

## LiveWell Garfield County

### 2014 – 2016 LiveWell Garfield County Community Investments Community Strategic Plan Guiding Principles & Early Implementation Application

Coordinating Agency/ Fiscal Agent: Garfield County Public Health

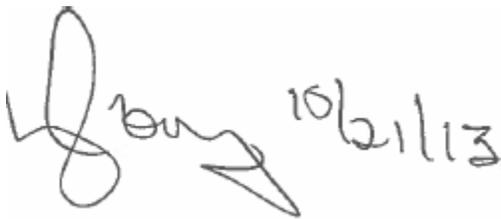
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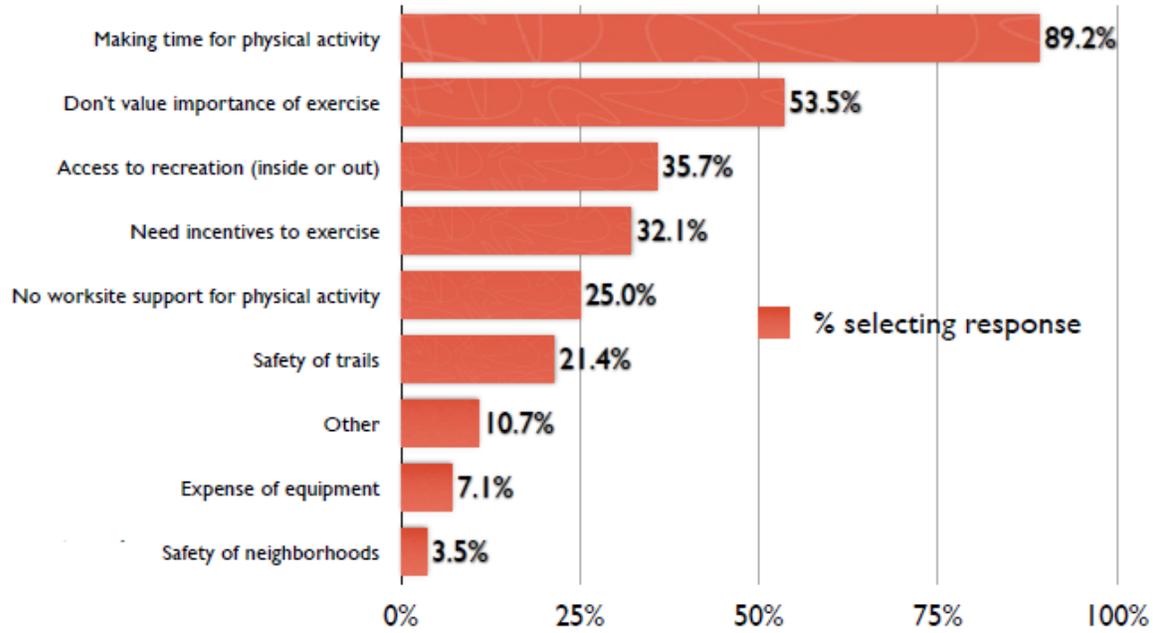
#### Narrative of Barriers and Drivers

We have 3 main assessments that were used to identify barriers and drivers to healthy eating active living (HEAL) in our community.

The initial assessment was a part of our first HEAL Coalition meeting in 2012. Our coalition members listed concerns in the community related to physical activity and food. Once the lists were compiled, participants ranked those issues they felt were most important to their constituents. The results are depicted below.

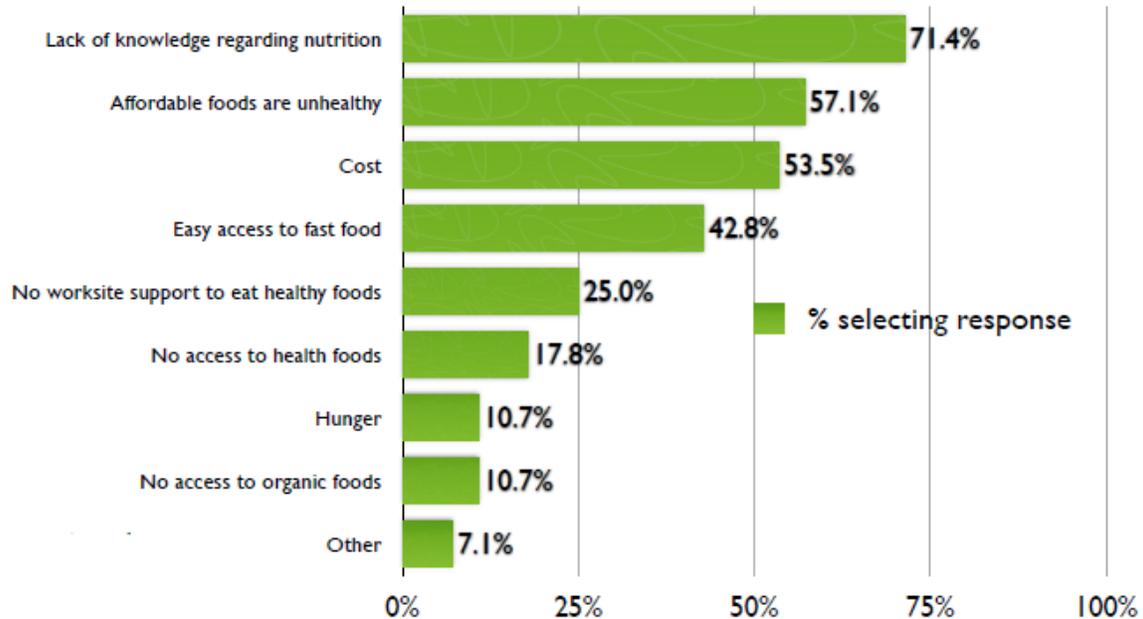
# What are the concerns in your community related to physical activity?

(Choose up to 3)



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### What are the concerns in your community related to food? (Choose up to 3)



The PhotoVoice Project was another method of community assessment. Through PhotoVoice we identified 5 themes from the photos taken by 12 community resident photographers.

They are:

1. Safe Streets, Sidewalks and Transportation
2. Affordable Healthy Food
3. Increased fitness and physical activity
4. Safe Recreation Places
5. Clean, Safe, and Attractive Environments

Lastly, our most recent assessment was a community survey (see Appendix A). The goals of this survey were to:

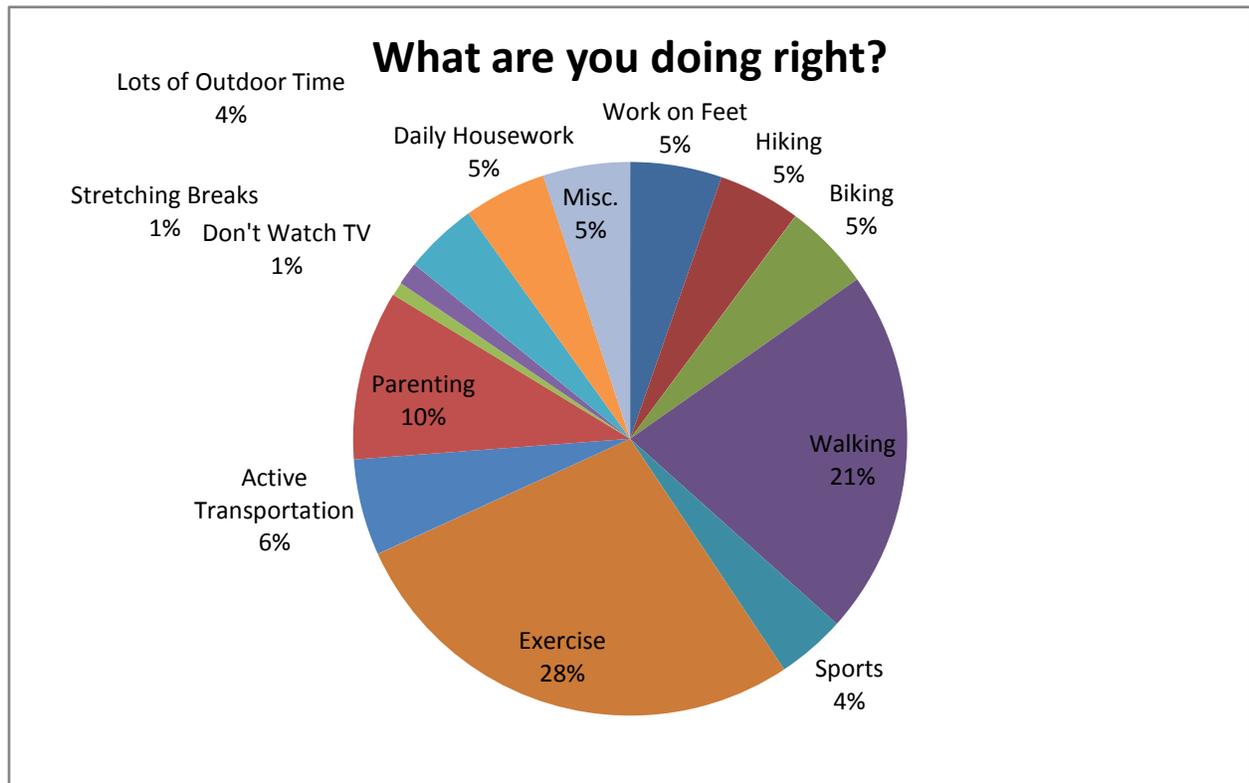
- Survey low income residents
- Survey Hispanic residents
- Survey a cross section of SES and ages Countywide
- Collect contact information to build a database of residents for future engagement
- Give survey participants a goal to work towards based on what they were willing to do to improve healthy eating and active living in their lives

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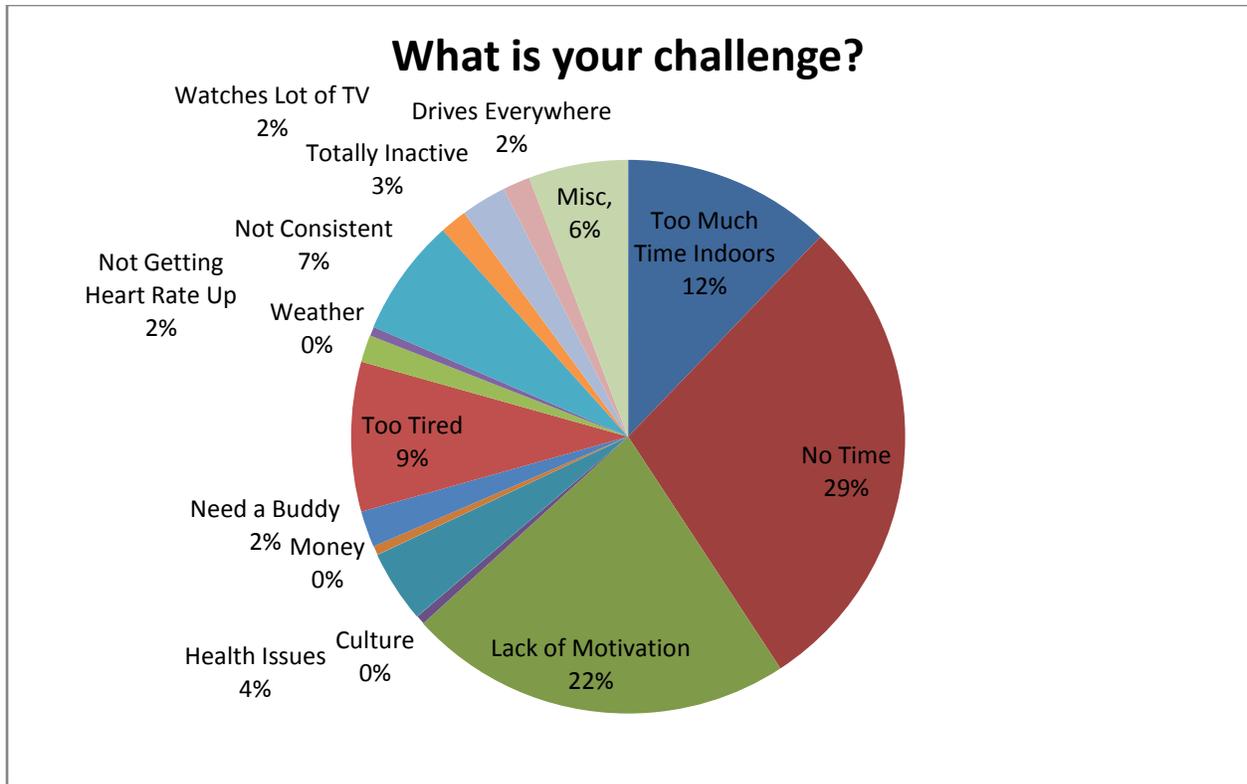
We accomplished these goals by using paper surveys, conducting focus groups and distributing the survey electronically. 202 paper surveys were conducted by WIC educators in WIC clinics. This was an important target group to survey because WIC Clients must meet the Federal guidelines of their income being below 185% of poverty, 80% of Garfield County's WIC clients are Hispanic, and there are clients Countywide. Paper surveys were also completed by Senior Citizens at the congregate meal sites in the County. In addition, focus groups were conducted with parent mentors, attendees of the First Generation summit, and Garfield County Public Health staff. To increase our reach we blast emailed the survey through Survey Monkey to all Garfield County employees, to high school students, CMC staff, RE-2 School district staff, and other residents of Garfield County. We worked hard to have a broad cross section of residents from all 6 of the municipalities within Garfield County and varying SES represented in the survey. The survey data was collected from May 1, 2013 – July 1, 2013. A total of 443 surveys were completed.

Drivers and barriers identified by residents are as follows:

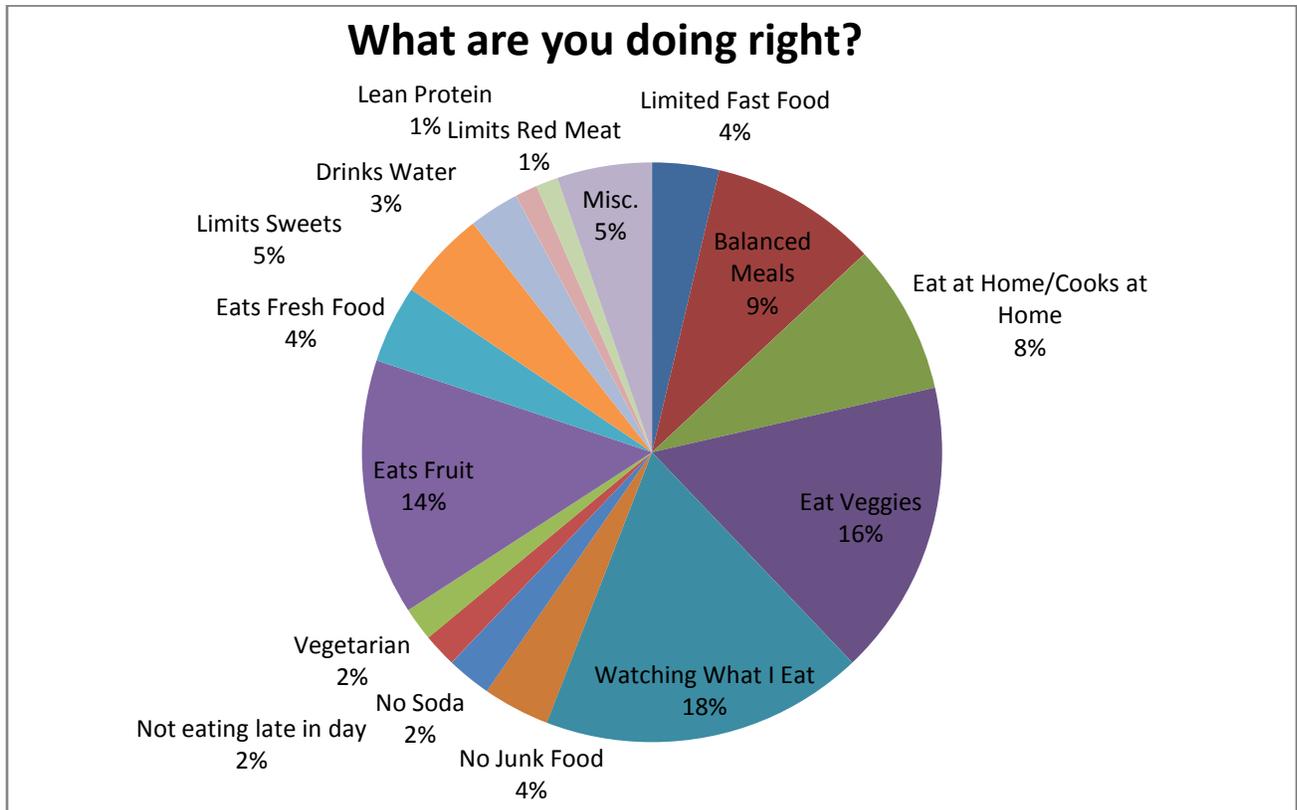
Physically Active:



