

Healthy Kids Healthy Communities Chaves County

Building a Fit Future

HKHC Chaves County is an initiative of the Department of Health that builds on community efforts to motivate children and families to eat healthier, be more physically active, and achieve healthy weights.

What does HKHC Chaves County do?

HKHC Chaves County focuses on three broad areas: schools, the food system, and the built environment. Key priorities are:

Schools	Food System	Built Environment
<ul style="list-style-type: none"> Promote healthy eating and physical activity Help update and implement wellness policies Promote healthy fundraisers 	<ul style="list-style-type: none"> Work with Chaves County Extension on food tastings and demos Develop and maintain community and school gardens 	<ul style="list-style-type: none"> Increase and maintain city trails for walking and biking Encourage park usage and improvements



Key Success of HKHC Chaves County:

Five Chaves County Schools participated in Eat Smart to Play Hard, a social marketing campaign that promotes healthy eating and physical activity.



Key Partners: Roswell Independent School District, Dexter, Hagerman, and Lake Arthur school districts, NMDOH, City of Roswell, Chaves County Cooperative Extension Service, Food Services, ENMU-Roswell Nursing Program

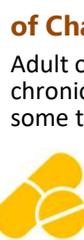
Why is our work important?

Healthy eating and physical activity are two main lifestyle behaviors that can help prevent obesity and reduce the burden of chronic disease. Our HKHC strategies are crucial to making sustainable policy, systems, and environmental changes to support healthy eating and physical activity in Chaves County.



20% of New Mexico 3rd graders are obese (2017)

Obese children are more likely to become obese adults which is why it's important to shape behaviors early.



38% of Chaves County adults are obese (2015-2017)

Adult obesity is associated with poorer mental health and chronic diseases such as diabetes, heart disease, stroke, and some types of cancer.



13% of Chaves County adults have been diagnosed with diabetes (2015-2017)

22% of Chaves County residents live in poverty (2016)

Poverty is linked to increased rates of overweight and obesity and other chronic diseases, such as diabetes, heart disease, and high blood pressure.



25% of Chaves County children under 18 live in poverty (2017)

How can you get involved?



HKHC Coordinators contact info:

Paula Camp
575-317-2288
51paulacamp@gmail.com
Becky Joyce
575-626-8295
kjoyce@dfn.com



Follow our work on social media:

