

Healthy Kids Healthy Communities Socorro County

Building a Fit Future

HKHC Socorro 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 Socorro County residents.

What does HKHC Socorro County do?

HKHC Socorro 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"> • Healthy fundraising • Physical activity before, during, and after school • Wellness policy 	<ul style="list-style-type: none"> • School and community gardens • Nutrition education 	<ul style="list-style-type: none"> • Trail development and enhancement • Playground and workout equipment



Key Success of HKHC Socorro County:

Partnered with Socorro schools to apply for and received the USDA HealthierUS Schools Challenge award, revise the district wellness policy, organize monthly fun runs, and participate in National Walk to School day.



Key Partners: City of Socorro, Positive Outcomes, Socorro Consolidated Schools, Socorro Head Start, NM Tech, Presbyterian Hospital, and many local community members and organizations

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 Socorro County.



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.



of Socorro 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.



25% of Socorro 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.



22% of Socorro County adults were diagnosed with diabetes (2015-2017)

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