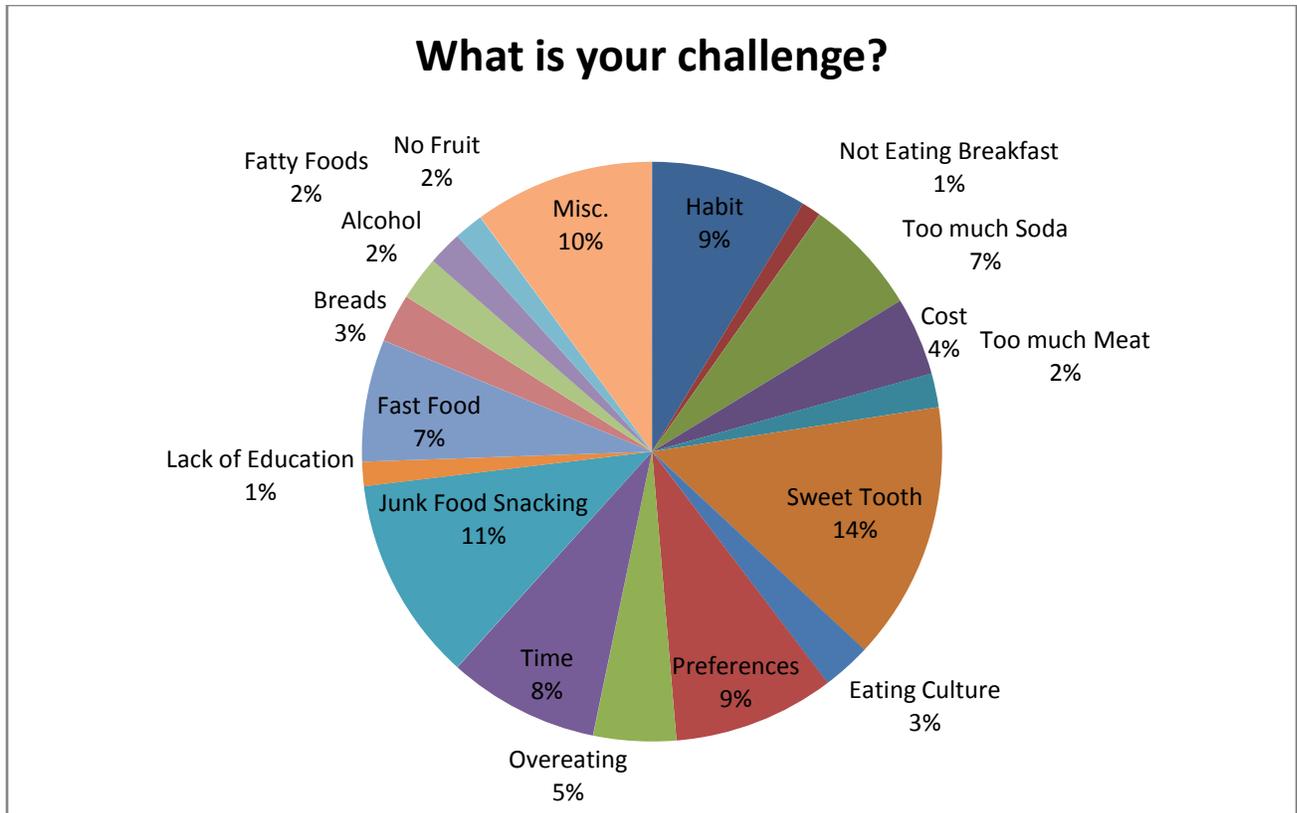
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### Nutrition:



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### Key Questions about Barriers and Drivers:

1. *Are there organizational and/or public policies in your community that support or prevent HEAL behaviors among your population, if so what are they?*

We have investigated HEAL policies with our steering committee and found there is not a lot of knowledge of organizational or public policies in regard to HEAL and the demand for policy does not appear to be significant. We have identified barriers and drivers of policy, these include:

#### Barriers:

- Not all large employers offer worksite wellness programs
- Budget cuts to school districts have impacted the time allotted for physical activity
- Lack of policy for wellness in organizations. Organizations are driven to be customer service based, not employee centric
- The County does not require sidewalks or open space development within subdivisions
- The County's land use policies generally do not encourage the development of compact communities that may allow for more walkable places. Most County residential areas require residents to drive to meet their social, recreational and convenience needs.
- County Road standards do not incorporate sidewalks, shoulders or design elements generally associated with "Complete Streets" design standards
- Garfield County does not have a relevant capital improvement plan

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### Drivers:

- Various areas throughout Garfield County are involved with the Safe Routes to School program
- Health Fairs are available and accessible throughout Garfield County
- Garfield County is a right to farm community which may promote a variety of agricultural industries within the County
- All 3 school districts have completed the scratch cooking program with LiveWell
- Designated land is available for community gardens in many of the towns and cities within Garfield County
- Farmers market money is part of the County budget to support fresh produce from local farmers to be accessible to WIC Clients, Veterans' Nursing Home residents, and Seniors at the congregate meal sites
- The County Road and Bridge department has a policy in place regarding the size of the aggregate used in Chip and Seal work. Smaller aggregate makes biking easier and safer.
- Garfield County receives Conservation Trust Fund monies that are required to be spent on park and trail development. Garfield County has historically supported financially construction of regional trails
- Garfield County has a regional bike/ped group that is motivated to develop a regional plan for the development and maintenance of trails/routes that connect communities. The group includes representation from the tourism industry, Public Health, planners, parks and recreation, non-profits, and school system employees.

*2. What are some characteristics of your built environment (recreation facilities, sidewalks, bike routes, transportation systems, food retail systems, etc...) that support or prevent HEAL behaviors among your population, if so what are they?*

### Barriers:

- Incomplete sidewalks in housing developments that lead to schools and town centers
- Large populations with low income housing are detached from easy access to physical activity, including active transportation (i.e. walking and biking trails) and grocery stores (i.e. Appletree and Cottonwood mobile home parks)
- No pedestrian access to cross the Colorado River in Parachute, Silt, and New Castle
- Our community is built around driving – long commutes, parking structures, free parking
- Food Access systems –All towns have farmers markets except for Parachute and Silt and no fresh produce sold at City of Rifle's weekly market
- Local growers are not distributing fresh produce at local farmers markets due to crop failure and selling to major buyers such as Whole Foods
- Trail system is disjointed
- New building locations tend to be outside of downtown areas and are not bike/ped friendly

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### Drivers:

- All cities/towns have a number of parks and trails
- Demand for fresh produce is greater up valley (Carbondale, Glenwood Springs), production is down valley (Silt, New castle, Rifle)
- Grocery stores in all cities/towns within the County except for Silt
- Red Hill project in Carbondale received 1 Million dollars for development

### *3. What is the obesity rate in your neighborhood, city, or county among adults and among children (0-18)?*

- The percentage of adults aged 18 years and older who self-reported that they are obese (BMI >30.0) in 2008-2010 is 18% (CDPHE, 2013)
- The percentage of children (2-14 years of age) who were reported as obese in 2008-2010 is 12% (CDPHE, 2013)
- The 2003-2005 screening of over 4,000 low income local residents by Mountain Family Health Center, the community health clinic in Glenwood Springs, identified 33% of those screened as obese and 41% as overweight

### *4. How do residents in your community define a healthy community?*

Through Garfield County Public Health's Community Health Assessment, healthy eating and active living rose to the top as a priority for the health department's Public Health Improvement Plan. Due to the cross cutting factors that can be dealt with by addressing HEAL, stakeholders and community residents feel this important. However, we have learned that depending on income levels and which community you live, the ease of access to HEAL related activities and conditions varies. There tends to be differing views from east to west ends of the County. Prevailing themes that have come from Garfield County residents to define a healthy community are having safe, affordable places to recreate, sidewalks to walk on, and places to ride bikes, as well as accessibility to affordable, healthy food choices. A clean environment also emerged in discussions around creating a healthy community.

### *5. How do the schools in your community support or create barriers to healthy eating and/or physical activity at school?*

### Barriers:

- Some schools are difficult to access with non-motorized transportation
- Physical Education classes do not occur on a daily basis, time has been taken away from PE to support reading, writing and math skills
- Time for physical activity during the school day has been reduced
- After school sports can be expensive for families
- Recess 30 minutes per day but kids are not obligated to be active
- Fruits and vegetables not "marketed" to kids at school

## LiveWell Garfield County

### Drivers:

- Many of the district schools participate in bike/walk to school contests and several buildings do active brain breaks throughout the day
- All three of the school districts in Garfield County have completed the Scratch Cooking program for schools
- Two of the districts have eliminated chocolate milk in their lunch program and the vending machines have water and juice and no soda. They also have the federal breakfast program in all of their schools
- Worksite wellness is being discussed to encourage staff to be more aware and to know their numbers for Cholesterol, BMI, and Blood Pressure data in the Re-2 school District
- Recess 30 minutes per day, provides time for students to be active
- All three school districts are supportive of the Safe Routes to School program
- All three school districts have started work with regional farm to school group to establish contacts with farmers to use local produce and beef.
- District 16 has incorporated growing, cultivating, and preparing their own healthy food and composting at the Center for Family Learning. The Physical Education classes are exposing students to different types of exercising like zumba, dance, and yoga. Middle and High School students are learning more in depth about nutrition education and the nutrition department is being included to show how school lunches work, and how they can help with the planning process
- The District 16 Superintendent and Board of Education supports overall approach to wellness for both students and employees. Starting a committee to re-work policy to include all aspects of wellness to set example for community.

### *6. Do residents know how to obtain (i.e. using SNAP) shop for, and prepare healthy food?*

Garfield County has many options available to teach people about how to shop and prepare healthy foods, such as Cooking Matters, Cooking Matters at the Store, and cooking classes through various organizations, yet, there are many challenges with these offerings. The classes are not at the right time of day, daycare is not provided, people do not know how to access these classes, and not enough classes are offered. A barrier to Cooking Matters is that it requires a large time commitment, 6 weeks, which is difficult for many people to do. From discussions with WIC clients, we have learned that people are willing to cook more, however they need direction when it comes to cooking and shopping. Cooking Matters and Cooking Matters at the Store classes are one idea that has been proposed for expansion because we have received positive feedback from clients who have completed these classes in the past.

In addition, a large portion of our population continues to struggle with food that is more expensive and healthy vs. food that is affordable and unhealthy. Many referrals are made for SNAP benefits, for example through the senior programs, low income clients that participate in Federal and State programs (i.e. WIC & Medicaid), and kids receiving free and reduced lunch at the schools. SNAP benefits are a growing challenge with income guidelines being strict and these services are not available to undocumented residents of our community. We have had success in our community with accepting

## LiveWell Garfield County

WIC vouchers and SNAP benefits at area Farmer's Markets. The community is headed in the right direction as far as being aware of how to shop, pay for and prepare healthy food, but there is more work to be done in this area to make the healthy choice the easy choice for all County residents. Survey results showed us that people eat too much fast food, junk food and soda.

### *7. What are residents' perspectives on access to obtaining healthy food and being able to be physically active in your community?*

As shown from the HEAL survey results the Coalitions concerns (1<sup>st</sup> survey conducted) don't match what we heard from the residents that answered the physical activity and nutritional survey questions (see Appendix A). The residents know where to access healthy food and what a physically active lifestyle includes, it just needs to be the easy choice, hence we need to increase supply.

The survey results for physical activity showed us above that: time, lack of motivation and too much time indoors were the top three barriers to having a physically active lifestyle. When asked "What are you doing right?" the top three responses are walking, exercise, and parenting (this is defined as chasing after their children). When asked to rank themselves on a scale of 1 – 10, one as having no physical activity and 10 as most physically active, most people ranked themselves as an 8. What they are willing to do to improve their ranking for physical activity is to walk more, set a routine and exercise more.

As shown in the survey data results for "What is your Challenge?" some of the most common barriers to healthy eating are: that they have a sweet tooth, they don't like eating fruits and vegetables (preference), junk food snacking, habit and time. When asked "What are you doing right?" they respond that they eat lots of fruits and vegetables. When asked to rank themselves on a scale of 1 – 10, one as having an unhealthy diet and 10 as having a healthy diet, the most frequently selected ranking was 7. The number one response for what is "One thing you are willing to do to improve your ranking?" is to eat less fast food, the other two most common responses were to cook more, and eat more fruits and vegetables. Through 5-2-1-0 we hope to address some of these simple changes in their daily lives.

From the survey data collected in regards to how people rank themselves on a scale of 1-10 for both healthy eating and being physically active there is a disconnect in their perception of their state of wellness. Promoting "Gut Check 360" may help people's perception, awareness, and demand for HEAL activities.

### *8. Do residents in your area care about engaging in healthy lifestyles?*

People do care about engaging in a healthy lifestyle, but they need direction in achieving a healthier lifestyle. The choice to be healthier needs to be the easier choice. What we have determined from our survey efforts are:

- Residents like the idea of a healthy lifestyle as long as it is convenient. They can identify components of a healthy lifestyle and recognize areas that need improvement
- Change in habits for many people in our community is crisis driven. They are not motivated by disease prevention as much as responding to a health crisis like a diagnosis of diabetes or heart disease. Residents opt toward medications at times because it's easier than making lifestyle changes

## LiveWell Garfield County

- Cultural and income levels plays a part in the type of activities people join
- Change needs to be a personal change not policy driven
- There are certain cohorts that are extremely engaged in healthy lifestyles and this has become part of the culture of this community
- People have many pressing obligations. Time and affordability continue to be areas of struggle for a large segment of the population
- Anecdotally we received feedback from the WIC Educators who conducted ~ 200 one-on-one surveys:
  - The clients know what's good for them, but won't make any changes until it cramps their style, such as developing diabetes or heart disease, then they are more likely to make changes related to HEAL
  - Clients have a hard time setting goals
  - Clients eat worse when they are exercising because they want a reward
  - Time and money are big issues, life happens
  - Clients feel they are lazy, exercise is not a priority because they don't like it
  - Hispanics prefer group activities
- Notably absent in the survey information was responses related to disease prevention. No one said they want to eat better or be more physically active to reduce their risk of disease or to look good and feel good, however the survey questions did not directly look at motivators for eating better and moving more. This is an area we will need to investigate further.

### *9. What are some other factors that may prevent access to HEAL behaviors (i.e. safety, poverty, air quality, cultural barriers, childcare, etc...)?*

- Poverty
- Transportation – lack of and affordability
- Time
- Cost
- Commuting – people travel long distances between home and work
- Lack of worksite options
- Family style classes – classes to include the whole family, part of Hispanic culture
- Weather
- People's motivation
- Habits

### *10. How has the community changed over the past 5-10 years that may increase or decrease access to HEAL behaviors?*

During the last 5-10 years Garfield County has, along with the rest of the country, struggled with a poor economy and issues with immigration. We have had a large influx of young Hispanic families into our community. Since this population has been identified as higher risk for obesity we have seen some impacts. Our WIC data affirms this change as we have seen an increase in kids risked as obese consistently in the last 5 years. Since the economy took a downturn in 2008 people have less

## LiveWell Garfield County

discretionary income and so things like gym memberships, fitness classes and recreation were trimmed. On a larger scale, towns were left with a lower tax base and therefore less money for projects like trails, bike lanes, and recreation centers.

On the flip side conversations about obesity are much more common and honest than they were 10 years ago. Although there is a certain acceptance of overweight and obesity among people, people also realize the risks of being overweight and obese. Some of the good things that have happened include, there is better access to outdoor recreation and healthy food in our community. School gardens, community gardens and local food are getting more attention. We have an abundance of parks and trails and the promotion of these for tourism has increased. The attitude about HEAL related activities is much more positive and in the forefront, people are being offered programming for the treatment and prevention of disease that involve HEAL activities.

### **Vision and Mission**

Vision: Garfield County will be the healthiest County in the State.

Mission: LiveWell Coalition will bring together community resources to promote affordable access to and education about healthy eating and active living, to reduce the burden of obesity-created chronic disease, for all who live, work, learn and play in Garfield County.

