



# Healthy Kids **Healthy Communities**

BUILDING HEALTHIER TOMORROWS

**Healthy Kids Healthy Communities (HKHC)** builds state and local partnerships to expand opportunities for healthy eating and physical activity for children and low-income adults where they live, learn, play, work, eat, and shop.

HKHC coalitions and over 600 state and local partners create sustainable community change through a collective impact framework; key elements include a common agenda, mutually reinforcing activities, continuous communication, shared measurements, and active coalitions to support increased healthy eating, increased physical activity, and healthy weights.

HKHC implements policy, systems, and environmental strategies at the local level. HKHC strategies are:

## **Healthy Kids Healthy Schools**

*Increase opportunities for healthy eating and physical activity in schools through collaborative partnerships with school districts, schools, the Public Education Department (PED), School Health Advisory Councils, and other state and local partners*

- Update and strengthen school district wellness policies to include specific language supporting healthy eating, physical activity, and staff wellness
- Support implementation of the HealthierUS School Challenge in elementary schools
- Establish and expand the Healthy Kids 5.2.1.O Challenge in elementary schools
- Establish salad bars and pre-made salads as reimbursable school meals and coordinate with community partners to implement short lessons promoting salad bars
- Coordinate with community partners to conduct classroom fruit and vegetable tastings in schools receiving the Federal Fresh Fruit and Vegetable Program
- Coordinate with community partners to implement fruit and vegetable tasting, gardening, and cooking lessons in SNAP-Ed eligible after school and summer programs
- Assist in the recruitment of school districts to implement food service staff training on how to prepare and serve healthier meals
- Integrate locally grown produce into school meals
- Create safe and active schoolyards open for community use outside of school hours
- Establish and promote active transportation and Walk and Roll to school programs
- Support implementation of in-school walking clubs

## **Healthy Kids Healthy Preschool**

*Increase opportunities for healthy eating and physical activity in preschools through collaborative partnerships with licensed centers, Head Start programs, the Child and Adult Care Food Program (CACFP), and the Children, Youth and Families Department (CYFD)*

- Create preschool wellness policies to support healthy eating, physical activity, staff wellness, and breastfeeding
- Implement the Healthy Kids Healthy Preschool Challenge to increase physical activity to 120 minutes per day and limit screen time to 30 minutes or less per week
- Implement the Healthy Kids Healthy Preschool Family 5.2.1.O Challenge



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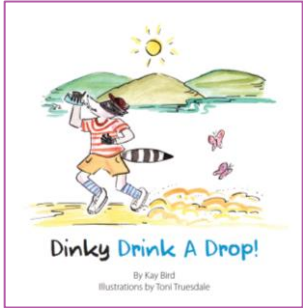
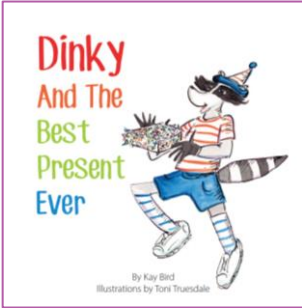
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## Healthy Families Healthy Communities

*Increase access to healthy and affordable food choices and places to be physically active in low-income rural, frontier, and tribal communities*

- Establish community and school edible gardens
- Establish farmers' markets and farm stands
- Coordinate with community partners to conduct tasting and cooking lessons at food assistance program sites, including TEFAP, CSFP, FDPIR, and food banks/pantries
- Coordinate with community partners to conduct tasting and cooking lessons at WIC offices
- Create safe and active outdoor open space (parks and playgrounds) for community use
- Increase the number of safe walking and biking routes that connect neighborhoods to schools and other community points of interest
- Support Complete Streets initiatives that increase community walkability and bikability

HKHC measures progress and conducts program improvement using the Results Based Accountability (RBA) framework. The following questions are answered for healthy eating and physical activity in schools and communities: 1) *How much did we do;* 2) *How well did we do it;* and 3) *Is anyone better off.*



**The Dinky Series**, commissioned and produced by Healthy Kids New Mexico, is intended to foster healthy lifestyle habits among young readers. The books complement the 5.2.1.0 Challenge, which empowers children to eat 5 or more fruits and vegetables a day, limit screen time to 2 hours or less a day, get at least 1 hour of physical activity a day, and drink lots of H<sub>2</sub>O every day.

