

**CITY OF SANTA FE**

**HEALTHY LIFESTYLES**  
**TASK FORCE**

**REPORT**

Adopted by the Governing Body, August 28, 2008

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**City of Santa Fe  
Healthy Lifestyles Task Force Report**

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**Attachment # 1 (Resolutions):** 1(a) City of Santa Fe, NM Resolution No. 2007-81; 1(b) 2007-77

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**Attachment # 3 (SFPS and City Programs):** a. School Meals Program for SFPS; b. GCCC After School Spring 2008; c. City 2008 Summer Programs for Youth; d. Parks Div. League Dir. 2008

**Attachment # 4 (Model Programs):** a. Salazar Partnership Health Promotion Project Evaluation Report, July 23, 2007; b. (1) Healthy Living Cambridge Kids-Healthy Children Task Force; b. (2) Promoting Healthy Weight; c. The Connection: Zuni School Healthy Lifestyles

**Attachment # 5 (Local Programs):** a.(1) National Dance Institute of New Mexico 2005-2007 Evaluation Results; a.(2) NDI Letter; b. TRIPLE PLAY; c. Cooking with Kids d. America on the Move - Quick Start Guide

**Attachment # 6 (References):** a. The Role of Schools in Preventing Childhood Obesity; b. School-based Interventions for Childhood and Adolescent Obesity; c. Asymmetric Paternalism to Improve Health Behaviors; d. The N. M. Plan to Promote Healthier Weight, 2006-2015; e. Safe Routes; f. Healthy Las Cruces, Healthy Kids; g. Centers for Disease Control: Does Breastfeeding Reduce the Risk of Pediatric Overweight?

# **HEALTHY LIFESTYLES FOR CHILDREN AND ADOLESCENTS TASK FORCE REPORT**

## **EXECUTIVE SUMMARY**

Among New Mexican children 2-5 years old participating in federal nutrition programs, 24% were overweight or obese. In a 2005 NM survey of high school students, 26% were overweight or obese. The health risks of being obese are significant. Obesity increases the risk of the development of diabetes, hypertension, cardiovascular disease and psychosocial problems.

In Santa Fe, only seven out of twenty-one public elementary schools have formal P.E. programs. In schools that do offer P.E, students participate only one hour a week in physical fitness classes. Many excellent programs with healthy lifestyle components exist for Santa Fe children; however participation is limited by lack of accessibility, affordability, and availability.

The increasing prevalence of obesity in children mirrors the society as a whole. It cannot be reversed without fundamental changes in our culture, communities and lifestyles. Having reviewed the literature and listened to presentations by community members, the Task Force has come to the conclusion that certain commonalities exist among the most successful programs:

1. Successful programs involve not only children, but also families, schools, neighborhoods, and workplaces – essentially, the whole community.
2. Successful programs promote healthy habits and choices which are sustainable into adulthood.
3. Successful programs provide practical & specific guidelines for children and families that are reinforced by the same message throughout the community, such as the Cambridge Project with its 5-2-1 message: five vegetables and fruits, no more than two hours of T.V., and one hour of exercise each day.

## **TASK FORCE RECOMMENDATIONS:**

### **Implement Immediately:**

1. Increase support for effective community and public school programs.
2. Set an example of healthy lifestyles.
3. Support the regular and periodic monitoring of the health of every student.
4. Initiate a public education campaign.
5. Establish monthly Community Walks.
6. Provide and distribute family-friendly maps of city and county green spaces, parks, trails.

7. Encourage walking & biking to school.
8. Encourage local farmers to work with schools, families and young people.
9. Support gardens and orchards at schools, community centers and in neighborhoods.
10. Encourage the use of public school, senior center, and community center sites on nights and on the weekends.
11. Suggest that the Santa Fe Public School Board consider the following:
  - a. Encourage teachers to incorporate 10-20 minutes of daily movement into elementary and middle school classrooms.
  - b. Offer a *Wellness Across the Curriculum* Professional Development Day for teachers.
12. Support the existing Southside Farmers Market.

