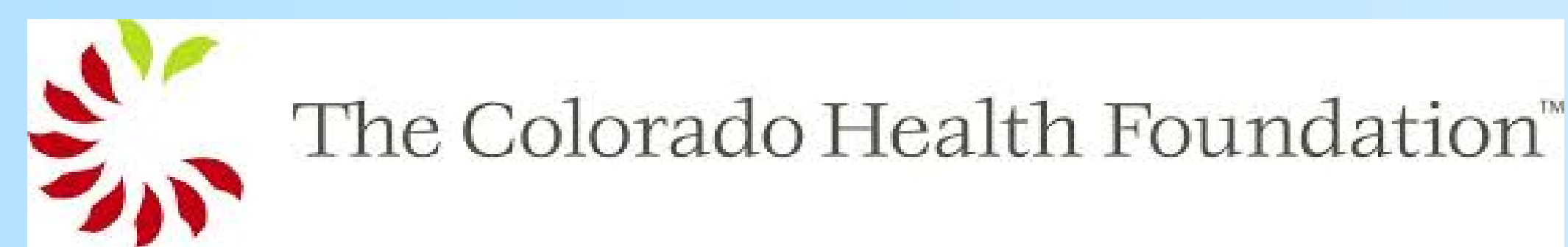


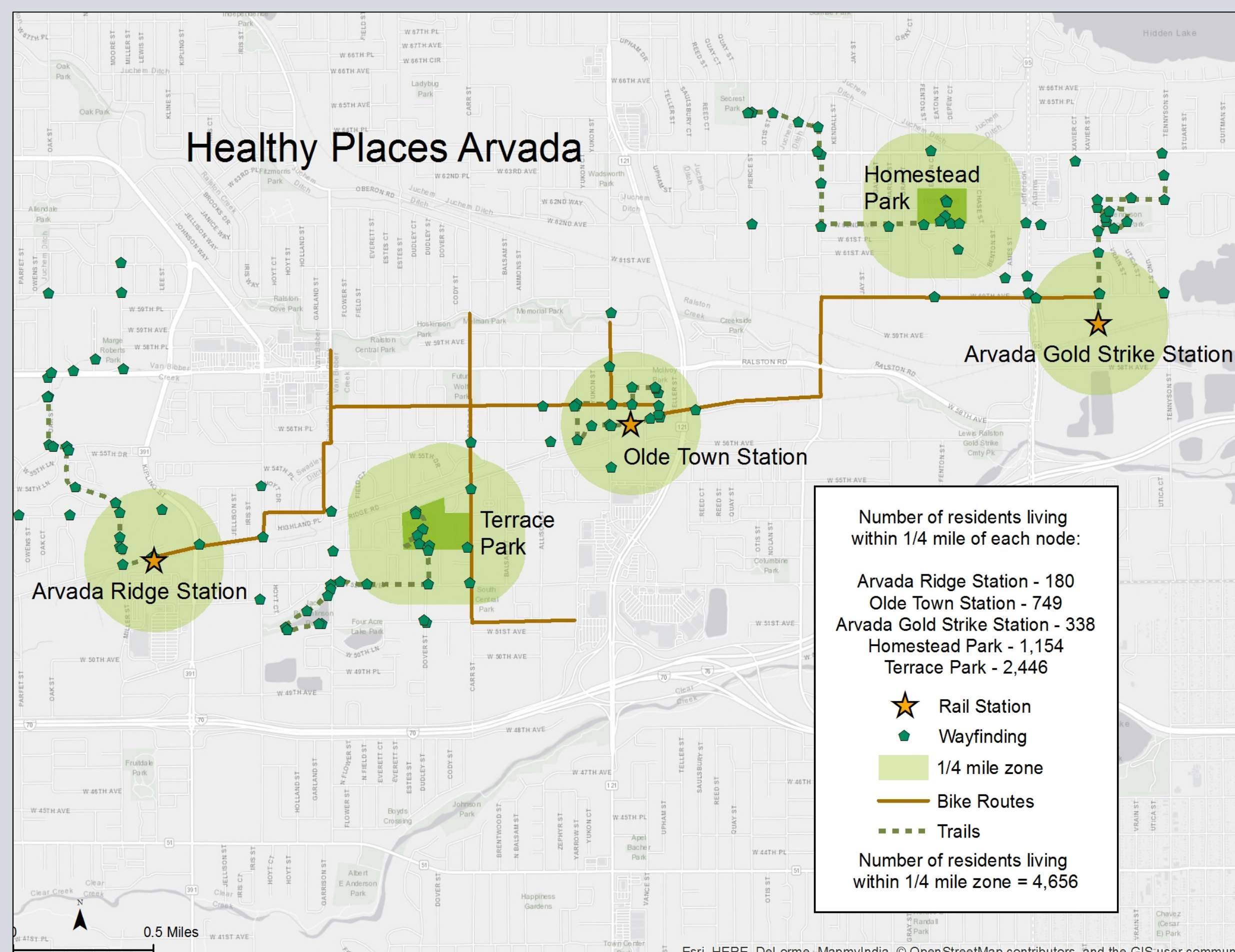
Healthy Places: Designing and Active Colorado

