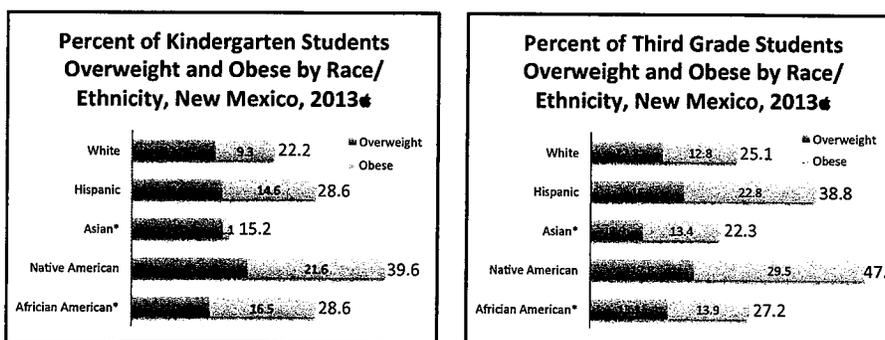


Childhood Obesity in New Mexico Legislative Health and Human Services Committee

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Childhood Obesity in New Mexico



NM Childhood Obesity 2013 Update

*Due to small 2013 sample sizes, please note that African American and Asian BMI data by grade should be interpreted with caution.

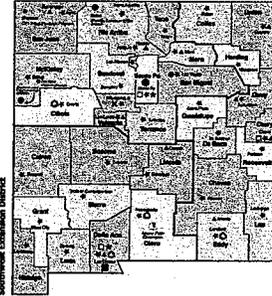
What is Cooperative Extension?

- Unique federal, state, and county partnership
- Enabled by the Smith-Lever Act of 1914
- Constitutionally mandated in NM in 1915
- Located in all 33 counties and tribal offices
- Practical, research based knowledge and programs
- Improve quality of life for all New Mexicans

New Mexico State University



Northern Extension District



Facility Locations

- | | |
|-----------------------------------------------------|--------------------------------------------------------------------|
| 1 County Extension Office | 10 NMU Community College |
| 2 County Extension Service Office | 11 NMU/Extension Center |
| 3 State Extension Office | 12 State Fair/Extension Site |
| 4 National Research Plant Extension Program (NREPP) | 13 NMU New Campus |
| 5 Cooperative Extension Service District Office | 14 Santa Fe Community |
| 6 Agricultural Extension and Resource Center | 15 Santa Fe Community |
| 7 University Government Affairs | 16 Learning 1000 School Agricultural Extension and Outreach Center |

New Mexico State University Cooperative Extension Service

- **Ideas for Cooking and Nutrition (ICAN)**
 - Initiated 1970
 - Series adult classes
 - Series youth classes

ICAN



- Funded by USDA Food and Nutrition Services through NM HHS Department and *USDA National Institute of Food & Agriculture (NIFA)
- Offered in 18 counties:
 - *Bernalillo, Chavez, Cibola, *Doña Ana, Curry, Grant, Lea, Lincoln, Luna, McKinley, Otero, Rio Arriba, Roosevelt, San Juan, Sandoval, Santa Fe, Socorro, and Valencia.
- Reaching 20,833 youth in 199 schools during the 2013-14 school year.

ICAN Series Classes



- Multiple contacts are more likely to:
 - Result in behavior change
 - Learn from each other
 - Support long-term healthy behavior changes
- Classes engage youth in:
 - Trying new foods
 - Building nutrition skills
 - Building physical activity skills

Fit Families



- 7 week curriculum
 - Nutrition: hands on activity and cooking at each class.
 - Feeling positive: arts and crafts involving positive self esteem. Discussion for parents.
 - Physical activity: games that involve the whole family.
- Offered in Doña Ana County

Fit Families Benefits



- Adopting a healthier lifestyle with physical activity and nutrition education.
- Building a positive self esteem through activities and friendships.
- Learning as a family helps the family to grow together.

Extension Nutrition Partnerships

- Farm to Table
- La Semilla
- Healthy Kids New Mexico

- County specific partnerships

Policy Partnerships

- Competitive Foods
- NM Grown Produce
- 30 minute lunch

- Healthy Food Zones