**Implement Within The Next 2-5 Years:**

1. Connect bike paths and trails to create a network for safe travel around town for all ages.
2. Construct over-paths or under-paths for busy streets.
3. Have bicycles available.
4. Change the City's laws and culture so drivers stop for pedestrians.
5. Develop the infrastructure to promote a physically active City of walking, biking, and outdoor recreation through zoning and code policy changes.
6. Request that Santa Fe Public Schools consider providing school bus transportation home from after school activities.
7. Encourage the Santa Fe Public Schools (and private schools) to extend the school day to include an hour of physical activity each day for every student and teacher.

# HEALTHY LIFESTYLES FOR CHILDREN AND ADOLESCENTS TASK FORCE REPORT

## **BACKGROUND AND HISTORY:**

Establishment of Healthy Lifestyles Task Force

Resolution No. 2007-81 introduced by Councilor Matthew Ortiz established a Task Force to investigate, research, propose and recommend to the governing body steps toward achieving healthy lifestyles for children and adolescents. (Attachment #1)

## **Resolution Summary**

The Task Force was charged with reviewing proposed solutions to promoting healthy food choices and eating behaviors, and encouraging the adoption of active life-long fitness goals for children and adolescents. The Task Force was to provide recommendations regarding the promotion, support, and funding alternatives for healthy lifestyles in children and adolescents. Such report was to be given within 6 months after its initial meeting, or no later than July 1, 2008.

## **Task Force Members:**

1. Chairperson: Suzanne S. P. Gebhart, MD, Professor Emerita (endocrinology & metabolism), Emory University School of Medicine. Director of Diabetes Management, La Familia Medical Center.
2. Judy Jaquez, RD. Director of Student Nutrition for the Santa Fe Public Schools.
3. Jennifer Johnson, MD, FAAP. La Familia Pediatrician consulting on children with emotional, behavioral, and school problems. Member of the Salazar-Agua Fria Elementary-La Familia Medical Center Healthy Schools Partnership.
4. Andre Jones, Board Member, Earth Care International, Youth Allies Leadership Team Member and Organizing Fellow, Earth Care International.
5. Kathy Medina, MA. HR Manager, Vice President, Coca-Cola Bottling Co. of Santa Fe.
6. Carol Rose, RD. Former Director of Women, Infants and Children Supplemental Food Program (WIC), Former Nutrition Education Coordinator for the State of New Mexico WIC Program.
7. Steve Shepherd, Director Santa Fe County Health & Human Services Division.
8. Lynn Walters, MS. Executive Director and Founder of *Cooking with Kids* hands-on food and nutrition education program.

## **Meeting Dates: (Meeting Minutes, Attachment # 2)**

November 29, 2007

December 20, 2007

January 31, 2008

February 21, 2008

March 6, 2008

March 20, 2008

April 17, 2008

May 1, 2008

May 15, 2008

## **INTRODUCTION**

Obesity represents a global trend increasing in both developed and developing countries. Sixty-five percent (65%) of American adults are currently overweight or obese. At least 25% of children between the ages of 2-5 are obese, based on the National Longitudinal Survey of Children & Youth 1998 and the trend continues upward. It is estimated that 26-41% of obese pre-school children will become obese adults and that current trends in childhood obesity may reverse the increase in life expectancy that has been so remarkable in the twentieth century. As a result of obesity, American young people may, on average, live less healthy and, ultimately, shorter lives than their parents.

- <http://www.cdc.gov/nccdphp/dnpa/obesity/trend/index.htm>
- Daniels SR. The Future of Children, Childhood Obesity 2006, 16: 47-67.  
<http://www.jstor.org/stable/3556550>

The health risks of being obese are significant. Obesity increases the risk of the development of diabetes, hypertension, cardiovascular disease and psychosocial problems. These diseases represent major causes of mortality, disabilities, and reduction of quality of life in our society. Diabetes alone is the leading cause of adult blindness and non-traumatic amputation. Diabetes and hypertension causes the majority of kidney failure. Type 2 diabetes, previously a disease of adulthood, is now found in increasing prevalence among children.