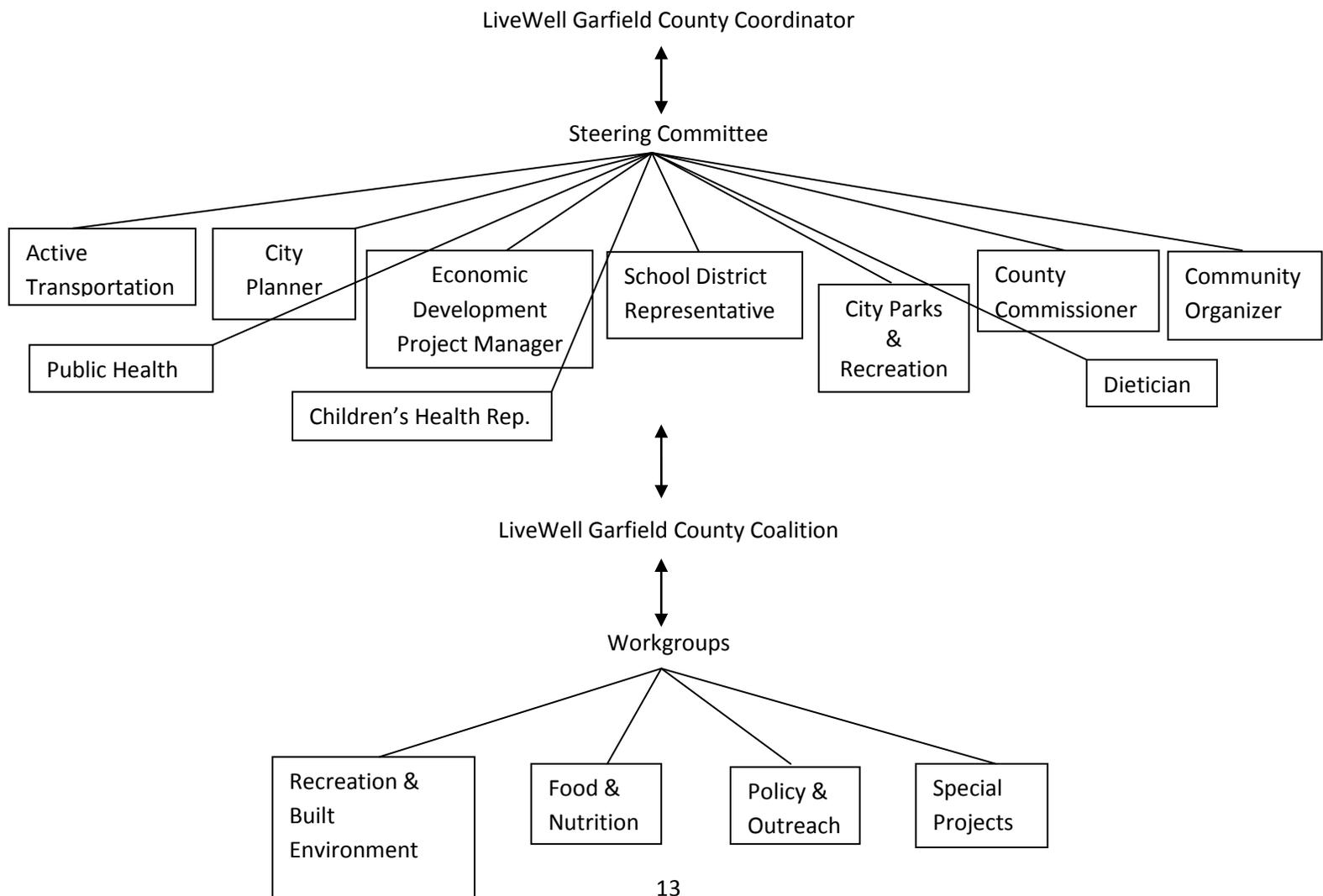
### **Coalition and Mobilization of Community Partners**

1. Coalition Members – Public Health, school district, medical, food growers, residents, community organizers, recreation departments, extension agents, non-profits, newspaper, public officials, planners, mental health, transportation, active transportation, food policy council. All six municipalities are represented.
2. Coalition Structure –
  - a. LWGC Coordinators – community engagement and organizing (see Attachment for Description of LW Coordinator Role).
  - b. Steering Committee – decision makers, multi-skill set, supervise coordinators, fund raising, and has a leadership role in sustainability.
  - c. Coalition – meets quarterly for networking and education and will communicate updates from organizations and workgroups related to HEAL activities in person and via email. A quarterly newsletter has been proposed as a way of communicating information. The coalition will assist with fundraising, grant writing and building relationships to support HEAL activities.
    - i. Workgroups – workgroups will determine when they will meet in person and how they want to share information. Potential workgroups are:
      1. Food and Nutrition
      2. Recreation and Built Environment
      3. Policy and Outreach
      4. Special Projects

## LiveWell Garfield County

3. Plans for growth – this includes better attendance of meetings, engaging the faith based community, food banks, continuing to reach out to the Hispanic Population (including the Hispanic Leadership group) and better involvement with the school. We also want to collaborate with local parenting groups to be resident representatives on the coalition. We will continue engaging community partners and residents with advocacy efforts.
4. Plans for future structure – the workgroup’s structure will be action/strategy oriented and will focus on items where there is momentum. Once the project is completed the workgroup may disband. Using the themes developed through our PhotoVoice project, we have a list of people that have stated what workgroups they would like to participate in. As we start working on the strategies developed in the CSP, we have workgroups that we can look to for all activities. One possible configuration could be to have non-paid sub-coordinators that focus on a geographic area and brings things back to the overall coordinator, (For example: one person that works in Rifle and Parachute, one person that works in Silt and New Castle, and one person that works in Glenwood Springs and Carbondale) the County is too big to have one person going from end to end.

Diagram of LiveWell Garfield County Structure



## LiveWell Garfield County

6. Coalition Capacity Building – Our goal is to have residents of Garfield County that are aware of LiveWell Garfield County and its resources. Strategies to achieve this goal include:

- **Speakers Bureau** – develop a list of local experts who are willing to speak on issues around HEAL for no charge within the community. This list will be distributed to schools and organizations who wish to have these speakers present to their groups about HEAL.
- **Data clearinghouse** – for HEAL related activities
- **PARTNER** – Program to Analyze, Record, and Track Networks to Enhance Relationships - Coalition evaluation tool.
- **LWGC and VSP partnership** - provide a leadership education session for Hispanic residents who have been identified as potential leaders in Garfield County. A Hispanic Leadership group will then be established and will be a self-sustaining community group by 2016.
- **Professional development** –Provide training to HEAL members on coalition building and sustainability.
- **Community Health Workers or peer driven programming** - This would identify champions, role models, and highlight people who have been successful in improving their health. With training these people could act as peer counselors.
- **Collaborate with Earth Force** – LWGC is willing to work on youth engagement and capacity building in 2016.
- **Identifying Champions** – work with the community to identify residents to participate in coalition driven activities such as train the trainer walkability studies, school wellness, and gardening.
- **Coalition/Workgroup Contact database** – continue to build this database of contacts, originally started with PhotoVoice, so we know who we can call on and their area of interest.

## LiveWell Garfield County

### Goals, Conditions, and Strategies Tables

<b>Goal 1: Increase healthy food consumption among people in our community with incomes at or below 185% poverty level.</b>				
<b>Condition Statement</b>	<b>Strategies 2014 (1/1/2014 – 12/31/2014)</b>	<b>Strategies 2015 (1/1/2015 – 12/31/2015)</b>	<b>Strategies 2016 (1/1/2016 – 12/31/2016)</b>	<b>Key Implementation Partners</b>
<p>1.A. Garfield County residents have access to affordable, locally grown food from a variety of sources. (SUPPLY)</p>	<p><b>1. Scan of Food Assistance Programs</b> (including food banks) identify strategies to reach low income children and families, through SNAP and WIC. Determine where people want to buy their food.</p> <p><b>2. Review the Farmers Markets</b> in county. Meet with stakeholders and participants determine barriers to voucher and EBT usage. Create a plan to increase participation. Establish a workgroup; collaborate with leadership groups/students. Promotion of FM countywide.</p>	<p><b>1. SNAP benefits for Bountiful Basket.</b></p> <p><b>2. Create a system of suggested donations of foods that are healthier, inform the community.</b> Help Lift – Up promote healthy food list.</p>	<p><b>1. Establish, expand, and promote local food co-ops</b></p>	<p>Service Groups: Lions Club, Rotary, Kiwanis, Boy Scouts; Faith based community; Food Banks; Farmers and Farmers Market Organizers; Bountiful Basket; Roaring Fork Food Policy Council; CORE Colorado (small business sustainability group); DHS</p>

## LiveWell Garfield County

	<p><b>3. Gleaners</b> of fruit from untended trees – identify locations and work with land owners. Get faith based groups and service groups (i.e. Lions Club, Rotary, Kiwanis, Boy Scouts) to adopt this and fruit goes to Lift Up, Extended Table etc.</p>			
<p>1.B. Garfield County residents understand the benefits of eating fruits and vegetables and have the knowledge to prepare healthy and affordable food. (DEMAND)</p>	<p><b>1. Promote LWC FB page (use “Gut Check 360” info).</b> To address the disparity of peoples wellness perceived vs. reality.</p> <p><b>2. Identify drivers and motivators.</b> Survey or scan what creates sustained change in individuals and populations. Find and engage “Local Champions”. Promote LWC cultural change campaign.</p>	<p><b>1. Get grocery stores to supply messaging to clients about healthy choices for use of SNAP.</b> Cooking demo’s, Taste testing etc.</p> <p><b>2. Work with behavioral health community</b> to provide trainings in the community about individual behavioral change and cultural change.</p>	<p><b>1. Continue to promote LWC cultural change campaign.</b></p> <p><b>2. Shopping Matters at Farmers Markets.</b></p> <p><b>3. Expand adult nutrition and cooking classes.</b></p>	<p>Valley Settlement Project; Cradle to Career; local resident volunteers; local media; Children’s Hospital; Cooking Matters; County Commissioners; Colorado Mountain College; DHS (SNAP outreach); CSU extension; Hunger Free Colorado; Grocers; local non-profits; student groups.</p>

## LiveWell Garfield County

<b>Goal 2: Increase healthy eating among students (ages 3-18) at schools in our community</b>				
<b>Condition Statement</b>	<b>Strategies 2014 (1/1/2014 – 12/31/2014)</b>	<b>Strategies 2015 (1/1/2015 – 12/31/2015)</b>	<b>Strategies 2016 (1/1/2016 – 12/31/2016)</b>	<b>Key Implementation Partners</b>
<p>2.A. Schools are serving healthy minimally processed reimbursable meals at lunch. (SUPPLY)</p>	<p><b>1. Develop a plan/partnership with schools, want to engage all 3 school districts. Evaluate status of 2006 Wellness policies.</b></p> <p><b>1a.</b> Continue working with and further develop plan with RE-2 where administration is supportive. Present LiveWell and school wellness group idea to RE-2 school board. Invite students to participate.</p> <p><b>1b.</b> Initiate relationship with District 16 and RE-1 school district.</p> <p><b>1c.</b> Identify parent and student advocates in each district.</p> <p><b>2. Assess status of Student hunger and food insecurity using local info from schools and Lift-Up.</b></p>	<p><b>1. Pilot RE-2 elementary school wellness group (student/teacher/parent committee to work on HEAL issues).</b></p> <p><b>2. Implement strategies from student hunger assessment.</b></p> <p><b>3. Coordinate with local food access groups.</b></p> <p><b>4. School district food services complete Self-assessment with LWC</b></p>	<p><b>1. RE-2 elementary wellness school group becomes self-sustaining (regular meetings, PTA involvement).</b></p> <p><b>1a.</b> Expand school wellness group to additional schools.</p> <p><b>2. Continue implementing strategies from student hunger assessment.</b></p> <p><b>2a.</b> Expand/ promote bulk purchasing of local produce for school lunches.</p>	<p>Coordinate with Student Health Advisory Councils; parents/PTAs; student councils; VSP; Schools; Lift-Up; River Center; faith based; Reach Out Colorado; Hunger Free America; Cradle to Career; 4H; Girl Scouts; Cooking Matters; Children’s Hospital; DECA; FBLA; physicians; health department; CDE and Legacy Foundation to provide TA on building wellness teams.</p>

## LiveWell Garfield County

<p>2.B. Students value fruits and vegetables as part of a healthy diet resulting from education, increased awareness, and food experiences. (DEMAND)</p>	<p><b>1. HEAL Curriculum Scan RE-2.</b> Look at health classes to evaluate the implementation of recent curriculum changes. Work with RE-2 to offer support for curriculum implementation (i.e. Speakers bureau) to meet CDE standards.</p> <p><b>1a.</b> Create a workgroup to do evaluation.</p> <p><b>2. Assess school lunch programs in RE-2 and identify what is causing the reduction in number of students purchasing school lunches, including Free and Reduced lunch.</b></p> <p><b>2a.</b> RE-2 pilot program “Got Lunch?” at Rifle Middle School, campaign to promote school lunch at the middle school.</p> <p><b>3. Review 5-2-1-0 curriculum and pilot introduction of this program</b> with the Valley Settlement Projects Family Friends and Neighbors group.</p> <p><b>4. Review info from LWC on “Setting the Table”.</b></p>	<p><b>1. HEAL curriculum workgroup suggest recommendations to the school board about enhancements to health education curriculum related to HEAL.</b></p> <p><b>2. Expand piloted program “Got Lunch?” from RE-2 Middle School to District 16.</b></p> <p><b>3. LWGC will conduct a train the trainer program for the Hispanic Leadership group with 5-2-1-0 curriculum, as well as preschool and childcare centers.</b></p>	<p><b>1. Policy change to sustain new curriculum or changes in curriculum related to healthy eating.</b></p> <p><b>2. Expand school lunch campaign “Got Lunch?” to Middle Schools in RE-1.</b></p> <p><b>3. Hispanic Leaders will train their constituents with 5-2-1-0 curriculum.</b></p> <p><b>4. Preschools and Childcare centers will implement 5-2-1-0.</b></p> <p><b>5. School-based, age appropriate nutrition and cooking/shopping classes.</b></p>	<p>Coordinate with VSP; Schools; Lift-Up; River Center; faith based; Reach Out Colorado; Hunger Free America; Cradle to Career; 4H; Girl Scouts; Cooking Matters; and Children’s Hospital; Childcare centers.</p>
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## LiveWell Garfield County

<b>Goal 3: Increase activity levels among Garfield County residents through recreation opportunities</b>				
<b>Condition Statement</b>	<b>Strategies 2014 (1/1/2014 – 12/31/2014)</b>	<b>Strategies 2015 (1/1/2015 – 12/31/2015)</b>	<b>Strategies 2016 (1/1/2016 – 12/31/2016)</b>	<b>Key Implementation Partners</b>
<p>3.A. Garfield County residents have sufficient facilities for safe, year round indoor and outdoor recreation. (SUPPLY)</p>	<p>1. Scan and evaluate what recreational opportunities are currently available and the cost of activities. What are low income residents using/ not using &amp; why?</p> <p>2. Evaluate school indoor and outdoor athletic facilities in areas not served by a nearby municipal recreation center.</p>	<p>1. Develop an M.O.U between school districts and municipalities for joint use of school recreation facilities in areas not served by a recreation center.</p> <p>2. Walkability train-the-trainer opportunities for community residents.</p>	<p>1. Research employer wellness programs within municipalities and private business sector.</p>	<p>All municipalities; CLEER; RFTA; Sonoran Institute; Garfield County School districts; club sports; rec departments; before and after care programs; County recreation department; Churches; community centers; bike shops, etc; CDOT; Economic development corporation; metro planning organization; tourism industry; local media; parent groups.</p>

## LiveWell Garfield County

<p>3.B. Garfield County residents value recreational physical activity. (DEMAND)</p>	<p><b>1. Promote free and low cost options for HEAL (i.e. Glenwood Trail Flip-Flop day, to promote using the trail system).</b></p>	<p><b>1. Update “Get Moving” booklet created by Garfield County Public Health nursing student and distribute within the community.</b></p> <p><b>2. Develop a campaign such as Fit Garfield County.</b></p> <p><b>3. Educate the medical community on how to help their patient’s self-identify motivators. Offer training locally.</b></p>	<p><b>1. Implement campaign driven by previously identified community motivators.</b> Educate the community to identify their own motivators for change in behaviors.</p> <p><b>2. Implement campaign around Fit Garfield County.</b></p>	<p>Medical community; All municipalities; CLEER; RFTA; Sonoran Institute; Garfield County School districts; club sports; local media; parent groups; Hispanic Leadership group; residents.</p>
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## LiveWell Garfield County

<b>Goal 4: Increase the number of people in your community who are traveling by walking and biking.</b>				
<p>4.1. Pedestrian and bicycle facilities are in place and safe so that residents can safely ride or walk in Garfield County. (SUPPLY)</p>	<p><b>1. Assess what is in place.</b></p> <p><b>2. Identify advocates, vision, goals, and objectives for bicycle and pedestrian travel in Garfield County with Stakeholders.</b></p> <p><b>3. Work with CLEER on walkability/bikability assessments that have been completed and engage identified bike and pedestrian advocates in coalition activities.</b></p>	<p><b>1. Support the Regional Bike/Ped Trails Committee.</b></p> <p><b>2. Create sustainable public outreach and community support that enhance safety of cycling and walking.</b></p>	<p><b>1. Develop comprehensive Bike/Ped Master Plan for Garfield County.</b></p> <p><b>2. Include active transportation education, promotion, planning and enforcement into future Garfield County and municipal transportation plans (i.e. Safe Routes to School, Share the Road, Complete Streets).</b></p> <p><b>3. Research employer wellness programs within municipalities and private business sector.</b></p>	<p>CLEER; RFTA; Sonoran; County Commissioners; CDOT; All Municipalities; Top 5 large employers; residents.</p>

## LiveWell Garfield County

<p>4.2. Garfield County residents value walking and biking. (DEMAND)</p>	<p><b>1. Participate in promotion and sponsorship Bike to Work week.</b></p>	<p><b>1. Develop a campaign such as Fit Garfield County.</b></p> <p><b>2. Create sustainable public outreach and community support that enhance lifelong enjoyment of cycling and walking.</b></p> <p><b>3. Educate the medical community on how to help their patient’s self- identify motivators.</b></p>	<p><b>1. Implement campaign driven by previously identified community motivators.</b> Educate the community to identify their own motivators for change in behaviors.</p> <p><b>2. Implement campaign around Fit Garfield County.</b></p>	<p>CLEER; RFTA; Sonoran; County Commissioners; CDOT; All Municipalities; Top 5 large employers; residents.</p>
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## LiveWell Garfield County

<b>Goal 5: Increase the time by which students (ages 3-18) at schools in our community are engaged in vigorous and/or moderate physical activity</b>				
<b>Condition Statement</b>	<b>Strategies 2014 (1/1/2014 – 12/31/2014)</b>	<b>Strategies 2015 (1/1/2015 – 12/31/2015)</b>	<b>Strategies 2016 (1/1/2016 – 12/31/2016)</b>	<b>Key Implementation Partners</b>
<p>5.A. Physical activity opportunities exist in Garfield County schools. (SUPPLY)</p>	<p><b>1. HEAL Curriculum Scan</b> <b>RE-2.</b> Look at Physical Education classes to evaluate standard curriculum offered.</p> <p><b>2. Work with RE-2 to offer recommendations for enhancement to curriculum and possible policy around protecting recess time.</b> Identify student and parent advocates.</p>	<p><b>1. HEAL Curriculum Scan</b> <b>District 16.</b> Look at Physical Education classes to evaluate standard curriculum offered. Work with District 16 to offer recommendations for enhancement to curriculum.</p> <p><b>2. Encourage submittal of selected joint community/school play area projects through researched grant opportunities.</b></p>	<p><b>1. HEAL Curriculum Scan</b> <b>RE-1.</b> Look at Physical Education classes to evaluate standard curriculum offered. Work with RE-1 to offer recommendations for enhancement to curriculum.</p> <p><b>1a.</b> Work with Access Roaring Fork on afterschool curriculum.</p>	<p>PTA ; VSP; Student Leaders; All school districts; All municipalities; club sports; CDE; Access Roaring Fork; Family Resource Center; Hispanic Leadership group; residents.</p>
<p>5.B. Garfield County students know and value the importance of physical activity. (DEMAND)</p>	<p><b>1. 5-2-1-0 and HEAL curriculum scan. See strategy for condition 2B.</b></p> <p><b>2. Evaluate PA in current afterschool programs.</b></p>	<p><b>1. 5-2-1-0 and HEAL curriculum scan. See strategy for condition 2B</b></p>	<p><b>1. 5-2-1-0 and HEAL curriculum scan. See strategy for condition 2B</b></p>	<p>PTA ; VSP; Student Leaders; All school districts; All municipalities; club sports; CDE; Access Roaring Fork; Family Resource Center; Hispanic Leadership group; residents.</p>

# LiveWell Garfield County

## Sustainability Plan

### Financial

#### 1. *What funding is needed in addition to LWC funding to effectively implement our planned interventions?*

During our M&P phase we have gathered information that leads us to believe our community efforts would be best focused primarily on increasing demand for HEAL related initiatives and clarifying existing HEAL/wellness activity in the schools and community. In the short term, the money from LWC may sufficiently cover the plans we have for further evaluations of school lunches, building and strengthening partnerships and promoting HEAL events, this includes the development of the resident Hispanic Leadership group. The assessment of hunger and facility use can be conducted as part of other agencies budgets or by using students to do much of the surveying and scanning.

