

# Healthy Kids Healthy Tribal Communities

## San Ildefonso

Building a Fit Future

HKHTC Pueblo de San Ildefonso, a NMDOH initiative, is a network of community partners working together to reduce obesity by creating healthy eating and active living opportunities for all Pueblo de San Ildefonso residents.

### What does HKHTC Pueblo de San Ildefonso do?

HKHTC Pueblo de San Ildefonso focuses on three broad areas: schools, the food system, and the built environment. Key priorities in these areas are:

Schools	Food System	Built Environment
<ul style="list-style-type: none"> <li>• Nutrition education</li> <li>• School gardens</li> <li>• Physical activities</li> </ul>	<ul style="list-style-type: none"> <li>• Improved food access</li> <li>• Garden education</li> <li>• Cultural integration</li> </ul>	<ul style="list-style-type: none"> <li>• Community planning</li> <li>• Promoting utilization and sustainability</li> </ul>



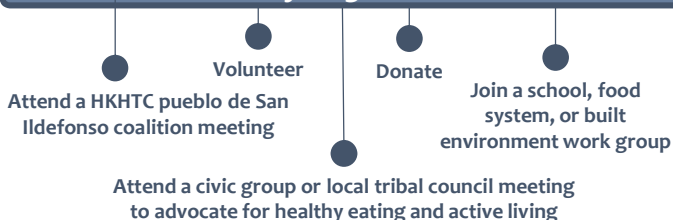
### Key Success of HKHTC San Ildefonso:

Established garden education for the youth afterschool program, summer programs, the San Ildefonso Day School, and the Head Start.



**Key Partners:** San Ildefonso Health Department, NM Department of Health, Indian Health Services, Eight Northern Indian Pueblos, community volunteers, San Ildefonso Environment and culture preservation, Santa Fe County Extension, local schools, NMSU Ideas for Cooking and Nutrition, National Park Service, FDPIR

### 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 San Ildefonso.



**of American Indian New Mexican 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.



**of San Ildefonso adults are overweight or obese (2015)**

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



**27% of San Ildefonso residents have high blood pressure (2015)**

High blood pressure increases the risk for heart disease and stroke. A healthy diet and physical activity can help prevent high blood pressure.

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