

Healthy Kids Healthy Communities Roosevelt County

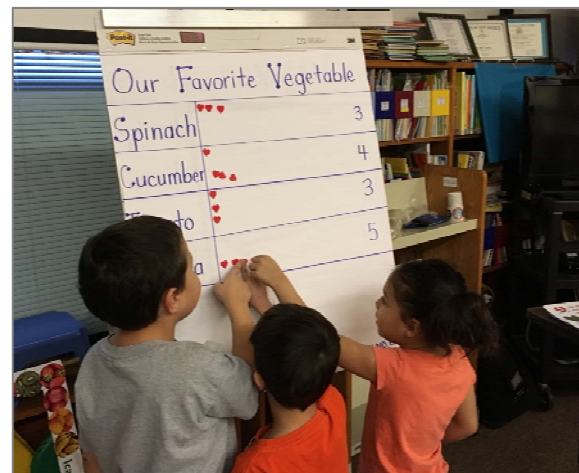
Building a Fit Future

HKHC Roosevelt County, a NMDOH initiative, is a network of community partners working together to reduce obesity by creating healthy eating and active living opportunities for all Roosevelt County residents.

What does HKHC Roosevelt County do?

HKHC Roosevelt 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"> •5210 and Eat Smart to Play Hard healthy eating and physical activity initiatives •Fruit and vegetables tastings in classrooms | <ul style="list-style-type: none"> •Produce to the People – free produce 2nd Monday of every month •School/community garden at James Elementary | <ul style="list-style-type: none"> •Walking Opportunities in Roosevelt County publication with aerial map of walking locations |



Key Success of HKHC Roosevelt County: Bringing multiple community partners together to establish, maintain, and expand the school and community garden at James Elementary in Portales.



Key Partners: Portales schools, NMSU Cooperative Extension Service, Curt Jaynes (Garden Source), Roosevelt County Health Council, City of Portales, ENMU, First Baptist Church, Wal Mart Foundation, Keep New Mexico True Program

How can you get involved?



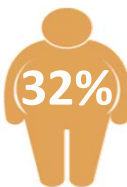
Why is the work important?

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



20% of New Mexico third graders are obese (2017)

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



32% of Roosevelt 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.



22% of Roosevelt County residents live 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.



10% of Roosevelt residents have limited access to healthy foods (2014)

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

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