

Physical Activity

A taskforce of community members and stakeholders determined sectors of the Eilers Heights, Grove and Bessemer neighborhoods previously underrepresented in data collection to focus on in a new data collection process to better identify barriers and desires related to accessing physical activity opportunities in the neighborhoods.

59 childcare providers were surveyed to determine a baseline of implementation of physical activity and nutrition best practices; resources were shared to address identified needs, for example, grant writing classes were offered.

Both school districts created Comprehensive Health and Wellness Plans which outline action steps to increase physical activity of students.



New 2019 objectives

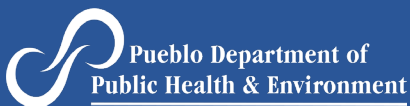
NeighborWorks will spearhead a community garden being implemented in the Eastside neighborhoods to increase access to fresh fruits and vegetables.

NeighborWorks will also continue to pursue the opening of a grocery store in the downtown area.



Breastfeeding

The Peer Support Breastfeeding Texting program nearly doubled enrollments due to taking on additional counties for a total of 30 counties throughout Colorado.

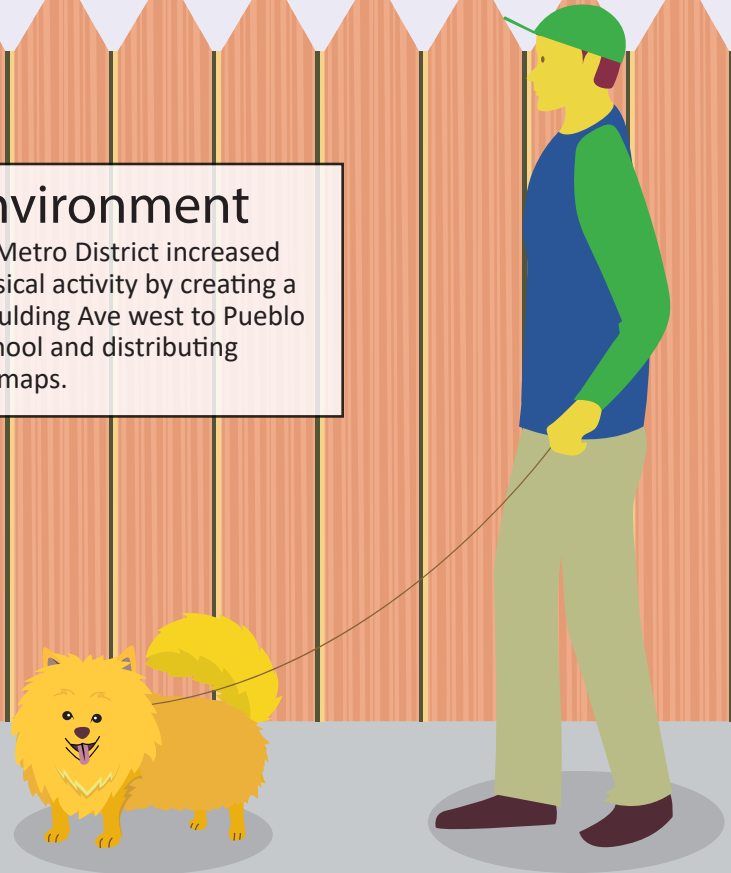


Community Health Improvement Plan

2018 Progress Update: Lowering Obesity

Built Environment

Pueblo West Metro District increased access to physical activity by creating a trail from Spaulding Ave west to Pueblo West High School and distributing updated trail maps.



Food System

St. Mary-Corwin and Southern Colorado Family Medicine collaborated on an improved food prescription program incorporating screening for Adverse Childhood Experiences (ACEs). Program participants receive resource referrals, assistance with goal setting, and gift cards for fresh fruits and vegetables.

Rye Elementary and Sierra Vista Elementary Schools added breakfast in the classroom to increase youth access to healthy foods.

Colorado State University-Extension provided a wide variety of affordable classes such as safe food preparation, preservation, Mediterranean diet, and a "garden to table" lifestyle.

The Health Department's Healthy Food and Beverage program added several organizations including Katmando's General Store, Mozo's Restaurant,

Pueblo Ice Arena, El Centro del Quinto Sol, Sangre de Cristo Art Center, Natural Grocers, City Park Kiddie Rides, and the Pueblo Police Department to the list of partners working to improve access to healthier options for customers. Some improvements include the installation of water filling stations, expanded fresh produce options, lower sodium choices, eliminating soda, and pricing healthy options lower than unhealthy options.

Care and Share Food Bank provided over 30,000 pounds of food to students and families through school pantries, 15,590 lbs. of food to families through a summer mobile pantry (86% of which was fresh produce), coordinated nutrition education courses for over 100 participants, and submitted 381 SNAP applications for Pueblo residents.