

2019 Community Health Improvement Action Plan for Pueblo County - Obesity

The following objectives outline what will be done by groups and organizations in Pueblo County to address obesity in 2019. Progress to achieve activities will be tracked quarterly. A new work plan will be created for 2020. Activities will be modified based on progress, barriers, and opportunities.

Goal: Breastfeeding: Support policies and programs that support breastfeeding			
OBJECTIVE 1: By December 31, 2019, the Breastfeeding Peer Counselor Program will reach at least 10 new breastfeeding mothers annually through support groups for breastfeeding mothers to increase initiation and duration of breastfeeding in Pueblo County.			
STRATEGY BACKGROUND			
<p>Source: National Prevention Strategy: Healthy Eating</p> <p>Evidence Base: Implement culturally and linguistically appropriate social supports for breastfeeding, such as marketing campaigns and breastfeeding peer-support programs.</p> <p>Policy Change (Y/N): No</p> <p>Lead Person/Organization: Pueblo Department of Public Health and Environment Regional Women, Infants, and Children (WIC) Breastfeeding Peer Counselor Coordinator</p>			
ACTION PLAN			
Activity	Start/End Date	Partner Organizations	Anticipated Product or Result
1) Schedule support group for 2019	January 1 – December 31, 2019	<ul style="list-style-type: none"> • Breastfeeding Peer Counselor Program • Regional Breastfeeding Peer Counselor Coordinator 	<ul style="list-style-type: none"> • A list of dates for bi-monthly classes • Group space reserved • Staffing for classes secured
2) Plan topics for each support group	January 1 - December 31, 2019	<ul style="list-style-type: none"> • Breastfeeding Peer Counselor Program • Regional Breastfeeding Peer Counselor Coordinator 	<ul style="list-style-type: none"> • A list of topics to be covered • Partners to provide group content secured
3) Promote support groups	January 1 – December 31, 2019	<ul style="list-style-type: none"> • WIC Educators • Peer Counselors 	<ul style="list-style-type: none"> • Promotion through WIC Educators, social media and Breastfeeding Peer Counselors • Hospital outreach numbers
4) Host groups with a morning and night session each month	January 1 – December 31, 2019	<ul style="list-style-type: none"> • Breastfeeding Peer Counselor Program • Partners as appropriate 	<ul style="list-style-type: none"> • Materials necessary for group implementation obtained • Planned education provided at each group session • Participants receive information necessary to initiate or continue breastfeeding
5) Evaluate classes	January 1 – December 31, 2019	<ul style="list-style-type: none"> • Regional Breastfeeding Peer Counselor Coordinator 	<ul style="list-style-type: none"> • Information will be obtained from participants on satisfaction, if needs are being met, assistance with duration, etc.

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Goal: Breastfeeding: Support policies and programs that support breastfeeding			
OBJECTIVE 2: By December 31, 2019, the Peer Support Texting Program will reach at least 600 breastfeeding mothers per month in 30 Colorado counties to increase educational levels, initiation, and duration of breastfeeding.			
STRATEGY BACKGROUND			
Source: National Prevention Strategy: Healthy Eating			
Evidence Base: Implement culturally and linguistically appropriate social supports for breastfeeding, such as marketing campaigns and breastfeeding peer-support programs.			
Policy Change (Y/N): No			
Lead Person/Organization: Pueblo Department of Public Health and Environment Regional Women, Infants, and Children (WIC) Breastfeeding Peer Counselor Coordinator			
ACTION PLAN			
Activity	Start/End Date	Partner Organizations	Anticipated Product or Result
1) Provide continuous training to continuity of peers	January 1 – December 31, 2019	<ul style="list-style-type: none"> • Colorado Breastfeeding Peer Counselor Program • Regional Breastfeeding Peer Counselor Coordinator 	<ul style="list-style-type: none"> • Continuous knowledge • Peer Counselors will receive at least 180 minutes of training annually
2) Enroll and monitor participants in the program	January 1 – December 31, 2019	<ul style="list-style-type: none"> • WIC Educators in 30 CO Counties • Breastfeeding Peer Counselors • Regional Breastfeeding Peer Counselor Coordinator 	<ul style="list-style-type: none"> • Maintain caseload at no less than 600 participants • Follow up with county caseloads outside Pueblo
3) Evaluate program for necessary improvements	October 1 – December 31, 2019	<ul style="list-style-type: none"> • Regional Breastfeeding Peer Counselor Coordinator 	<ul style="list-style-type: none"> • Improvements made to program based on evaluation results and tracked for impact

