

Healthy Places: designing an active Colorado

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Overview



- Healthy Places: Designing an Active Colorado aims to increase physical activity by fostering a built environment where it is easier, safer and more appealing to walk, play and engage in daily activities
- Five-year, \$4.5 million initiative
- 3 communities: urban, rural and suburban
- Funder: The Colorado Health Foundation
- Cross-site evaluator: Partners in Evaluation & Research, Kaiser Permanente Colorado
- Technical assistance provider: Progressive Urban Management Associates

ARVADA Suburban

Arvada's Assets

- ✓ Walkable Olde Town
- ✓ 3 new transit stations
- ✓ A network of parks/trails
- ✓ Healthy fiscal condition
- ✓ Proximity to Denver and other employment centers
- ✓ Highly educated citizens

LAMAR Rural

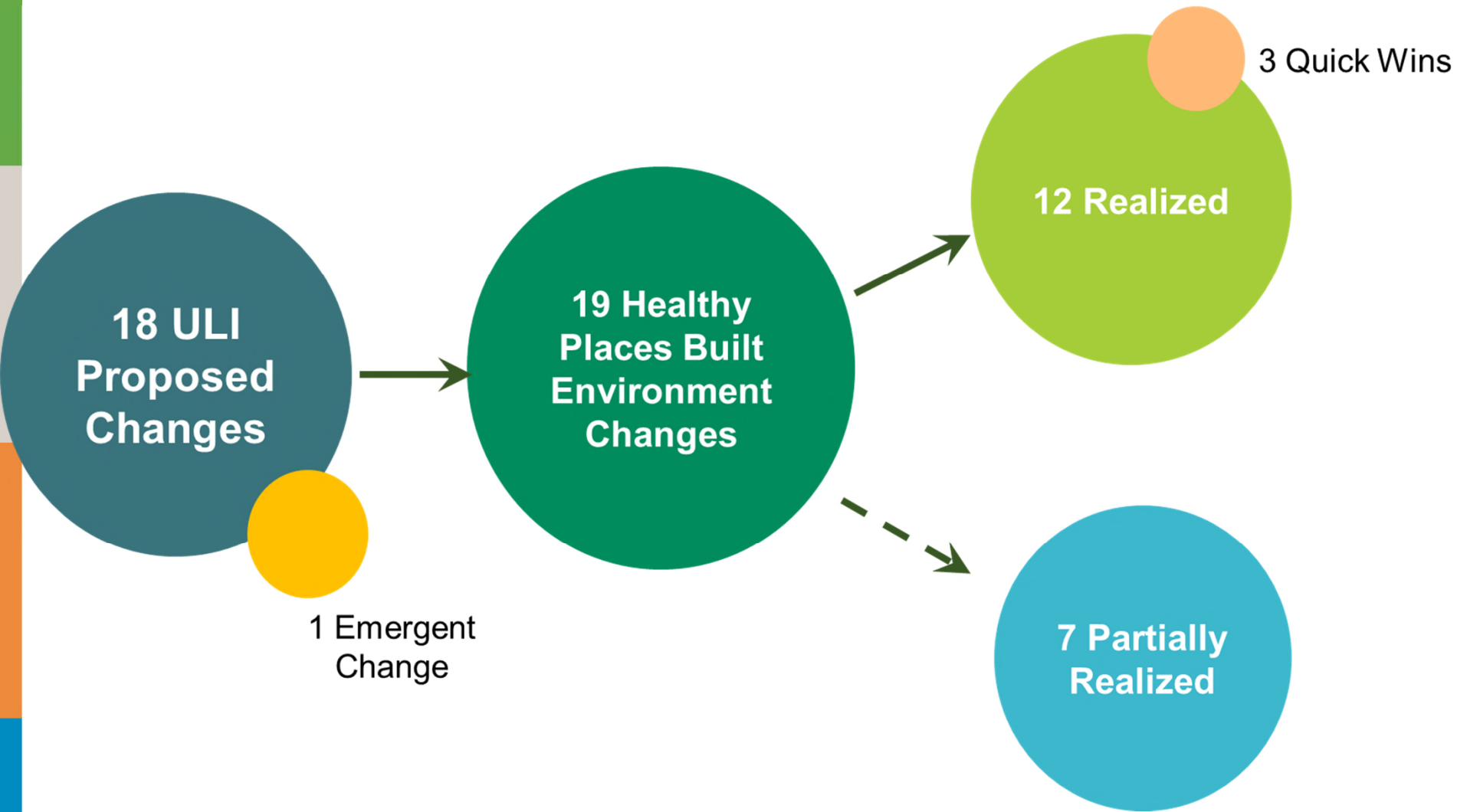
Lamar's Assets

- ✓ Arkansas River
- ✓ Historic downtown
- ✓ Location on Sante Fe Trail
- ✓ Parks & recreation facilities
- ✓ Hospital & medical facilities
- ✓ Highly motivated citizens

