



HEAL Cities & Towns Update

October 12, 2015

Purpose

- Provide city council update on HEAL activities within 2015 work plan
- Endorse objectives and strategies of HEAL committee
- Identify opportunities/next steps for city council input and future action



Background

- Identified as a LiveWell community in 2004; many key accomplishments within city
- LiveWell program changes in 2012
 - City Council funds a part-time position to sustain
- Adopts HEAL resolution in 2013 and joins campaign as an active city



Background

- Council Goal: Preserve and nurture a quality community to improve resident health and safety
- Objective: Active Living/Healthy Lifestyles
- Work Plan Task: Create committee to advocate for HEAL in Commerce City



Committee Goals & Objectives

- Committee Goal: To collaborate on healthy eating and active living initiatives within Commerce City in a coordinated manner consistent with the LiveWell campaign
- Objectives:
 - Encourage an active community
 - Promote a healthy workplace
 - Increase healthy food access
 - Improve resident perceptions of safety and security



Committee Outcomes

- Assess current activities within HEAL's stated policy goals
- Identify key partners and stakeholders to help advance committee goals/objectives
- Identify various programs/best practices that can be leveraged throughout the community
- Create self-sustaining program that achieves council goals
- Identify measures of success for programmatic evaluation
- Create recognition program for innovative wellness program/strategies





Current Tasks



Alignment with HEAL Policy Areas

- Active Community
- Healthy Workplace
- Healthy Food Access
- Comprehensive Plan
- Walk. Bike. Fit.
- Passage and implementation of 2K
- 80% employee participation
- 30+ events
- Deskcycle program grant
- Community garden zoning regulations
- Food Bank Network
- Healthy Kids at Home, nutrition/education class for home-based child care



Food Bank Network of Commerce City

- Diverse representation of community food banks & members: Hope Family Resource Center (Adams 14), Hands of Hope (Bridges of Silence), F.I.S.H. of Commerce City, Operation Veteran Homelessness, City of Commerce City, Hunger Free Colorado, Community Members/Volunteers, Our Saviour Lutheran Church
- Establishing relations with Philadelphia Church & Impacto de Fe
- Five meetings since April 16, 2015
- Topics discussed:
 - Increase healthy food options within Commerce City Food Banks
 - Create a network of Commerce City Food Banks to allow “”
 - Increase access to Commerce City Food Banks for community members
 - Increase funding opportunities/streams for the Food Bank Network of Commerce City members
 - Promote equitable food access for all Commerce City community members
 - Majority of food banks state they do not have their marketing materials in any other language than English



Food Bank Network

Accomplishments

Policy

- Food Bank of the Rockies Donation Policy Change

Program

- Connect local Food Bank to Resources
- Build commodore among CC Food Banks

Opportunities

Policy

- Land Code change advocacy: front yard gardens

Program

- Funding
- Endorsement of MOU by City Council



Landscaping/Edible Gardens

Accomplishments

Policy

- Community Gardens in Land Development Code
- Water conservation goals in the Comprehensive Plan

Program

- Cultivate program
- Los Valientes
- Anythink Libraries

Opportunities

Policy

- Edible landscaping development standards
- Front yard gardening

Program

- Container gardening



City Wellness

Accomplishments

Policy

- FT employees earn extra 8 hours leave completing at least two challenges or one wellness challenge and health risk assessment

Program

- 80% annual participation rate; 320% growth since 2013
- 133 employees receive floating holiday in 2015
- 31 programs in wellness series
- 10 employee only events
- Received \$19,670 wellness grants through Kaiser
- 60% participation in 2015 YTD
- Significant investment in wellness

Opportunities

Policy

- Healthy Meeting Policy
- Healthy Vending Policy

Program

- Continue forward momentum and progress by offering unique wellness programming which will capture the remaining subset of employees who have not participated in some form
- Use funding to augment program capacities and influence; which will be used as a vehicle to solidify the city as an environment that promotes a culture of wellness in the workplace
- Maintain and establish novel collaborations with second and third party entities



Transportation

Accomplishments

Policy

- Walk. Bike. Fit.
- Restriping roadways

Program

- Tower Road design
- Safe Routes to Schools
- Potomac, Revere improvements

Opportunities

Policy

- Multimodal

Program

- Leverage CDBG funding for pedestrian connections
- Hwy 2 design



Community Engagement

Current Composition

- City Employees
 - Parks, Recreation & Golf
 - City Manager's Office
 - Public Works
 - Community Development
- Community Enterprise
- Tri-County Health

Expanded Composition

- City Council
- School District 27J
- Adams County School District 14
- Other nonprofit partners



Innovate and Collaborate

- Increase access to fresh, healthy food
 - Increase the number of residents that use SNAP – lowest utilization rate in state
 - Double dollar value if use at farmers markets
- Pursuing grant application with partners
- Inspire Initiative
 - Five-year strategy to inspire kids to appreciate and take care of great outdoors
 - Competitive process for communities to secure planning grants to address growing disconnect between youth and outdoors
- City selected as one of pilot communities



Next Steps

- Input on stated opportunities in the policy and program areas
- Additional ideas to meet tenets of the 2013 HEAL resolution adopted by city council
- Outcomes reflected in the 2015, 2017 work plan.





Questions