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Goal: Breastfeeding: Enhance and support policies and programs that support breastfeeding			
OBJECTIVE 3: By December 31, 2019, the Pueblo Breastfeeding Coalition will work with at least six organizations in Pueblo County to recognize them as a breastfeeding-friendly worksite.			
STRATEGY BACKGROUND			
Source: The CDC Guide to Strategies to Support Breastfeeding Mothers and Babies: Support for Breastfeeding in the Workplace			
Evidence Base: "Create recognition programs for businesses to set up high-quality breastfeeding support programs in the workplace."			
Policy Change (Y/N): Yes			
Lead Person/Organization: Chair, Pueblo Breastfeeding Coalition			
ACTION PLAN			
Activity	Start/End Date	Partner Organizations	Anticipated Product or Result
1) Outreach to businesses in Pueblo County to promote the recognition program	January 1 – December 31, 2019	<ul style="list-style-type: none"> Pueblo Breastfeeding Coalition 	<ul style="list-style-type: none"> Outreach to at least 12 businesses Businesses will be aware of recognition program benefits and how to participate
2) Assist interested businesses in completing assessments and addressing identified needs	January 1 – December 31, 2019	<ul style="list-style-type: none"> Pueblo Breastfeeding Coalition 	<ul style="list-style-type: none"> Determine level of compliance Provide feedback to business on how to improve compliance Provide information on recognition eligibility
3) Promote/recognize businesses achieving breastfeeding-friendly worksite status	January 1 – December 31, 2019	<ul style="list-style-type: none"> Pueblo Breastfeeding Coalition 	<ul style="list-style-type: none"> Provide certificate, electronic and window emblem to business Send press release to media Update listing on social media and Co Breastfeeding Coalition website

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Goal: Physical Activity: Provide and support evidence-based programs to increase walking, biking, and physical activity			
OBJECTIVE 4: By December 31, 2019, the Pueblo Department of Public Health and Environment (PDPHE) will use data collection methods to determine barriers and desires related to individuals using or accessing physical activities opportunities in the Eilers Heights, Grove, and Bessemer neighborhoods. The associated Built Environment Taskforce will develop and implement an action plan based on data collection results.			
STRATEGY BACKGROUND			
Source: Center for Disease Control and Prevention: Overcoming Barriers to Physical Activity			
Evidence Base: Understanding why individuals are not participating in available physical activity opportunities will help to guide improvements and maximize existing resources.			
Policy Change (Y/N): No			
Lead Person/Organization: Health Disparities Program, Pueblo Department of Public Health and Environment			
ACTION PLAN			
Activity	Start/End Date	Partner Organizations	Anticipated Product or Result
1) Draft and carry-out research design methods	January 1- March 31, 2019	<ul style="list-style-type: none"> • Neighborworks • PDPHE • Youth Advisory Council • Built Environment Taskforce • Bessemer Association for Neighborhood Development (B.A.N.D) • Neighborhood watch • City parks and planning 	<ul style="list-style-type: none"> • Report or presentation of compiled data
2) Work with appropriate organizations, businesses and residents to review results and potential changes or solutions based on results	April 1 – May 31, 2019	<ul style="list-style-type: none"> • Neighborworks • PDPHE • Youth Advisory Council • Built Environment Taskforce • B.A.N.D. • Neighborhood watch • City parks and planning • Other neighborhood stakeholders 	<ul style="list-style-type: none"> • Draft plan created reflecting sustainability considerations • Distribution of draft plan • Action plan is finalized based on feedback
3) Begin implementation of action plan	June 1- December 31, 2019	<ul style="list-style-type: none"> • Neighborworks • PDPHE • Youth Advisory Council • Built Environment Taskforce • B.A.N.D. • Neighborhood watch • City parks and planning 	<ul style="list-style-type: none"> • Key partners/stakeholders identified • Timeline for individual projects finalized • Resources are secured and allocated • Project leads identified and properly trained
4) Build 2020 CHIP action plan to include tracking and evaluating improvements made through revitalization plan	September 1- December 31, 2019	<ul style="list-style-type: none"> • PDPHE 	<ul style="list-style-type: none"> • Community Health Improvement Plan objectives created

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Goal: Physical Activity: Promote and strengthen school and early learning policies and programs that increase physical activity and nutrition			
OBJECTIVE 5: By December 31, 2019, Children First will assess Pueblo County childcare providers to determine and enhance current efforts related to physical activity and nutrition.			
STRATEGY BACKGROUND			
Source: National Prevention Strategy: Healthy Eating			
Evidence Base: A recommended strategy is to ‘promote and strengthen school and early learning policies and programs that increase physical activity’. However, in order to do this, there must first be an understanding of what is already occurring, what needs exist, etc.			
Policy Change (Y/N): No			
Lead Person/Organization: Angela Shehorn, Director, Children First Pueblo/Pueblo Early Childhood Council			
ACTION PLAN			
Activity	Start/End Date	Partner Organizations	Anticipated Product or Result
1) Address gaps identified in surveys (2018 and future) by researching and offering professional development opportunities related to physical activity and nutrition for childcare providers	Jan 1- Dec 31, 2019	<ul style="list-style-type: none"> • Children First • CHA Steering Committee 	<ul style="list-style-type: none"> • Resources and information provided to facilities • Resources provided will address identified barriers (i.e. grant writing)
2) Survey childcare providers in Pueblo County	April 1- June 30, 2019	<ul style="list-style-type: none"> • Children First • Pueblo Department of Public Health and Environment (PDPHE) 	<ul style="list-style-type: none"> • (for new providers) Baseline of how many providers are implementing activities • Types of activities identified • Trend data for those providers who participated in 2018 • Announcements during April for providers to complete the survey
3) Analyze survey to determine needs/gaps	April 1- June 30, 2019	<ul style="list-style-type: none"> • Children First • PDPHE 	<ul style="list-style-type: none"> • Identify additional needs providers have related to improving physical activity and nutrition in their facilities

