Healthy Kids Healthy Schools

BUILDING HEALTHIER TOMORROWS

2025 Childhood Obesity District Report

Farmington Municipal Schools

Childhood Obesity in Context

Childhood obesity is a serious health issue in New Mexico and across the nation. However, obesity is a complex disease with many different causes. Weight and body size alone should not be the only factors of health, the stigma that come with them should be. In this report we use body mass index (BMI) to categorize body size.

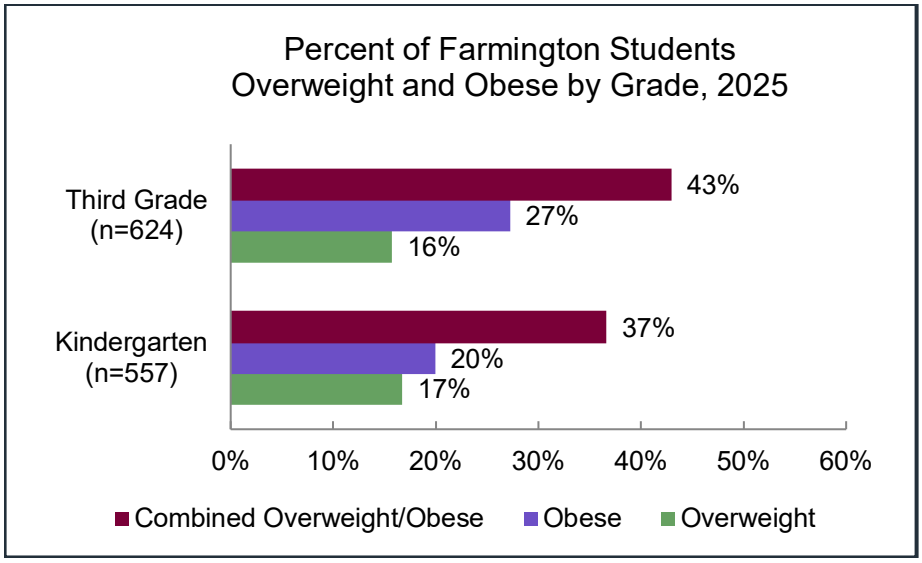
The New Mexico Department of Health collects and reports childhood obesity data on kindergarten and third grade students annually with support from schools, nursing programs, and volunteers across the state. This year, 4,579 students were measured across New Mexico. Of those students, **18.6% of kindergarteners and 26.7% of third graders had obesity.**

Healthy eating and physical activity are two lifestyle behaviors that can help prevent obesity. Implementing obesity prevention strategies in schools can also improve academic performance, enhancing cognitive skills, concentration, memory, attention, and classroom behavior.

In the fall of 2025, a standardized measurement protocol was used to collect heights and weights for 1,181 kindergarten and third grade students at the following 10 elementary schools in Farmington Municipal Schools: Animas Elementary, Apache Elementary, Bluffview Elementary, Country Club Elementary, Esperanza Elementary, Ladera del Norte Elementary, McCormick Elementary, McKinley Elementary, Mesa Verde Elementary, & Northeast Elementary.

Overweight & Obesity by Grade

Of the 1,181 students measured, 43% of third graders had overweight or obesity compared to 37% of kindergarten students.



The statewide surveillance system uses Body Mass Index (BMI) percentile determined by height, weight, age, and gender. Percentiles are then converted into weight categories classifying students as underweight (less than 5th BMI percentile), healthy weight (5th to less than the 85th BMI percentile), overweight (85th to less than the 95th BMI percentile) or obese (95th BMI percentile and above). The terms "obese" and "overweight" are used in this report. These terms are still commonly used but can also be stigmatizing and have a complex history.

NMHealth

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

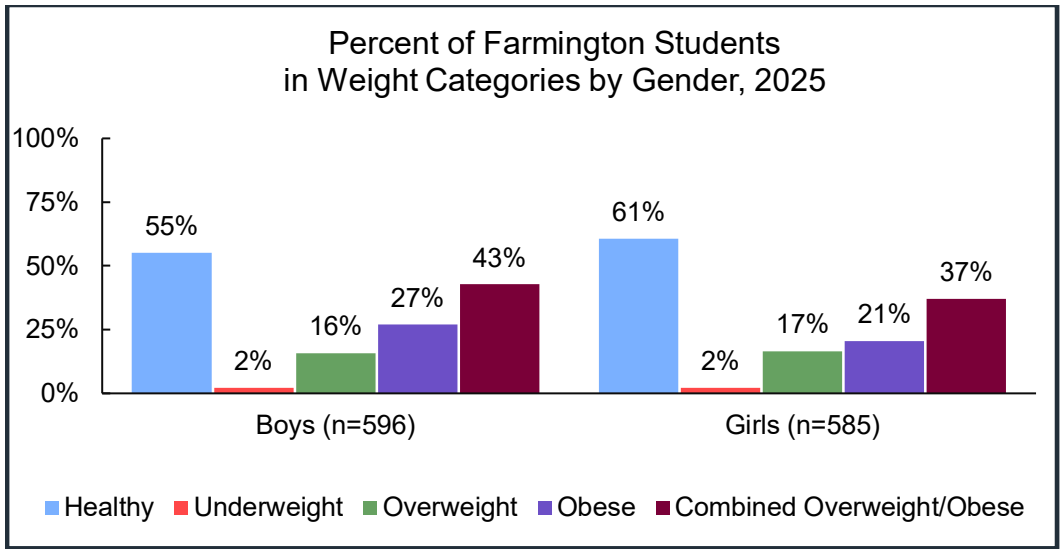
HEALTHY KIDS NEW MEXICO
Building a Fit Future