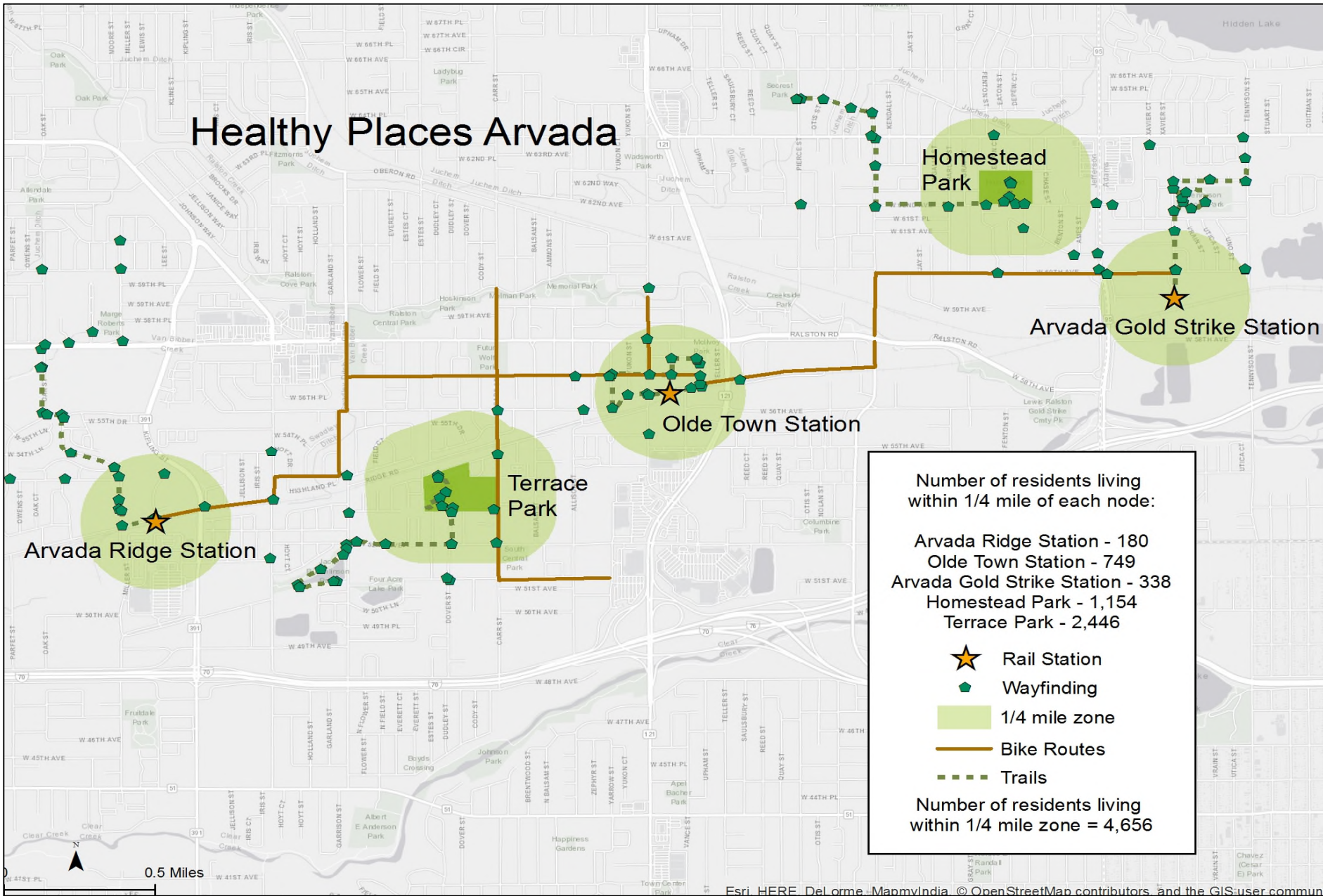
WESTWOOD Urban

Westwood's Assets

- ✓ Strong belief in education & learning
- ✓ Multi-cultural identity & history
- ✓ Diverse group of non-profits
- ✓ Values family & children
- ✓ Committed councilman