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Goal: Physical Activity: Promote and strengthen school and early learning policies and programs that increase physical activity and nutrition			
OBJECTIVE 6: By December 31, 2019, Pueblo City Schools (PCS) will continue seeking funding and begin implementation of the comprehensive health and wellness plan.			
STRATEGY BACKGROUND			
<p>Source: Rocky Mountain Prevention Resource Center, AIM- XL: Whole School, Whole Community, Whole Child Model</p> <p>Evidence Base: AIM-XL is a strategic planning process for school districts to engage in comprehensive health and wellness planning using the <i>Whole School, Whole Community, Whole Child Model</i> to create positive change within the district and schools.</p> <p>Policy Change (Y/N): Yes</p> <p>Lead Person/Organization: Jill Kidd, Director of Nutrition Services, Pueblo City Schools</p>			
ACTION PLAN			
Activity	Start/End Date	Partner Organizations	Anticipated Product or Result
1) Form school wellness teams at each school	Jan 1- Dec 31, 2019	<ul style="list-style-type: none"> • Pueblo City Schools • Wellness Coordinator • Community members 	<ul style="list-style-type: none"> • Teams will complete baseline assessments for each school • Teams will implement wellness efforts within their facility
2) Implement comprehensive health and wellness plan	Jan 1- Dec 31, 2019	<ul style="list-style-type: none"> • Wellness Coordinator • School Wellness Teams 	<ul style="list-style-type: none"> • Efforts described in wellness plan will begin to be implemented
3) Apply for funding to implement wellness plan	Jan 1- Dec 31, 2019	<ul style="list-style-type: none"> • Wellness Coordinator • School Wellness Teams 	<ul style="list-style-type: none"> • Applications submitted to funding sources as appropriate
4) Complete Smart Source and Healthy Kids Colorado Surveys to track improvements related to wellness	July 1- Dec 31, 2019	<ul style="list-style-type: none"> • Wellness Coordinator • School Wellness Teams • School principals 	<ul style="list-style-type: none"> • Assessment of existing policies and efforts supporting wellness • Individual student self-report data • Track changes and improvements

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Goal: Physical Activity: Promote and strengthen school and early learning policies and programs that increase physical activity and nutrition			
OBJECTIVE 7: By December 31, 2020, Pueblo County School District #70 (D70) will continue seeking funding and begin implementation of the comprehensive health and wellness plan.			
STRATEGY BACKGROUND			
<p>Source: Rocky Mountain Prevention Resource Center, AIM- XL: Whole School, Whole Community, Whole Child Model</p> <p>Evidence Base: AIM-XL is a strategic planning process for school districts to engage in comprehensive health and wellness planning using the <i>Whole School, Whole Community, Whole Child Model</i> to create positive change within the district and schools.</p> <p>Policy Change (Y/N): Yes</p> <p>Lead Person/Organization: Brian Axworthy, Supervisor and Chief, D70</p>			
ACTION PLAN			
Activity	Start/End Date	Partner Organizations	Anticipated Product or Result
1) Continued development of Wellness Toolkit	January 1, 2019-December 31, 2020	<ul style="list-style-type: none"> • D70 Nutrition Supervisor • Assistant Supervisor • D70 schools • School Wellness Leaders 	<ul style="list-style-type: none"> • The number of available curriculum-based activities and lessons triples in volume • Wellness Toolkits are catalogued into grade groups for age-appropriate material and organized according to scope of wellness (physical activity, mental/emotional health, nutrition, health education, social engagement, and preparing for adulthood)
2) Apply for funding to implement wellness plan	January 1, 2019-December 31, 2020	<ul style="list-style-type: none"> • D70 Nutrition Supervisor • Assistant Supervisor • D70 schools • School Wellness Leaders 	<ul style="list-style-type: none"> • Applications submitted to funding sources as appropriate
3) Implementation of weekly activities from Wellness Toolkit	August 1, 2019-June 30, 2020	<ul style="list-style-type: none"> • D70 Nutrition Supervisor • Assistant Supervisor • D70 schools • School Wellness Leaders 	<ul style="list-style-type: none"> • Wellness Toolkit items are used a minimum of once per week in each classroom throughout the district
4) Complete Smart Source and Healthy Kids Colorado surveys to track improvements related to wellness	August 1, 2019-December 31, 2019	<ul style="list-style-type: none"> • D70 Nutrition Supervisor • Assistant Supervisor • D70 schools • School Wellness Leaders 	<ul style="list-style-type: none"> • Assessment of existing policies and efforts supporting wellness • Individual student self-report data • Track changes and improvements
5) Implementation of daily activities from Wellness Toolkit	August 1, 2020-December 31, 2020	<ul style="list-style-type: none"> • D70 Nutrition Supervisor • Assistant Supervisor • D70 schools • School Wellness Leaders 	<ul style="list-style-type: none"> • Wellness Toolkit items are used daily rather than weekly

