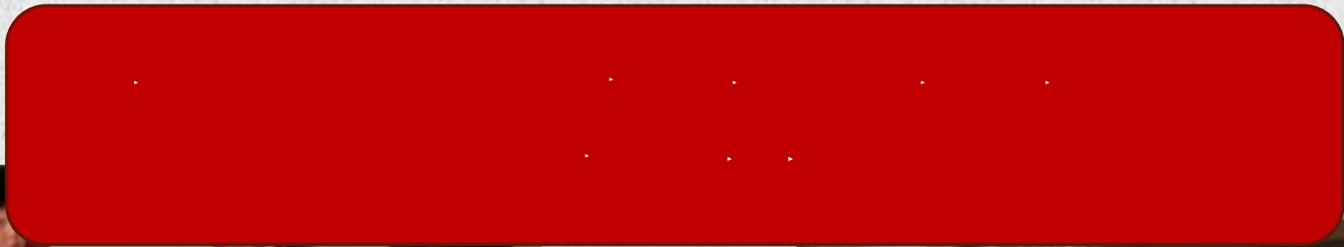


Healthy Kids Las Cruces Update



HEALTHY KIDS
LAS CRUCES
Building a Fit Future

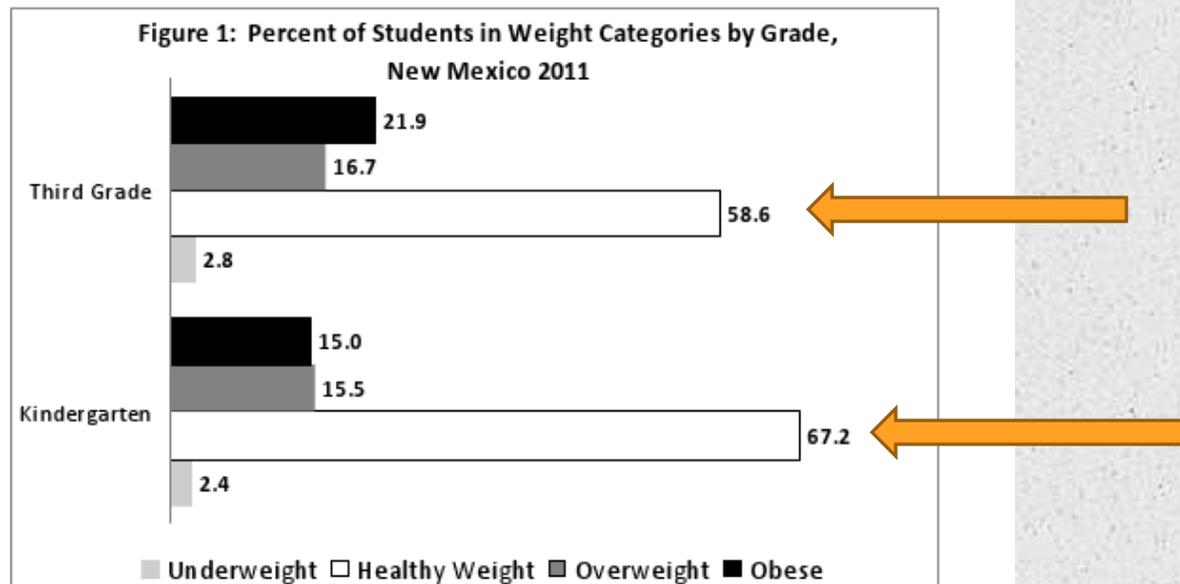


First, Some Good News

- More children are at a HEALTHY weight than last year



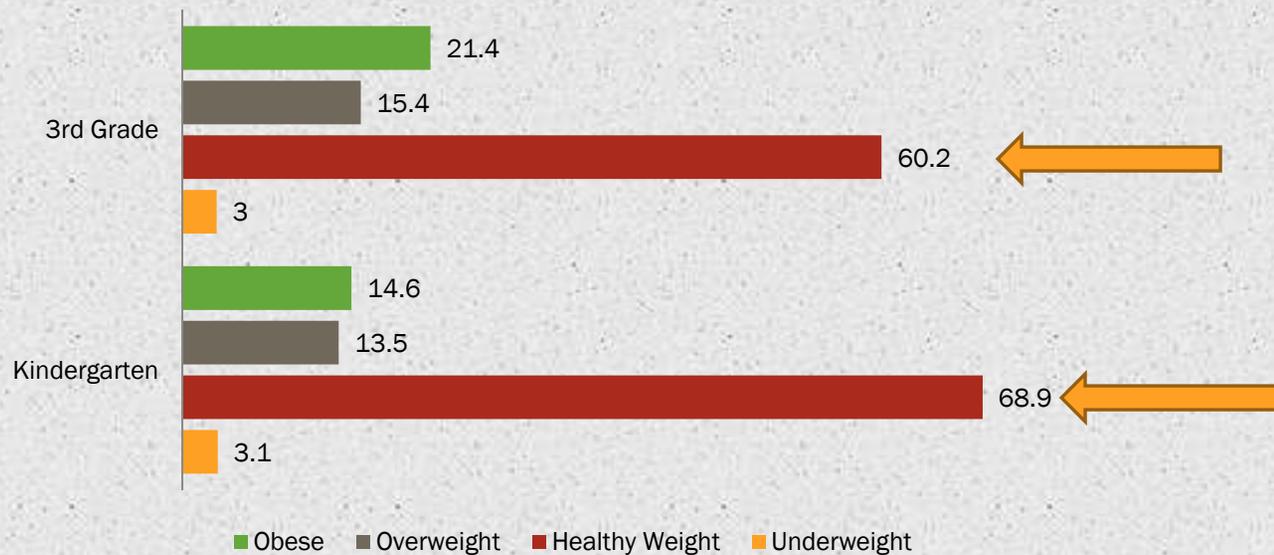
Last Year's Report (Data from 2011):



The Weight of Our Children (2011). New Mexico Department of Health

This Year's Report (Data from 2012)

