

# Healthy Kids Healthy Communities San Juan County

Building a Fit Future

HKHC San Juan County, a NMDOH initiative, is dedicated to communicate, educate, and integrate healthy living and physical activity to achieve a better, healthier quality of life throughout all of San Juan County.

## What does HKHC San Juan County do?

HKHC San Juan 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"> <li>• 5210 healthy eating and physical activity initiative in all districts</li> <li>• School gardens and farm to school</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction of community garden projects throughout San Juan County</li> </ul>	<ul style="list-style-type: none"> <li>• Support the development and promotion of multi-use trail systems throughout the county</li> </ul>



### Key Success of HKHC San Juan County:

Farmington Growers Market, Parks and Rec, and Farmington Municipal School created a food secure partnership to provide nutrition education, cooking lessons, and tastings during the summer food program.



**Key Partners:** Farmington Parks and Rec, San Juan County Partnership, Farmington Public Works, San Juan County Ext. Office, Shiprock Americorps, Aztec MS, Farmington MS, Central Consolidated Schools

## How can you get involved?



## 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 San Juan County.



### of New Mexico third graders are obese (2016)

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



### of San Juan County adults are obese (2014-2016)

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



### 19% of San Juan County residents live in poverty (2015)

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

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