- <http://www.diabetes.org/type-1-diabetes/complications.jsp>
- <http://diabetes.niddk.nih.gov/dm/pubs/statistics/index.htm>

The State of New Mexico is not an exception to these grim statistics. In New Mexico, as in 41 other states, over 20% of the population is obese. There has been an estimated 37% increase in the prevalence of diabetes in NM from 1990 to 2000. Among New Mexican children 2-5 years old participating in federal nutrition programs, 24% were overweight or obese. In a 2005 NM survey of high school students, 26% were overweight or obese.

- New Mexico statistics based on figures cited in the New Mexico Plan to Promote Healthier Weight-2008 Action Plan

Numerous studies involving overweight children have been carried out with mixed results. Perhaps one of the most consistently positive findings is the reduction in obesity risk among children who were breast-fed as infants. Some studies note that the protective influence of breastfeeding can extend into adolescence and even adulthood. (see References, Attachment #6 g.)

- <http://www.cdc.gov/search.do?q=breast+feeding+and+childhood+obesity>

The Task Force recognizes that childhood overweight and obesity are problems for the whole community. Since most children spend most of their daytime hours in schools, schools must logically be involved in addressing a solution. However, the school day is already full, not only with what has traditionally been seen as school work, but with many additional responsibilities formerly undertaken by parents and other social networks. Additionally, federal, state and local mandates fill the teaching day with little latitude for individualization.

The Task Force realizes that the schools can't do it alone. Nor can city or county government. However, working together these issues can be addressed. One way to do this is by combining resources to develop a public education campaign to change the way our community spends its time and money to improve the health and quality of life for future generations.

### **HIGHLIGHTS OF PRESENTATIONS TO THE TASK FORCE**

1. Reports from the Santa Fe Public School programs (Student Nutrition, Student Wellness) and City Community Services Department (Attachment # 3 and [www.sfps.k12.nm.us](http://www.sfps.k12.nm.us)):

Santa Fe Public Schools report that 65% of students are eligible for free or reduced price meals and that only 4 out of 21 elementary schools have fewer than 50% of students on subsidized meals. Only seven out of twenty-one elementary schools have formal P.E programs. In schools that do offer P.E., students participate only one hour a week in physical fitness classes.

City Recreation Programs offer after school and summer programs at two city recreation centers. Monica Roybal Youth Center serves 100 school-age children and 80 teens. The City Summer Youth Recreation Program has 1,200 young people participating in summer programs at 9 sites (8 schools) for an \$80 fee. The program offers tennis, swimming, basketball and gymnastics. The Genoveva Chavez Community Center (GCCC) serves 30 school-age children during the school year and hosts a summer camp for 90 kids during ten weeks for a fee of \$130 per week, per child. The GCCC program includes swimming, ice-skating, court sports, and general outdoor recreation. Junior sports leagues and teams, both city-sponsored teams and community and school leagues also exist, including: basketball, soccer, volleyball, swimming, track and field, and baseball/softball. All contribute to healthy lifestyles, but were not a particular focus of this task force (Attachment 3).

2. Model Programs (Attachment # 4):

a. *Salazar Partnership* at Salazar and Agua Fria elementary schools, Santa Fe, New Mexico

The purpose of this program is to improve the health of children and their families through a collaborative model involving the schools, parents, community health clinics, community programs and volunteers. Working with La Familia Medical Center health educators and school nurses the partnership has developed a health curriculum including such topics as: Germs and Hand Washing, Sun Safety for the younger grades; Understanding Food Labels and Media Literacy for the older students. Dental screenings and influenza immunizations are also provided.

All students participate in obesity reduction and physical fitness services and improvements in nutrition and eating habits. In addition to physical activity, grades 3-6 undergo fitness testing. The project demonstrated a 9% increase in passing fitness scores from 05/06 to 06/07.

