



Obesity Networking Conference Call Summary Notes

March 25, 2015, 1:00-2:15pm

Recorded Webinar Link: <https://cdphe.adobeconnect.com/p6byyd24fba/>

*presentation start times are noted below for your convenience

Participants:

Local public health jurisdictions represented:

Chaffee, Eagle, Fremont, Garfield, Jefferson, Lincoln, Las-Animas Huerfano, Mesa, Rio Grande, Tri-County, Weld

CDPHE Divisions represented: OPP, Prevention Services, Environmental Health, Worksite Wellness, Epidemiology

Other entities: Colorado Health Institute

Facilitator: Haley Stewart, OPP intern

Presenters:

Cate Townley, CDPHE
Built Environment Specialist
Prevention Services Division
cate.townley@state.co.us

Julie George, LiveWell
Director, HEAL Cities &
Towns Campaign
juliegeorge@livewellcolorado.org

Renee Calanan, CDPHE
LCDR, U.S. Public Health
Service, Chronic Disease and
Oral Health Epidemiologist
renee.calanan@state.co.us

Welcome

- The purpose of this call was to share built environment strategy examples that illustrate the “health in all policies” concept described in the State Public Health Improvement Plan and create opportunities for local alignment; to share progress on efforts to standardize healthy eating and active living indicators in Colorado.

Presentations, Discussion & Resources:

1) Built Environment and Public Health: Utilizing community infrastructure to prevent cancer, chronic disease and obesity (Recording starts @ 9:18)

Cate Townley, CDPHE

- Built environment and active living language found in municipal and county policies exemplifies a “*health in all policies*” approach to preventing chronic diseases and obesity.
- The State Public Health Improvement Plan includes Strategy #6: Advance ‘*health in all policies*’ as a widespread philosophy for actively engaging in state and local land use, transportation, agriculture and community development initiatives and develop policy and environmental strategies that focus on increasing access to physical activity and promoting health equity. This presentation discussed initiatives that address this strategy.
- CDPHE conducted a *Built Environment Policy Scan* of all 64 counties and 121 municipalities in Colorado to learn where active living policies are in place and being implemented. Findings from the *Built Environment Policy Scan* are illustrated in a statewide story map of active living policies in municipal and county level comprehensive plans.



Obesity Networking Conference Call Summary Notes March 25, 2015, 1:00-2:15pm

- CDPHE statewide story map:
http://www.coephtmaps.dphe.state.co.us/cdphe_maps/activeliving_initiatives/
- Findings also support multi-sector effort to develop built environment policy in comprehensive plans in conjunction with public health improvement planning.

Discussion:

- What did you find in rural communities? Rural communities are not required to develop a comprehensive plan, however they found that 58% of rural municipalities did have a plan, some of which did include active living language. Contact Cate directly regarding results in your county.
- Mesa County built environment strategies Mesa County was cited as an example of an agency that used their public health improvement plan in community planning collaborations and meetings. *Healthy Mesa County* Safe Routes to School initiative was a product of this collaboration that involved the local public works department and transportation division. Together they applied for a federal grant to improve community connectivity, which afforded them \$1.5 million in funds to help support infrastructure improvements.
- Visit Mesa’s *Healthy Mesa County* website (<http://healthymesacounty.org/>) to learn how they reframed their priority issues of suicide, obesity, and unintended pregnancy to focus on the complementary positive behaviors of strong families, positive relationships and active communities.

Resources:

- Powerpoint Presentation
- Built Environment Active Living Policy Scan Factsheet

2)HEAL Cities and Towns Campaign, Julie George, LiveWell (Recording starts @ 26:50)

HEAL Cities & Towns campaign is a policy-focused LiveWell program that supports municipal level policy work to integrate built environment and active living strategies into the local planning process.

