



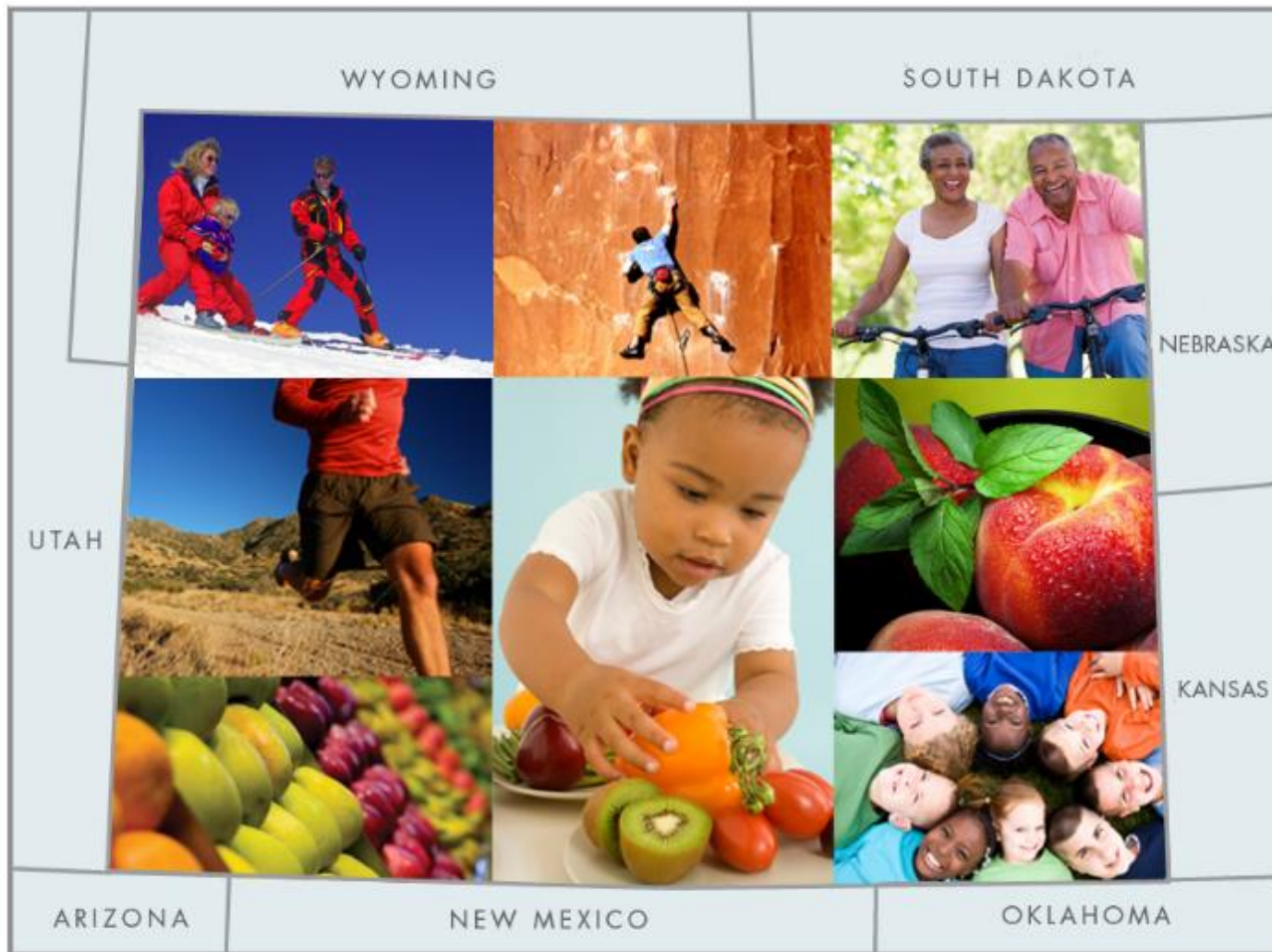
The Colorado Health Foundation™

Together

Beyond the Blacktop: Organizing for Habitat and Health

Rocky Mountain Land Use Institute

Thursday, March 16, 2017



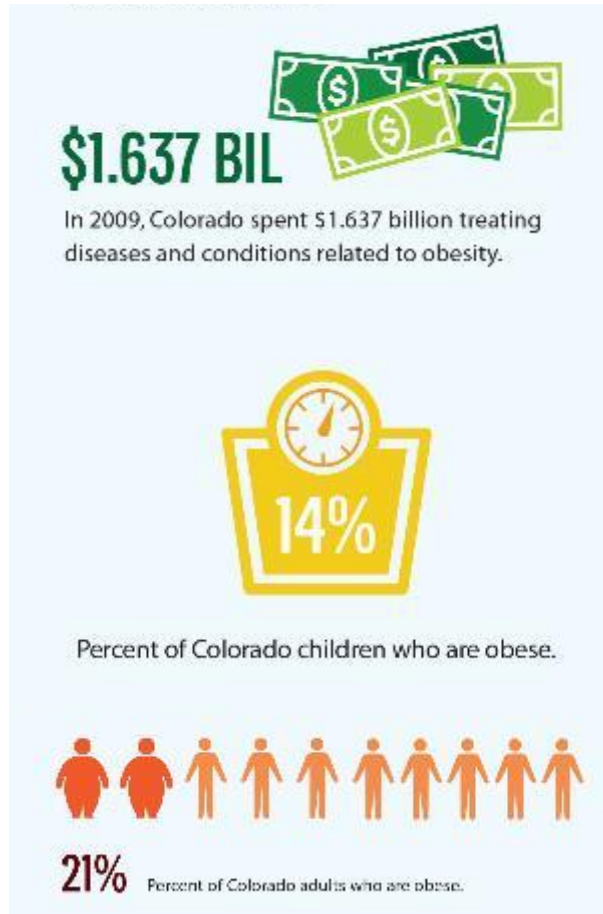
The Colorado Health Foundation

MISSION: To improve the health of Coloradans

Focus Areas

- Access to care
- Behavioral health
- Healthy behaviors
- Healthy children and adolescents
- Healthy communities
- Social determinants of health

Why is this important:



- Implementing healthy communities requires a comprehensive, multi-faceted approach to culture and system change
- Our built environment continues to promote sedentary lifestyles

HEALTH BENEFITS and ECONOMIC VALUE:



Residents are twice as likely to get adequate physical activity if their neighborhoods have access to sidewalks and trails.



Bicycling brings more than \$1 billion to the Colorado economy.



A child has a 20-60% higher chance of being overweight in neighborhoods with no access to sidewalks, parks or recreation centers.

- Enhanced walking, biking and transit connections throughout neighborhoods
- Increased parkland, open space and recreational opportunities
- Prioritize enhancements that encourage healthier lifestyles and behaviors

Healthy Choice the Easy Choice

Healthy Places: Designing an Active Colorado

- Five year, **\$4.5 million commitment**
- **Promote safe and active living** through public and private projects
- Diverse locations: **suburban, urban, and rural**
- Communities and neighborhoods that **struggle financially**





