

Healthy Kids Healthy Communities Grant County

Building a Fit Future

To use a broad range of strategies and partnerships to ensure children and their families have equitable access to nutritious, preferably locally grown, food and physical activity to maximize their capacity for a healthy, productive life.

What does HKHC Grant County do?

HKHC Grant 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"> • Implementation of school wellness policies • 5210 and Eat Smart to Play Hard healthy eating and physical activity initiatives 	<ul style="list-style-type: none"> • Work with regional Food Policy Council to increase local food infrastructure • Connect youth to growing and cooking healthy foods 	<ul style="list-style-type: none"> • Increase access to trails and open space • Implement the Bicycle Master Plan • Walking activities in schools



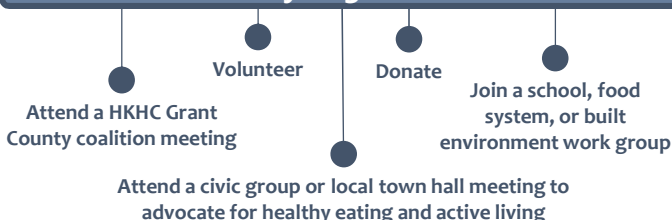
Key Success of HKHC Grant County:

Implemented Eat Smart to Play Hard, a social marketing campaign promoting healthy eating and physical activity, at San Lorenzo and Hurley Elementary.



Key Partners: Silver Schools, Cobre Schools, DOH Health Promotion, Grant County Ext. Office, Town of Silver City, Grant County, Village of Santa Clara, WNMU, Grant County Community Health Council, The Volunteer Center, Partnership for Children, Southwest New Mexico Council of Governments

How can you get involved?



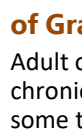
Why is our work important?

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 Grant 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.



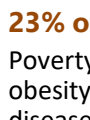
26% of Grant County adults are obese (2015-2017)

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



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

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



23% of Grant 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.



31% of Grant County children under 18 were in poverty (2017)

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Healthy Kids, Healthy Communities Grant County