Cheryl Kelly¹, Carmen Luna¹, Lisa Harner¹, Denise Hartsock¹, Kaye Kavanagh²
¹Kaiser Permanente Colorado, ²The Colorado Health Foundation



ARVADA HEALTHY PLACES Suburban Community

Arvada focused on improving 2 neighborhood parks and providing connectivity to the parks and to the three new public transit stations in the southeast corner of the city. Over 25,000 residents live within a quarter mile of these built environment changes. The Gold Line is expected to open sometime in 2018.



WESTWOOD HEALTHY PLACES Urban Community

Westwood is a diverse, densely populated urban neighborhood focused on improved pedestrian amenities and streetscapes, safe routes to school and improvements to a local park. Over 14,000 residents live within a quarter mile of these built environment changes.



LAMAR HEALTHY PLACES Rural Community

Lamar is a rural community that has prioritized a 7-mile bike and pedestrian trail looping around town, several park improvements and improved pedestrian amenities along main street. Close to 6,000 residents live within a quarter mile of these built environment changes.



RECREATION



Terrace Park
 50% increase in park visitors following changes



Homestead Park
 52% increase in park visitors following changes

Park improvements included new playgrounds, walking trails, benches, a dog park, and exercise equipment.

RECREATION

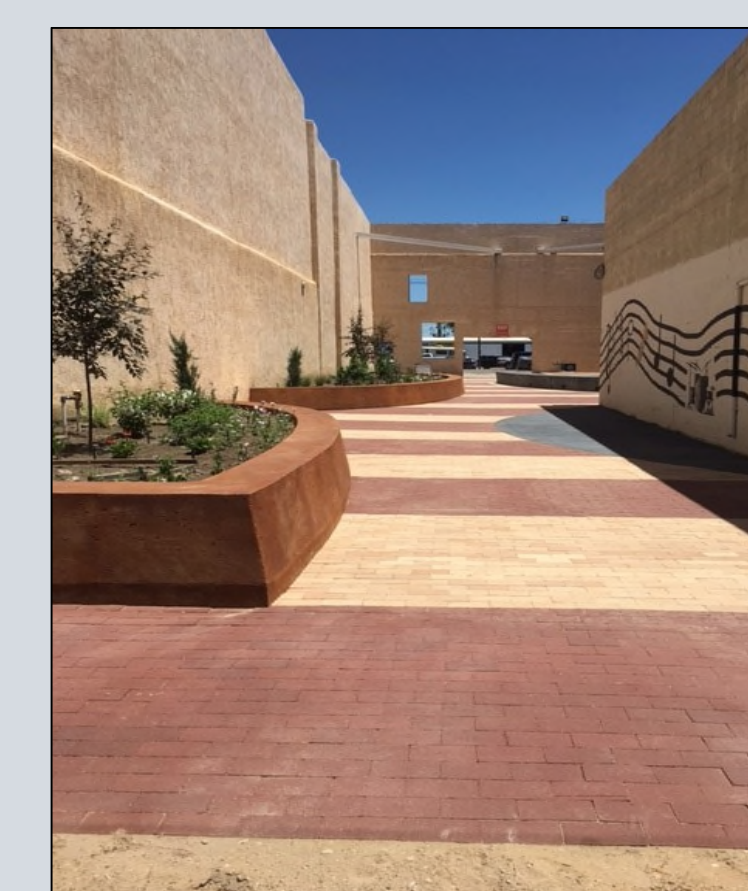


Westwood Park
 50 park visitors were observed, 62% in moderate to vigorous physical activity (baseline)



La Casita
 28 different classes offered in one year, averaging 3 to 30 residents per class

RECREATION



City of Lamar signed an Intergovernmental Agreement with the Shore Arts Center board for use of the land for the pocket park for at least 25 years.

