

Transforming Our Communities: *A State and Local Partnership*

The New Mexico Experience



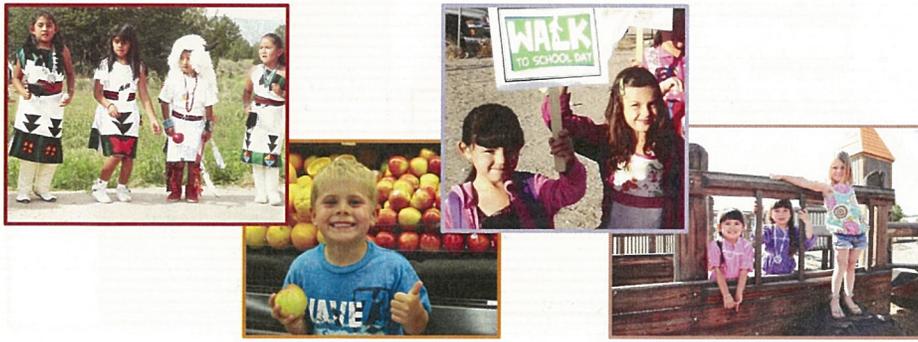
Legislative Health and Human Services Committee
September 10, 2014
Patty Morris, HKNM Program Director (*Obesity, Nutrition & Physical Activity*)



Healthy Kids Healthy Communities

Builds state and local partnerships to expand children's opportunities for healthy eating and active living where they live, learn and play

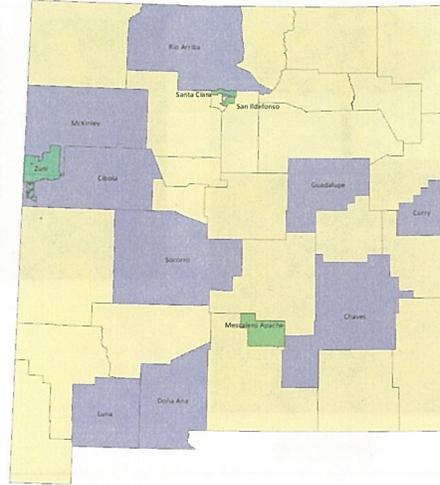
Begun Spring 2012



Healthy Kids Healthy Communities

Communities selected based on need & readiness to implement

- 9 counties & 4 tribes
- 21 public school districts
- **37,153** children (**24%** of NM public elementary school population)



Increase Opportunities for Physical Activity (before, during and after school)

Neighborhood Schoolyards : Open and welcoming

56% of schools (**17,892 students**)



before

Welcome Families

We invite you to enjoy Marty's "Active Outdoor Community"

Open to the public during non-school hours

In the spirit of taking care of our community we expect Respectful, Responsible, and Safe behavior.

- No dogs
- No alcohol
- No glass containers
- No skateboarding
- No rollerblading
- No biking

Take pride in your school. Please cleanup after yourself.

Play Safe! Have Fun!

Increase Opportunities for Physical Activity

(before, during and after school)

Neighborhood Schoolyards: Active



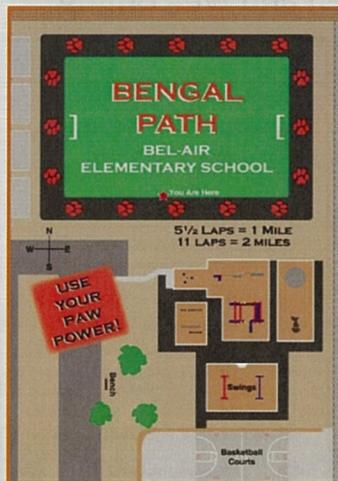
before



Increase Opportunities for Physical Activity

(before, during and after school)

Neighborhood Schoolyards: Promoting Usage



Welcome to Mesa Elementary

A few things to remember when walking our trail:

4 laps=1 mile

Make sure to drink water while walking

Stretch prior to and upon completion of your walk

Warm up before your walk. Cool down afterward.

