



Health Disparities Grant Program Grantee Description

Pueblo City-County Health Department

Neighborhood Approach to Reduce Diabetes & Obesity

About the Program

The program is the Neighborhood Approach to Reduce Obesity and Diabetes. The program is out of the Pueblo City-County Health Department. The goal of the program is to reduce the risk for diabetes and other chronic diseases through health education classes utilizing the 16-week Lifestyle Balance Diabetes Prevention Program and the development of community gardens that naturally incorporates exercise along with encouragement to grow fruits and vegetables. The program is also assisting with the Parks and Recreation Department to encourage local residents to participate in the Adopt-A-Park Program. Once gardens are successful, a local Farmers Market Exchange program will be developed.

Project Personnel

The Project Coordinator is Julie Kuhn. Part of her role is a Health Educator and to teach the Lifestyle Balance class. Julie Kuhn provides technical assistance for the development of the community garden project and acts as liaison for the Adopt-A-Park and the Farmers Market Exchange. There are no other personnel.

Program Offerings

The goals are to offer the free diabetes prevention class to local residents living in Pueblo. The Hispanic population is the target population. The Lifestyle Balance class had 32 participants of which 19 were Hispanic. As a group total, there was 208.3 pounds lost at an average of 6.5 pounds, which contributes to reducing the risk for diabetes, heart disease and other chronic diseases.

The community gardens have been developed in an area that has a low-income, high Hispanic population. The neighborhoods where the gardens are located have begun to have a positive effect by the elimination of using the vacant lots as dumping grounds and providing an area for residents to garden and gather. Community involvement and collaboration with other local business and agencies, along with development of local leaders, is a positive aspect to the garden development. Local residents are in the beginning stages of

developing a new sense of pride in their neighborhoods.

Success Stories

There are a multitude of accomplishments completed by the participants in the Lifestyle Balance class and those that dedicated themselves to the development of the community gardens in their local neighborhoods.

Contact Information

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Participants of the Lifestyle Balance Class SPRING 2009



Instructor, Julie Kuhn (front row, left) pictured with her 16-week Lifestyle Balance Class participants.