

# Healthy Kids Healthy Preschool

Preschool gardening activity in Doña Ana County

## What Do We Do? 🍏

In fiscal year 2025, **Healthy Kids Healthy Preschool (HKHP)** reached **5,541 children** in early childhood education programs (ECEs) to expand opportunities for healthy eating and physical activity where children and adults learn, play, eat, and work.

## Statewide Impact 👥

**3,304**

Students are enrolled in ECEs where wellness policies guide healthy nutrition and physical activity

**2,635**

Students participated in the HKHP Challenge, to increase physical activity to 120 min/day and decrease or eliminate screen time

**2,670**

Students engaged in Farm to Preschool initiatives that help to establish gardens and incorporate New Mexico Grown produce

**621**

Students and their families participated in the Family 5210 Challenge aimed at increasing healthy eating and physical activity behaviors

## Key Strategies 🔑

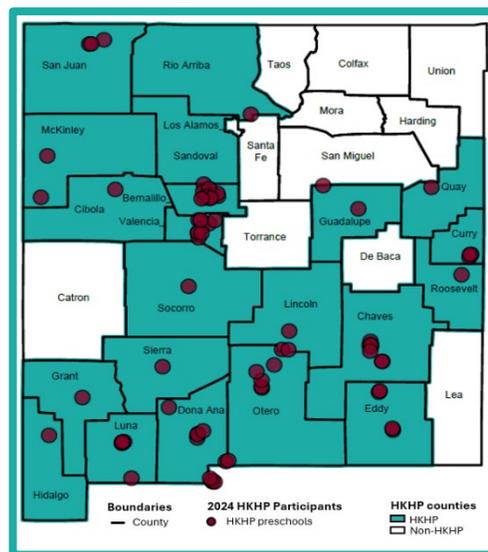
- Preschool wellness policies
- Family 5210 Challenge
- Farm to Preschool
- HKHP Challenge



Colorful preschool garden harvest in Curry County

## HKHP Reach Map 2025 🤝

In FY 2025, HKHP created opportunities for healthy living in **83 preschools** in **21 counties**.



## 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**.<sup>1</sup> Childhood obesity raises the risk of chronic diseases like diabetes.<sup>2</sup> 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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1. CDC, 2024. [cdc.gov/obesity/family-action/index](https://www.cdc.gov/obesity/family-action/index)  
2. NMDOH, 2024. [nmhealth.org/data/view/chronic/2989/](https://www.nmhealth.org/data/view/chronic/2989/)

