

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



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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.