Healthy Places Arvada



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ARVADA HEALTHY PLACES



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



Terrace Park

50% increase in park visitors following changes



Homestead Park

52% increase in park visitors following changes

ARVADA HEALTHY PLACES

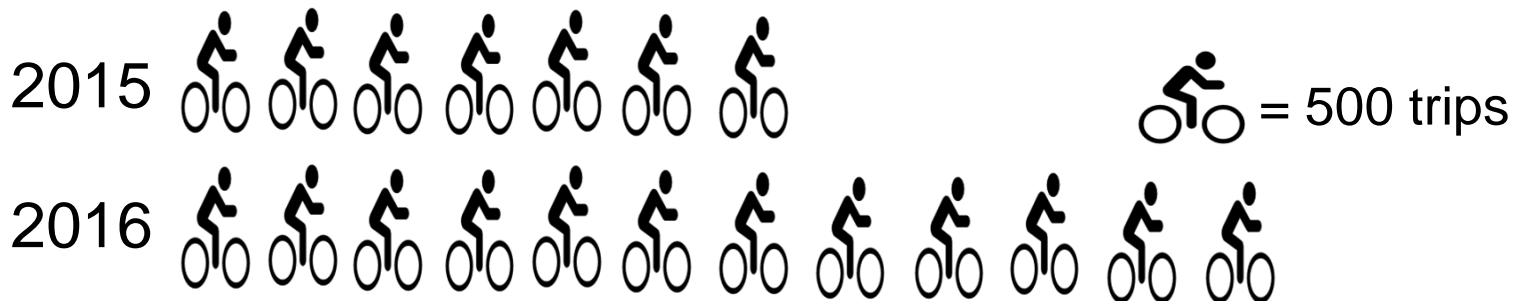
Sidewalks connect residents of Homestead Park neighborhood to the G line commuter stations.



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.