In the intermediate stage of our early implementation we expect to need funding to support marketing and promotion efforts focused on the community. The school related HEAL initiatives may need funding and we will look to the schools for financial support and funders in the community (i.e. Aspen Health Foundation).

Our long term sustainability is highly dependent on our strong, diverse, and well connected coalition. We feel confident that as initiatives become clear, unique partnerships will be developed and funding pursued jointly. Once we clarify what types of interventions are most desired by our community and we investigate best practices we will be in a better position to describe the types of funds we will be pursuing and the amount of funding necessary. We do plan on the schools absorbing changes in the curriculum into their budgets.

Since the demand part of the equation is our short term focus, we expect that our residents will start to demand certain programming and take advantage of offerings existing in the community and then we will need to look at supplementing our LWC dollars in a more focused manner and likely at a much higher level. Some possible funders that our coalition partners have successfully worked with include GOCO, DOLA, CDOT, CHF and Department of Defense.

#### 2. *What funding sources should we begin connecting with that have an interest in HEAL in our community?*

In addition to funders mentioned above, we will also pursue local support for local initiatives. Aspen Health Foundation has been a good community partner along with the Western Colorado Community Foundation. We plan on attending the Mountain Region Philanthropy days in 2015. This should open up many opportunities for meeting new local funders. We want to look into other creative options of obtaining funding similar to the micro financing projects that have been successful.

Some additional funds that may be pursued include:

- Farmers Market Promotion Program
- Fresh Food Financing Fund
- Colorado Action for Healthy Kids
- Fuel Up to Play 60
- Lowes

## LiveWell Garfield County

- Healthy Schools Scorecard
- Good Sports Grant

### *3. What actions can we take to leverage LWC funding into additional resources?*

We are building relationships with the community, but also building relationships with funders locally and nationally. The “leveraged funds” table further outlines some of our partners intended actions even though the tables are not a full representation of all possible leveraged funds. We are aware a large part of successfully leveraging funds involves continuous communication with our community residents, funders, and leveraging our status as a LiveWell community. We believe strongly in this principle.

### *4. What assets do we have, and will we need, in order to ensure financial sustainability of this HEAL movement?*

Our most important asset is our really smart and motivated steering committee. We will need to establish a stronger presence in our community, be recognizable as a resource, and a supporter of HEAL. In order for this to happen we need to start with successes and build on our successes and to get buy in from our community. To be sustainable we need people to value HEAL in order to increase demand and so they want to invest in the supply side of HEAL.

## Institutional

### *1. Which organizational structures need to adopt policies and values in order to sustain the HEAL movement?*

- All 3 School districts, including the school boards and administration
- Larger employers (the County, hospitals, school districts, all municipalities)
- Food Access organizations (food banks, No Kid Hungry, Bountiful Basket)

### *2. Which individuals that are part of our coalition can drive institutional sustainability within their organization or community group? Who are we missing?*

Everyone drives sustainability, but all members of the steering committee have a vital role in institutional sustainability within their organizations and within the community. We need to cultivate leaders in all three school districts, the faith-based community and the Hispanic community. Recent inroads have been made with both the faith-based community and the Hispanic community and this will be further developed.

### *3. What current efforts need to be sustained and which ones are no longer necessary?*

There is a significant amount of adaptation and development that needs to occur rather than letting go of things that are no longer necessary. As our community comes together and shares best practices and successes, we will see a transformation of how wellness is integrated into our institutions. We need

## LiveWell Garfield County

to sustain the coalition as a place for community residents to rally support for HEAL activities and to be able to move forward with these activities.

### *4. What are the indicators of institutional sustainability and how will we measure it?*

The success of the implementation of the proposed strategies and formalized policy that is created will indicate sustainability. Through the process of implementation we will look to our evaluators, locally and with KP, for guidance in measuring success.

## Cultural

### *1. What would cultural sustainability look like in our community?*

We will know when we have cultural sustainability when this movement is completely community driven. All the work that we will do will impact all ages, languages, income levels, and cultures and the demand would outpace the supply of HEAL related activities. Ultimately, there would be a reduction in obesity and obesity related chronic disease in Garfield County residents.

### *2. How would organizations, the media, educators, politicians, and residents behave if HEAL became a cultural norm?*

Health impacts would be included in all policies. The demand will be high and will be carried out through the media, education, and politically. Grassroots activities related to HEAL would be obsolete, because HEAL would be incorporated into all facets of our daily lives. HEAL will be the easy choice.

### *3. What existing cultural barriers do we have the capacity to influence?*

Culturally, health is not always part of decision making in regards to policy. Improving access to locally grown foods, education to address motivation and behavioral health issues, increasing options for active transportation can all be enhanced by policy that addresses health impacts.

### *4. What are some pre-existing examples of culture change our community has witnessed and what can we learn from them?*

Some existing examples of culture change in our community have been driven by national, state and local cooperative campaigns to change culture. These include drunken driving, condom use, tobacco use, and immunizations. For example, tobacco policies enforced at a statewide level resulted in a decline in tobacco use, however, there is still a lot to be done in this area and it has taken years to see change. What we have learned from the successes and failures of these change campaigns are that coordinated efforts, perseverance and long term strategies are the best hope for change.

### *5. What is going to be our most significant contribution to integrating HEAL into our community's culture?*

The most significant contribution is creating systemic change and world peace.

## LiveWell Garfield County

### Budget

*See Appendix E*

### Budget Narrative

#### REVENUE

#### 1. Revenue – LiveWell Colorado

Description	Total Cash Amount
Amount Requested from LWC	\$166,666.00/year
LWC 2013 Carry Forward Funds	\$0.00
<b>TOTAL</b>	<b>\$166,666.00/year</b>

#### 2. Other Revenue Sources – Matching Contributions

Contributor	Type (govt, found, corp, etc.)	Total Cash Amount	Which Strategy will Funding Go Towards?	Received or Applied for?
Public Health	Government	\$9,880.00	Rent/Parking/Office Operating	Received
Public Health	Government	\$3,840.00	Utilities/Phone/Internet/ IT Support	Received
Public Health	Government	\$4,400.00	Accounting Support / HR	Received
<b>TOTAL</b>		<b>\$18,120.00</b>		

#### DIRECT EXPENSES

#### 3. Personnel Costs (salaries): If evaluation is conducted in-house, list separately (duplicate job title if needed).

Job Title	Major Responsibilities	FTE (per year)	Salary (\$ per year)
LW Coordinator	Write grants, community organizing, host and facilitate meetings, oversee budget	1.0	\$54,000(s) + \$15,120(b) + \$4,131(tax) = \$73,251.00
<b>TOTAL</b>			<b>\$73,251.00</b>

## LiveWell Garfield County

### 4. Communications and Marketing

Promotional Items: \$1,000 for giveaways

Incentives:

Sponsorships: \$500 for Bike to Work week or additional sponsorships that may arise.

Paid Media Buys (please briefly describe what you hope to accomplish): \$850.00/year for paid ad in the newspaper. Post Independent will not run ads for not cost, they will only do news stories for free. If we want to advertise any LiveWell events we will need to pay for these ads, this is for 4 ads @ \$212.50each. Will work with the paper to negotiate buy one get one free ads.

Others (please explain):

### 5. Meetings and Travel

Registration and/or Professional Development Fees: \$1,000.00 to cover registration fees

Airfare, Bus, Car Rental, Mileage, Parking: \$1,333.00 travel to instate quarterly meetings

Lodging: \$1,666.00 for quarterly meetings

Meals (for travel): \$1,000.00 for travel to quarterly meetings

Room Rental, Food & Beverage (non-travel): \$2,000.00 food for coalition, workgroup, focus group meetings, etc.

Others (please explain):

### 6. Strategy Materials, Supplies, and Equipment

Materials:

Supplies: Childcare for meetings \$1,000.00

Equipment: Computer for LW Coordinator \$2,500.00

## LiveWell Garfield County

### INDIRECT EXPENSES

7. Overhead/Indirect/Fiscal Fee – cannot exceed 10% of direct expenses not including contractors, mini-grants, professional services, and capital)

<b>Item</b>	<b>Estimated Cost</b>
Rent/Parking/Office Operating	
Utilities/Phone/Internet	
IT Support	
Accounting Support	
Copying/Printing	\$3,000.00
Postage/Delivery	
Supplies/Fees	\$550.00
Other (please explain):	
<b>TOTAL</b>	<b>\$4,550.00</b>

## LiveWell Garfield County

### OTHER EXPENSES

#### 8. Contractors/Professional Services/Mini-grants

<b>Contractor/Professional Services/ Mini-grant</b>	<b>Description of Services</b>	<b>Estimated Cost</b>
Evaluator	Data entry, all scan/evaluation strategies, and KP determined outcomes. Most strategies in years 1-3 will require evaluation, could be multiple people. Will look into VISTA volunteer.	\$17,000.00/year
Leadership Trainer	Leadership training for Hispanic Leadership group.	\$2,000.00
Communications – PR	Develop campaign promotional materials and outreach, PARTNER, Website, newsletter.	\$10,000.00/year
Mini-Grants	The mini-grant funds will be used to create advocates. The process for how the funds will be distributed will be a competitive and will focus on reach, strength and sustainability. The Steering committee will make deliberate decisions as a group around strategies where there is momentum. The Steering Committee feels that LWGC will get more visibility by helping communities and nonprofits get things done.	\$40,416.00
Interpreting/Translating	To have meetings and materials translated or interpreted into Spanish.	\$1,600.00/year
Strategy Work	Contractors to help with conducting assessment/scans proposed in strategies.	\$6,000.00/year
<b>TOTAL</b>		<b>\$77,016.00</b>

#### 9. Capital Expenses

<b>Item</b>	<b>Purpose</b>	<b>Strategy</b>	<b>Estimated Cost</b>
None at this time.			
<b>TOTAL</b>			<b>\$0.00</b>

## LiveWell Garfield County

### OTHER FUNDS/CONTRIBUTIONS

10. Leveraged Funds (this table will be updated on an annual basis over the next three years).

\*This table is incomplete and is not representative of all leveraged funds that are being pursued within Garfield County, this process is ongoing.

<b><u>PURPOSE/NEED</u></b> (What specifically do you need additional funding for? FTE, implementation of a program, capital expenses, etc.)	<b><u>APPLICANT</u></b> (Organization or agency applying for the funding)	<b><u>SOURCE</u></b> (Who is offering the grant? May be unknown)	<b><u>WHEN APPLIED / APPLYING FOR?</u></b> (2014, 2015, 2016, ongoing)	<b><u>AMOUNT</u></b> (Funding amount applied for or needed)	<b><u>STATUS</u></b> (Received [include date], applied for, in process)
Carbondale Middle School SportsPlex Playground	Town of Carbondale & RE-1 School District	GOCO Local Government Grant	Applied Aug. 2013	\$219,500 request Local match \$103,600	Award notification Dec. 2013
Carbondale Community Bike Park	Town of Carbondale	GOCO Local Government Mini-Grant	Applied Aug. 2013	\$45,000 request Local match \$15,000	Award notification Dec. 2013
Carbondale 10 Yr. Parks, Recreation & Trails Master Plan Update	Town of Carbondale	GOCO Local Government Planning Grant	Applied Aug. 2013	\$33,750 request Local match \$11,250	Award notification Dec. 2013
Carbondale Community Garden	Town of Carbondale	GOCO Local Government Mini-Grant	Applied 2012	\$45,000 request Local match \$15,000	Project Funded & ongoing thru 2014
Carbondale Community Garden & Outdoor Bread Oven Shade Shelter	Town of Carbondale	GOCO Local Government Mini-Grant	Application due March 2014	\$37,500 request Local match \$5,000 Funds still needed \$7,500	Summer 2014 project if funded
Cooking Matters, FTE	Children's Hospital Colorado	Share our Strength	June 2013, July 2015, ongoing	\$64,000	\$64,000
An Ounce of Nutrition, Train the Trainer implementation	LiveWell Garfield County	LiveWell Colorado	2014 for 2014/2015 school year	Amount necessary to implement program in 3 districts	

## LiveWell Garfield County

Bikes for Life, .5 FTE and bikes/helmets for donation	Children's Hospital Colorado	?	2015, ongoing	\$50,000	
Kids Running America, implementation	Children's Hospital Colorado	?	2016, smaller dollars ongoing	\$10,000	
Rifle Creek Trail design and construction	City of Rifle	Received grant from HUD and DOT for surveying and conceptual design. City funds also used for easement acquisition	2014	Received already – 20,000 Need - 800,000	Acquiring easements
Downtown Sidewalks and Streetscapes design and construction	City of Rifle	Received grant from HUD and DOT for design	2014	Received already = 80,000 Need for construction = 300,000	In final design
LOVA Trail/Colorado River Boatramp final design and construction	City of Rifle Visitor Improvement Fund	City Visitor Improvement Fund paid for lease and conceptual design. Need funds for construction	2015	Received already = 40,000 Need = 280,000	Acquiring lease from CDOT
Trail to High School design and construction	City of Rifle	unknown	2015	Need 130,000	Acquiring easements
Rifle Farmers Market operations	City of Rifle Visitor Improvement Fund	Visitor Improvement Fund and Alpine Bank contribute funds	annually	Received = 6,000 Need = 5,000	
Bike/Ped Master Plan for Gar Co.	Regional Bike/Ped Trails Group - RFTA	CDOT Section 5304	Due Nov. 1, 2013	Received = \$50,000 Need = \$50,000	Pending

## LiveWell Garfield County

11. In-kind Contributions (noncash) (this table will be updated on an annual basis over the next three years)

The 2011 Colorado volunteer rate is \$22.43 per hour

Contributor/Item	Value	Description of Contribution
Sub-coordinators for workgroups	\$2,018.00	5 Sub-coordinators meet monthly for 1.5 hrs
Steering Committee	\$3,300.00	8 Steering Committee members, meet monthly for 1.5hrs
<b>TOTAL</b>	\$5,318.00	

**Evaluation Plan (written by Kaiser)**

# LiveWell Garfield County

## Appendix A

### LIVEWELL GARFIELD COUNTY PHYSICAL ACTIVITY & NUTRITIONAL SURVEY

*LiveWell Garfield County* is part of the LiveWell Colorado statewide initiative to reduce and prevent obesity in our local communities. All area residents are invited to share their experiences with LiveWell by completing this survey so that we can identify common issues and gaps in service within your community, along with where money can best be spent to improve the lives of those who Live, Work, and Play in Garfield County. This survey is meant to help the LiveWell project, and also the participant in understanding how they are eating and being active, what they struggle with, how they are successful, and where they can improve. Your assistance in filling out and returning this short survey would be very much appreciative. For more information on *LiveWell Colorado*, please go to: [www.livewellcolorado.org](http://www.livewellcolorado.org)

### PHYSICAL ACTIVITY SURVEY

List 3 things you consider to be part of a  
Physically Active Life:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List 3 things you consider to be part of a  
Physically Inactive Life:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Least Active**    1    2    3    4    5    6    7    8    9    10    **Most Active**

A. Where would you rate your physical activity on this scale 1-10 \_\_\_\_\_

B. Why are you not 2 points lower? What are you doing right?

\_\_\_\_\_

C. Why are you not 2 points higher? What is your challenge?

\_\_\_\_\_

D. What is 1 thing you are willing to do to move your rating higher up the scale?

\_\_\_\_\_

# LiveWell Garfield County

## NUTRITIONAL SURVEY

List 3 things you consider to be  
Healthy Eating Habits:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

List 3 things you consider to be  
Unhealthy Eating Habits:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Least Healthy    1    2    3    4    5    6    7    8    9    10    Most Healthy

E. Where would you rate your eating habits on this scale 1-10 \_\_\_\_\_

F. Why are you not 2 points lower? What are you doing right?

\_\_\_\_\_

G. Why are you not 2 points higher? What is your challenge?

\_\_\_\_\_

H. What is 1 thing you are willing to do to move your rating higher up the scale?

\_\_\_\_\_

- Ethnicity (please circle one or fill in "other")

Hispanic / Latino

Caucasian

Other: \_\_\_\_\_

- Language (please circle primary language you speak and read)

Spanish

English

- Age: \_\_\_\_\_

Gender : \_\_\_\_\_

- Where do you live?