Currently there are 36 municipalities participating in this campaign:

Arvada	Edgewater	Leadville	Salida
Aurora	Englewood	Littleton	Saguache
Brush	Frederick	Lone Tree	Sheridan
Buena Vista	Golden	Manitou Springs	Steamboat Springs
Colorado Springs	Kiowa	Miliken	Thornton
Commerce City	La Junta	New Castle	Walsenburg
Cortez	Lafayette	Northglenn	Wheat Ridge
Denver	Lakewood	Oak Creek	Yuma
Durango	Lamar	Pueblo	

- Three focus areas of the campaign:
 - Active Community
 - Access to Healthy Food



Obesity Networking Conference Call Summary Notes March 25, 2015, 1:00-2:15pm

- Healthy Workplace
- Benefits of being a part of the campaign:
 - Connection to resources, free technical assistance, and media assistance
 - Connection to other participating municipalities for networking
 - Statewide recognition and use of LiveWell logo
- Example: Cortez - developed a policy to grow food in their greenways to be used for teaching and to be donated to people who need it.
- If you have a city or town in your county that would be interested in participating, contact Julie George directly: juliegeorge@livewellcolorado.org

Discussion:

- What type of technical assistance does the campaign offer? Policy area-specific resources in the three campaign areas, such as a policy analysis, action plan, and connection to funding opportunities.
 - A link is provided to their March newsletter. Contact Julie if you would like to receive this newsletter (you do not need to be a campaign municipality): <http://createsend.com/t/j-8536518CAC378338>
 - HEAL-related LiveWell webinars: <http://livewellcolorado.org/healthy-policy/heal-cities-and-towns/resources#webinar>
- Is there cross-over between the LiveWell initiative and the Built Environment work at CDPHE?
 - In working with municipalities, CDPHE often mentions LiveWell's campaign as a resource to help implement built environment plans.
 - For example, a link to a LiveWell resource on integrating food access into comprehensive plans is provided: http://livewellcolorado.org/uploads/ckfinder/userfiles/files/CompPlans%20HEAL%20CT%20Newsletter%20piece%20JG_WPM.pdf

Additional Comments:

- Regarding build environment work cited in Bennett, Patty Boyd (Tri-County) added that sidewalks were achieved due to their inclusion by the city into a King Soopers' building plan.
- Cate Townley further added a new "Backyards to BLM" campaign that is being developed to increase recreation opportunities in communities adjacent to BLM land. Contact Cate for more information if this sounds like an opportunity for your county.

Resources:

- Powerpoint
- HEAL Cities & Towns website: <http://livewellcolorado.org/healthy-policy/heal-cities-and-towns>

3)HEAL Indicators and Data (Recording starts @ 47:50)

Renee Calanan, CDPHE

- Introduced the HEAL Surveillance Work Group as a collaborative effort to standardize a set of HEAL indicators.



Obesity Networking Conference Call Summary Notes March 25, 2015, 1:00-2:15pm

- Partnering with Colorado Health Institute to develop topic-area specific evidence-based intervention fact sheets. Links to the two fact sheets described in the webinar:
 - *Fruit and Vegetable Consumption*
https://www.colorado.gov/pacific/sites/default/files/DC_fact-sheet_Fruit-vegetables_Nov-2014_without-Appendix.pdf

<http://coloradohealthinstitute.org/key-issues/detail/community-health/fruit-and-vegetable-policy-strategies>
- Introduced upcoming LPHA data access and use survey intended to help CDPHE improve data products and dissemination, and update the CHED website (Colorado Health and Environmental Data) <http://www.chd.dphe.state.co.us/default.aspx>
- Provided additional sources of HEAL Data:
 - BRFSS: CDPHE statistical modeling project
 - Census-tract level obesity prevalence estimates
 - Data to be released by the end of summer 2015
 - County Health Rankings (RWJF)
<http://www.countyhealthrankings.org/>
 - Recently updated!
 - Pitkin County is ranked #1 in Overall Health Outcomes, formally Douglas County
 - CDC Community Health Status Indicators (CHSI)
<http://wwwn.cdc.gov/CommunityHealth/home>
 - Provides comparison with peer counties throughout the country.

Action:

- Watch for the upcoming data access and use format survey to be sent out at the beginning of April (slide #12 in the powerpoint)
- The HEAL Surveillance Workgroup is looking for your input on HEAL indicators. Refer to slides 9 and 10 in the presentation.

Resources:

- Powerpoint

Next call:

Thursday, May 21st at 1pm

Topics related to the statewide public health improvement plan “Shaping a State of Health” flagship priority: Healthy Eating, Active Living, and Obesity Prevention:

- Nutrition and physical activity for young children (Strategy #2 page 8)
- Healthy foods and beverages in worksites and government settings (Strategy #3 page 9)

Summary notes submitted by Haley Stewart, March 2015