Westwood
Urban
\$1,000,000

A neighborhood of approximately 30,000 residents in southwest Denver



Arvada
Suburban
\$1,000,000

The southeast portion of a city of 110,000 residents in metro Denver



Lamar
Rural
\$1,000,000

A small town of approximately 8,000 residents in southeastern Colorado

ULI Building Healthy Places Initiative

PHYSICAL ACTIVITY

- 1** Incorporate a mix of land uses
- 2** Design well-connected street networks at the human scale
- 3** Provide sidewalks and enticing, pedestrian-oriented streetscapes



- 4** Provide infrastructure to support biking
- 5** Design visible, enticing stairs to encourage everyday use
- 6** Install stair prompts and signage



- 7** Provide high-quality spaces for multigenerational play and recreation
- 8** Build play spaces for children

HEALTHY FOOD AND DRINKING WATER



- 9** Accommodate a grocery store
- 10** Host a farmers market
- 11** Promote healthy food retail



- 12** Support on-site gardening and farming
- 13** Enhance access to drinking water



HEALTHY ENVIRONMENT AND SOCIAL WELL-BEING

- 14** Ban smoking
- 15** Use materials and products that support healthy indoor air quality
- 16** Facilitate proper ventilation and airflow



- 17** Maximize indoor lighting quality
- 18** Minimize noise pollution
- 19** Increase access to nature



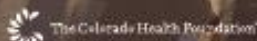
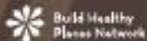
- 20** Facilitate social engagement
- 21** Adopt pet-friendly policies



Summarizing the Landscape of Healthy Communities:

A review of demonstration
programs working
towards health equity

A Report For
The Colorado
Health Foundation by
Build Healthy Places Network



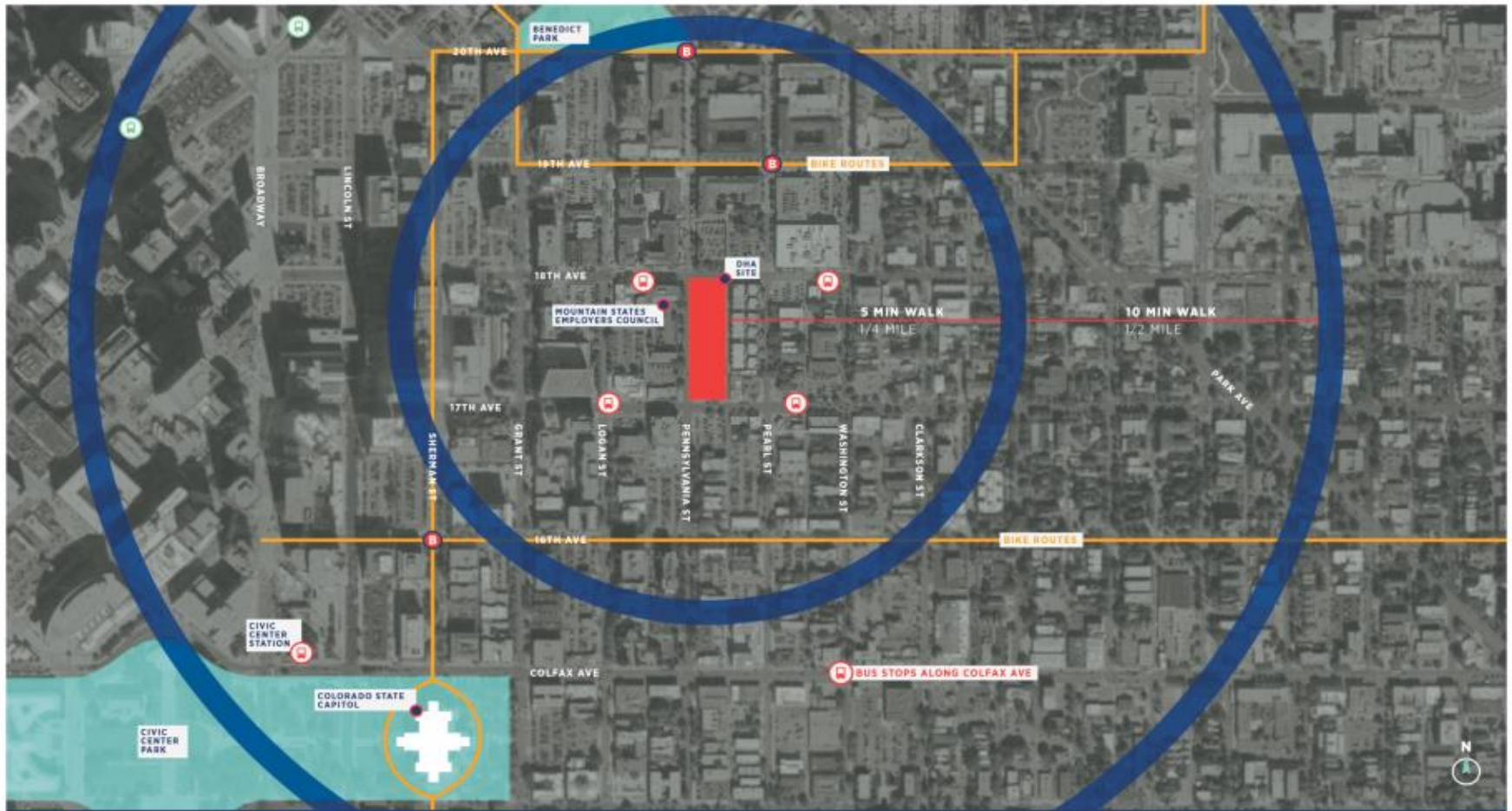
Build Healthy
Places Network

Investing in Communities,
Transforming Lives



\$5.3 million commitment

In the workplace



Contextual Considerations

Health Positive	Brand	Education	Work Culture
<ul style="list-style-type: none"> • <i>Improve health</i> • <i>Meet sustainability benchmarks</i> • <i>Access to daylight and views</i> • <i>Integrate outdoor spaces</i> 	<ul style="list-style-type: none"> • <i>Reflect approachable, inclusive brand</i> • <i>Embody permanence and stewardship</i> • <i>Address neighborhood context</i> 	<ul style="list-style-type: none"> • <i>Catalyze other employers</i> • <i>Become community destination</i> • <i>Share community spaces</i> • <i>Create attachment to our mission</i> 	<ul style="list-style-type: none"> • <i>Promote interaction and collaboration</i> • <i>Promote equity among staff</i> • <i>Create flexibility for future workforce</i>



Thank You!

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