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6) Complete Smart Source and Healthy Kids Colorado surveys to track improvements related to wellness	August 1, 2020-December 31, 2020	<ul style="list-style-type: none"> • D70 Nutrition Supervisor • Assistant Supervisor • D70 schools • School Wellness Leaders 	<ul style="list-style-type: none"> • An accurate assessment of existing policies and efforts supporting wellness • Individual student self-report data • Track changes and improvements
7) Plan and conduct a pilot of “Wellness Breaks” in select schools	January 1, 2020-December 31, 2020	<ul style="list-style-type: none"> • D70 Nutrition Supervisor • Assistant Supervisor • D70 schools • School Wellness Leaders 	<ul style="list-style-type: none"> • Student grades increase in each classroom at the pilot schools where “Wellness Breaks” occur throughout the day
8) Create and propose plan for official Staff Wellness Program	January 1, 2020-December 31, 2020	<ul style="list-style-type: none"> • D70 Nutrition Supervisor • Assistant Supervisor • D70 schools • School Wellness Leaders • D70 Board 	<ul style="list-style-type: none"> • Plan will include various programs, activities, and service partnerships would be available to staff • Plan is approved by D70 Board
9) Create and propose plan for permanent Wellness Coordinator position	January 1, 2020-December 31, 2020	<ul style="list-style-type: none"> • D70 Nutrition Supervisor • Assistant Supervisor • D70 schools • School Wellness Leaders 	<ul style="list-style-type: none"> • D70 Board approves of the permanent Wellness Coordinator and Dietician position

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Goal: Built Environment: Promote, create, and enhance access to safe, accessible and affordable places for physical activity			
OBJECTIVE 8: By December 31, 2019, the Colorado City Metropolitan District will make improvements to at least one trail in Colorado City in order to increase access to safe and affordable opportunities for physical activity in the Metro district.			
STRATEGY BACKGROUND			
Source: The Community Guide: Built Environment Approaches Combining Transportation System Interventions with Land Use and Environmental Design			
Evidence Base: Pedestrian infrastructure, bicycle infrastructure, parks and recreational facility access			
Policy Change (Y/N): No			
Lead Person/Organization: Josh Briggs, Director, Colorado City Parks and Rec			
ACTION PLAN			
Activity	Start/End Date	Partner Organizations	Anticipated Product or Result
1) Search for additional funding options to implement trail expansion plan	January 1-December 31, 2019	<ul style="list-style-type: none"> • Colorado City Metropolitan District • Pueblo County • PDPHE 	<ul style="list-style-type: none"> • Enhance revenue streams for trail expansion • Build community capacity • Improve collaborative networks and partnerships
2) Begin implementing trail improvements as outlined in the comprehensive trail plan	October 1-December 31, 2019	<ul style="list-style-type: none"> • Colorado City Metropolitan District • Pueblo County 	<ul style="list-style-type: none"> • Newer and safer trail • Increased knowledge and awareness regarding built environment strategies • Increased access to opportunities for physical activity

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Goal: Food System: Increase access to healthy and affordable foods in the community			
OBJECTIVE 9: By December 31, 2019, St. Mary Corwin Medical Center will implement and evaluate the food prescription program to increase fruit and vegetable consumption of individuals/families who have experienced adverse childhood experiences.			
STRATEGY BACKGROUND			
Source: National Prevention Strategy: Healthy Eating			
Evidence Base: Screen for obesity by measuring body mass index and deliver appropriate care according to clinical practice guidelines for obesity; increase the availability of healthy food (e.g. through procurement policies, healthy meeting policies... farmer's markets).			
Policy Change (Y/N): No			
Lead Person/Organization: Cindy Lau, St. Mary Corwin Medical Center			
ACTION PLAN			
Activity	Start/End Date	Partner Organizations	Anticipated Product or Result
1) Recruit and enroll individuals into the program	Ongoing SCANS assessments	<ul style="list-style-type: none"> Southern Colorado Family Medicine Cindy Lau, SMC Violence Preventionist Catholic Health Initiatives SCANS grant funding 	<ul style="list-style-type: none"> Recruit at least 60 individuals to participate
2) Track results for each person enrolled in the program	January 1- December 31, 2019	<ul style="list-style-type: none"> Physicians at Southern Colorado Family Medicine SMC Medical Records 	<ul style="list-style-type: none"> Determine baseline measures Track changes in measures throughout participation
Explore incorporating additional educational programs for enrolled families	January 1 - December 31, 2019	<ul style="list-style-type: none"> Smart Moves for Kids Diabetes Prevention Program Boot Camp for adults and kids, evidence-based CDC program administered by the American Diabetes Assn. local region 	<ul style="list-style-type: none"> Research possible programs and logistics, resources necessary to incorporate Determine feasibility As appropriate take steps to incorporate educational programs
Seek funding to continue programming	January 1- June 30, 2019	<ul style="list-style-type: none"> St. Mary Corwin Catholic Charities 	<ul style="list-style-type: none"> Funding is secured to sustain programming
Conduct program evaluation	April 1- June 30, 2019	<ul style="list-style-type: none"> Southern Colorado Family Medicine Cindy Lau, SMC Violence Preventionist Catholic Health Initiatives SCANS grant funding 	<ul style="list-style-type: none"> Lessons learned and ideas for improvements identified