There is also a nutrition component including evening activities for families with demonstrations of food preparation and healthy choices. *Cooking with Kids* is a nationally recognized local food education program which has been a part of the Salazar Project, but also offers classes throughout the SFPS, partially funded by the City Children and Youth Commission. Annually, over 1,000 family volunteers participate in school-day cooking classes.

b. *Healthy Living Cambridge Kids Project*, City Task Force, Cambridge, Massachusetts

Cambridge has been addressing childhood obesity since the 1990's, through extensive collaboration between schools, researchers, public health officials, and city partners. Over time, this has evolved into a comprehensive, multidisciplinary approach, which has had a successful impact on children's weight. In 1999, the HCTF identified "5-2-1" guidelines to direct policy, programming and evaluation: 5 helpings of vegetables and fruits, no more than 2 hours of screen time and 1 hour of exercise daily. This message was echoed throughout the community by businesses, schools, health clinics and public signs. To document progress, students were evaluated yearly with Body Mass Index for age & fitness scores. In addition to education on nutrition and exercise for children and families, physical education was expanded with nontraditional programming, professional development and equipment purchase. Family fitness activities were offered. School nutritionists partnered with consultant chefs to develop healthful recipes for school food services. Community gardening and school gardens were encouraged through City supported programs. As a result, the prevalence of overweight declined 2.2% from 20.8% to 18.2 %, and fitness scores increased 3.7% over 2 consecutive years of study.

c. *Zuni Schools Healthy Lifestyles Program*, Zuni Pueblo, New Mexico

This program was directed toward the prevention of type 2 diabetes among Native Americans through an agreement between the Zuni Public School District and the Pueblo of Zuni. Program staff members were assigned to public schools to provide prevention activities and curriculum for diabetes prevention as well as overweight, obesity and cardiovascular disease. In addition to school programs, before and after school programs such as aerobics, sports, and 5K walks were implemented. While the target was school-aged children, many programs were open to the entire community. Community events have averaged 1000 participants per month.

3. Existing Local Nonprofit Programs (Attachment # 5):

Local healthy lifestyle programs offered by non-profit organizations in school and after school include the following:

a. *National Dance Institute of New Mexico* is a physical fitness program for youth. It's *Hip to be Fit* project includes a "Train the Trainer" component. Training sessions are offered to public elementary school teachers, giving them the tools and training to incorporate movement in their classrooms.

b. *Boys and Girls Club of Santa Fe* offers *The Triple Play* program which is underwritten by Coca Cola. This program addresses nutrition education and fun fitness activities that also involve parents.

c. The *Cooking with Kids* nutrition education program has already been mentioned above under the description of the Salazar Partnership.

d. The *Santa Fe Family YMCA* offers the *Activate America Program* and the *Catch* program, which is a new initiative for K-5th grades, underwritten by the State of New Mexico. The curriculum has components to involve parents and school cafeteria staff.

e. *Girls, Inc* has an adventure-based sports program to encourage physical fitness, self-esteem and leadership. It also has after school programs for 65 girls and a summer program for 100 girls.

f. *T.V. Turn-off Week* is an initiative sponsored by the Office of Student Wellness (Santa Fe Public Schools) in coordination with the Santa Fe T.V. Turn Off Coalition which happens annually in April offering daily alternative activities to T.V. and video games for families and children.

#### 4. State of New Mexico Initiatives:

NM Safe Routes to School is a federally-funded program established in 2005 to enable and encourage all children in K-8<sup>th</sup> grade to walk or bike to school, to improve safety and reduce traffic congestion, fuel consumption and air pollution in the vicinity of schools.

There is also a 2008 Action Plan which is a part of the New Mexico Plan to Promote Healthier Weight: 2006-2015 drafted by the New Mexico Healthier Weight Council. This is a comprehensive plan to reduce obesity, overweight and related chronic diseases.

