Senior Circle Association
3948 E. Lohman Ave, Ste 1, Game Room
(Behind Walgreens on Lohman) Las Cruces, NM 881



*Adult Diabetes Educational Support Group Meeting
With Healthy Cooking Demo and Recipe Provided*

ACCEPTING APPLICATIONS: Applications are being accepted for Adult Diabetes Classes starting on Tuesday, April 14, 2015 from 2:00 - 4:00 pm at the MountainView Senior Circle Association, 3948 E. Lohman Ave, Ste 1, (Behind Walgreens on Lohman) Las Cruces, Nm 88011.

Please call or email your reservations to us at snmdo@snmdo.com or by calling 575-522-0289. Class size will be limited to 10-12 and support persons are invited, and encouraged, to be present with each attendee.

www.snmdo.org

Healthcare Setting

Children/Youth Diabetes Support Group Elementary-Middle School

WHEN: April 7 and April 21, 2015 (1st and 3rd Tuesday of Each Month)

LOCATION: Mountain View Senior Circle Association 3948 E. Lohman Ave, Ste 1,
Dining area (behind Walgreens on Lohman) Las Cruces, NM 88011

TIME: 6:00 P.M.-7:30 P.M. - Snacks Provided

Parents/Guardians are required to attend

Adult Diabetes Educational Support Group Meeting With Healthy Cooking Demo and Recipe Provided

Diabetes Educational Support Group Meetings providing open discussion and short teaching regarding diabetes, and a question and answer period.

DATE: April 16, 2015 (3rd Thursday of Each Month)

TIME: 10:00 a.m. - 11:15 a.m.

LOCATION: Natural Grocers (Meeting Room)

Email: snmdo@snmdo.org