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Goal: Food System: Increase access to healthy and affordable foods in the community			
OBJECTIVE 10: By December 31, 2020, Pueblo County School District #70 (D70) will add four additional schools providing breakfast in the classroom in order to increase access to healthy and affordable foods.			
STRATEGY BACKGROUND			
Source: Food Research & Action Center, Research Brief: Breakfast for Health, October 2016			
Evidence Base: Students attending schools that offer breakfast at no cost to all students are more likely to consume a nutritionally substantive breakfast and to consume significantly more calcium, magnesium, phosphorus, fruit, and dairy products at breakfast,			
Policy Change (Y/N): Yes			
Lead Person/Organization: Brian Axworthy, Supervisor and Chef, D70			
ACTION PLAN			
Activity	Start/End Date	Partner Organizations	Anticipated Product or Result
1) Educate schools on breakfast program and participation requirements	January 1, 2019-December 31, 2020	<ul style="list-style-type: none"> • D70 Nutrition Supervisor • Assistant Supervisor • D70 schools 	<ul style="list-style-type: none"> • Schools will elect to participate
2) Enroll schools in program	January 1, 2019-December 31, 2020	<ul style="list-style-type: none"> • D70 Nutrition Supervisor • Assistant Supervisor • D70 schools 	<ul style="list-style-type: none"> • Four schools will enroll • Logistics regarding provision of food will be determined
3) Track and evaluate participation in the program	January 1, 2019-December 31, 2020	<ul style="list-style-type: none"> • D70 Nutrition Supervisor • Assistant Supervisor • D70 schools 	<ul style="list-style-type: none"> • Track number of students participating • Evaluation regarding effectiveness will be completed

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Goal: Food Access			
OBJECTIVE 11: By December 31, 2020, Pueblo County Economic Development will work to address food access issues through updating the Pueblo Food Finder maps and securing equitable grocery access.			
STRATEGY BACKGROUND			
Source: National Prevention Strategy: Healthy Eating			
Evidence Base: "Attract full-service grocery stores, supermarkets, and farmer's markets to underserved neighborhoods' and 'increase access to healthy and affordable foods in communities'.			
Policy Change (Y/N): No			
Lead Person/Organization: Susan Fries, Economic Development Specialist, Pueblo County Economic Development and GIS			
ACTION PLAN			
Activity	Start/End Date	Partner Organizations	Anticipated Product or Result
1) Update food finder maps to reflect changes in food assistance programs	January 1, 2019-December 31, 2020	<ul style="list-style-type: none"> • Alliance For Food Access (AFFA) 	<ul style="list-style-type: none"> • Changes will be made to the map to reflect the most up to date information
2) Seek out potential grocery stores to provide equitable access for Pueblo County residents	January 1, 2019-December 31, 2020	<ul style="list-style-type: none"> • CO Housing and Finance Authority • Progressive Urban Management Associates • Pueblo Community Health Center • Colorado Health Foundation • EPA 	<ul style="list-style-type: none"> • Potential companies contacted • Potential companies notified of financing resources

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Goal: Food System: Increase access to healthy and affordable foods in the community			
OBJECTIVE 12: By December 31, 2020, Colorado State University (CSU)-Extension Pueblo will provide educational programming to 250 residents of Pueblo County on safe food preparation, preservation, and “garden to table” lifestyle.			
STRATEGY BACKGROUND			
<p>Source: National Prevention Strategy: Healthy Eating</p> <p>Evidence Base: Recommended strategies include: ‘help people recognize and make healthy food and beverage choices’ and ‘enhance food safety.’</p> <p>Policy Change (Y/N): No</p> <p>Lead Person/Organization: CSU-Extension Pueblo, Laura Krause</p>			
ACTION PLAN			
Activity	Start/End Date	Partner Organizations	Anticipated Product or Result
1) Plan relevant programming opportunities at an affordable cost for community members	January 1, 2019 - December 31, 2020	<ul style="list-style-type: none"> • CSU Extension specialists • Other CSU Extension agents • Senior Resource Development Agency • Pueblo Department of Public Health and Environment • Pueblo County Fair Board 	<ul style="list-style-type: none"> • Well-rounded programming that meets the needs of the community
2) Deliver chosen programming, emphasizing food safety and healthy living	January 1, 2019- December 31, 2020	<ul style="list-style-type: none"> • CSU Extension specialists 	<ul style="list-style-type: none"> • Increased education for community members
3) Use pre/post surveys to determine knowledge increase	January 1, 2019 - December 31, 2020	<ul style="list-style-type: none"> • CSU Extension specialists 	<ul style="list-style-type: none"> • Increased knowledge of topics covered using specific pre/post indicators

