

# Healthy Kids Healthy Communities Curry County

Building a Fit Future

The mission of Healthy Kids Curry County is to create and expand opportunities for the overall well being of children and their families through gathering community partners, resources, education and strategy development.

## What does HKHC Curry County do?

HKHC Curry 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"> <li>• 521O and Eat Smart to Play Hard healthy eating and physical activity initiatives</li> <li>• Cooking and nutrition classes</li> <li>• Hoop houses at Grady and Texico</li> </ul>	<ul style="list-style-type: none"> <li>• Produce to the People – free produce 3<sup>rd</sup> Monday of every month</li> <li>• Supporting and expanding Clovis Community Garden</li> </ul>	<ul style="list-style-type: none"> <li>• Provide support for new trail/active transportation developments</li> <li>• Promote parks and playgrounds</li> </ul>



**Key Success of HKHC Curry County:** Applied for and received the USDA HealthierUS Schools Challenge for all 11 Clovis Elementary schools, bringing in \$5,500 and national recognition for healthy practices.



**Key Partners:** Road Runner Food Bank, Habitat for Humanity, Agricultural Extension, Farmers Insurance, Albertsons, Clovis Chamber of Commerce, Leadership Clovis

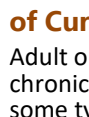
## Why is the work important?

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 Curry County.



**20% of New Mexico 3<sup>rd</sup> graders are obese (2017)**

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



**35% of Curry 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.



**9% of Curry County adults were diagnosed with diabetes (2015-2017)**



**19% of Curry County residents 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.



**15% of Curry County residents have limited access to healthy foods (2014)**

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

## How can you get involved?



## HKHC Coordinator contact info:

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## Follow our work on social media:

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