

Healthy Kids Healthy Communities

Gardening Club in Grant County



What Do We Do? 🍏

Healthy Kids Healthy Communities (HKHC) works with over **525 partners** to expand opportunities for healthy eating and physical activity where children and adults live, learn, play, work, eat, and shop.

Statewide Impact 👥

36,109

Students have increased healthy eating or physical activity opportunities across 72 HKHC elementary schools

321,890

People have access to increased healthy eating or physical activity opportunities in HKHC communities

\$1.9 mil

Resources leveraged to support healthy eating and physical activity in HKHC communities (includes labor and non-labor)

This year, 69 HKHC elementary schools served New Mexico Grown foods to students. HKHC also provided culinary professional development to 5 senior centers and 13 school districts.

Key Priorities 🔑

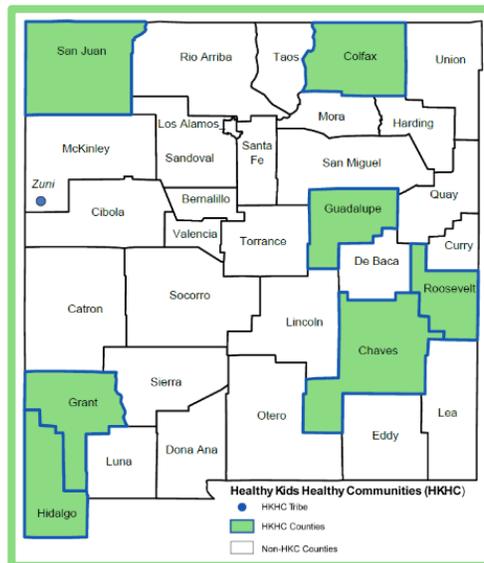
- New Mexico Grown food in public meal programs
- Edible gardens in schools and communities
- School and preschool wellness policies
- Walk & Roll to School programs
- Safe walking and biking routes
- In-school walking clubs



The new trail connection linking the Spring River and Cielo Grande trails in Chaves County

HKHC Reach 2025 🤝

In fiscal year 2025, HKHC created opportunities for healthy living in 7 counties and 1 Tribal community.



The Weight of Our Children

HKHC collects height and weight data among kindergarten and third-grade students in New Mexico to track trends and direct resources. In 2024, **30.8% of kindergarteners** and **41.1% of third graders** in non-metro areas **had overweight or obesity**.¹ Childhood obesity raises the risk of chronic diseases like diabetes.² HKHC's work addresses this risk in collaboration with other state programs, such as Healthy Universal School Meals and Safe Routes to School.

For more information, please contact:

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Visit our website to learn more:
nmhealth.org/about/phd/pchb/hknl/

1. NMDOH, 2024. nmhealth.org/data/view/chronic/2989/
2. CDC, 2024. cdc.gov/obesity/family-action/index

