



Inspire and advance policy, environmental and lifestyle changes that promote health through the prevention and reduction of obesity

LWWR is excited to issue the first edition of the LiveWell Wheat Ridge Coalition Newsletter. This newsletter will provide updates on community events, capacity-building opportunities and updates from our Leadership Committee and our task forces.

Since 2005, LiveWell Wheat Ridge has been working to reduce and prevent obesity in the Wheat Ridge community. Through dynamic partnerships, LWWR has implemented a variety of programs, policies and planning processes to increase healthy food consumption and increase physical activity.

We thank all of our volunteers, coalition members and community partners for their commitment and energy to make Wheat Ridge a healthier place.

Staff Update



LiveWell Wheat Ridge is excited to welcome Bill Mahar, Planning and Technical Consultant for LiveWell Wheat Ridge, to the team. Bill joined LWWR in April, 2010. Bill has master degrees in Landscape Architecture and Urban Design. He has 8 years of professional experience in land use and city planning as well as designing open space and riverfront projects.

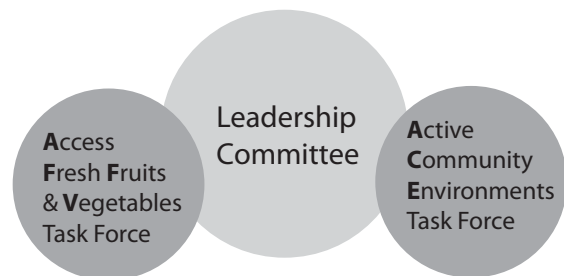
New LWWR Coalition Structure

In order for the LiveWell Wheat Ridge Coalition to maximize its impact in the community, LWWR implemented a new coalition infrastructure. LWWR launched our Active Community Environments and Access to Fresh Fruits and Vegetables Task Forces in the summer of 2010 as well as our Leadership Committee. Additionally, we implemented a new leadership committee this summer. This new direction and infrastructure will allow us to strategically focus on priority areas and initiatives.

Leadership Committee Launch

Facilitated by Nonprofit Impact, the new LWWR Leadership Committee will help provide guidance on the strategic direction of the LiveWell Wheat Ridge initiative. Members represent the following organizations:

Exempla Lutheran Medical Center Foundation
Family Tree, Inc.
Jefferson Center for Mental Health
City of Wheat Ridge
Wheat Ridge 2020
Kaiser Wheat Ridge
Representative Susan Schafer
The Community of Wheat Ridge



LiveWell Wheat Ridge staff thanks the members for their energy, vision and commitment to helping LWWR identify strategic priorities and develop and promote a LWWR Sustainability Plan.

Access to Fresh Fruits and Vegetables (AFFV) Task Force Launch

LWWR launched this task force in partnership with Jefferson Conservation District. Attended by community residents, business owners, city staff, school, etc. this task force will prioritize strategies, project and policy enhancements to increase urban agriculture and support sustainable food systems. Additionally, three subcommittees have been established.

1. Policy Subcommittee
Chaired by Jesse Hill, Wheat Ridge resident
2. Community Outreach Subcommittee
Chaired by Debbie Sarcone, Wheat Ridge resident
3. Education Subcommittee
Chaired by Barbara Moore, Wheat Ride resident



Front yard vegetable garden in Applewood

Last month, the AFFV hosted Quint Redmond, founder and principal of Agriburbia. He provided a presentation on sustainable agriculture in Wheat Ridge. **Our next Task Force meeting will be held on Tuesday, August 25th from 5:30-7pm at the Highlands South Senior High Rise at 6360 W 38th Avenue.**

For more information about this task force, please contact Molly Hanson, LiveWell Wheat Ridge Coordinator at mhanson@jeffco.us or at (720) 345-8547.

Active Community Environments (ACE) Task Force Launch

LWWR launched this task force in May of this year. This task force will prioritize strategies to promote and develop active community environments that make it safe, convenient and aesthetically pleasing for people to integrate physical activity into their daily routines through community-based education and action. Additionally, three subcommittees have been established.