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Goal: Food System: Increase access to healthy and affordable foods in the community			
OBJECTIVE 13: By June 30, 2019, Pueblo Department of Public Health and Environment (PDPHE) shall increase the number of policies, practices and environmental changes to increase access to and affordability of healthy food and beverages in places where they are offered or sold, and promote increased consumption of healthier foods and beverages.			
STRATEGY BACKGROUND			
<p>Source: Centers for Disease Control and Prevention, <i>Community Preventive Services Task Force (CPSTF), The Guide to Community Preventive Services (Community Guide)</i>. Atlanta: U.S. Department of Health and Human Services; 2017.</p> <p>Evidence Base: Making affordable, healthier foods more available to underserved residents is a strategy to lead individuals to making healthier choices about what to eat which is associated with better health outcomes.</p> <p>Policy Change (Y/N): Yes</p> <p>Lead Person/Organization: Julie Kuhn and Cathryn Sanchez, PDPHE, Healthy Food and Beverage Program (HFB)</p>			
ACTION PLAN			
Activity	Start/End Date	Partner Organizations	Anticipated Product or Result
1) Recruit at least five new sites	July 1, 2018- April 1, 2019	<ul style="list-style-type: none"> • Potential sites • PDPHE staff • Colorado Department of Public Health and Environment 	<ul style="list-style-type: none"> • Add five new sites to the Healthy Food and Beverage Project .
2) Conduct visual assessment and surveys with customers and site manager at new sites	August 1, 2018- May 30, 2019	<ul style="list-style-type: none"> • Site customers • Site Manager • PDPHE staff 	<ul style="list-style-type: none"> • Sites better understand customer purchasing desires on access to HFB • Visual assessment determined strengths and areas for improvement
3) Analyze customer responses to determine evidence-based strategies (EBS) at new sites	August 1, 2018- May 31, 2019	<ul style="list-style-type: none"> • PDPHE/Healthy Food and Beverage (HFB) staff 	<ul style="list-style-type: none"> • EBS determined for each site to increase access to HFB
4) Provide results of six month post-assessments on previous sites in the HFB project	August 1, 2018- May 31, 2019	<ul style="list-style-type: none"> • PDPHE/HFB staff • Sites 	<ul style="list-style-type: none"> • Identification of successes, challenges, and possible additional changes to increase access to HFB
5) Determine next action steps for HFB efforts	June 1- 30, 2019	<ul style="list-style-type: none"> • PDPHE/HFB staff 	<ul style="list-style-type: none"> • Additional objectives drafted

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Goal: Food System: Increase access to healthy and affordable foods in the community			
OBJECTIVE 14: By December 31, 2019, a community garden will provide residents of the Eastside neighborhoods of Pueblo with increased access to fresh fruits and vegetables.			
STRATEGY BACKGROUND			
Source: National Prevention Strategy: Healthy Eating			
Evidence Base: Bring healthy foods, especially locally grown fruits and vegetables, to schools, businesses, and communities; increase the availability of healthy food (e.g. through procurement policies, healthy meeting policies, and farmer's markets).			
Policy Change (Y/N): N			
Lead Person/Organization: David Hovar, NeighborWorks			
ACTION PLAN			
Activity	Start/End Date	Partner Organizations	Anticipated Product or Result
1) Identify and apply for funding to sustain project	January 1- December 31, 2019	<ul style="list-style-type: none"> • Pillars of Unity • Eastside Action Support Team (E.A.S.T.) 	<ul style="list-style-type: none"> • Necessary funds secured
2) Support Resident Team in building capacity to help lead efforts	January 1- December 31, 2019	<ul style="list-style-type: none"> • Colorado State University-Extension • Pillars of Unity • Eastside Action Support Team (E.A.S.T.) 	<ul style="list-style-type: none"> • Training/resource needs of the Resident Team identified • Resident Team receives necessary training/access to resources and is capable of facilitating the project
3) Identify potential garden plot	January 1- March 31, 2019	<ul style="list-style-type: none"> • Pillars of Unity • Eastside Action Support Team (E.A.S.T.) 	<ul style="list-style-type: none"> • Garden plot is secured
4) Host kick-off event	April 1- June 30, 2019	<ul style="list-style-type: none"> • Pillars of Unity • Eastside Action Support Team (E.A.S.T.) • Care and Share • CSU-Extension 	<ul style="list-style-type: none"> • Neighborhood residents are made more aware of the project and its goals • Volunteers and partners will be recruited
5) Implement community garden	April 1- December 31, 2019	<ul style="list-style-type: none"> • Pillars of Unity • Eastside Action Support Team (E.A.S.T.) • Care and Share • CSU-Extension • Resident Team • Volunteers 	<ul style="list-style-type: none"> • Necessary supplies are procured • Residents increase consumption of fresh produce • Residents endorse feelings of greater community connectedness and pride • Increased knowledge among volunteers on healthy eating and growing food

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Goal: Food System: Increase access to healthy and affordable foods in the community			
OBJECTIVE 15: By December 31, 2019, a greater number of Pueblo residents will have access to healthy and affordable foods as a result of a grocery store being opened in the downtown area.			
STRATEGY BACKGROUND			
<p>Source: Centers for Disease Control and Prevention, <i>Healthier Food Retail: An Action Guide for Public Health Practitioners</i>. Atlanta: U.S. Department of Health and Human Services; 2014.</p> <p>Evidence Base: Making affordable, healthier foods more available to underserved residents is a strategy to lead to individuals to making healthier choices about what to eat which is associated with better health outcomes.</p> <p>Policy Change (Y/N): N</p> <p>Lead Person/Organization: David Hovar, NeighborWorks</p>			
ACTION PLAN			
Activity	Start/End Date	Partner Organizations	Anticipated Product or Result
1) Form steering committee to guide development of the grocery store	January 1- March 31, 2019	<ul style="list-style-type: none"> • Residents • Business leaders • Other stakeholders 	<ul style="list-style-type: none"> • Committee is formed and meets regularly
2) Identify and apply for necessary funding	January 1- December 31, 2019		<ul style="list-style-type: none"> • Necessary funds are secured for constructing the store and initiating retail operations
3) Conduct data collection of community needs	January 1- June 30, 2019	<ul style="list-style-type: none"> • Steering Committee • Residents • Business leaders • Other stakeholders 	<ul style="list-style-type: none"> • Feedback from residents, businesses, and other stakeholders is documented
4) Obtain necessary food retail and business licenses	January 1- June 30, 2019	<ul style="list-style-type: none"> • Steering Committee • Consultant 	<ul style="list-style-type: none"> • All necessary permits/licenses are obtained
5) Plan grocery store	April- September 30, 2019	<ul style="list-style-type: none"> • Steering Committee • Consultant • Management team • Local or regional third-party distributors 	<ul style="list-style-type: none"> • Input from data collection methods is incorporated in planning • Necessary equipment is obtained • Manager and staff are hired and trained • Suppliers are identified
6) Open grocery store	October 1- December 31, 2019	<ul style="list-style-type: none"> • Steering Committee • Consultant • Management team • Care and Share Food Bank 	<ul style="list-style-type: none"> • Store is open for business