\_\_\_\_\_

## LiveWell Garfield County

**Are you interested in receiving information from LiveWell Garfield County on Healthy Eating and Active Living? If YES, provide information below & if NO, leave blank.**

Cell #: \_\_\_\_\_

Email:

\_\_\_\_\_

Would you like to receive text messages? YES or NO

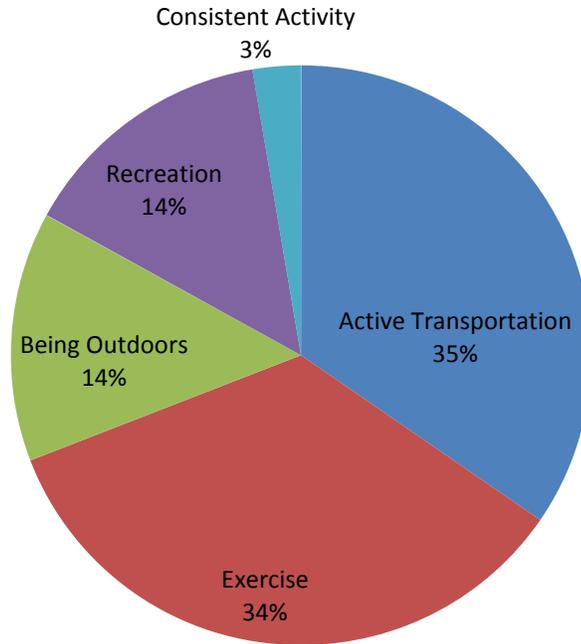
For questions, please contact us: [livewell@garfield-county.com](mailto:livewell@garfield-county.com)



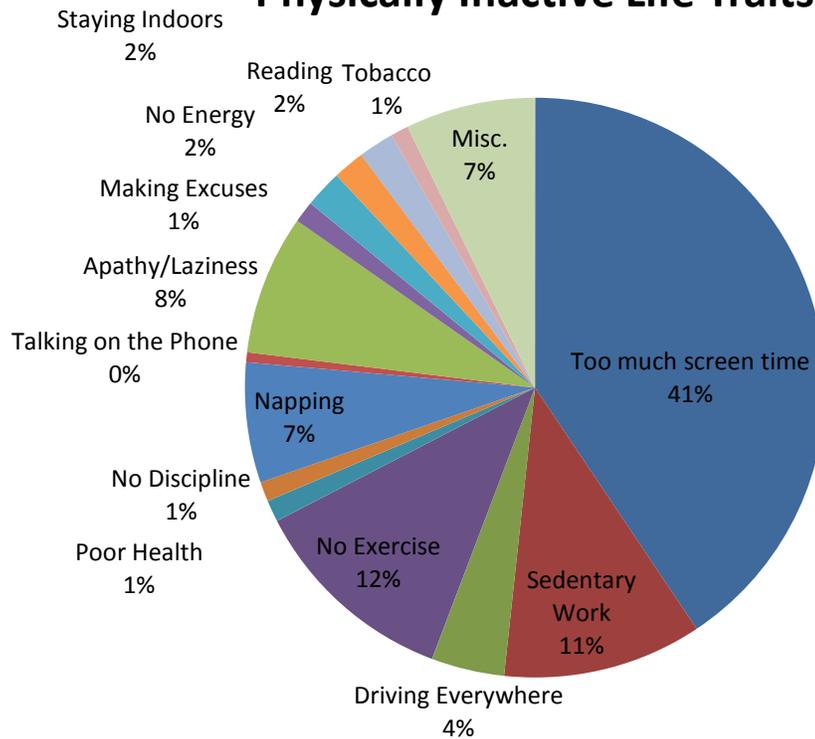
# LiveWell Garfield County

## Results from Physical Activity Survey Questions:

### Physically Active Life Traits

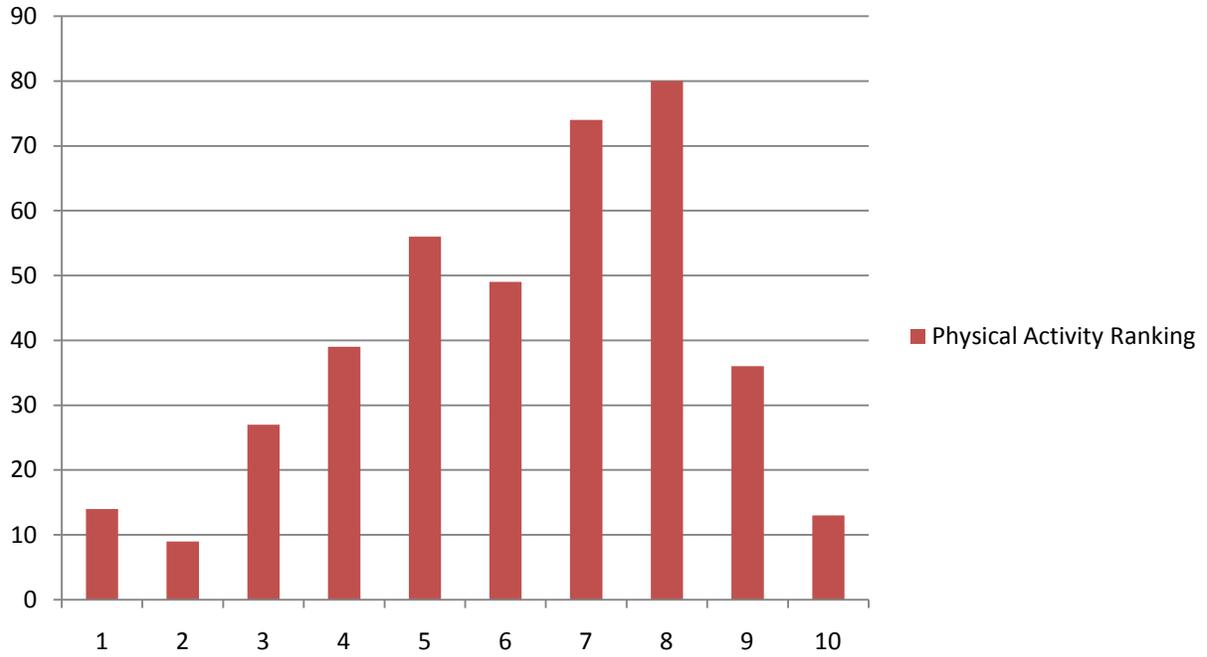


### Physically Inactive Life Traits

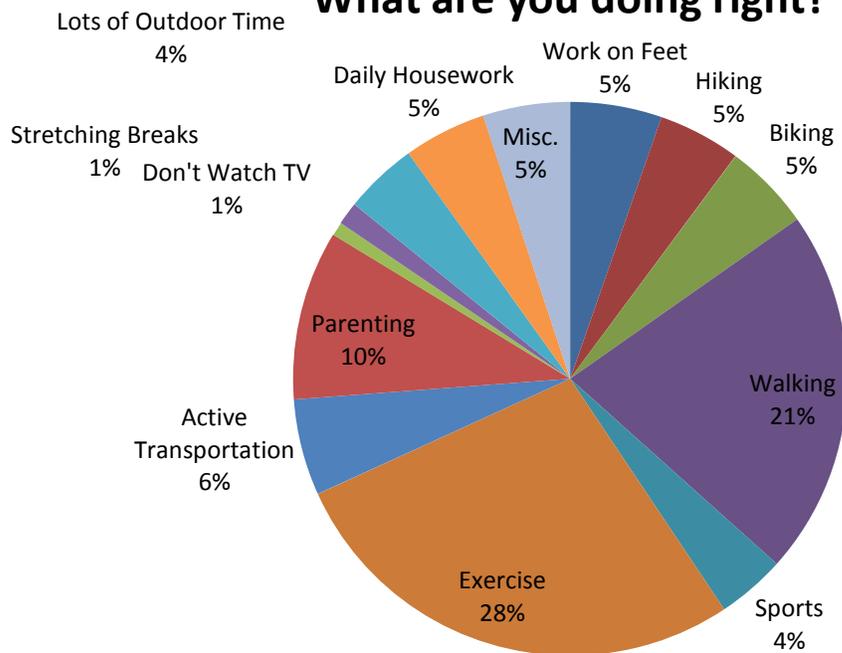


# LiveWell Garfield County

## Physical Activity Ranking

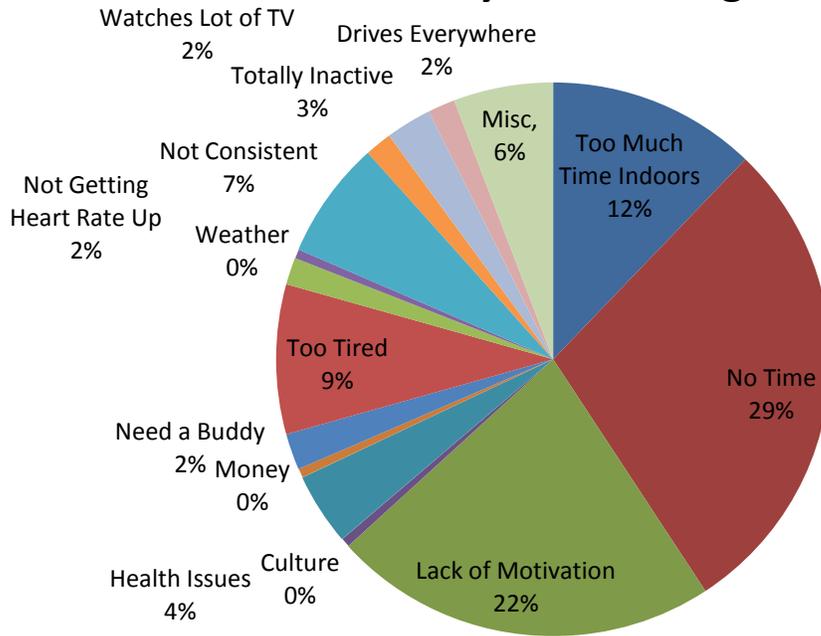


## What are you doing right?

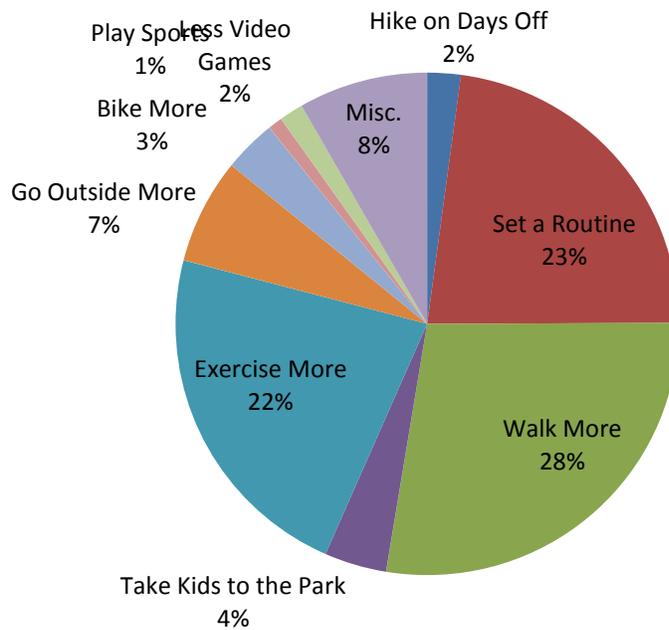


# LiveWell Garfield County

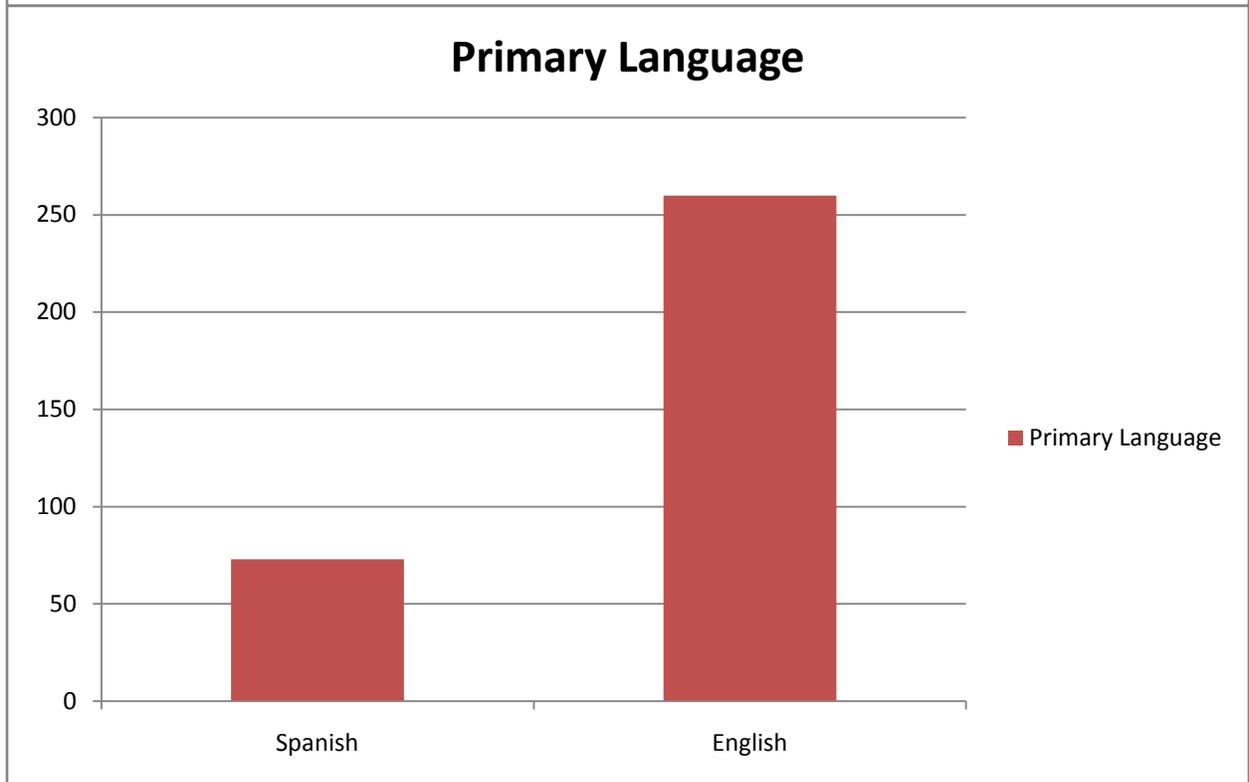
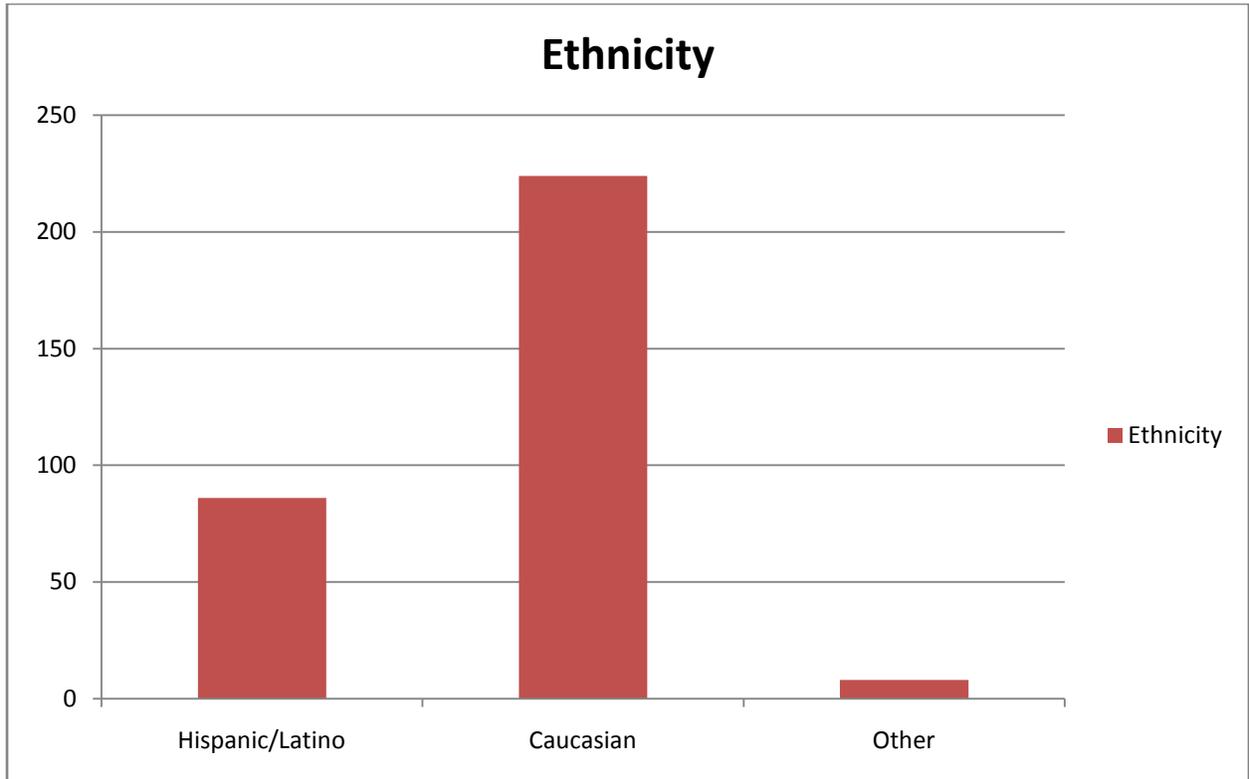
## What is your challenge?