1. Community Outreach/ Advocacy / Education Subcommittee
Chaired by Ted Heyd, Wheat Ridge resident
2. Planning and Policy Subcommittee
Chaired by Greg Seebart, Wheat Ride resident
3. Safe Routes to School Subcommittee



Wheat Ridge Recreation Center:
A great city amenity that is a good example of a community wide active community environments project.

At July's ACE meeting, Sarah Showalter, City of Wheat Ridge Planner II gave a presentation on the development of the mixed use zoning ordinances. She provided information on the public process, benefits of mixed use developments and the potential next steps the city may initiate. **Our next meeting will take place on Wednesday, September 1st at 5:30pm at the Wheat Ridge Police Department conference room at 7500 W 29th Avenue.**

For more information about this task force, please contact Bill Mahar, LiveWell Wheat Ridge Technical and Planning Consultant at maharbill@gmail.com or at (720) 237-7324.

LiveWell Colorado Podcast

Lessons Learned from Smart Growth Conference

LiveWell Wheat Ridge Coordinator, Molly Hanson and City of Wheat Ridge Senior Planner, Sally Payne attended the *9th Annual Partners for Smart Growth Conference*. Molly and Sally are featured along with other LiveWell community staff in a podcast about lessons learned from the conference. The podcast further describes how public health can form partnerships to influence the direction of built environment policy.

To listen to the Podcast go to:
<http://livewellcolorado.org/community-information>

Community Spotlight

What's Happening in Wheat Ridge

LiveWell Wheat Ridge provided funds for the development of a senior-friendly and environmentally conscious fitness park at Highlands Senior Housing Development located at 6363 W 35th Avenue. LWWR wants to thank the staff of Highlands South and Regis Physical Therapy Program for their partnership on this project. A ribbon cutting was recently held with over 300 in attendance. Stop by and check out the new park!



City of Wheat Ridge Initiatives

Because there is such a strong tie between the built environment and reducing obesity, LWWR has provided funding for two City of Wheat Ridge projects that support creating active community environments. Please read the project descriptions and contact Bill Mahar, LWWR Planning and Technical consultant with any questions.

Bicycle and Pedestrian Master Plan Adopted on Monday, August 9th!!

The City of Wheat Ridge continues their work on a comprehensive Bicycle and Pedestrian Master Plan. Through a participatory process, which included community input sessions this spring, the City Council adopted this plan on Monday, August 9th, 2010. This project identifies priority routes for future enhancements to support community residents to safely walk and bike. Some of the top preliminary priority routes considered for future facility enhancements include:

Kipling Street from 26th Ave to 51st Ave
Pierce Street from 26th Ave to 44th Ave
38th Avenue from Sheridan to Wadsworth
38th Avenue from Youngfield to Kipling

To view of map of the proposed routes go to:
<http://www.ci.wheatridge.co.us/DocumentView.aspx?DID=11>

Mixed Use Zone

The City of Wheat Ridge is developing a new zoning category that will foster mixed use developments in specific areas of the city. The development of mixed use areas is a priority of the City's comprehensive plan, *Envision Wheat Ridge*. Locations considered for mixed use zoning:

Wadsworth Boulevard
Kipling Street
W. 38th Avenue (from Sheridan to Wadsworth)
W. 44th Avenue (from Sheridan to Wadsworth)

LWWR funded a website (<http://www.wrmixeduse.com/>) to provide drafts of the ordinances, increase public input and provide information on how mixed use positively impacts public health.

Please Join us at the upcoming City Council hearing to support the approval of the Mixed Use Zone ordinances:

Hearing for Mixed Use Zone ordinances: **Monday, September 13th at 7pm, City Hall**

38th Avenue Corridor Plan

38th Avenue has been called the main street of Wheat Ridge. The adoption of the mixed use zoning ordinances will provide the City with a new tool to encourage walkable, mixed use development along 38th Avenue.



LWWR has provided funds to the City of Wheat Ridge to implement community input sessions on the vision and future of 38th Avenue. Stay tuned for more information on these community input sessions.

To learn more about the planing for 38th Ave. go to: <http://www.wrmixeduse.com/38th-avenue-planning>

Wheat Ridge Carnation Festival!