#### 5. Additional Published Material (Attachment # 6, References):

a. National Association of State Boards of Education. The Role of Schools in Preventing Childhood Obesity. *The State Education Standard/December 2004*.

b. Sharma M. School-based Interventions for Childhood and Adolescent Obesity. *Obesity Reviews* 7: 261-269, 2006.

c. Loewenstein G, Brennan t, Volpp K. Asymmetric Paternalism to Improve Health Behaviors. *JAMA* 298: 2415-17, 2007.

d. New Mexico Healthier Weight Council 2006-2015 Action Plan.  
[www.HealthierWeightNM.org](http://www.HealthierWeightNM.org)

e. NM Safe Routes to School [www.nmsaferroutes.com](http://www.nmsaferroutes.com),  
<http://www.nmshtd.state.nm.us/main.asp?secid=15411>

f. Healthy Las Cruces, Healthy Kids: Creating a Fit Future Generation. Draft Implementation Plan: 2008-2013

## **CONCLUSIONS:**

City government can and should promote and encourage a healthy lifestyle among its citizens but, by itself, cannot solve what is a national and global problem. The City Council has shown admirable foresight addressing this issue beginning with children. Having reviewed the literature and listened to presentations by community members, the Task Force has come to the conclusion that certain commonalities exist among the most successful programs:

1. Successful programs involve children, families, schools, neighborhoods, and workplaces – essentially, the whole community.
2. Successful programs promote healthy habits and choices which are sustainable into adulthood.
3. Successful programs provide practical & specific guidelines for children and families that are reinforced by the same message throughout the community, such as the Cambridge Project with its 5-2-1 message: five vegetables and fruits, no more than two hours of T.V., and one hour of exercise each day.

## **TASK FORCE RECOMMENDATIONS:**

### **Implement Immediately:**

#### **1. Increase support for effective community and public school programs.**

Cost and Funding: (Resolution 2007-77 proposed an increase of .5% GRT, approximately \$200,000 each to be added to the regular annual allocation for the Children and Youth Commission and the Human Services Committee grants to fund Healthy Lifestyle programs for children and adolescents. (Attachment #1b)

**2. Set an example.** The city council should set an example by participating in community outdoor activities and provide healthy foods at meetings. Food for City facilities should be purchased from local growers whenever possible and City employees should be encouraged to walk or bicycle to work.

Cost: no to little cost, varies with seasonal variation in food costs

Funding: The Joint City/County Food Policy Board will be addressing this issue

**3. Support the regular and periodic monitoring of the health of every student** with the acquisition of important health evaluations, such as body mass index (BMI), as well as visual and hearing acuity, physical fitness, and dental screening, and develop remedies for students who need help.

Cost: Additional nurses, trained volunteers to assist Santa Fe Public School staff (use Salazar Project as a model.)

Funding: In addition to the public school system, links with healthcare providers, volunteers such as parents who are nurses or physicians to provide no cost support to accomplish the monitoring. City Human Services and Children and Youth Commission funding.

**4. Initiate a public education campaign** to encourage all Santa Feans to establish and maintain a healthy lifestyle. Working with business partners, health centers, and civic organizations aim at a single repetitive message. The Task Force suggests borrowing the 5-2-1 message from the Cambridge project, since it is easy to remember and gives specific guidelines. One example, with variations is shown below:



or



Whatever the Logo, it should appear in public areas throughout the city and be accompanied by additional information and regular announcements for public events reinforcing the healthy lifestyle goal using all sources of public access like links from the City of Santa Fe webpage & government TV station.

Costs: Graphic designer (city staff); Cost of advertising & printing billboards, bus wraps, public information spots, staff time to promote the program

Funding Sources: Corporate backers (Coca-Cola has expressed interest), the health community including St Vincent's Hospital, the State Public Health Office, and city & county governments

### **5. Establish monthly Community Walks**

The city can encourage families to exercise, and at the same time provide an opportunity to highlight the unique aspect of the city neighborhoods, by supporting monthly community walks. The area featured for the walk should have controlled traffic flow, maps, with points of interest &/or historical background. Different routes should be selected each month to highlight different aspects/areas of city life/culture/history. The Task Force would hope that city leaders would set an example by participating in these walks. Businesses and community groups could encourage participation with walking teams wearing team T-shirts. Many opportunities to exert civic pride could be afforded with this activity.

