

Healthy Eating Active Living - Active Transport & Access

Year 1

January 1 2019 - December 31st, 2019

Goal: Increase healthy eating and active living to reduce obesity and chronic disease.

Strategy: Improve access to active living through pedestrian, bike friendly environments, recreation activities, and transportation

Objectives	Action Steps	Status	Priority Population	Resources & Barriers
<p>A) Build capacity and resources for pedestrian/bike friendly environment by identifying funding opportunities and connecting them to appropriate partners by 12/31/2019.</p> <p>B) Advocate and educate at community meetings about the importance of active transport by 12/31/20.</p> <p>C) Assess built environment and collect data including bike/pedestrian friendly environments 12/31/2019.</p> <p>D) Assess barriers for vulnerable populations for accessing active living opportunities, including trails, and recreation programs 12/31/2020.</p>	<p>1) Identify WCPHP personnel to contact community partners and agencies that support active transport.</p> <p>2) Identify a point person at WCPHP to search for funding and connect community partners to funding sources.</p> <p>3) Build relationship between Public Health staff and programs/organizations providing active living and active transportation services.</p> <p>4) Public health personnel attend community and local government meetings to advocate for active transport, including HEAL Cities and Towns Campaign.</p> <p>5) Assess health equity impact of current active transport programs and projects including data on priority population and access by 12/31/2020.</p> <p>6) Work with partners to engage vulnerable populations to learn about barriers, such as transportation, cost of sports physicals, and cost of program.</p> <p>7) Encourage active transport and recreation programs to include vulnerable population leaders in planning and organizing, as well as other types of community engagement.</p> <p>8) Provide Health Equity Training to increase advocacy for access to healthy living.</p>		Low income community members	<p>Resources</p> <p>Local RTA agencies Valley Food Partnership Community Development/Planning Local trail associations/non profits, Parks and Recreation Departments</p> <p>Senior Centers School Districts</p> <p>LiveWell Colorado City of Montrose Colorado Health Foundation</p>
			Youth and Children	
			Seniors	
			Hispanic Population	
				<p>Barriers</p> <p>Funding Capital investments Capacity</p> <p>Reliant on partners</p>

Indicators

Progress - # trained in Health Equity
of related meetings that Public Health staff attended and advocated at for AT.
of HEAL Cities and Towns in the region.
priority populations accessing trails and healthy living programs.