

LiveWell 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



LiveWell Wheat Ridge



For more information
or to get involved:

Please Contact

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LiveWell Wheat Ridge



LiveWell Wheat Ridge aims to provide the community with access to healthy foods and opportunities for physical activity in the places they live, work, learn and play.



Learn more at

livewellcolorado.org

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.

In 2008, an estimated 15% of Colorado children ages 2-14 were considered to be overweight.

In 2008, 36.2% of adult Coloradans were overweight and 19.1% were obese; 55.3% were either overweight or obese, which translates to 2.1 million adult Coloradans.

In 2008, 9.7% of children were eating 5 servings of fruits and vegetables daily. This is well below the public health suggested guidelines.



LiveWell Wheat Ridge Who We Are



LiveWell Wheat Ridge is a community coalition funded by LiveWell Colorado. We seek to apply science and evidence-informed practices to implement sustainable policies and environmental enhancements to support healthy eating and active living to combat adult and childhood obesity.

Projects

Supports redevelopment and infrastructure projects that connect the community, provide aesthetically pleasing opportunities to bike and walk and enhance economic growth.

Policies

Support community efforts and guidelines to foster active living and healthy benchmarks.

Initiatives

Working toward the successful implementation of:

- A fitness trail for older adults
- City of Wheat Ridge Bike and Pedestrian Study
- A community health needs assessment
- A community agriculture and food sector assessment
- Community input sessions and a website to promote mixed use and active community environments

Sign up for one of the following task forces to support healthy eating and active living efforts in Wheat Ridge.

Active Community Environments Task Force (ACE)

Access to Fresh Fruits and Vegetables Task Force (AFFV)

Worksite Wellness Task Force

Healthy Eating

Workplace Wellness

Active Living