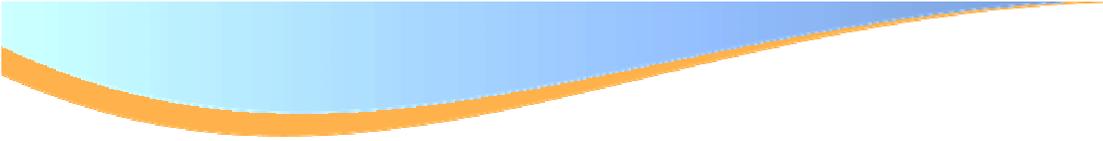


# **Healthy Kids Las Cruces Initiative**



**HEALTHY KIDS**

*Building a Fit Future - One City at a Time*

**LAS CRUCES**

Las Cruces City Council

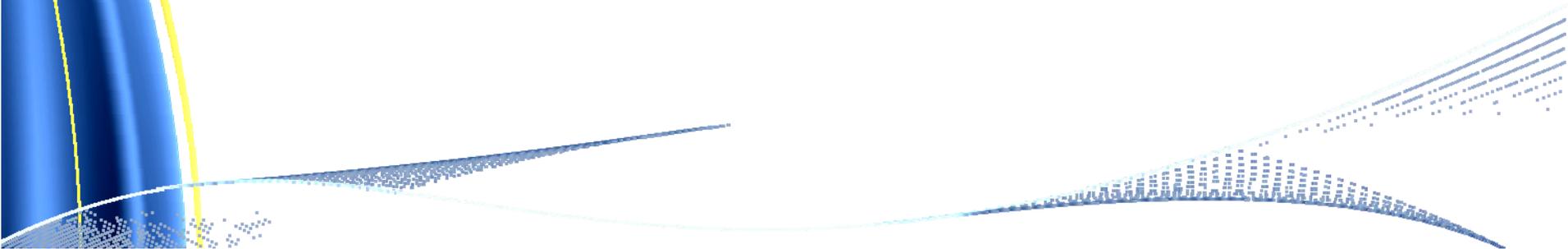
June 27, 2011

[www.healthynm.org](http://www.healthynm.org)





## VISION

- Healthy Kids Las Cruces creates collaborative efforts to empower Las Cruces children, youth and families to change eating and physical activity behaviors to those that promote health and prevent obesity.
- 

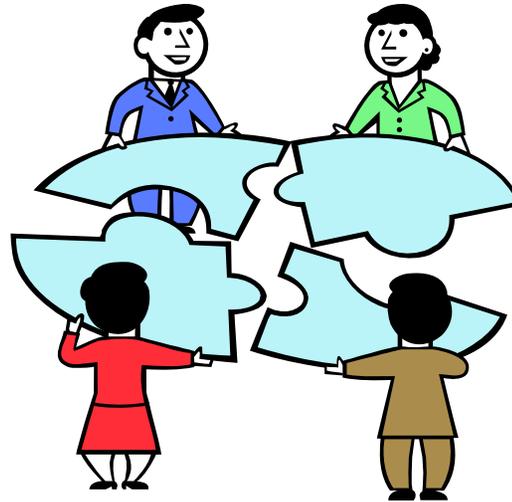
# PREMISE FOR HKLC

➤ We are all pieces of the puzzle.

**Food System**  
Growers, Restaurants

**Education**  
Principal, Teacher, Admin.

**Built Environment**  
Planners, Officials



**HEALTHCARE**  
DOCTORS, NURSES

**COMMUNITY AND FAMILIES**

ALL OF US TOGETHER

# CELEBRATE OUR SUCCESS

- 4<sup>th</sup> year of HKLC Partnership
  - Prescription Trails Program
    - [www.prescriptiontrailsnm.org](http://www.prescriptiontrailsnm.org)
  - Mayor's 5210 Fitness and Nutrition Challenge
  - Community and School Garden Partnership
  - Complete Streets Resolutions



## SUCCESS - CONT'D

- Recess before lunch
- Fresh fruit, vegetable and whole grain tasting
- Provider training and support through Envision.
- Safe Routes to School program
  - Coordinator for Las Cruces
  - District Action Plan



# CITY DESIGNATIONS



KaBOOM! National Campaign for Play

**2009, 2010, 2011?**



**Bicycle Friendly Community  
2011-2015  
League of American Bicyclists**



# CONLEE ELEMENTARY



## Flagship School

- Integrate all settings into a school site.
- Kick-off April 2008
- Enhanced nutrition and physical education programming
- Evaluate BMI and behavior change over 3 years began in 2010-2011.

# OUTCOMES

Staff have reported changes in parents and student understanding of healthier food options for snack and school parties.



## Wii Dance

\* Replicated at Sonoma Ranch and Mesilla Elementary

## SCHOOL GARDEN

\* City/District interest through City Councilor Pedroza



# MOVING FORWARD

## ➤ Local Food System Assessment

La Semilla Food Center  
[www.lasemillafoodcenter.org](http://www.lasemillafoodcenter.org)  
[lasemillafoodcenter@gmail.com](mailto:lasemillafoodcenter@gmail.com)





# MOVING FORWARD

- **El Paseo Corridor**
- Public Comment Process touched on:
  - Active Transportation
  - Beautification
  - Food Access

**“Recreational opportunities and healthy living choices should be enhanced whenever possible.”**

- HKLC resources to partner with City on Picturing El Paseo.
- 



# THANKYOU!!

- Continue at Conlee
  - New community project with broader audience and new partners focused on El Paseo corridor
    - Dawn Sanchez, MBA  
Health Promotion Manager  
Region 5 Public Health Division, NMDOH  
(575) 528-5148; [dawn.sanchez@state.nm.us](mailto:dawn.sanchez@state.nm.us)
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