Keep our yard clean and safe

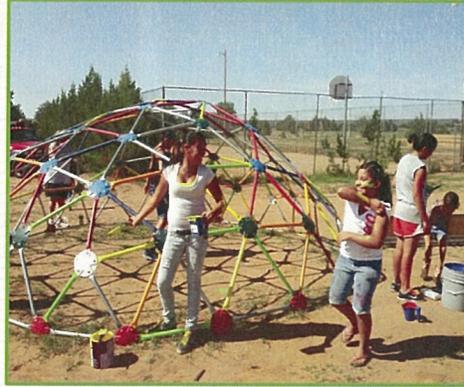
Have fun!



Mesa Elementary is a Healthy Kids 5210 school

Increase Opportunities for Physical Activity *(in communities)*

Safe and Active Play Spaces



Increase Opportunities for Physical Activity *(in communities)*

Safe and Active Play Spaces



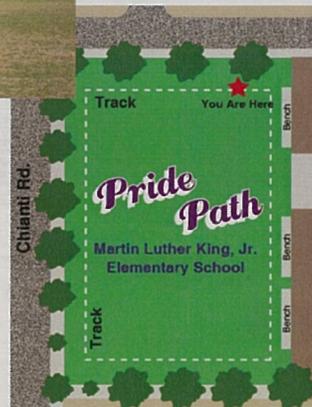
Increase Opportunities for Physical Activity *(before, during and after school)*

Walk & Roll to School 26% of schools (11,338 students)



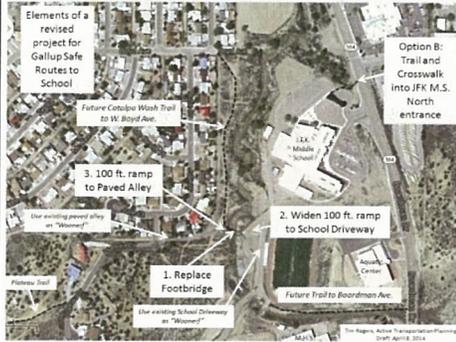
Increase Opportunities for Physical Activity *(before, during and after school)*

Mileage Club

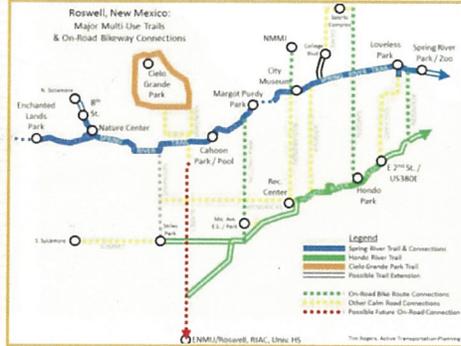


Increase Opportunities for Physical Activity (in communities)

Active Transportation: The Power of Maps



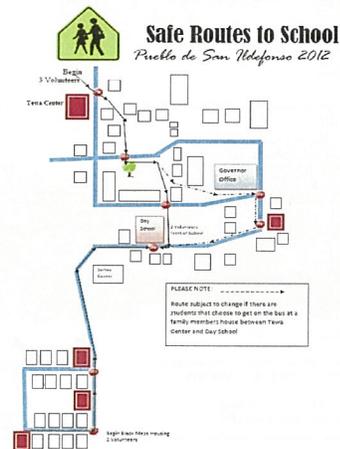
planning



building connectivity

Increase Opportunities for Physical Activity (in communities)

Active Transportation: Promotion



Increase Opportunities for Physical Activity (in communities)

Active Transportation: Road Diets

\$917,500 awarded to 3 HKHC for infrastructure changes



current



potential (with road diet)

Increase Opportunities for Physical Activity (in communities)

Active Transportation: Pedestrian Safety



1. Maintain adequate distance from US 70
2. Provide warning to motorists through pedestrian signs
(a) in advance of crossing and (b) at crossing location
3. Mark crosswalk with high visibility striping:
ladder (as illustrated) or continental

