Communities Designed Around Health: A Moral Imperative to the Development Community

October 18, 2012
Together, we will make Colorado the healthiest state in the nation.
Community Outcomes

Healthy Living

Health Care

Health Coverage
Factors Influencing Health Status

Lifestyle: 51%
- Smoking
- Obesity
- Nutrition
- Alcohol Use

Biology: 20%

Health Care: 10%

Environment: 19%

HEALTHY LIVING GOAL

All Coloradans have access to the key components of Healthy Living – nutritious food, physical activity and disease management tools – because these are key to staying healthy.

STRATEGY
Promote healthy communities through culture change

STRATEGY
Create healthy schools

MEASURABLE RESULTS

Increase the number of:
- Children and adults who engage in moderate or vigorous physical activity
- Children and adults who eat adequate amounts of fruits and vegetables daily
- Children who receive healthy meals at school and have access to healthy food and drinks in vending machines
- Underserved Coloradans who have convenient access to recreational exercise and fruits and vegetables
- Parents who are educated on child development, nutrition and preventive health care
- Coloradans who are educated on chronic disease self-management
Healthy Living

Promote healthy communities through culture change

Physical Activity

Healthy Food

Parent Education

Chronic Disease Self-Management
Healthy Coloradans

Healthy Places: Creating the environment
- Ensuring access to healthy food
- Building safe, friendly places for people to engage in activity

Healthy Coloradans

Healthy People: Influencing behavior
- Promoting healthy eating habits
- Educating and encouraging active lifestyles
Investments to date

- Community Parks
- Trails
- Playgrounds

- Comprehensive Plans
- Transit-oriented development

- Denver Housing Authority
- Healthy Places
What will success look like?

Communities across Colorado will:
• Make the healthy choice the default choice
• Make it easier to walk and bike than drive a car
• Prioritize health in all policy and planning funding decisions
• Assess how environmental changes improve resident health
• Reduce obesity rates
Questions?
Contact Information

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