It's a Beautiful Day in the Neighborhood - a Guide to Exercise in the Southside of Santa Fe, NM

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It’s a beautiful day in the neighborhood – a guide to exercise in the southside of Santa Fe, NM

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Objective

Addressing the Santa Fe Community Services Department goals of increasing healthy food consumption, reducing metabolic disorder by providing dietary and exercise resources.

The plan is to create a resource

We can create a brochure that provides resources to address risk factors for metabolic disorders. As detailed to the right, it would include the following:

- A map of parks in the 87507 zip code and their listed features
- A general guide to body weight exercises
- MyPlate recommendations

We foresee this turning into a project to encourage kids to go outside and play more. We could create a kid friendly brochure with scavenger hunts. Brochures could be available at La Familia Medical Center.

Next steps - Find a community partner to provide prizes for exercise hours or completing scavenger hunts around the parks as a form of encouragement

Population Statistics

- “Silver Tsunami” - majority of the county’s population is between the age of 50-70 years.
- Proportion of adults aged 65 years and older is expected to grow by 62% by 2030
- Primary language: English 62% of households & Spanish in 33%
- Neighborhoods with high poverty rates have a higher proportion of individuals who are Hispanic, immigrants, and not US citizens.
- Households in these areas are most likely to pay 50% of income or more for rent/housing

“**The population in the 87507 zipcode deals with higher healthcare costs, less available time/income for healthy shopping and cooking, less outdoor recreational space compared to the rest of the Santa Fe city zip codes**

Resources to supplement our work

Go to google and type:

- "Prescription Trails Santa Fe" for walking trails in each zip code.
- Distances and difficulties are listed for each one.

- “Budget Bytes” A budget conscientious food blog with plenty of flavorful recipes.

- “MyPlate.gov” provides healthy shopping tips & advice as well as a variety of recipes

Phone Apps

- “All Trails” - Create an account and see walking and biking trails near you.

Public parks in the 87507 zip code

The list has 14 public parks listed and their features.

If we can help people find their closest of most convenient outdoor space, we can also encourage them to step out for a walk of exercise.

Physical Activity Guidelines for Americans:

2.5-5 hours a week of moderate-intensity physical activity

1.25-2.5 a week of vigorous-intensity aerobic physical activity

MyPlate Dietary Recommendations:

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Sources:

- Santa Fe County Community Services Department. (2017). Health Services Gap Analysis.