Cost: Staff time to coordinate walks; printing costs of announcements; walking maps, points of interest; police assistance to block streets, intersections; Fire/EMT availability in case of emergency

Funding: Civic groups, such as historical or environmental societies, existing walking and running groups in town, AARP or developers of neighborhoods may be interested in providing organizational and printing support

### **6. Provide and distribute family-friendly maps of city and county green spaces, parks, trails**

that encourage use by young people and their families. Announcements of activities that are scheduled in public parks should be published on the City of Santa Fe website and in the newspaper community calendar. Including upcoming park and outdoor activities in the City's utility bill is a suggested way of disseminating timely information. There are opportunities to reference and promote existing services: such as the Santa Fe New Mexican Youth Connect website: <http://www.santafenewmexican.com/youthconnect/>. A City sponsored clearing house of opportunities could be available at no cost to the City through the City web site.

Cost: GIS staff time, printing & distribution of maps; electronic and community calendar posting at no cost, but requires staff time.

Funding: Minimal cost, Note: Santa Fe County already has open space maps. It was brought to the Task Force's attention that there is also a joint City/County trail map. Combining both City and County facilities, providing greater distribution and access to maps would be helpful to the community and encourage utilization of existing facilities. Could be included in the SF New Mexican's Santa Fe Youth Connect interactive internet map.

**7. Encourage walking & biking to school** by rigorous enforcement of traffic laws during school hours, school crossing guards for busy streets, public education on the benefits of daily exercise, and disseminating information about successful walking initiatives to parents groups, neighborhoods and local schools:

#### *a. Safe Routes to School*

The New Mexico Department of Transportation offers financial support through a grant mechanism accessible via their website for a feasibility study and to support necessary action to promote walking & biking to school. The City should disseminate this information to students

and their parents and support school initiatives to apply for funding and place on high priority the maintenance of sidewalks, bike lanes, and lighting around schools.

Cost: No additional cost beyond maintenance

Funding: Safe Routes to School Feasibility & funding source:

<http://www.nmshtd.state.nm.us/main.asp?secid=15411>.

#### b. *Walking Bus*

Some communities opt to have adults accompany children to school. Parents, and/or designated adults, chaperone walking students along regular routes where children can join the group or depart at the end of the day similar to "bus stops". All PTAs should be made aware of this option, which would likely be a volunteer activity. Established programs like Neighborhood Watch, Safe Haven locations Parent/Teacher Associations should be part of these efforts. Student safety is paramount.

Cost: This should be a PTA volunteer activity

Funding: N/A

**8. Encourage local farmers to work with schools, families, and young people** so as to put a "Face on the Plate," where local growers talk about their farms. Local farmers have been paid \$50/school presentation as an honorarium in previous years' programs.

Cost: A non-profit group with an interest in re-establishing this program will need to assume the initiative, hire a coordinator to work with public schools and arrange for the programs.

Funding: County Extension, New Mexico Department of Agriculture, local environmental or philanthropic groups

#### **9. Support gardens and orchards at schools, community centers and in neighborhoods**

Water availability is a major barrier.

a. The City should consider ways to harvest water from public buildings for garden use.

b. The public policy on water and land use for community gardens should be clearly described and disseminated.

c. The City should make available, at little or no cost, experts in water use and garden design who are available to partner with schools, community & youth groups to help overcome the barriers to the establishment of community gardens – "adopt a xeriscape garden", like the "adopt a median" program.

d. Youth programs such as 4H, Boys & Girls Clubs, Earthworks and Earthcare, International should be encouraged to team with adults such as master gardeners and seniors interested in establishing gardens in senior centers, rehabilitation centers, and nursing homes.

Cost: Technical support, possible offering of City land for public garden use

Funding: Office of Water Conservation, Sangre de Cristo Water Conservation Authority  
City Parks Division.

**10. Encourage the use of public school, senior center, and community center sites on nights and on the weekends** for family and community activities, including dances, outdoor games, fiestas, education opportunities for cooking, nutrition and health, parenting and behavioral management skill tools to help parents become more effective in guiding themselves and their children toward healthy behaviors.

Cost: To be determined by each site. This initiative will require the coordination at each site. Some schools already have family resource center coordinators. Additionally, there is the expense of insurance and custodial services associated with events after normal operating hours.  
Funding: Some of the funding could be obtained by charges for events. Local businesses and community boosters can contribute as well.