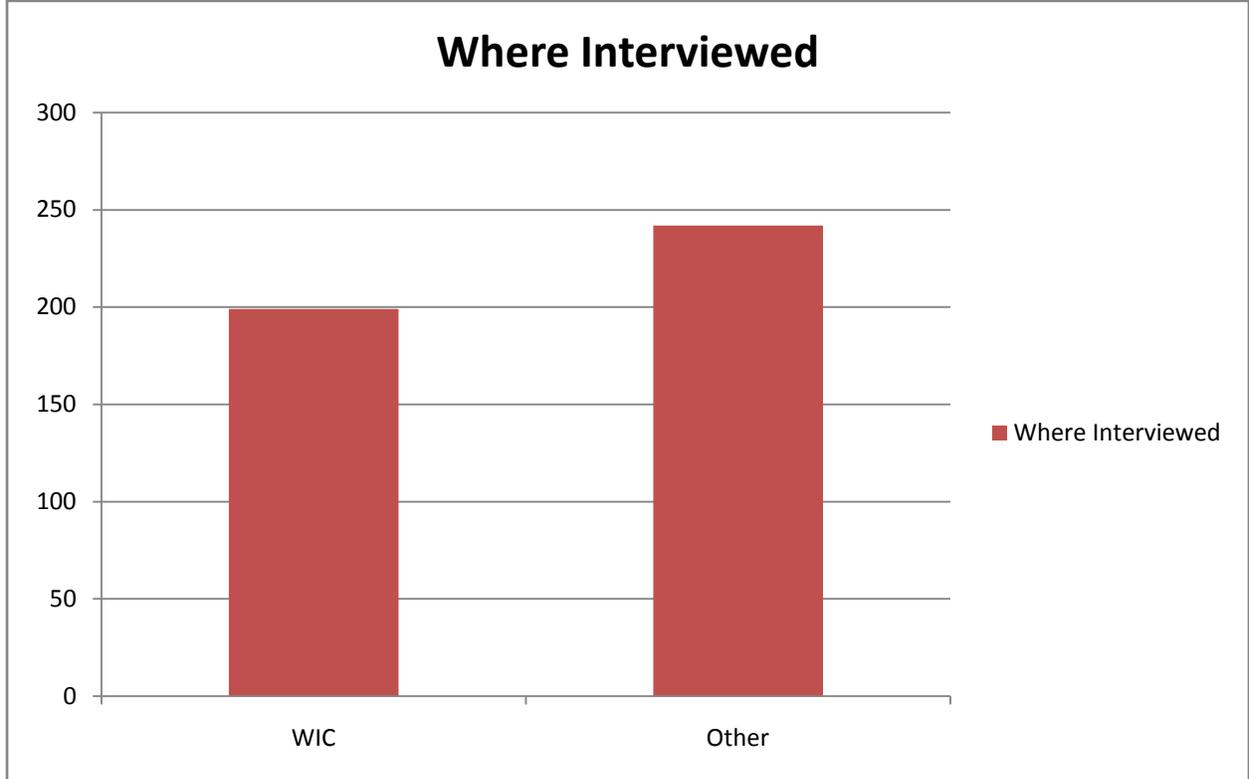
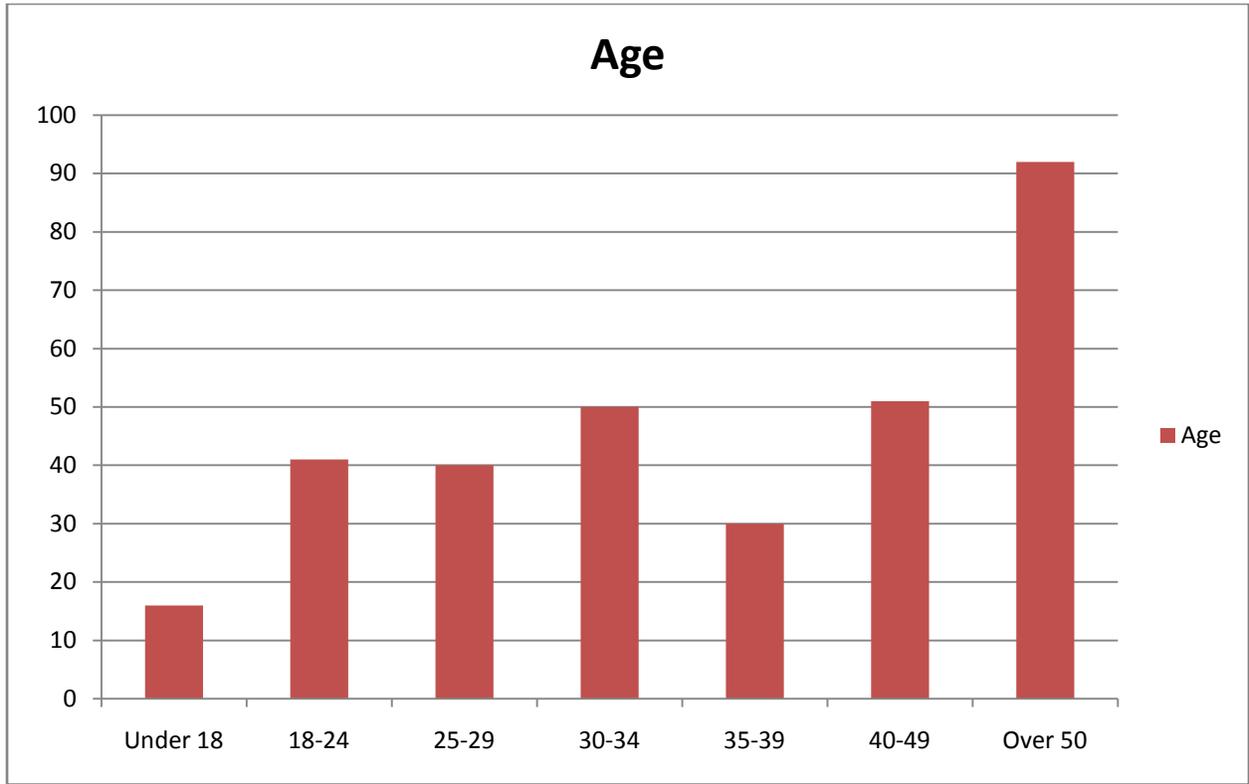
## One thing you are willing to do to improve your ranking?



# LiveWell Garfield County

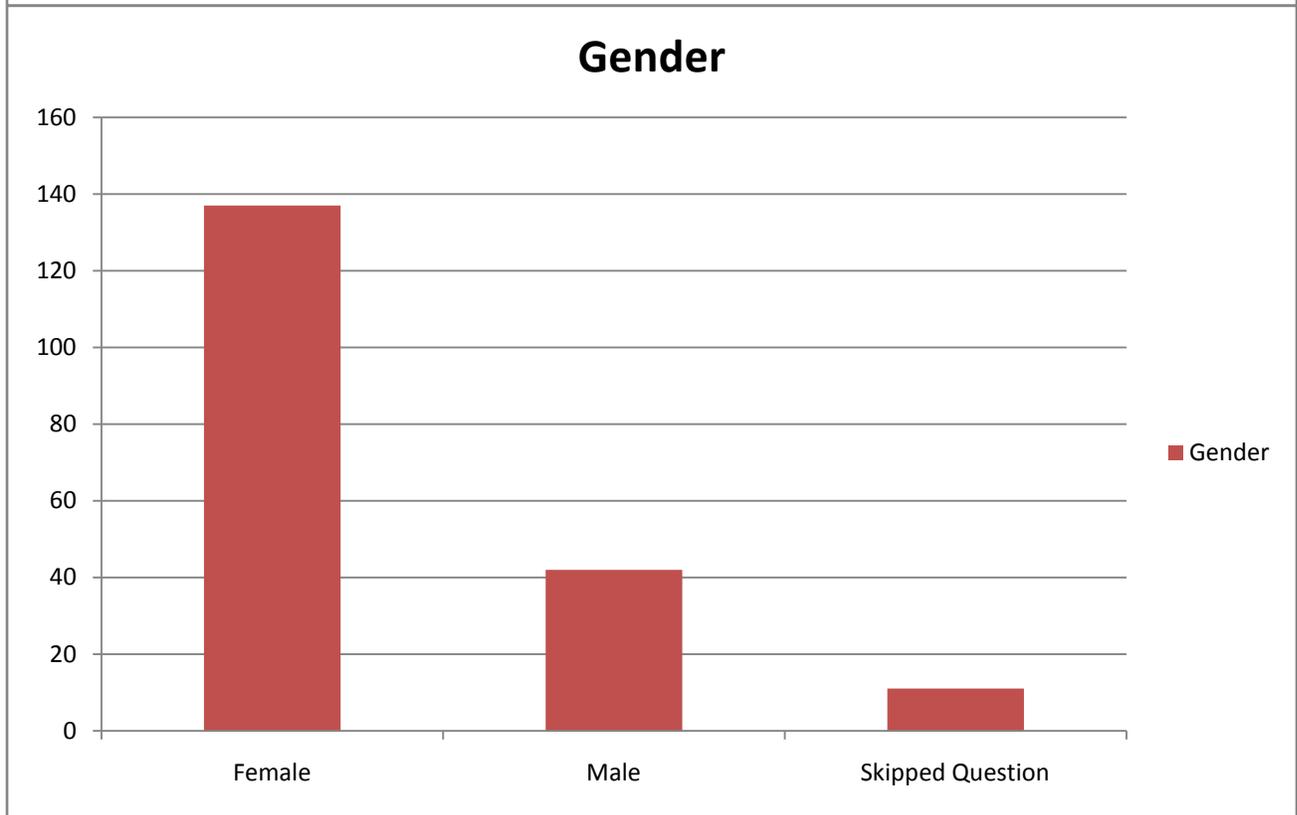
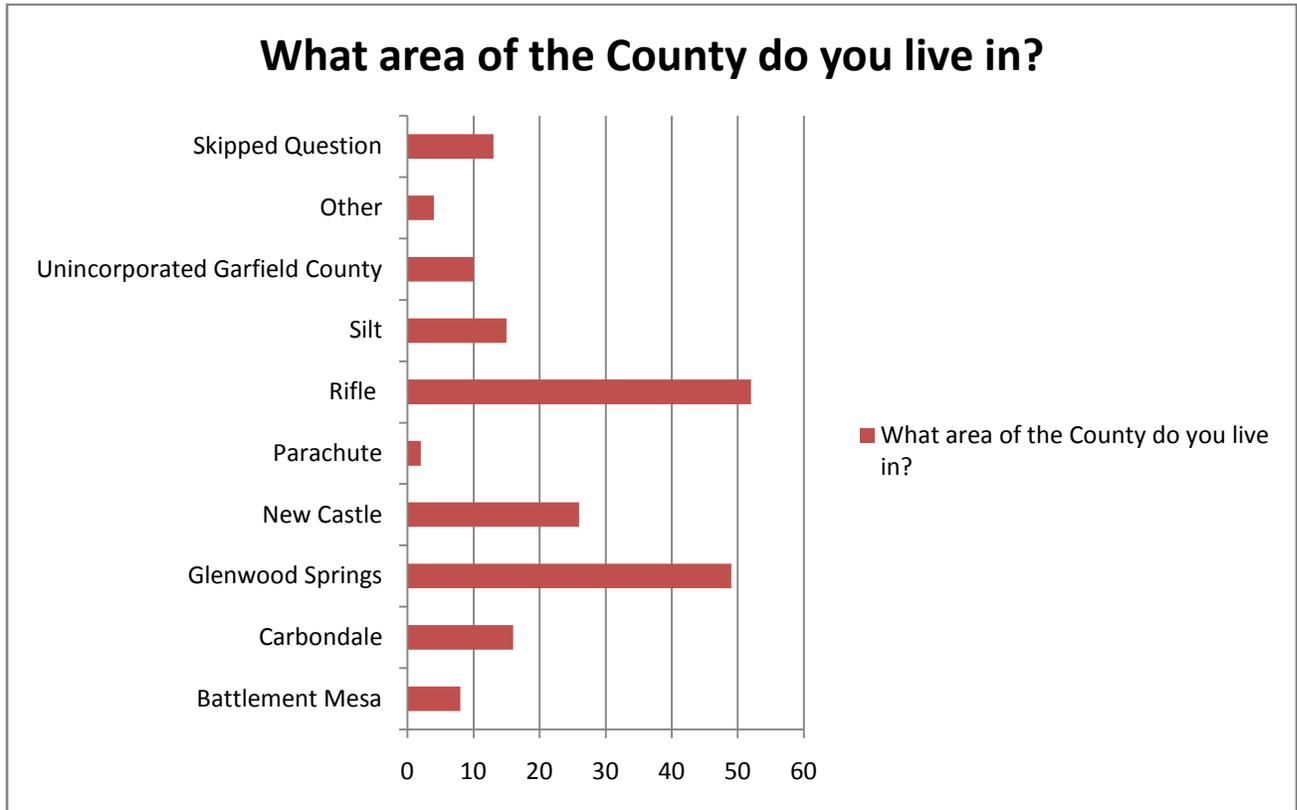