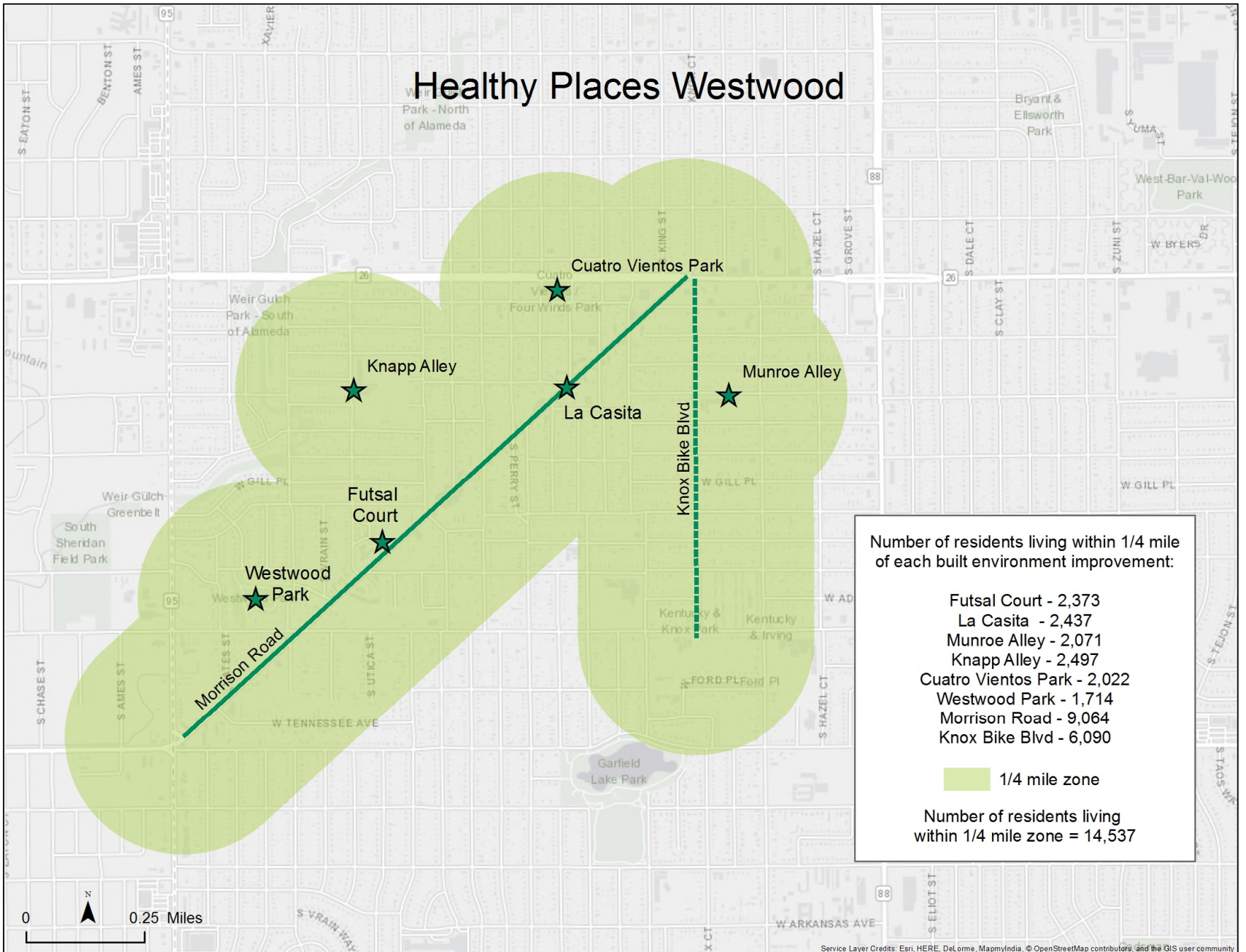
ARVADA HEALTHY PLACES

Great Outdoors Colorado
Greenfields Outdoor Fitness Equipment
The Colorado Health Foundation
City of Arvada
Kaiser Permanente
LiveWell Colorado
Jefferson County Open Space

Lessons Learned:

- ✓ City access to the right people at the right time
- ✓ Less existing momentum meant slower time building community engagement
- ✓ Success incorporating resident feedback into planning process and provide park activation programming

Healthy Places Westwood



Number of residents living within 1/4 mile of each built environment improvement:

- Futsal Court - 2,373
- La Casita - 2,437
- Munroe Alley - 2,071
- Knapp Alley - 2,497
- Cuatro Vientos Park - 2,022
- Westwood Park - 1,714
- Morrison Road - 9,064
- Knox Bike Blvd - 6,090

1/4 mile zone

Number of residents living within 1/4 mile zone = 14,537

WESTWOOD HEALTHY PLACES

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 one alley on 1 day

WESTWOOD HEALTHY PLACES

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



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).

