

Healthy Kids Healthy Communities Hidalgo County

Building a Fit Future

HKHC Hidalgo County, a NMDOH initiative, is a network of community partners working together to reduce obesity by creating healthy eating and active living opportunities for all Hidalgo County residents.

What does HKHC Hidalgo County do?

HKHC Hidalgo 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"> Encourage healthy habits through 5210 and Eat Smart to Play Hard Challenge Promote fresh produce and active fundraising 	<ul style="list-style-type: none"> Introduce new foods through tastings Encourage home gardens Facilitate food distributions and emergency food 	<ul style="list-style-type: none"> Developing the Animas Park into a usable active space Working with the City of Lordsburg to develop a nice walking path around Short Park



Key Success of HKHC Hidalgo County:

Supporting healthy lifestyles through the USDA HealthierUS Schools Challenge award at Animas Elementary, salad bars in Lordsburg and Animas, and active fundraising.



Key Partners: Hidalgo County, City of Lordsburg, Elks Lodge 1813, Lordsburg Schools, Animas Elementary, Recovery Management, Hidalgo County Herold, Buddy's, NMSU, SPIRIT of Hidalgo, Buddy's, TWC, Road Runner Food Bank

How can you get involved?



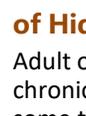
Why is our work important?

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 Hidalgo 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.



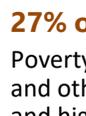
9% of Hidalgo County adults are obese (2014-2017)

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



12% of Hidalgo County residents have limited access to healthy foods (2014)

Not having access to healthy food is correlated with overweight and obesity.



27% of Hidalgo County residents 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.



24% of Hidalgo County children under 18 live in poverty (2017)

8% of Hidalgo County adults were diagnosed with diabetes (2014-2017)

HKHC Coordinator contact info:

Beth Cox
575-313-0765
bc@swchi.org

