

Healthy Kids Healthy Communities Cibola County

Building a Fit Future

HKHC Cibola 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 Cibola County residents.

What does HKHC Cibola County do?

HKHC Cibola 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"> • Healthy eating: the Fresh Fruit & Vegetable Program and salad bars • Physical activity: walk & roll to school and fit breaks 	<ul style="list-style-type: none"> • Improving and adding community gardens • Encouraging families to grow their own food 	<ul style="list-style-type: none"> • Improve connectivity to schools, parks, and recreation areas • Encourage active transportation



Key Success of HKHC Cibola County: Introduced 5210 and Eat Smart to Play Hard initiatives into elementary schools to promote healthy eating and physical activity.



Key Partners: Grants-Cibola Schools, City of Grants, Cibola County, Cibola General Hospital, PMS, NMSU-Grants

Why is the 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 Cibola 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.



27% of Cibola Co. 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.



6% of Cibola County adults have had a heart attack or have heart disease (2015-2017)



16% of Cibola County adults were diagnosed with diabetes (2015-2017)



33% of Cibola 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.



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