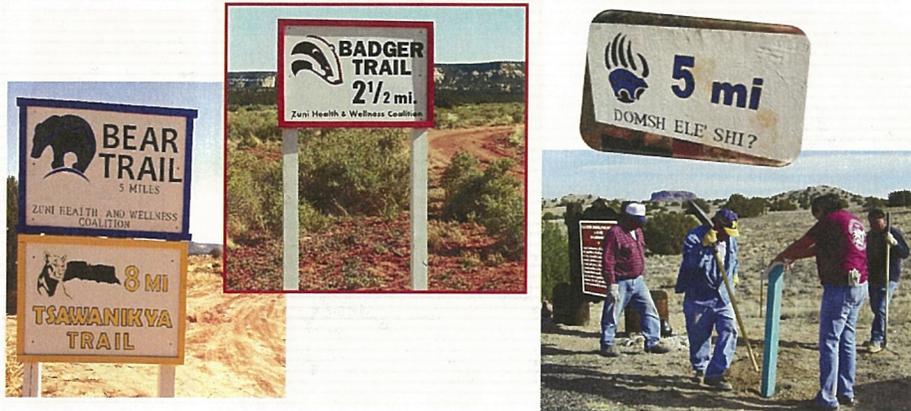
advance
pedestrian
warning

warning
at X-walk
location

Increase Opportunities for Physical Activity (in communities)

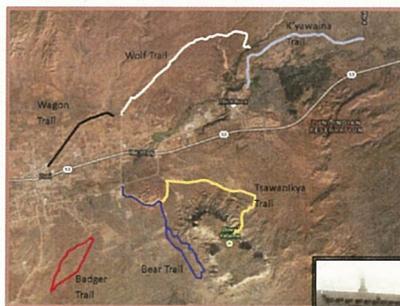
Tribal Trails : Establishment

40 miles of newly established trails



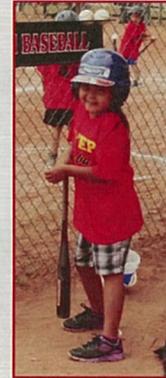
Increase Opportunities for Physical Activity (in communities)

Tribal Trails: Promotion



Increase Opportunities for Physical Activity *(in communities)*

Joint Use Agreements and Organized Sports



Increase Opportunities for Healthy Eating *(in schools)*

Salad Bars & Pre-made Salads

49% of schools (13,180 students)



Increase Opportunities for Healthy Eating (in schools)

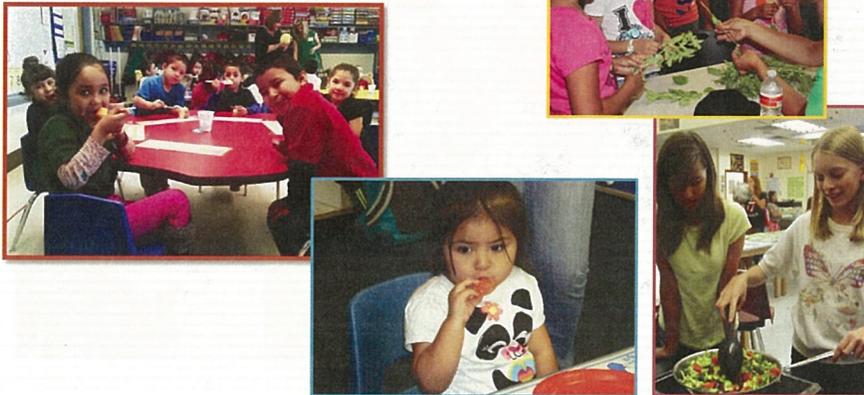
Locally-grown Produce / Farm to School



Increase Opportunities for Healthy Eating (in schools)

Classroom Fruit & Vegetable Tastings

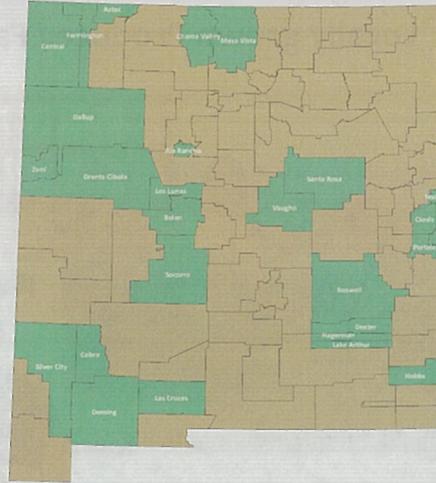
43% of schools (15,944 students)