In collaboration with Kaboom, the Northside Park was an early quick win for Lamar. Nearly 300 residents helped build the park.

ACTIVE TRANSPORTATION

Sidewalks connect residents of Homestead Park neighborhood to the G line commuter stations.

150 Wayfinding signs connect residents to Homestead and Terrace Parks and the G Line stations.

59 Bick Racks & 2 Bike Corrals are now located at parks, local businesses and Olde Town Arvada.



2015

2016

= 500 trips

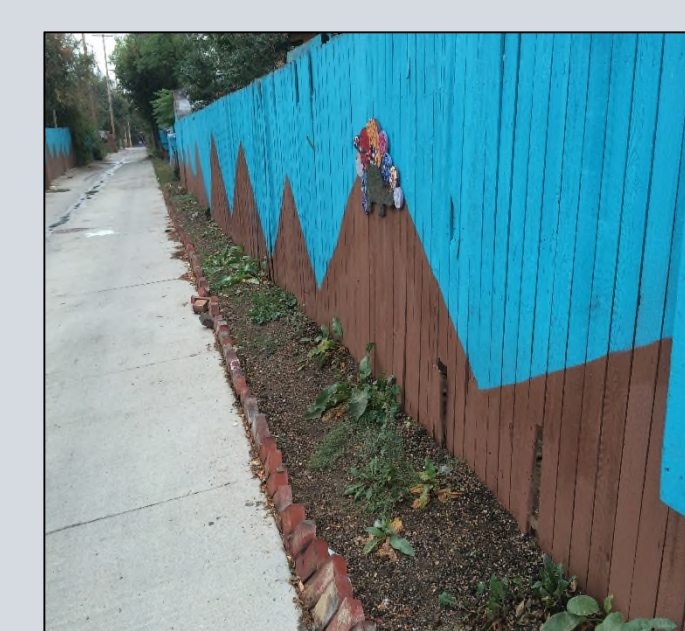
Biking trips increased 41% from 2015 to 2016 on W 72nd Ave (between Carr Street and Wadsworth).

ACTIVE TRANSPORTATION

Alley improvements include removing dumpsters, trash, and painting colorful murals on the fencing to provide a safe and pleasant environment that encourages active transport to school.



~40 trips are made by kids through Munroe alley on 1 day



Morrison Road improvements include speed reduction intersection bulb-outs, landscape medians, a midblock crossing and a new traffic light. These improvements will slow traffic.



South Side

North Side

At baseline (spring 2016), an average of 80 individuals walked on the south side of the street and 117 walked on the north side (a day).

ACTIVE TRANSPORTATION

The Lamar Loop is a 7-mile trail that will loop around the town providing recreational and active transportation opportunities for residents.



Main Street improvements include bike racks, opening of Healthy Places storefront, crosswalk, flower boxes, and curb cuts (accessible ramps).

2016

At baseline (August 2016), an average of 150 people walk or bike down Main Street a day.

= 25 people