# LiveWell Garfield County



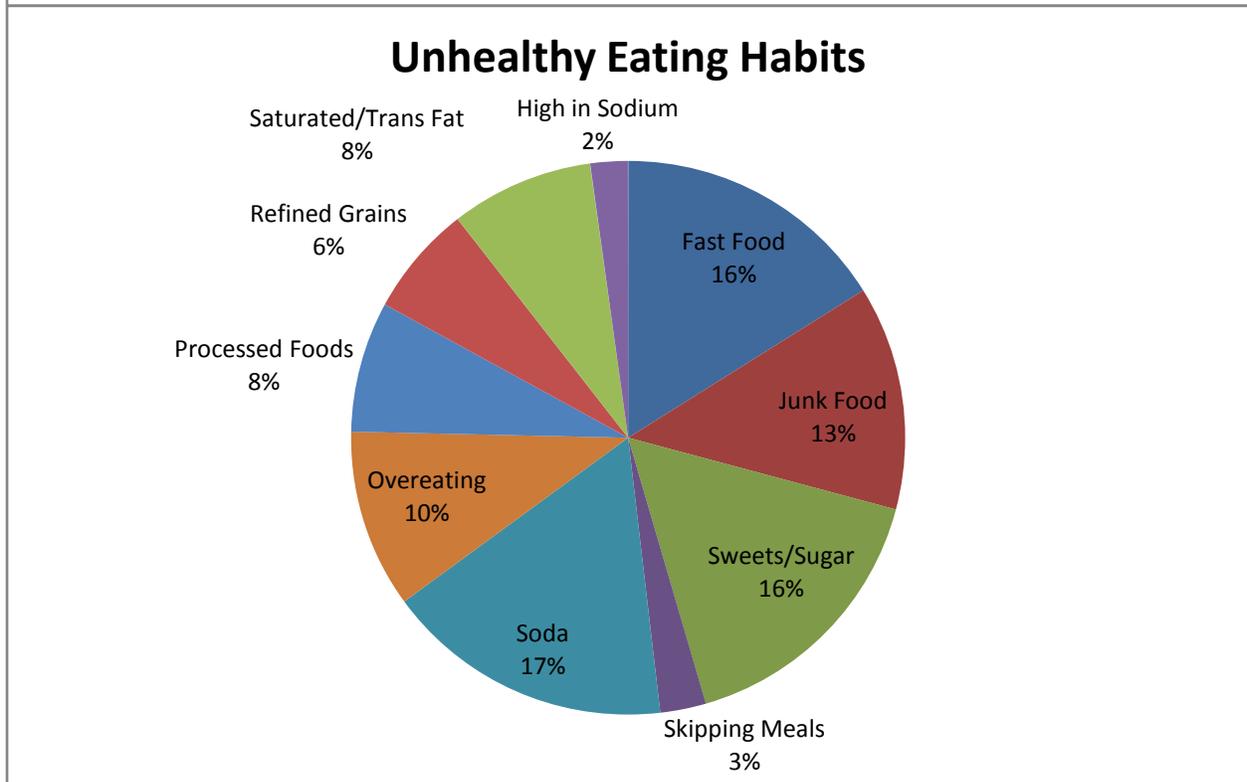
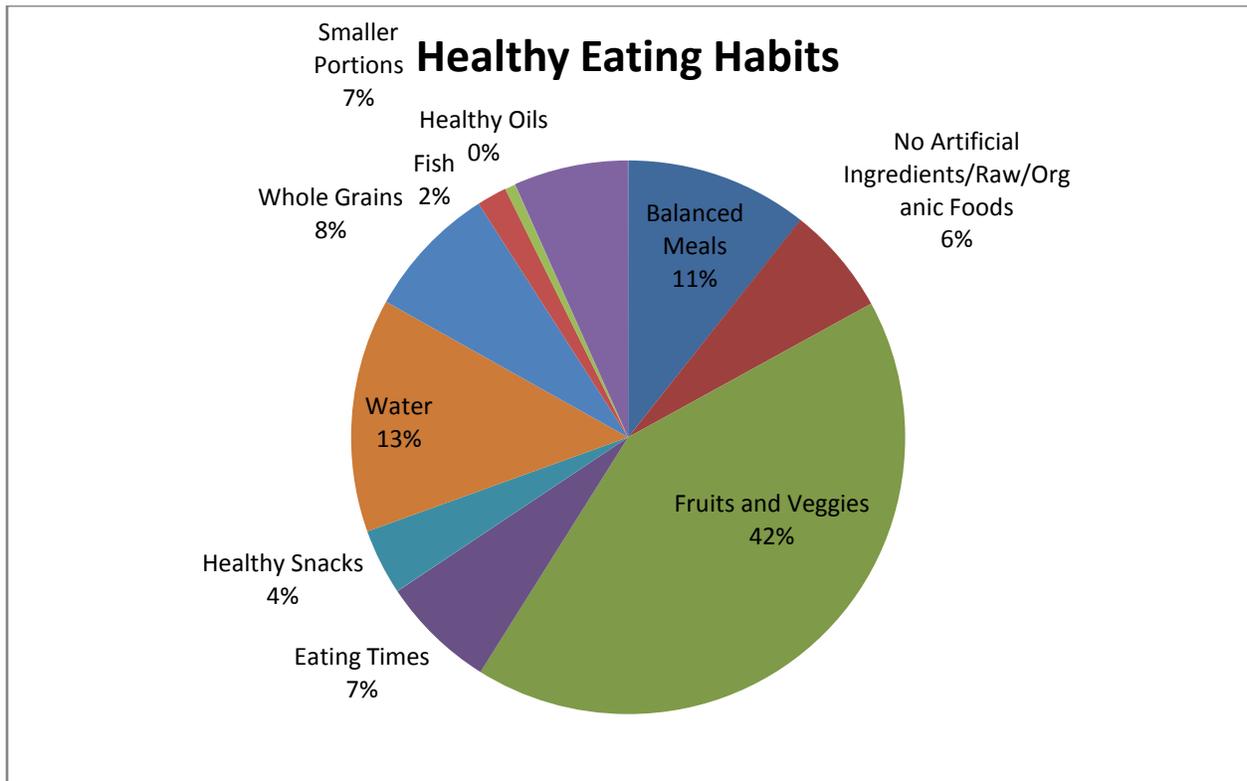
# LiveWell Garfield County

Survey Monkey Data Only:

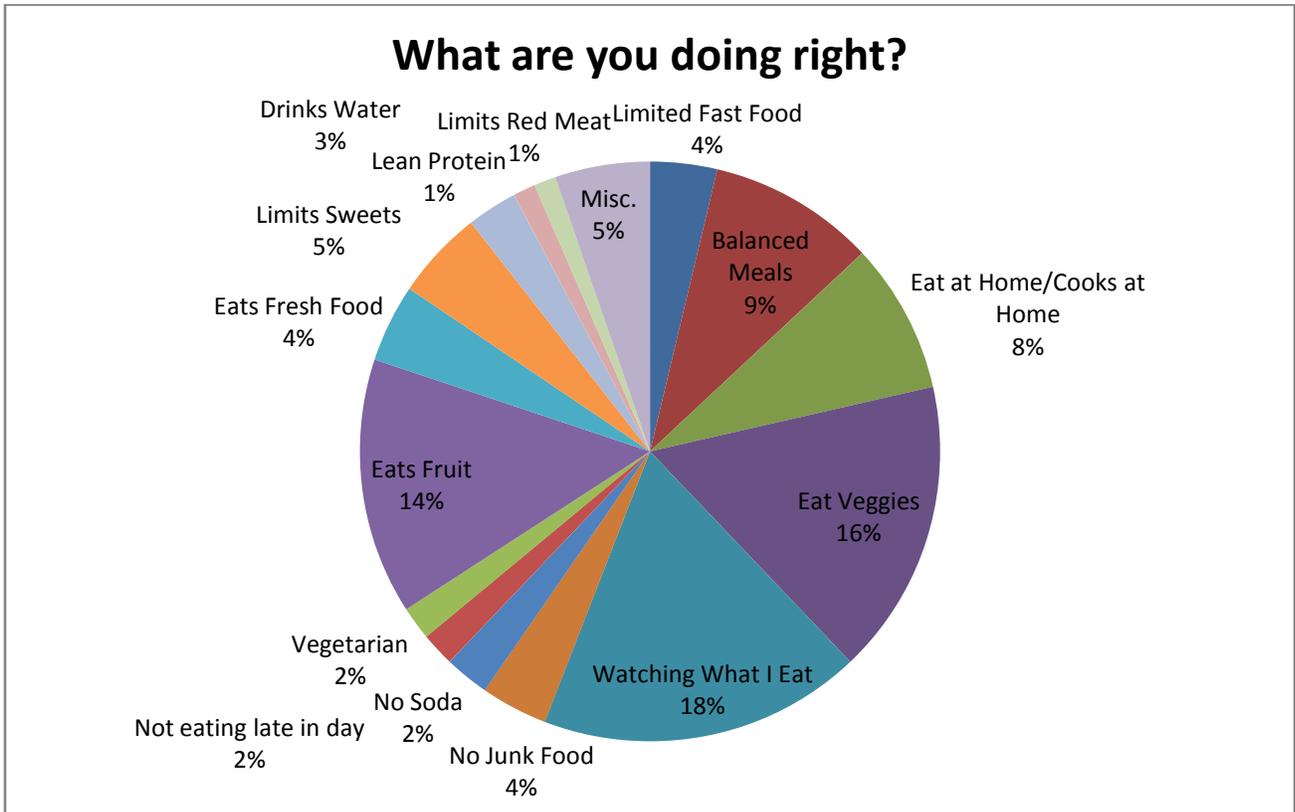
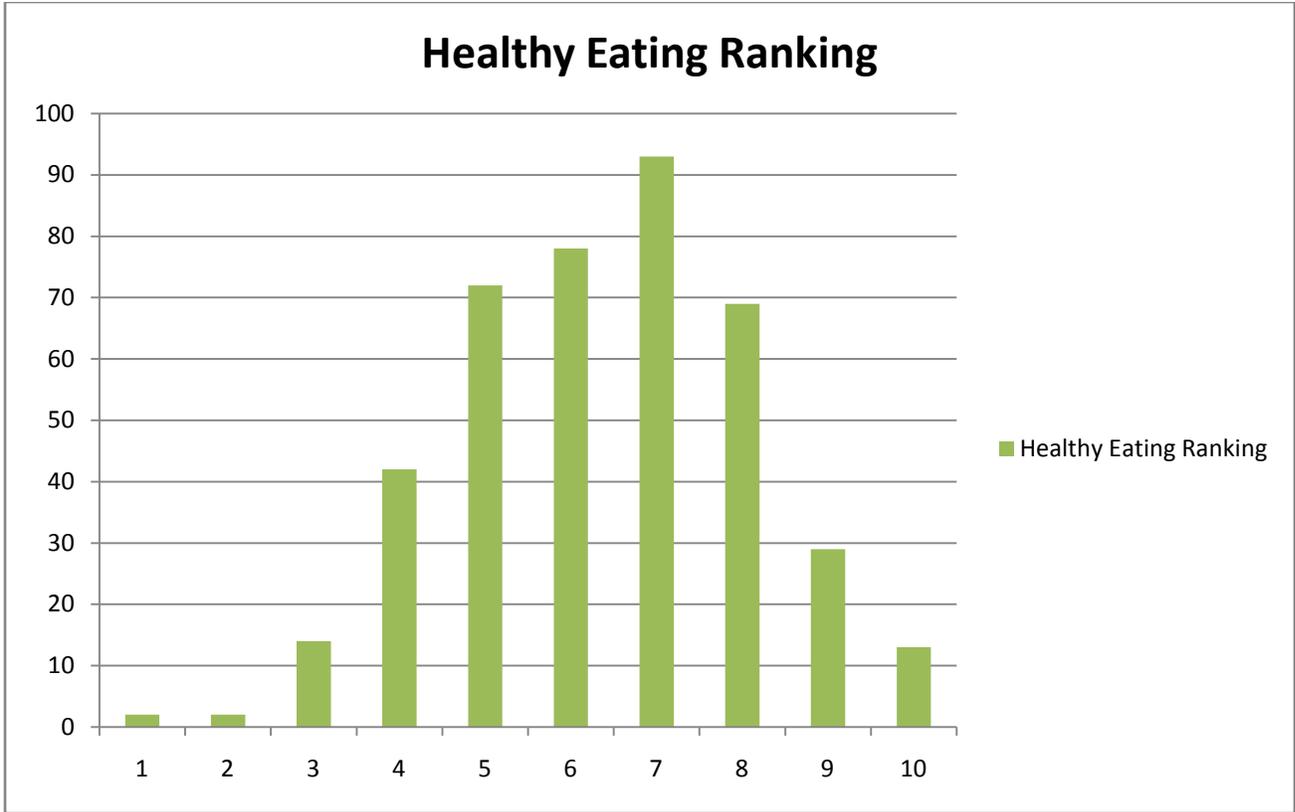