**11. Suggest that the Santa Fe Public School Board consider the following:**

**a. Encourage teachers to incorporate 10-20 minutes of daily movement into elementary and middle school classrooms.** The Task Force recommends providing training opportunities by funding a National Dance Institute instructor(s) to accomplish this in schools which elect to take advantage of this opportunity. (Attachment # 5a.(2) NDI Letter)  
Cost: to be determined by NDI and SFPS  
Funding: SFPS Professional Development funds

**b. Offer a *Wellness Across the Curriculum* Professional Development Day for teachers** to learn skills for to incorporate nutrition, physical fitness, and other wellness activities within the current school curriculum. This could be implemented either as on-going tracks during regular professional development days or as an entire day devoted to wellness.  
Cost: unknown, to be determined by the SFPS  
Funding: SFPS Professional Development funds

**12. Support the existing Southside Farmers Market** and encourage state government to facilitate the processing and acceptance of food stamps for payment as is already being done at the downtown Farmers Market.  
Cost: \$1,000 wireless credit card machine that accepts EBT (food stamps)  
Funding: Economic development funds, foundation, or local bank

**Implement within the next 2-5 years:**

**1. Connect bike paths and trails to create a network for safe travel around town for all ages. (this has been done – map 5/15/08)**

Cost: Unknown, to be determined by the City and County.  
Funding: Approval of recent City bond referendum for parks & green space

**2. Construct over-paths or under-paths for busy streets** to encourage pedestrians throughout the city and safe passage to connect neighborhoods disrupted by highways and to allow students to safely walk to school.  
Cost: Unknown; to be determined by the Highway Department.  
Funding: Where busy roads interfere with safe walks to school, application for grants from the Dept of Transportation (see recommendation within 1-2 years, 1.), Rail Runner funding may also provide an opportunity to improve walking and biking lanes along the rail route, otherwise, through tax dollars or Federal Highway funds.

**3. Have bicycles available:** Make bicycles available for free, or for rent at bike stands throughout the city center at bus stops, train stops, parking garages, the Rail Yard, and, ultimately, Rail Runner stops for use and drop-off anywhere in the downtown area. While present traffic patterns are not supportive of the addition of many bicyclists downtown, the construction of the Capitol parking garage, Rail Yard parking and the establishment of a commuter train may permit a redesign of road use. This opportunity to reduce automobile use and encourage healthy and environmentally friendly transportation should not be missed.  
Cost: Bicycles, helmets, parking stanchions, & maintenance of such  
Funding: Rental fees may partially subsidize costs, advertisements on bikes may be sold, and a community donation campaign of unused bicycles may reduce the need for new bicycle purchase. Parking garage fees could potentially be used to subsidize bicycle maintenance.

**4. Change the City's laws and culture so drivers stop for pedestrians.** Examples where this has been successful are the cities of San Francisco, CA and Seattle, WA. Public awareness, street markers and signage indicating drivers must stop for pedestrians are components. Vigorous law enforcement is also important.  
Cost: To be determined by the City. Cultural change through public awareness can be included in the costs of the first recommendation within the next 1-2 years at no additional cost. Legal changes requires staff and legislative time.  
Funding: See the first recommendation for immediate implementation. Citation charges for failure to observe pedestrian laws could maintain signage.

**5. Develop the infrastructure to promote a physically active City of walking, biking, and outdoor recreation through zoning and code policy changes.** Wider sidewalks, bicycle and pedestrian paths and playgrounds should be a part of all new city development plans and, where possible, implemented into existing neighborhoods.  
Cost: Unknown; to be determined by the City  
Funding: Part of costs to project developers

**6. Request that Santa Fe Public Schools consider providing school bus transportation home from after school activities.**  
Cost: Unknown; Santa Fe Public School Transportation Department can determine cost.  
Funding: State and local funding

**7. Encourage the Santa Fe Public Schools (and private schools) to extend the school day to include an hour of physical activity each day for every student and teacher.** Children, regardless of economic and logistic constraints would be healthier with one hour of physical activity a day.  
Cost: Unknown; to be determined by the Santa Fe Public Schools  
Funding: State of New Mexico