School District Policies to Support Healthy Eating and Physical Activity

School Wellness Policies

29% of districts statewide have or are working towards updated wellness policies



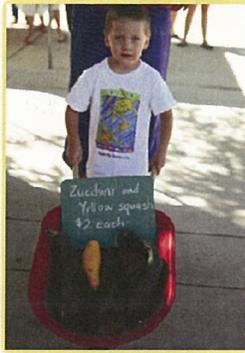
Access to Affordable & Healthy Foods *(in rural/frontier communities)*

Community & School Edible Gardens



Access to Affordable & Healthy Foods *(in rural/frontier communities)*

Farmers' Markets



Access to Affordable & Healthy Foods *(in rural/frontier communities)*

Food Buying Clubs



Access to Affordable & Healthy Foods (in rural/frontier communities)

Healthy Corner Stores

Look for this label on our shelves:



In collaboration with IHS, we created this label to help our customers more easily identify healthier food options for their family.

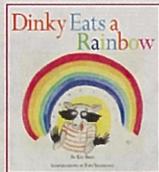
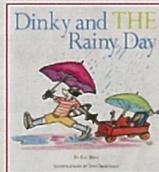
Everyone's health needs are different.

Be sure to talk with your healthcare provider if you have questions about what nutritional choices are right for you.



Public Education Campaign

Healthy Kids 5.2.1.0 Challenge

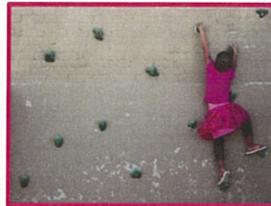


Is Anyone Better Off?

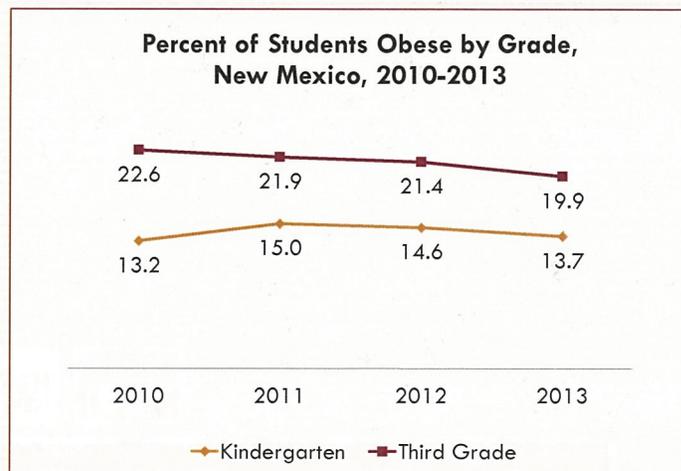


Healthy Kids Healthy Communities

- 64% of students have increased healthy eating opportunities
- 47% of students have increased physical activity opportunities
- Leveraged **\$2,612,290** and **52,876 labor hours** to support healthy eating and physical activity initiatives in the school setting and across communities

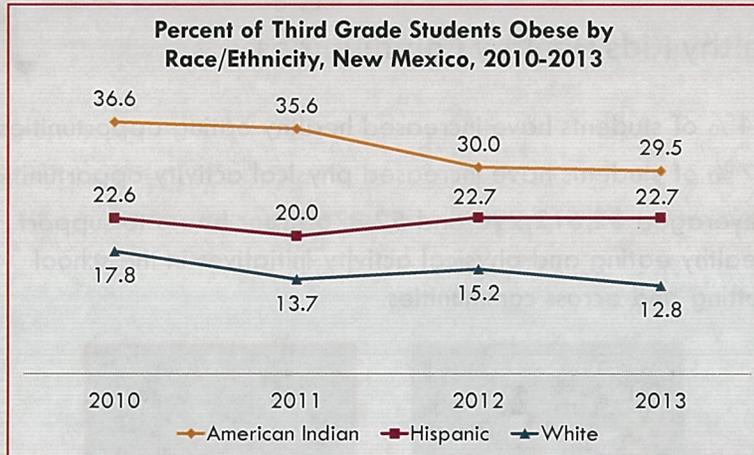


Health Outcome – ↓ Childhood Obesity



Data from 2013 Childhood Obesity Report

Health Outcome – Disparities



Data from 2013 Childhood Obesity Report

Thank you!

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