Healthy Kids Healthy Schools

BUILDING HEALTHIER TOMORROWS

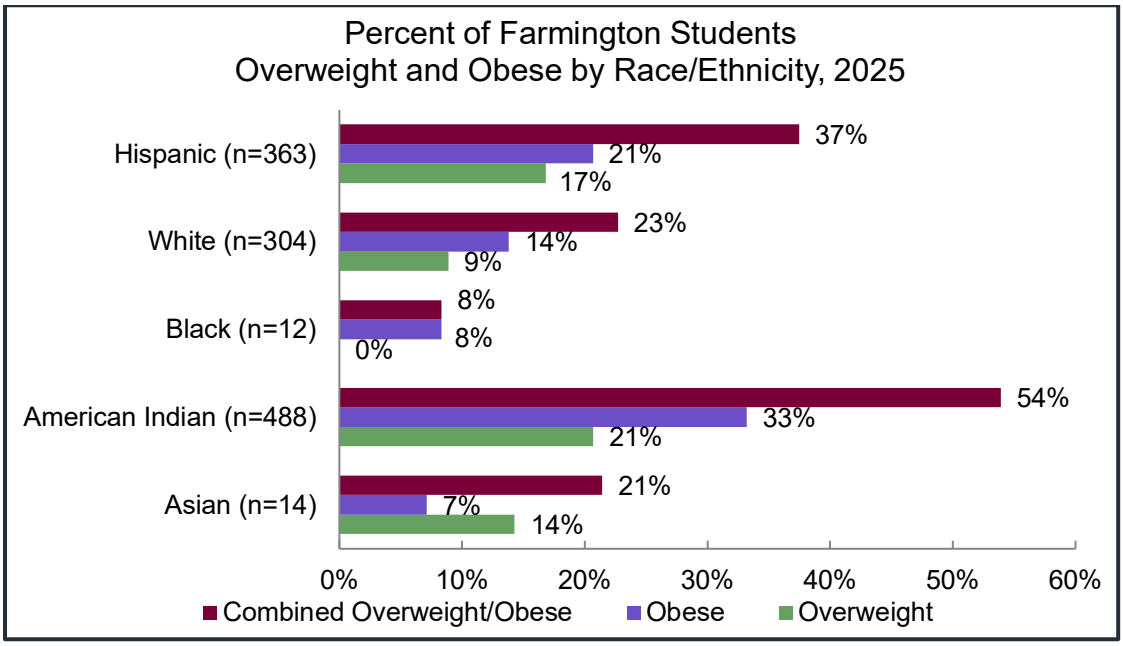
Overweight & Obesity by Gender

In 2025, the combined group of measured kindergarten and third grade boys had a higher obesity prevalence than the combined group of girls. Of the 596 boys, 27% had obesity and an additional 16% had overweight. Of the 585 girls, 21% had obesity and an additional 17% had overweight.



Overweight & Obesity by Race/Ethnicity

Most of the students who were measured were American Indian. Differences between overweight and obesity prevalence by race and ethnicity are displayed below.



NMHealth

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

HEALTHY KIDS NEW MEXICO
Building a Fit Future

Healthy Kids Healthy Schools

BUILDING HEALTHIER TOMORROWS

What Can Schools Do?

Schools play an essential role in shaping children's minds and behaviors. Positive changes in the school environment can encourage students to make healthy eating choices and be physically active throughout the school day. Adequate nutrition and physical activity in turn can help students pay better attention in class, succeed academically, and maintain healthy weights.

Below are some ideas for promoting healthy behaviors in schools:

- Establish and implement strong wellness policies to support healthy eating, physical activity, and staff wellness
- Implement the Healthy Kids 5.2.1.O Challenge, which motivates students to eat **5** or more fruits and vegetables a day, trim screen time to **2** hours or less a day, get at least **1** hour of physical activity a day, and drink lots of H_2**O** every day for 21 consecutive days
- Install salad bars and provide nutrition education so students learn how to use them
- Require daily recess and, to take it a step further, schedule recess before lunch
- Conduct classroom fruit and vegetable tastings
- Apply for funding from the Federal Fresh Fruit and Vegetable Program and New Mexico Grown to purchase fresh produce to serve in snacks and meals
- Implement healthy cafeteria promotions such as tastings of menu and salad bar items, inviting farmers or chefs to lead tastings and food demonstrations, and revising menus to promote school meals and highlight food service staff
- Establish edible school gardens and incorporate short tasting and gardening lessons
- Integrate locally grown produce into school meals and implement farm to cafeteria initiatives
- Implement healthy fundraising strategies
- Encourage walk & roll to school programs
- Create an active and welcoming outdoor space for community use during non-school hours
- Incorporate physical activity into the school day, including classroom physical activity breaks, walking programs, active transitions between periods, active celebrations, and sensory hallways

If you would like guidance in implementing any of these strategies to increase healthy eating and physical activity in your school, please contact Rita Condon at 505-476-7616 or rita.condon@doh.nm.gov.