

Healthy Kids Healthy Communities

Building a Fit Future

A Healthy Kids New Mexico publication

School Year 2016-2017

Healthy Eating Opportunities in School (SY 2016-17)

Healthy Kids Healthy Communities (HKHC)* implementation strategies for expanding children's healthy eating opportunities during the school day include weekly or monthly **fruit & vegetable tastings** in the classroom and regular **salad bars**, **premade salads**, and **fruits & vegetables offered as snacks**. These numbers represent the 2016-17 school year and only include those elementary schools that have established healthy eating practices on an ongoing and regular basis (*note: several HKHC schools are still working on environmental and systems changes to increase frequency of tastings or salad bars/premade salads and are not taken into account here*).

How much did we do?	How well did we do it?
<p>Healthy Kids Healthy Communities (HKHC)</p> <ul style="list-style-type: none">98 HKHC public elementary schools have increased healthy eating opportunities73 HKHC public elementary schools have classroom fruit & vegetable tastings70 HKHC public elementary schools have salad bars and/or premade saladsHKHC leveraged monetary and labor resources to support healthy eating and physical activity initiatives within their communitiesProvided training & technical assistance to schools to participate in the federal Fresh Fruit and Vegetable School Snack program (FFVP)	<p>Healthy Kids Healthy Communities</p> <ul style="list-style-type: none">90% of HKHC public elementary schools have increased healthy eating opportunities67% of HKHC public elementary schools have classroom fruit & vegetable tastings64% of HKHC public elementary schools have salad bars and/or premade saladsHKHC collectively leveraged at least \$1,681,069 and 35,583 labor hours to support healthy eating and physical activity initiatives in 2016-17The number of schools participating in the FFVP increased from 29 schools in 2010 to 55 schools in SY 2016-17
Is anyone better off?	Is anyone better off?
<p>Healthy Kids Healthy Communities</p> <ul style="list-style-type: none">32,700 students in HKHC public elementary schools have increased healthy eating opportunities19,959 students in HKHC public elementary schools have access to classroom fruit & vegetable tastings18,966 students in HKHC public elementary schools have access to salad bars and/or premade salads	<p>Healthy Kids Healthy Communities</p> <ul style="list-style-type: none">89% of students in HKHC public elementary schools have increased healthy eating opportunities54% of students in HKHC public elementary schools have access to classroom fruit & vegetable tastings52% of students in HKHC public elementary schools have access to salad bars and/or premade salads

* HKHC represents 24% of students in the NM elementary school-age population (SY 2016-17)

Physical Activity Opportunities Before, During & After School

(SY 2016-17)

Healthy Kids Healthy Communities (HKHC)* implementation strategies for expanding children’s physical activity opportunities before, during, and after school include **opening neighborhood schoolyards** for community use and **establishing regular walk & roll to school programs** and **in-school mileage clubs**. These numbers represent the 2016-17 school year and only include those schools that have created physical activity opportunities that occur on an ongoing and regular basis (*note: some rural communities are focusing on active park space rather than schoolyards and several other schools are still working on environmental and systems changes to make open schoolyard space more active and increase the frequency of walk & roll programs. These schools are not taken into account here*).

How much did we do?	How well did we do it?
<ul style="list-style-type: none"> 75 HKHC public elementary schools have increased physical activity opportunities 56 HKHC public elementary schools have schoolyards open for community use 36 HKHC public elementary schools have regular walk & roll to school programs and/or in-school mileage clubs 28 HKHC public elementary schools participated in International Walk to School Day Provided training & technical assistance to 16 HKHC counties and tribes to apply for funding to enhance walking and biking HKHC leveraged monetary and labor resources to support healthy eating and physical activity initiatives within their communities 	<p><i>Healthy Kids Healthy Communities</i></p> <ul style="list-style-type: none"> 69% of HKHC public elementary schools have increased physical activity opportunities 51% of HKHC public elementary schools have schoolyards open for community use 33% of HKHC public elementary schools have regular walk & roll to school programs and/or in-school mileage clubs 26% of HKHC public elementary schools participated in International Walk to School Day HKHC collectively leveraged at least \$1,681,069 and 35,583 labor hours to support healthy eating and physical activity initiatives in 2016-17
Is anyone better off?	Is anyone better off?
<p><i>Healthy Kids Healthy Communities</i></p> <ul style="list-style-type: none"> 25,066 students in HKHC public elementary schools have increased physical activity opportunities 14,638 students in HKHC public elementary schools have access to open schoolyards 7,739 students in HKHC public elementary schools participate in regular walk & roll to school programs and/or in-school mileage clubs 3,704 students in HKHC public elementary schools participated in International Walk to School Day 	<p><i>Healthy Kids Healthy Communities</i></p> <ul style="list-style-type: none"> 68% of students in HKHC public elementary schools have increased physical activity opportunities 40% of students in HKHC public elementary schools have access to open schoolyards 21% of students in HKHC public elementary schools participate in regular walk & roll to school programs and/or in-school mileage clubs 10% of students in HKHC public elementary schools participated in International Walk to School Day

*HKHC represents 24% of students in the NM elementary school-age population (SY 2016-17)



Healthy Kids New Mexico builds state and local partnerships to expand children’s opportunities for healthy eating and active living where they live, learn and play.

