

Live Well Wheat Ridge Partnership Organizations

- ◆ City of Wheat Ridge
- ◆ Jefferson County Public Health
- ◆ Exempla Lutheran Medical Center
- ◆ Jefferson County Public Schools
- ◆ Jefferson Center for Mental Health
- ◆ Colorado State University Cooperative Extension
- ◆ Seniors' Resource Center
- ◆ Kaiser Permanente, Wheat Ridge
- ◆ Wheat Ridge 2020



How can You get involved ?

Are you interested in making Wheat Ridge more biker and walker-friendly?

Are you interested in supporting Wheat Ridge and Edgewater schools so youth can easily walk or bike to school?

Are you interested in supporting community gardens in Wheat Ridge?

Are you interested in supporting worksite wellness initiatives in Wheat Ridge?

Do you want to learn more about LiveWell Wheat Ridge?

If so, please contact Molly Hanson, LiveWell Wheat Ridge Coordinator at molly.hanson7@gmail.com or (303) 324-7998. For more information about LiveWell Colorado please go to www.livewellcolorado.org.

LiveWell Whet Ridge is funded by LiveWell Colorado, a non-profit committed to reducing obesity in Colorado by inspiring healthy eating and active living. LiveWell Colorado aims to provide every Coloradoan with access to healthy foods and opportunities for physical activity in the places they live, work, learn and play. This non-profit organization will realize its vision by elevating health and wellness awareness, augmenting funding for the most promising obesity reduction strategies and leveraging investments and resources.



Promoting Healthy Eating and Active Living (HEAL) through Projects, Planning, Policies, and Physical Changes to the Environment in the Wheat Ridge Community



The Facts About Physical Activity and Nutrition

Good nutrition and regular physical activity are fundamental to healthy living. According to the National Institutes of Health, sedentary lifestyles and unhealthy eating are linked to an increased risk of more than 20 physical ailments as well as a number of psychological problems.

Specifically, poor eating and activity habits are major contributors to cancer, coronary heart disease, hypertension, diabetes, and stroke.

In 2007, an estimated 13% of Colorado children ages 2-14 were considered to be overweight. An additional 12.8% were at risk for being overweight.

In 2008, 19.1% of Coloradans were obese (vs. 26.6% nationwide).

In 2007, 25.8% of Coloradans were eating at least 5 servings of fruits and vegetables daily, compared with 24.2% nationally. This is well below the public health suggested guidelines.

LiveWell Wheat Ridge aims to reverse these trends by advocating for policies and community environments that support making healthier choices.



LiveWell Wheat Ridge: Who we are

LiveWell Wheat Ridge (LWWR) is funded by LiveWell Colorado. We are one of twenty-five communities around the state of Colorado funded to implement healthy eating and active living strategies to prevent adult and childhood obesity.

Mission

The mission of the LWWR partnership is to collaborate with other community stakeholders to create an environment and culture which supports healthy eating and active living (HEAL) options through programs, policies, changes to the physical environment and infrastructure in Wheat Ridge and Edgewater.

Approximately thirty two thousand people live in Wheat Ridge and like many of its neighboring communities, faces a variety of challenges such as:

- ◆ Building economic stability in a struggling business sector
- ◆ Zoning and regulatory restrictions that inhibit deploying smart growth strategies
- ◆ Lack of sidewalks and bike lanes on major streets
- ◆ Trail systems that lack connectivity

Despite these challenges, our community and coalition members are committed to working together to support and implement sustainable healthy eating and active living (HEAL) policies and infrastructure improvements to improve health for all who live, work or play in Wheat Ridge

LiveWell Wheat Ridge Strategic Initiatives

Strategy 1: Improve biking/pedestrian Wheat Ridge infrastructure by implementing the Wheat Ridge Safe Routes Task force

Strategy 2: Promote worksite wellness policies in the City of Wheat Ridge and implement Wheat Ridge Worksite Wellness Coalition

Strategy 3: Support the City of Wheat Ridge implementation and adherence to the Envision Wheat Ridge Comp Plan

Strategy 4: Educate and provide community specific HEAL resources and tools that can be used by health care providers/patients

Strategy 5: Provide capacity-building to 4-5 Wheat Ridge/Jefferson Articulation area schools on Coordinated School Health best practices

Strategy 6: Increase community access to fresh fruits and vegetables through community gardens and farmers' markets and increase the community infrastructure and policy environment to support urban garden strategies

Strategy 7: Educate Community Decision Makers to Help Make Policy and Environmental changes that Sustainably Support HEAL in Wheat Ridge