2019 Community Health Improvement Action Plan for Pueblo County - Obesity

Goal: Built Environment: Promote, create, and enhance access to safe, accessible and affordable places for physical activity			
OBJECTIVE 16: By December 31, 2020, the Pueblo West Metropolitan District will make improvements to at least one trail in Pueblo West to increase access to safe and affordable opportunities for physical activity in the Metro district.			
STRATEGY BACKGROUND			
Source: The Community Guide: Built Environment Approaches Combining Transportation System Interventions with Land Use & Environmental Design			
Evidence Base: Pedestrian infrastructure, bicycle infrastructure, parks and recreational facility access			
Policy Change (Y/N): No			
Lead Person/Organization: Carol Cosby, Director, Pueblo West Metro District Parks and Recreation			
ACTION PLAN			
Activity	Start/End Date	Partner Organizations	Anticipated Product or Result
1) Initiate trail from Industrial Blvd. to Platteville Blvd.	Jan. 1- Dec. 31, 2019	<ul style="list-style-type: none"> • Pueblo West Metro District • Colorado Department Of Transportation • Pueblo County 	<ul style="list-style-type: none"> • Newer and safer trail • Increased knowledge and awareness regarding built environment strategies • Increase access to opportunities for physical activity • The first fully developed trail on Northside of Highway 50
2) Promote and market trail expansion to residents of the metro district and Pueblo County	Jan. 1- Dec. 31, 2019	<ul style="list-style-type: none"> • Pueblo West Metro District • Pueblo County • Pueblo Department of Public Health and Environment 	<ul style="list-style-type: none"> • Community buy-in • Trail maps made available online and in metro offices • Increased use of trails
3) New paved portion of trail from Purcell East down Holiday Drive to existing SDS (Southern Delivery System) trail north to Jaroso	Jan. 1, 2020-Dec. 31, 2020	<ul style="list-style-type: none"> • Pueblo West Metro District • CDOT • Pueblo County 	<ul style="list-style-type: none"> • Newer and safer trail • Increased knowledge and awareness regarding built environment strategies • Increase access to opportunities for physical activity
4) Promote and market trail improvements to residents of the metro district and pueblo County	Jan. 1, 2020-Dec. 31, 2020	<ul style="list-style-type: none"> • Pueblo West Metro District • Pueblo County • Pueblo Department of Public Health and Environment 	<ul style="list-style-type: none"> • Trail maps made available online and in metro offices • Increased use of trails

2019 Community Health Improvement Action Plan for Pueblo County - Obesity

Goal: Capacity Building			
OBJECTIVE 17: By December 31, 2019, PDPHE will meet with leadership of the Regional Accountable Entity (RAE) to determine levels of collaboration and ways to align and support organizational efforts.			
STRATEGY BACKGROUND			
<p>Source: Colorado Department of Health Care Policy and Financing: Regional Accountable Entity for the Accountable Care Collaborative. 2017.</p> <p>Evidence Base: Activities outlined are detailed within the requirements for the Regional Accountable Entity for the Accountable Care Collaborative request for proposal.</p> <p>Policy Change (Y/N): Possible</p> <p>Lead Person/Organization: Pueblo Department of Public Health and Environment, Operations and Health Promotion Director</p>			
ACTION PLAN			
Activity	Start/End Date	Partner Organizations	Anticipated Product or Result
1) Meet with RAE leadership to explain the Community Health Improvement Plan and Community Health Assessment (CHA) Steering Committee	January 1- June 30, 2019	<ul style="list-style-type: none"> • PDPHE • CHA Steering Committee • RAE 	<ul style="list-style-type: none"> • Mutual understanding of areas of overlap with the RAE population health plan and the CHIP • RAE presentation to Steering Committee is tailored to areas of focus
2) Arrange a presentation from the RAE to the Steering Committee	July 1- September 30, 2019	<ul style="list-style-type: none"> • PDPHE • RAE 	<ul style="list-style-type: none"> • Steering Committee members are knowledgeable and feel informed regarding the RAE
3) Meet with RAE affiliated staff to determine collaboration and support of programs/efforts	July 1- September 30, 2019	<ul style="list-style-type: none"> • PDPHE • CHA Steering Committee • RAE 	<ul style="list-style-type: none"> • Determine common programs/efforts • Methods and processes for collaboration and alignment determined for applicable programs or efforts

