

In addition to continuing much of the work previously described, the following new activities will be started in 2015.

Built Environment

- Pueblo City Planning will implement the “Plug into Nature” project that includes an analysis of low to moderate income neighborhoods. The project will determine how connected 10-14 year olds are to nature and how to improve their connection.
- Pueblo County Planning will update regulations for Park and School Site Land and Fee Requirements (changes to the built environment that encourage walking, biking and physical activity).

Food System

- Implement phase two of the Healthy Corner Store Pilot Project with Loaf ‘N Jug stores focusing on increasing placement and promotion of healthier food options.

2014 Successes

Reducing Obesity in Pueblo County



Summary of
Progress in 2014
and Focus of New
Efforts in 2015

Pueblo City-County Health Department

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January 2015



In 2013 the Pueblo City-County Health Department finalized a process driven by the community to select and determine how to address health issues in Pueblo County. The process included a state mandated Community Health Assessment and the creation of a five year Community Health Improvement Plan.

The community identified two priorities to focus on from 2013-2017. Those priority areas were *obesity* and *teen and unintended pregnancies*. 2014 marks the second year of implementing the plan.

BUILT ENVIRONMENT

Pueblo Active Community Environment-PACE

- Healthy Eating Active Living (HEAL) Resolution passed by City Council.
- Addition of bike lanes and trail connectivity (way finding signage) in Pueblo.

County Planning

- Update of Pueblo County Comprehensive Plan to encourage future healthy eating and active living activities and opportunities.
- Zoning amendment that provides incentives to businesses who install bike racks in place of parking spaces.

PHYSICAL ACTIVITY

Health Department

- Provided “Addressing Weight Issues with Patients” tool-kit to physicians at two local clinics along with community resource card for physical activity and nutrition education opportunities in Pueblo for distribution to patients.

Worksite Wellness Network

- Tracked physical activity opportunities offered through various Pueblo worksites.

FOOD SYSTEM

Pueblo City Schools and School District 70

- Implemented promotional campaign that increased student awareness about locally grown produce served at breakfast and lunch.



Arkansas Valley Organic Grower's

- Community Supported Agriculture had 185 shares purchased and 20 buying clubs participating in the Farm Fresh Buying Club.

Bessemer Farm Stand

- St. Mary Corwin (SMC) collaborated with Arkansas Valley Organic Growers to bring a Farm Stand to the Bessemer neighborhood.
- Colorado State University-Extension office provided healthy recipes and Pueblo Step-Up provided information on the new Affordable Care Act.
- Physicians at SMC wrote prescriptions for free produce at the Bessemer Farm Stand.
- Walk with a SMC Doc took place at Minnequa Lake.

Health Department and Loaf 'N Jug

- Collaborated with Loaf 'N Jug on phase one of the Healthy Corner Store Pilot Project which focused on increasing access to safe, fresh, healthy food options.

Worksite Wellness Network

- Tracked nutrition activity opportunities offered through various Pueblo worksites.

In addition to continuing much of the work previously described, the following new activities will be started in 2016:

Built Environment

- Explore changes to regulations on park and school site land fee requirements.

Food System

- Encourage improvements within retail stores and public venues to increase access and purchase of healthy food and beverages.

Physical Activity

- Support the HEAL Cities and Towns efforts to make Pueblo a place that is easy to live well.



2015 Successes

Reducing Obesity in Pueblo County



Pueblo City-County Health Department

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March 2016



Summary of
Progress in 2015
and Focus of New
Efforts in 2016

In 2013 the Pueblo City-County Health Department finalized a process driven by the community to select and determine how to address health issues in Pueblo County. The process included a state mandated Community Health Assessment and the creation of a five year Community Health Improvement Plan.

The community identified two priorities to focus on from 2013-2017. Those priority areas were *obesity* and *teen and unintended pregnancies*. This is a summary of progress made in 2015 related to obesity reduction and where new efforts will be focused in 2016.

BUILT ENVIRONMENT

Pueblo Active Community Environment-PACE

- 11.5 miles of bike lanes and 1.69 miles of sharrows installed to protect, encourage and support those using the lanes.
- In order to increase the use of paths, 80 wayfinding signs were installed along the Arkansas River Trail informing users of distances and directions to nearby attractions.

City Planning

- A project called Plug Into Nature was completed to evaluate what can be done to connect more 10-14 year olds in the city to nature. Funding will be sought to implement identified strategies.

FOOD SYSTEM

St. Mary Corwin

- Food prescription program reached 15 patients at Southern Colorado Family Medicine to ensure

these individuals had access to fresh food options.

- St. Mary Corwin's farm stand provided over \$9,000 worth of produce to patients, employees and residents.

Health Department and Local Retailers

- Surveys conducted at three retailers to determine opportunities and barriers to increasing the purchase of healthier food options.

Worksite Wellness Network

- Tracked nutrition activity opportunities offered through various Pueblo County worksites.

Arkansas Valley Organic Growers (AVOG)

- 540 Community Support Agricultural Shares were purchased providing fresh, locally produced food.

PHYSICAL ACTIVITY

Worksite Wellness Network

- Tracked physical activity opportunities offered through various Pueblo County worksites.

Pueblo Active Community Environment-PACE

- Promoted participation by Pueblo County Residents in the National Bike Challenge. 332 participants rode a total of 103,248 miles.

Health Eating, Active Living (HEAL) Campaign

- The City of Pueblo continues to participate in the statewide initiative to improve the community's HEAL environment through policy and environmental changes.