Friday and Saturday, August 20th and 21st
Located at: Anderson Park 4355 Field St.

Please stop by and visit our booth!

Useful Resources

Learn more about LiveWell Colorado's community projects and policy initiatives
<http://livewellcolorado.org/>

The National Policy and Legal Analysis Network (NPLAN) is a great resource on on childhood Obesity prevention strategies.
<http://www.nplanonline.org/>

The Local Government Commission is a good source for information on creating walkable and livable places.
<http://www.lgc.org/>

The Alliance for Biking and Walking is a national organization focused on uniting pedestrian and bike organizations.
<http://www.peoplepoweredmovement.org/site/>

Stop by the Wheat Ridge Farmers Market!

LiveWell Wheat Ridge promotes the Wheat Ridge Farmers' Market as a place to purchase healthy foods. Through a great partnership with Jefferson Conservation District (JCD) LWWR funded the installation of an electronic benefits transfer (EBT) machine so residents can use their food stamps at the market. Thank you to JCD for all their hard work to make this program a success.

The utilization of an EBT machine at the Wheat Ridge Farmers Market has generated interest among media outlets in the county, state and around the world! This program is viewed as ground breaking because it will allow lower income people to purchase local fresh fruits and vegetables at a community farmers market.



The Market is open Thursdays from 11:00AM to 3:00PM until October 28th and is located at 4260 Wadsworth Blvd in front of Ross.

THANK YOU!!

We want to thank Highlands South Senior Housing Development and Wheat Ridge Cyclery for the use of meeting rooms for recent LiveWell Wheat Ridge meetings.

Upcoming Webinar

NPLAN, the National Policy and Legal Analysis Network to Prevent Childhood Obesity will be hosting a free webinar on Safe Routes to School policies on Wednesday, August 11th at 11am MT. Additional information can be found at: <http://www.nplanonline.org/>

Upcoming Events and Meetings

Jefferson County Health and Produce Fair
Friday, August 13th
9:00AM - 11:30AM
Healing Waters Church
6457 W 29th Avenue

Wheat Ridge Carnation Festival
Friday, August 20th
Saturday, August 21st
Stop by and visit our booth!

Access to Fresh Fruits and Vegetables Task Force
Tuesday, August 25th at 5:30PM
Highlands South Senior High Rise
6360 W 38th Avenue

Active Community Environments (ACE) Task Force
Wednesday, September 1st at 5:30pm
Wheat Ridge Police Department
7500 W 29th Avenue

Hearing on Mixed Use Zone ordinances
Wheat Ridge City Council
7500 W 29th Avenue
Monday, September 13th at 7PM

Farmers 5000 5K Race
Wheat Ridge High School
9505 W 32nd Avenue
Sunday, September 19th

Safe Routes to School Information and link to 2011 Grant Applications

Colorado Safe Routes to School (SRTS) uses a comprehensive approach to make routes safe for children when walking and bicycling to school. The Colorado Department of Transportation (CDOT) administers Colorado's SRTS program. In Colorado, communities, parents and schools are fostering a safe environment for their students by using SRTS programs to encourage more youth to walk or bike to school every day. Information taken from CDOT website

Why is this program important?

SRTS programs can improve safety, not just for children, but for the entire community. It provides opportunities for people to increase their physical activity and improve their health. It reduces traffic congestion and pollution around our schools and encourages partnerships.

In 1969, roughly half of all 5-to-18 year olds walked or biked to school. Nearly 90% are driven by auto or bus to school today. SRTS is a Federal-Aid program to enable children to walk and bicycle safely. Information taken from CDOT website

2011 Application Information

For more information on the application please check out the following link:
<http://www.coloradodot.info/programs/bikeped/safe-routes>



Funding for LiveWell Wheat Ridge is provided by LiveWell Colorado

To become an *ACTIVE* member with LiveWell Wheat Ridge or to sign up for a task force please contact Molly Hanson, LiveWell Wheat Ridge Coordinator at mhanson@jeffco.us or at 720.345.8547



Issue #1

LiveWell Wheat Ridge

Summer ■ 2010