2019 Community Health Improvement Action Plan for Pueblo County - Obesity

Goal: Food System: Increase access to healthy and affordable foods in the community			
OBJECTIVE 18: By December 31, 2019, Care and Share will provide access to nutritious meals and snacks to 500 (combined) youth and families.			
<p>STRATEGY BACKGROUND</p> <p>Source: Centers for Disease Control and Prevention, <i>Healthier Food Retail: An Action Guide for Public Health Practitioners</i>. Atlanta: U.S. Department of Health and Human Services; 2014.</p> <p>Evidence Base: Making affordable, healthier foods more available to underserved residents is a strategy to lead to individuals to making healthier choices about what to eat and is associated with better health outcomes.</p> <p>Policy Change (Y/N): No</p> <p>Lead Person/Organization: Care and Share</p>			
ACTION PLAN			
Activity	Start/End Date	Partner Organizations	Anticipated Product or Result
1) Provide 5,500 nutritious meals and snacks through summer food programs	January 1 – December 31, 2019	TBD Organizations are chosen in March of 2019. Will update plan when site selections are made.	<ul style="list-style-type: none"> • Number of students participating is estimated based on the number of meals and snacks provided. • Number of meals and snacks are tracked.
2) Provide 10,000 lbs. of food (primarily fresh produce) to children and their families through a summer mobile pantry	May 1 – September 30, 2019	TBD Organizations are chosen in March of 2019. Will update plan when site selections are made.	<ul style="list-style-type: none"> • Number of individuals/family members receiving food is tracked. Amount of food is tracked.
3) Provide 7,000 nutritious meals and snacks to children through afterschool programs	January 1 – December 31, 2019	Sprague and Avondale Boys and Girls Clubs. Others TBD. Selections for participants of Q3 and Q4 programs will be made in March.	<ul style="list-style-type: none"> • Number of students participating is estimated based on the number of meals and snack provided. • Number of meals and snacks are tracked.
4) Provide 4,000 backpacks (31,520 lbs.) full of nutritious food for children and their families	January 1 – December 31, 2019	Beulah Heights School, Bradford School, Carlisle School, Columbian School, Eva Baca School, Franklin, School of Innovation, Irving School, and Parkview School Others TBD. Selections for participants of Q3 and Q4 programs will be made in March.	<ul style="list-style-type: none"> • Number of youth and families receiving backpacks is tracked. • Amount of food and type of food distributed is tracked.
5) Provide 25,000 lbs. of nutritious food to children and families through school pantries.	January 1 – December 31, 2019	Central High School, Heaton Middle School, Heroes Academy, Minnequa Elementary Risley Academy of Innovation Others TBD. Selections for participants of Q3 and Q4 programs will be made in March.	<ul style="list-style-type: none"> • Number of youth and families participating in school pantries is tracked

2019 Community Health Improvement Action Plan for Pueblo County - Obesity

Goal: Food System: Increase access to healthy and affordable foods in the community			
OBJECTIVE 19: By December 31, 2019, Care and Share will provide education to 100 adults, outreach to 35 partner agencies, and Supplemental Nutrition Assistance Program (SNAP) application assistance to 700 adults to increase knowledge of and access to nutritious food.			
STRATEGY BACKGROUND Source: Centers for Disease Control and Prevention, <i>Healthier Food Retail: An Action Guide for Public Health Practitioners</i> . Atlanta: U.S. Department of Health and Human Services; 2014. Evidence Base: Making affordable, healthier foods more available to underserved residents is a strategy that may lead to individuals making healthier choices about what to eat and maybe be associated with better health outcomes. Policy Change (Y/N): No Lead Person/Organization: Care and Share			
ACTION PLAN			
Activity	Start/End Date	Partner Organizations	Anticipated Product or Result
1) Coordinate nutrition education courses for participants living at or below 200% of the Federal Poverty Level	January 1- December 31, 2019	Park View Elementary, Pueblo School for Arts and Sciences, Rocky Mountain SER Early Learning Center, Salvation Army of Pueblo, others TBD, class scheduling in process	<ul style="list-style-type: none"> • 14, 6-week long courses held • At least 120 adults, parents, and family participants will complete courses
2) Coordinate Cooking Matters at the Store tour(s) for participants living at or below 185% of the Federal Poverty Level	January 1- December 31, 2019	TBD, class scheduling in process, potential sites include Save-A-Lot, El Pueblo Farmers Market, Ecumenical Church of Pueblo West, Lynn Gardens, Bethlehem Square, Risley Academy of Innovation	<ul style="list-style-type: none"> • At least 100 participants will complete the store tour
3) Provide food to 35 Pueblo Partner Agencies	January 1- December 31, 2019	Please see www.careandshare.org for a list of partner agencies in Pueblo.	<ul style="list-style-type: none"> • Eight monthly mobile food pantry programs will receive food, serving people across the city • 2.55 million pounds of food will be disbursed through the Pueblo distribution center • 80% of food will be classified as “highly nutritious”
4) Complete 700 SNAP applications	January 1- December 31, 2019	Pueblo Cooperative Care Center, Crossroads Turning Points, Pueblo Human and Housing Services, Southern Colorado Harm Reduction Association, LaVista Correctional Facility, Lynne Gardens, others TBD	<ul style="list-style-type: none"> • Assist 700 people with competing SNAP applications to increase access to nutritious food.