

Healthy Kids Healthy Tribal Communities Ohkay Owingeh

Building a Fit Future

The mission of HKHTC Ohkay Owingeh is to promote and support healthy, active living in our community by creating opportunities to learn about healthy food and active lifestyle choices through education and social events that incorporate our culture, family values, respect, and spirituality, so that all community members have longer, more productive and happier lives.

Vision: That all community members and partners enjoy physical, mental, and spiritual well-being through healthy living.

What does HKHTC Ohkay Owingeh do?

HKHTC Ohkay Owingeh focuses on two broad areas: schools and the food system. Key priorities are:

Schools

- Providing healthy food and garden lessons
- Coordinating activities that merge Tewa language with the community garden and health
- Fresh fruit, vegetable tastings and summer garden activities
- Promoting physical activity in 5th and 6th grades

Food System

- Farming education, seed exchange
- Community garden, three hoop houses, school and Head Start edible grow boxes were planted
- 1,816 lbs. of produce was harvested and distributed to wellness center members, garden volunteers and the senior center in 2018



Key Success of HKHTC Ohkay Owingeh:

Increased food access and community education with garden-to-table produce from hoop houses and edible raised bed gardens at the Head Start, Diabetes Wellness Centers, Ohkay Owingeh Community School.



Key Partners: Ohkay Owingeh Health Services, New Mexico DOH, General Assistance volunteers, Ohkay Owingeh Community School, San Juan Elementary, community service volunteers, Head Start program and families.

How can you get involved?



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 Ohkay Owingeh.



28% of Ohkay Owingeh children* are overweight or obese

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



62% of Ohkay Owingeh adults are overweight or obese

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



50% of Ohkay Owingeh lives at or below poverty level

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



168 members of Ohkay Owingeh are known diabetic patients

*Ohkay Owingeh Community School and Tewa class at San Juan Elementary

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