

Community Health Improvement Plan

# 2014 Successes

## Reducing Obesity in Pueblo County



**Summary of  
Progress in 2014  
and Focus of New  
Efforts in 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 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.

## **Pueblo City-County Health Department**

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January 2015

