

Healthy Kids Healthy Tribal Communities

Zuni Pueblo

Building a Fit Future

HKHTC Zuni Pueblo is a NMDOH initiative housed within the Zuni Youth Enrichment Project that supports nutrition education, built environment, and physical activity for both Zuni youth and their families.

What does HKHTC Zuni Pueblo do?

HKHTC Zuni Pueblo focuses on three broad areas: schools, the food system, and the built environment. Key priorities in these areas are:

Schools	Food System	Built Environment
<ul style="list-style-type: none"> •Afterschool youth sports programming to 200+ Zuni youth •5210 healthy eating and physical activity initiative 	<ul style="list-style-type: none"> •Over four community garden sites, two hoop houses at Zuni WIC and Zuni Head Start 	<ul style="list-style-type: none"> •50+ miles of developed trails with fitness stations along trail routes •Coordinated park and community cleanups



Key Success of HKHC Zuni Pueblo:

Over 6 sustainable gardens that the community uses to plant, tend, and harvest crops, creating access to fresh vegetables for more than 300 people.



Key Partners: Zuni Public Schools, Zuni IHS, Zuni Tribal Health Prevention Programs, Zuni Tribal Roads, NMSU Agricultural Extension Office, Notah Begay III Foundation, Nike N7, Halona Marketplace

How can you get involved?



Follow our work on social media: @zuniyouthenrichmentproject

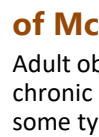
Why is the work important?

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



more than 50% of Zuni Pueblo children are overweight or obese (2012-2013)

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



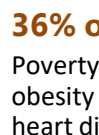
of McKinley Co. adults are obese (2015-2017)

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



of Zuni Pueblo residents have limited access to healthy foods (2015)

Not having access to healthy food is correlated with overweight and obesity.



36% of Zuni Pueblo residents in poverty (2013-17)

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



40% of Zuni Pueblo Co. children under 18 lived in poverty (2013-2017)

19% of Zuni Pueblo Co. adults were diagnosed with diabetes (2017)



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