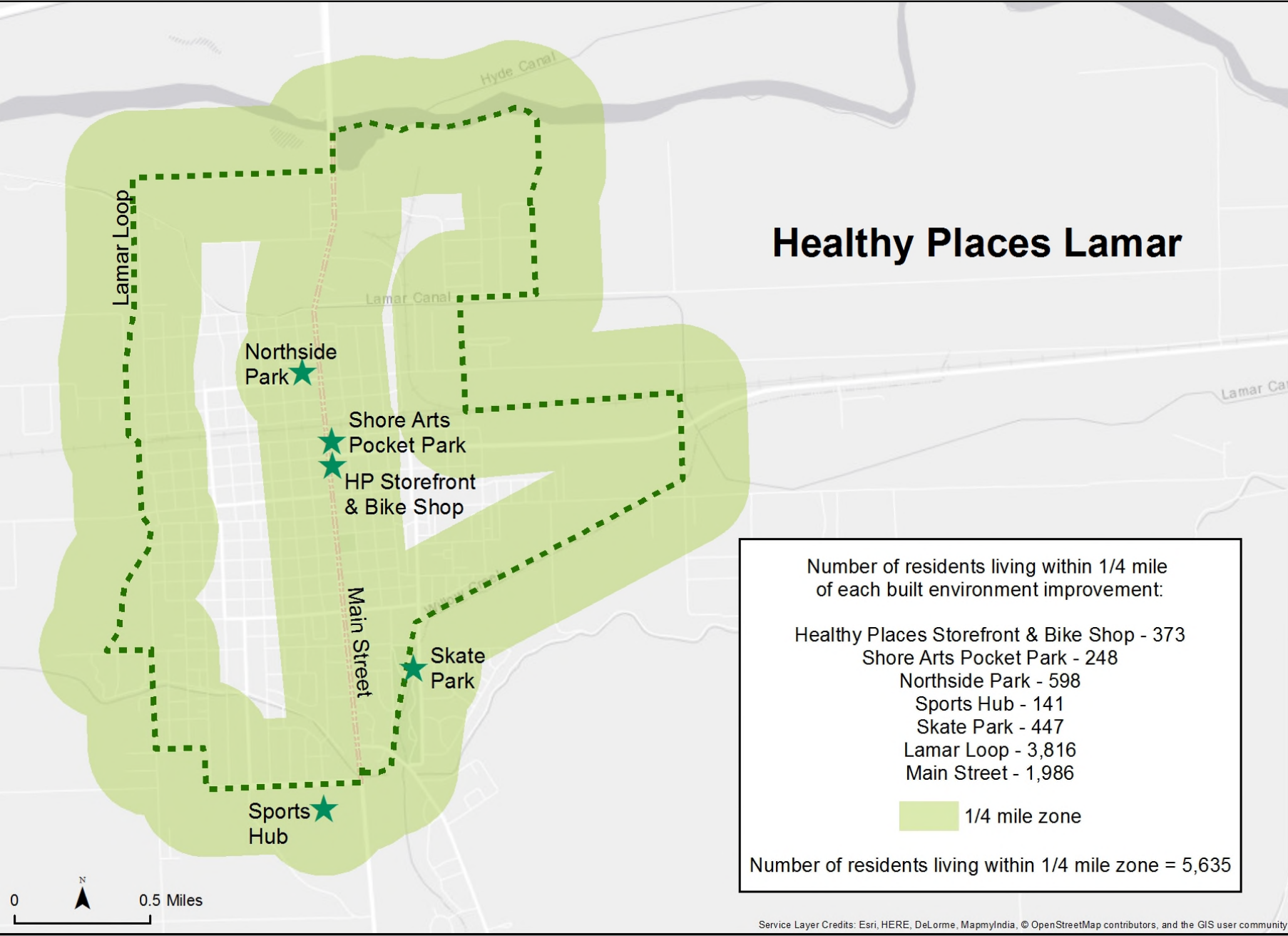
WESTWOOD HEALTHY PLACES

Rose Foundation
ArtPlace
Extreme Community Makeover
The Colorado Health Foundation
Wells Fargo
City of Denver
Trust for Public Land
LiveWell Colorado
National Resource Defense Fund
Great Outdoors Colorado

Lessons Learned:

- ✓ Strong community coalition meant they had early wins
- ✓ Small neighborhood in big city so used technical assistance to communicate with city leaders
- ✓ They became a priority neighborhood for the city

Healthy Places Lamar



Number of residents living within 1/4 mile of each built environment improvement:

Healthy Places Storefront & Bike Shop	- 373
Shore Arts Pocket Park	- 248
Northside Park	- 598
Sports Hub	- 141
Skate Park	- 447
Lamar Loop	- 3,816
Main Street	- 1,986

1/4 mile zone

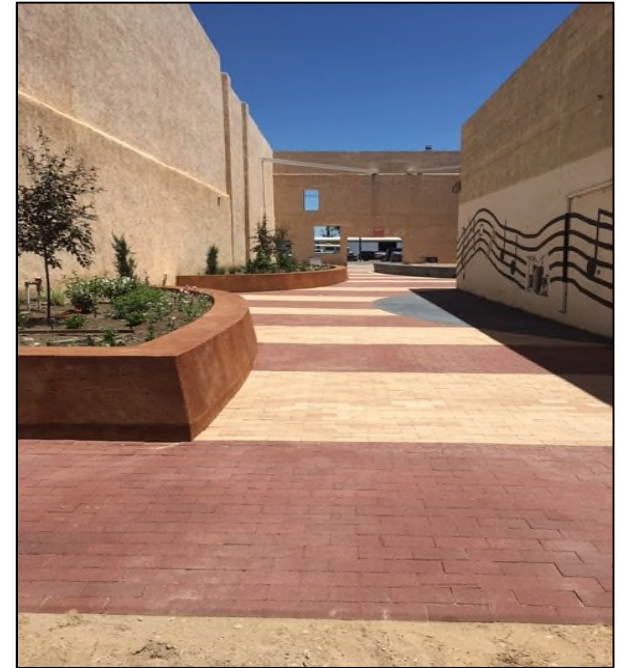
Number of residents living within 1/4 mile zone = 5,635

0 0.5 Miles

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LAMAR HEALTHY PLACES

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.



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

LAMAR HEALTHY PLACES



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

2016   = 25 people

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

LAMAR HEALTHY PLACES

The Colorado Trust
City of Lamar
Great Outdoors Colorado
The Colorado Health Foundation
El Pomar Foundation
Huddleston-Butler Memorial Foundation
Ministerial Alliance
Colorado State University Extension

Lessons Learned:

- ✓ Strong connected community coordinator
- ✓ Technical assistance was critical for building political will
- ✓ Funding supported capacity building for local residents

Conclusions

- Assess capacity and technical assistance needs early in year 1 and tailor any technical assistance support to meet the communities where they are starting.
- While all three communities have elements of sustainability, it is unclear if the community engagement through coalitions and other efforts will be sustained.
- Political will impacts project outcomes.
- The ULI advisory panel was a success.
- There should be a focus on authentic community engagement.

Questions/Comments?
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