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:

• 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

$5.3 million commitment
In the workplace
<table>
<thead>
<tr>
<th>Health Positive</th>
<th>Brand</th>
<th>Education</th>
<th>Work Culture</th>
</tr>
</thead>
<tbody>
<tr>
<td>Improve health</td>
<td>Reflect approachable, inclusive brand</td>
<td>Catalyze other employers</td>
<td>Promote interaction and collaboration</td>
</tr>
<tr>
<td>Meet sustainability benchmarks</td>
<td>Embody permanence and stewardship</td>
<td>Become community destination</td>
<td>Promote equity among staff</td>
</tr>
<tr>
<td>Access to daylight and views</td>
<td>Address neighborhood context</td>
<td>Share community spaces</td>
<td>Create flexibility for future workforce</td>
</tr>
<tr>
<td>Integrate outdoor spaces</td>
<td></td>
<td>Create attachment to our mission</td>
<td></td>
</tr>
</tbody>
</table>

![Building Image](image-url)
Thank You!

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www.coloradohealth.org