

Healthy Kids Healthy Communities

Our Vision

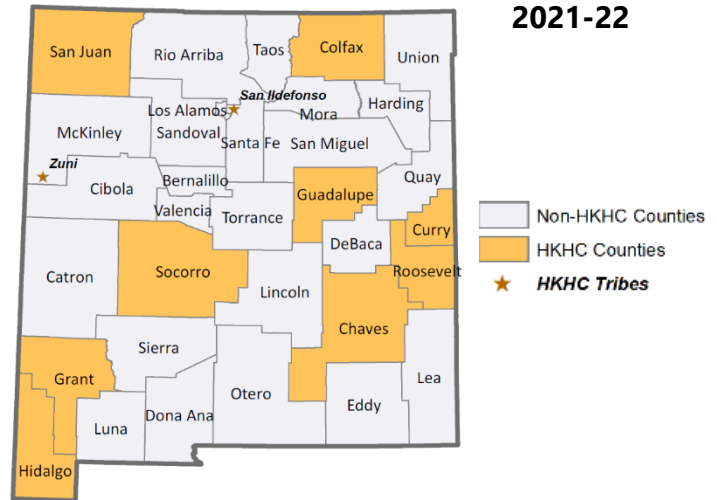
Healthy Kids Healthy Communities (HKHC) works with over 550 state and local partners and community coalitions to expand opportunities for healthy eating and physical activity where children and adults live, learn, play, work, eat, and shop.

Critical Partners

Department of Health Public Health Division; Departments of Human Services, Public Education, Early Childhood Education and Care, and Aging and Long-Term Services; NM Grown Coalition; UNM Prevention Research Center; Cooking with Kids; National Park Service; **Local HKHC coalitions in 9 counties and 2 tribal communities:** Chaves, Colfax, Curry, Grant, Guadalupe, Hidalgo, Roosevelt, San Juan, Socorro, and Pueblos of San Ildefonso and Zuni.

Healthy Kids Healthy Communities Reach

2021-22



A Statewide Impact

23,069



Students who have increased healthy eating opportunities during the school day on an ongoing and regular basis in 79 HKHC elementary schools!

- Classroom fruit & veggie tastings
- Salad bars, pre-made salads
- Fruits & veggies offered as snacks
- Edible school gardens

Students who have increased physical activity opportunities before, during, and after school on an ongoing and regular basis in 58 HKHC elementary schools!

- Active welcoming schoolyards
- Walk & Roll to School programs
- In-school walking clubs

\$1,612,693



Leveraged resources* to support healthy eating and physical activity initiatives across all HKHC communities in FY2021.

*Includes non-labor and monetary value of 27,767 volunteer hours

18,104



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The Weight of Our Children

- ❖ As in previous years, obesity prevalence increases significantly between kindergarten and third grade. This upward shift suggests a time-sensitive window for preventing excessive weight gain at an early age, particularly among children who are already overweight in kindergarten.
- ❖ American Indian elementary students continue to have the highest obesity prevalence. In 2019, 46.2% of American Indian third graders were overweight or obese, followed by Hispanic third graders (38.3%).
- ❖ The number of children with obesity and overweight remains high, underscoring the need for:
 - 1) more resources and increased collaboration across state & local agencies to implement sustainable obesity prevention initiatives that reach at-risk populations; and
 - 2) increased opportunities for healthy eating and physical activity among preschool and elementary-school age children and their families.