Percent of Students in Weight Categories by Grade, 2012

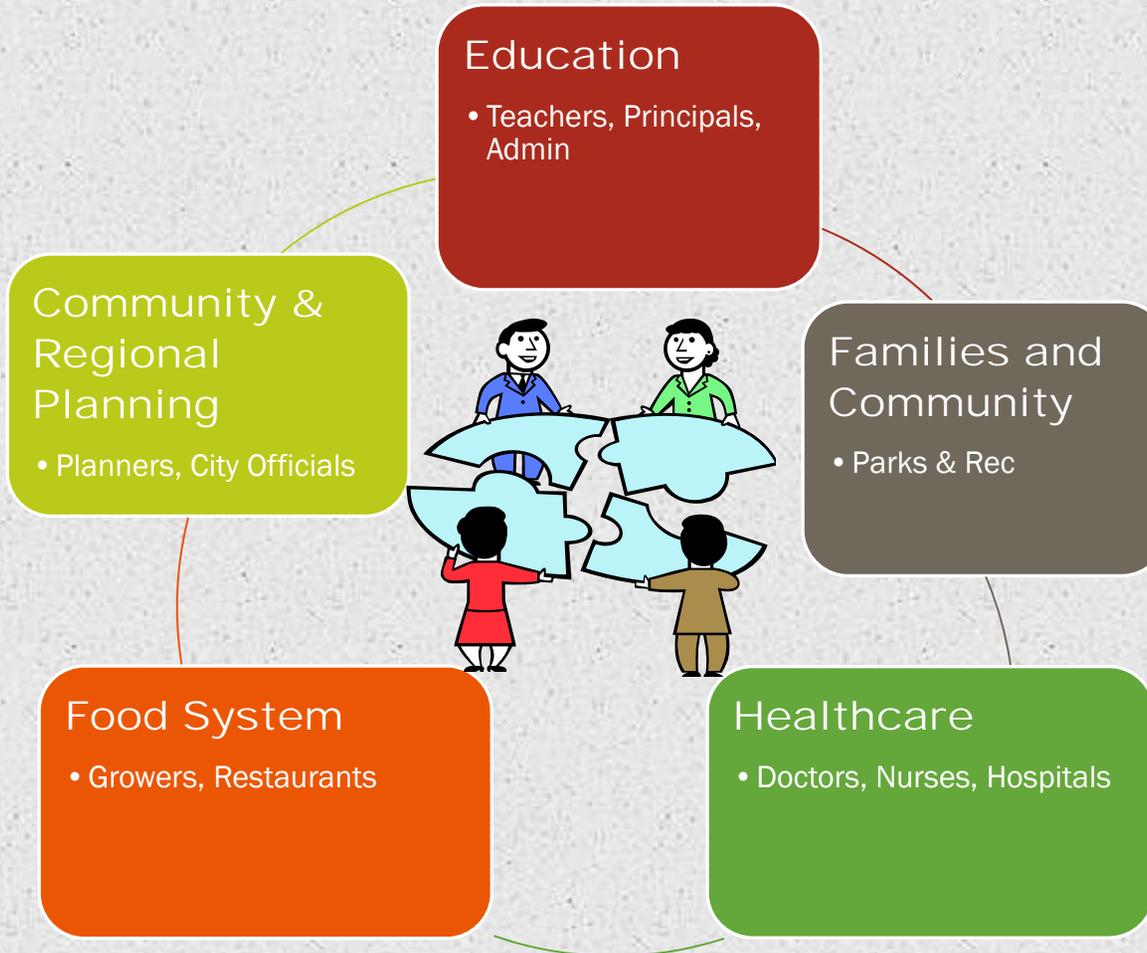


The Weight of Our Children (2012). New Mexico Department of Health

What does this mean?

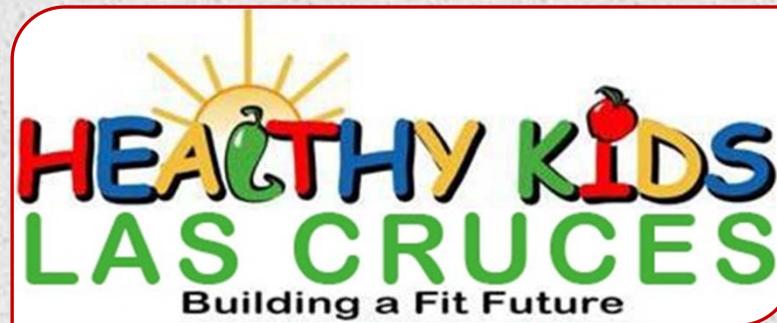
- Obesity prevalence appears stable across grades and years, consistent with national trends
- BMI (Body Mass Index) data is gathered over time; generally takes 5+ years to determine trends
- We cannot make sweeping generalizations at this point
- Data gathered in coming years will help define the shifts in weight categories

Healthy Kids Las Cruces



Vision

HKLC creates collaborative efforts to empower Las Cruces children, youth and families to adopt eating and physical activity behaviors that support healthy lifestyles.



5 Year Celebration



Honoring our 5 Community Leads

5 Year Celebration



*Honoring Mayor Ken Miyagishima for his success with
5210 Fitness & Nutrition Challenge*

A Sampling of Our Successes

2012-2013

- o Mayor's 5210 Challenge adopted on a statewide level by the Governor
- o 2 new Safe Routes to Schools Champions hired
- o Chefs Move to Schools



Successes 2012-2013, Cont'd

- o 4 thriving school gardens
- o Infrastructure changes complete at Valley View Elementary School
- o Open School Yards—signage at most schools



Successes 2012-2013, Cont'd

- Updating school wellness regulations around celebrations and food
- Working with local restaurants to encourage healthier choices in customers



City Designations



2009, 2010, 2011, 2012,
2013

Moving Forward

- o Continue work in El Paseo Corridor
- o Potential to work Intergenerationally
- o 14 New Mexico Communities working on similar initiatives funded through the CDC's Community Transformation Grant
 - o Healthy Kids Las Cruces is the model
 - o Anthony and Hatch are working on similar initiatives
- o Continue work in the schools
- o Food Policy Council



Thank you! Questions?

Katy Redd, MSW, MPH, CHES
Coordinator, Healthy Kids Las Cruces
528-6017
Kathryn.redd@state.nm.us