# LiveWell Garfield County

## Results from Nutritional Survey Questions:

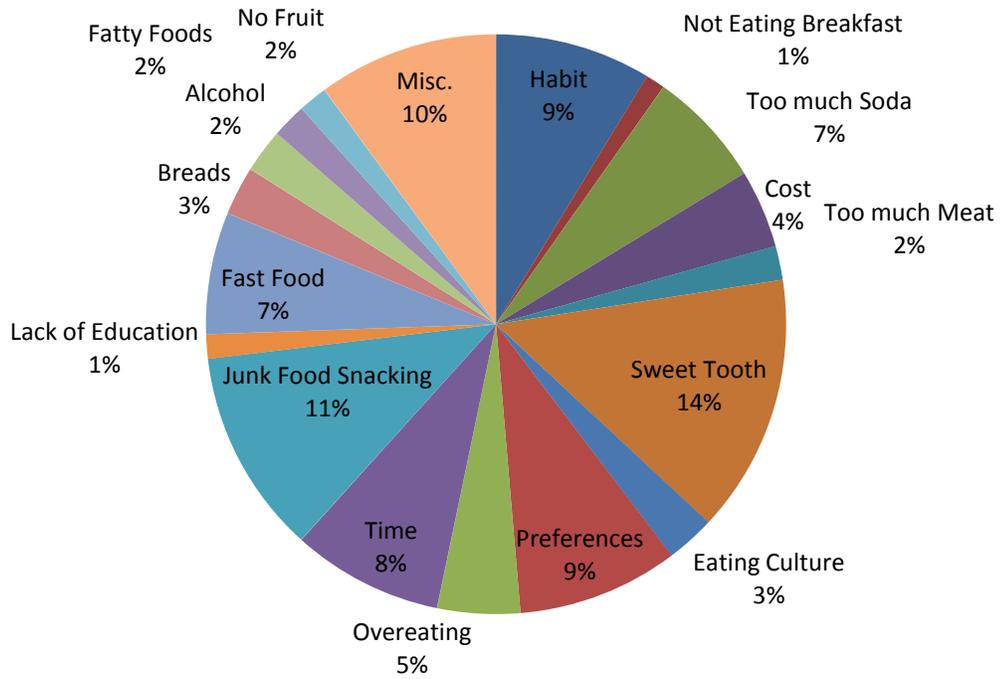


# LiveWell Garfield County

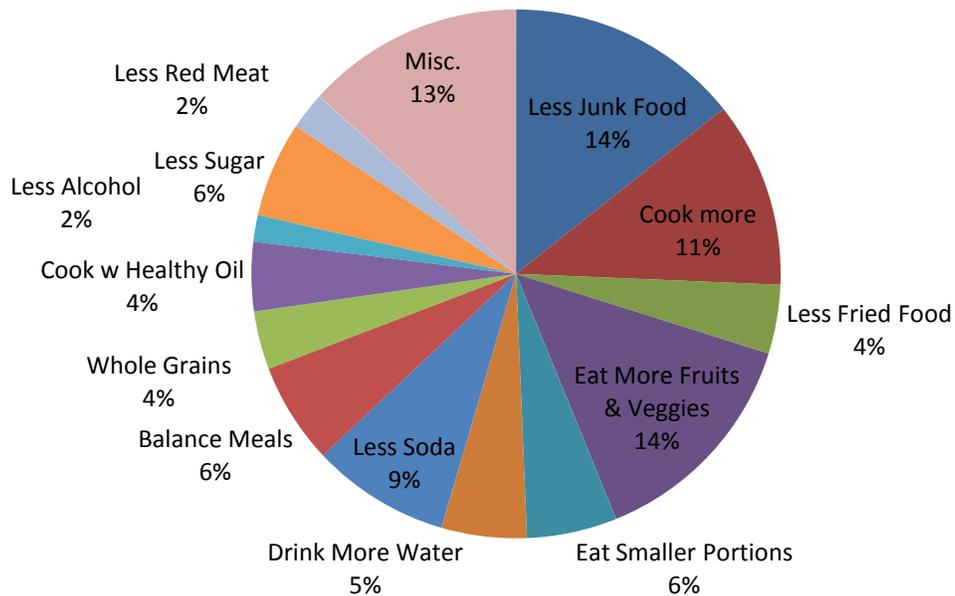


# LiveWell Garfield County

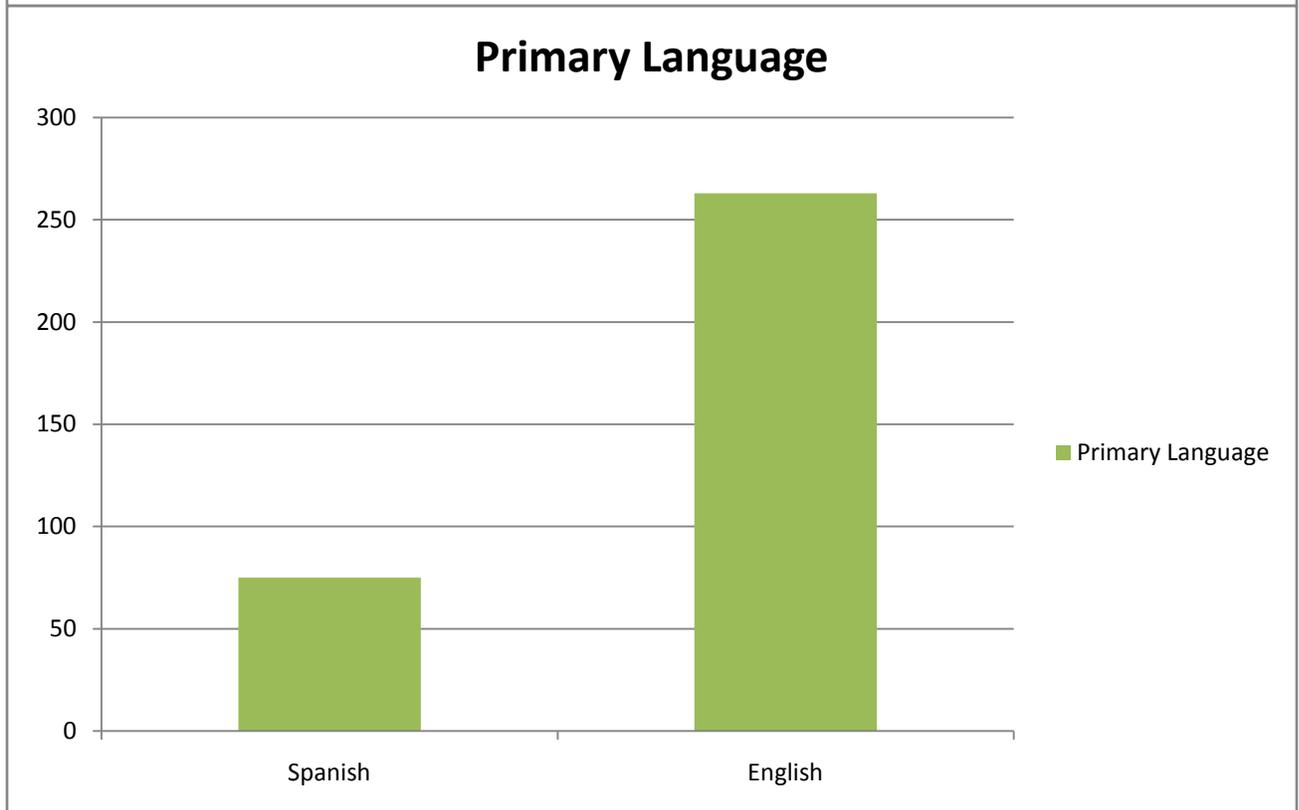
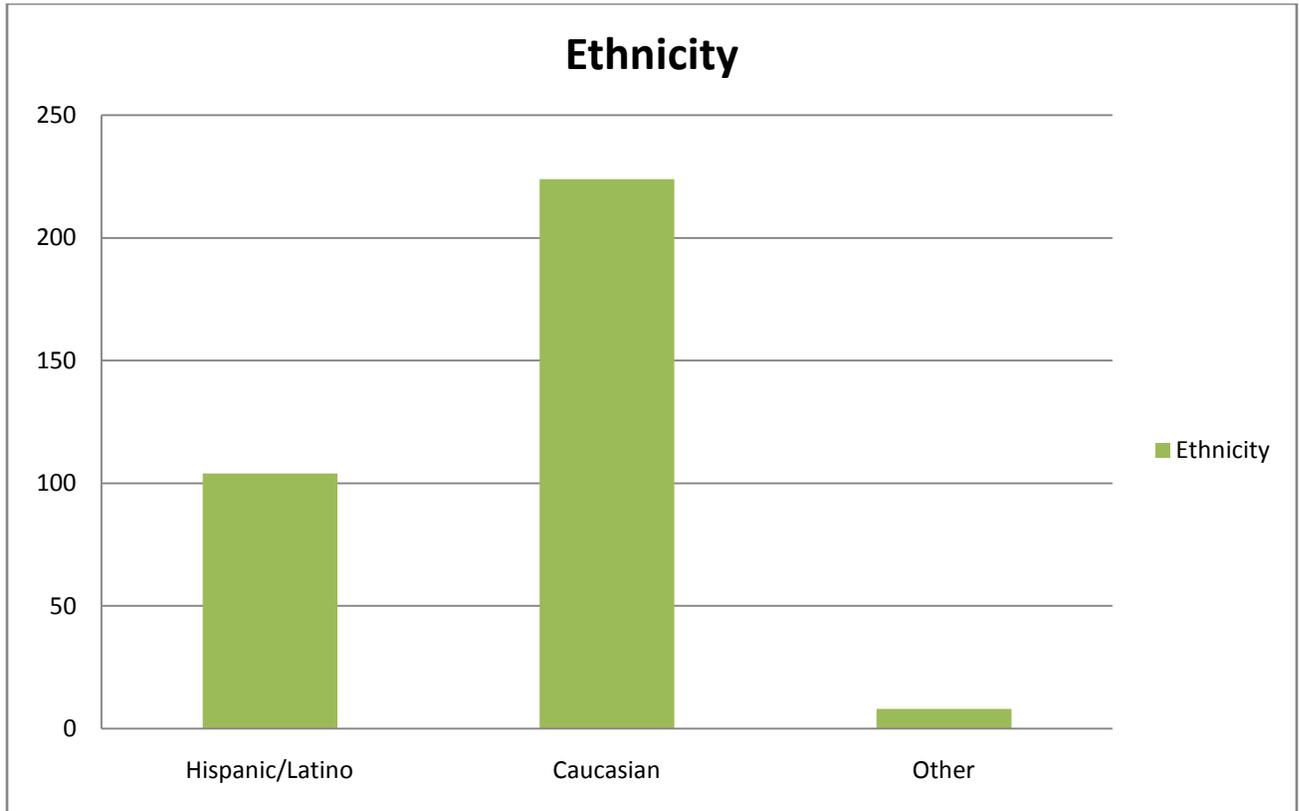
## What is your challenge?



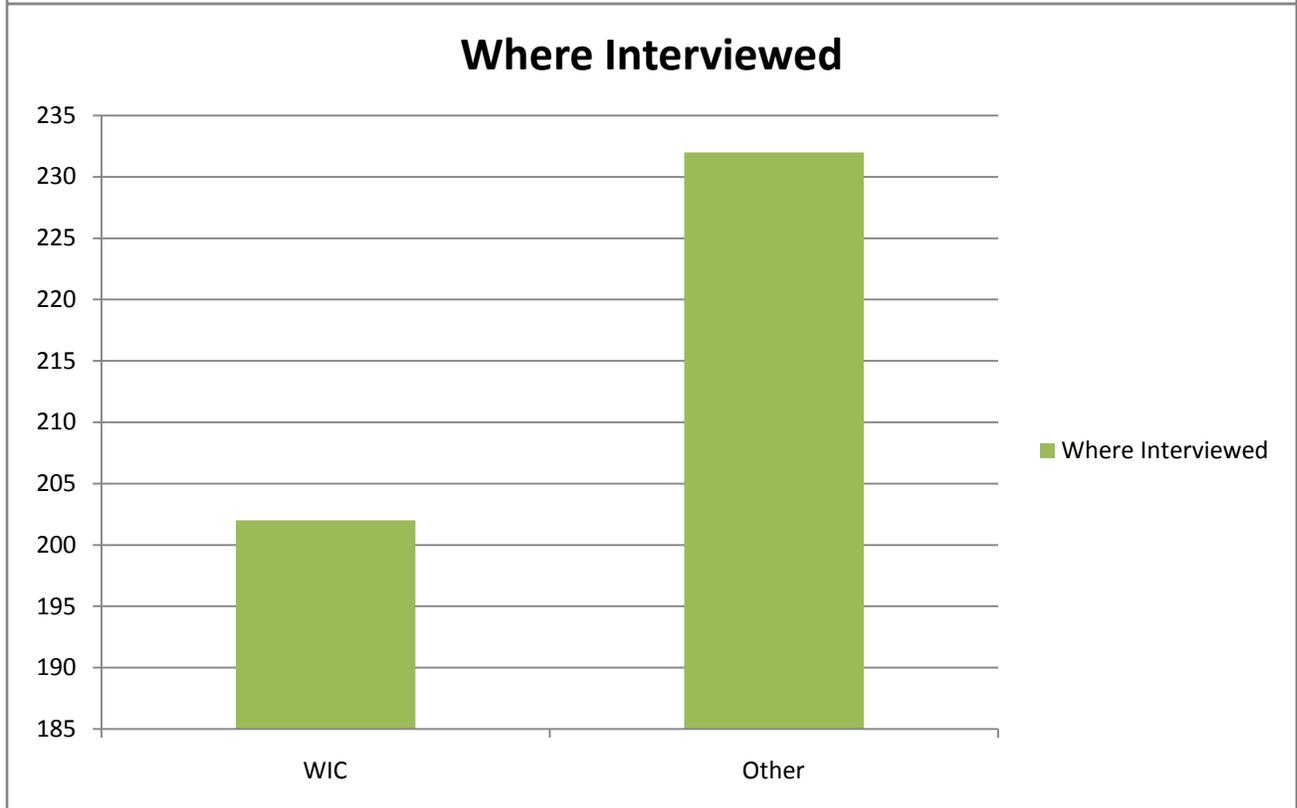
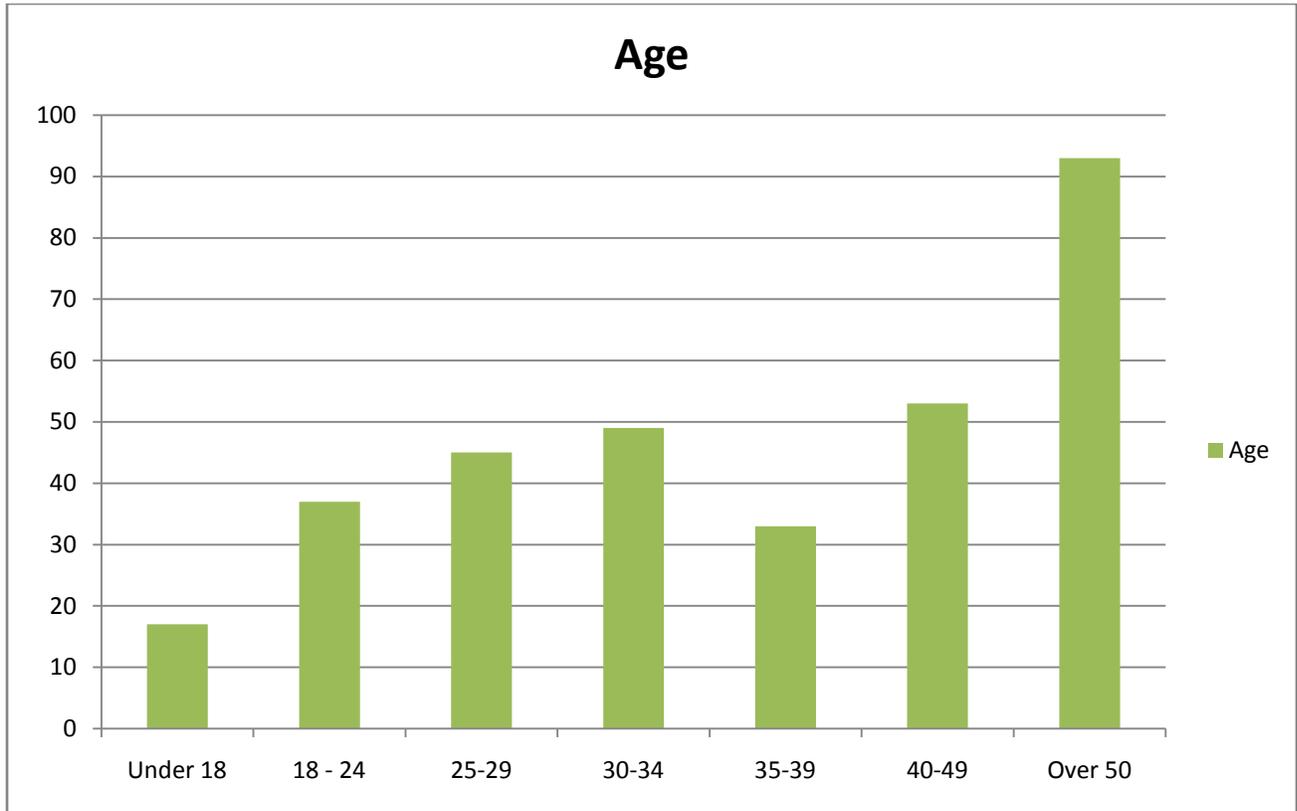
## One thing you are willing to do to improve your ranking?



# LiveWell Garfield County

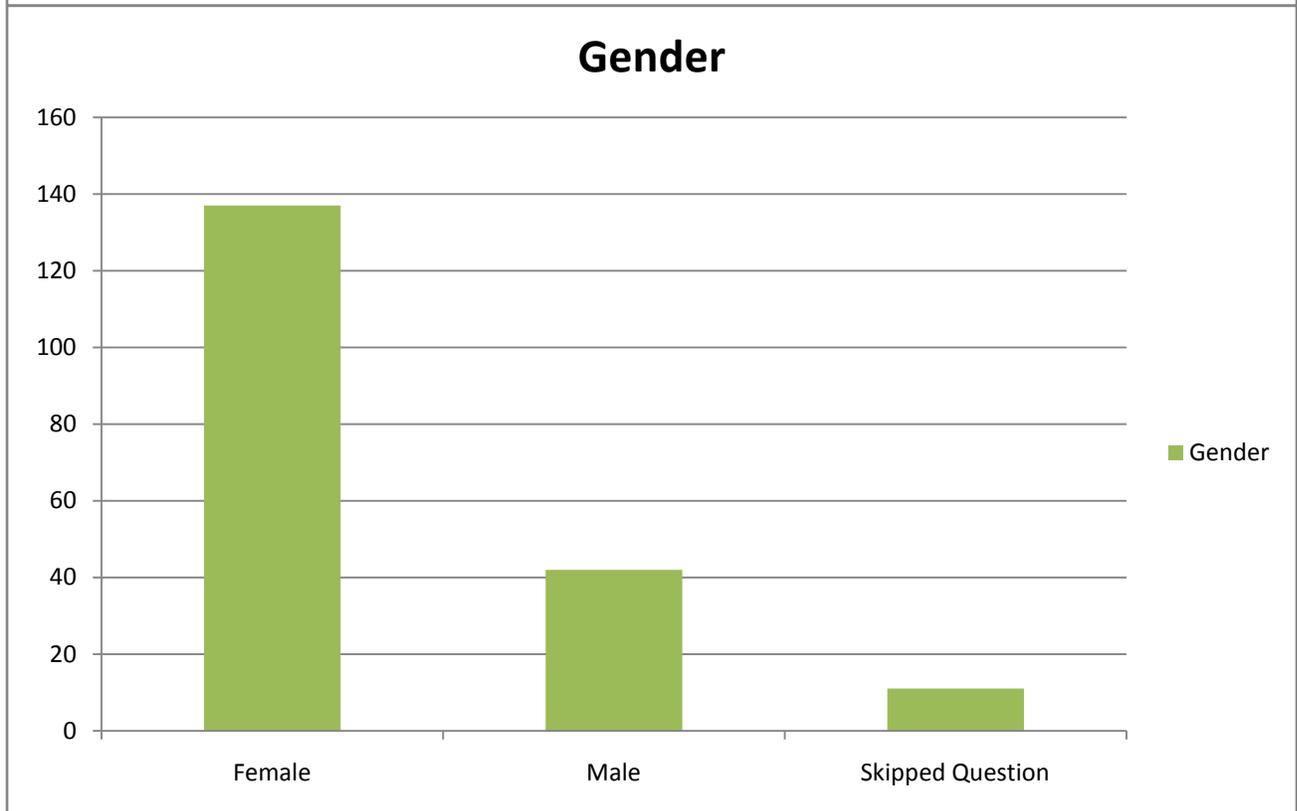
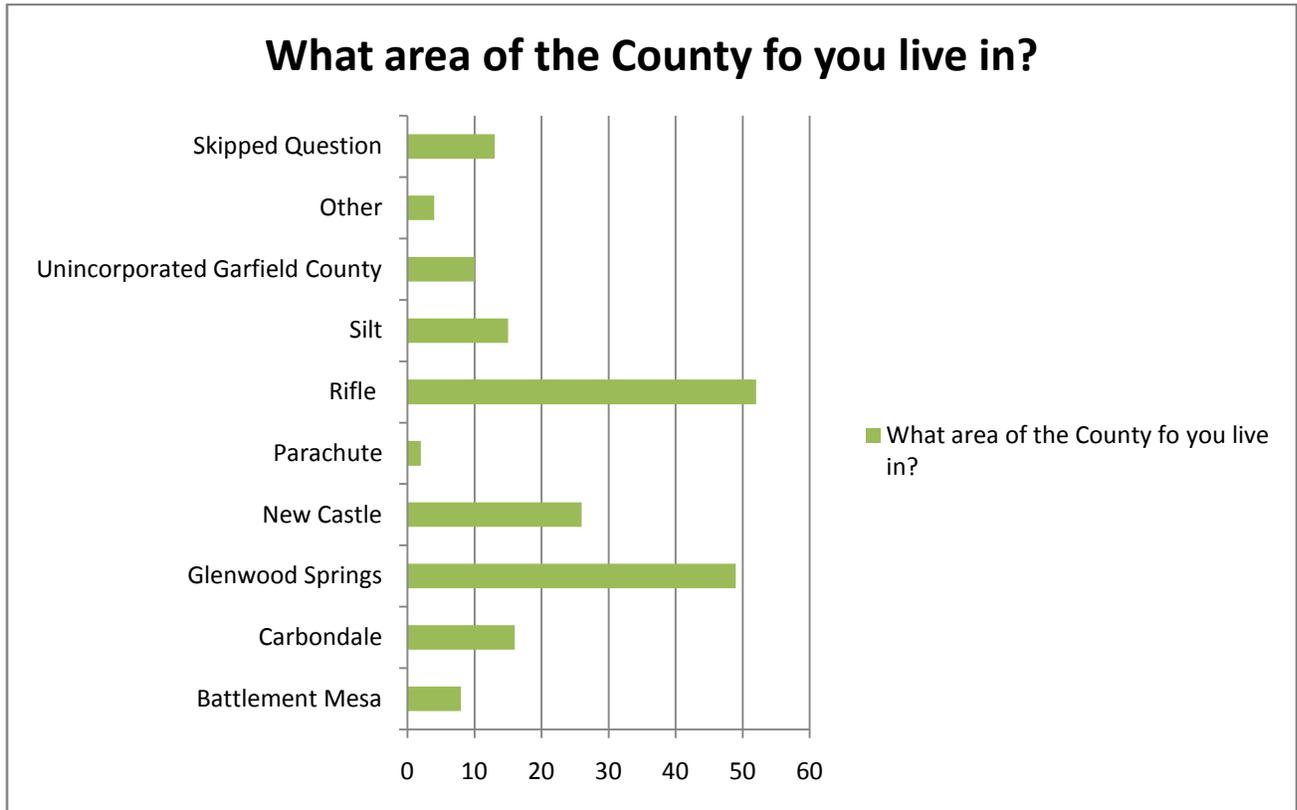


# LiveWell Garfield County



# LiveWell Garfield County

Survey Monkey data only:



## LiveWell Garfield County

### Attachments

Brief Description of LW Coordinator Roles:

- Resident engagement and community organizing
- Fund raising and building cooperative partnerships
- Write and/or assist in the preparation of grant proposals
- Coalition management and communication
- Assures LWGC Coalition is following the CSP and the appropriate people are implementing the strategies proposed
- Manages the budget and contract
- Liaison between fiscal agent, steering committee, coalition, and LWC
- Ensure the presence of LiveWell Garfield County at appropriate local and state level meetings to advocate for HEAL