

LiveWell Leadville

Behavior Goals, Conditions Outcome Statements, and Strategy Statements

2017-2019

Vision	Leadville’s residents work to reimagine Leadville and Lake County as a community with unique opportunities to live a healthy lifestyle.
Mission	LiveWell Leadville envisions Leadville-Lake County as a community in which: <ul data-bbox="493 971 1806 1226" style="list-style-type: none">• All residents have access to affordable, healthy, and/or regional food;• All residents have access to recreation through accessible design, safety, and affordability;• All residents are engaged in making their community a better place to live; and• All progress builds on Leadville’s sense of place—particularly our arts, culture, history and natural environment

Goals, Strategies and Activities

Behavior Goal 1: Increase the number of people in our community who travel by walking or biking. (Aligns with RFP outcomes: Increased physical activity opportunities and spaces; New and improved policies that promote active transportation and physical activity; Increased awareness, knowledge, skills, and motivation to recognize and make healthy behavioral choices; Improved resident leadership and civic engagement; Improved leadership buy-in and engagement among elected/appointed officials; Improved community safety; Improved transportation to access vital services, Improved collaboration between community partners.)				
Strategies	2017 Activities	2018 Activities	2019 Activities	Key Implementation Partners
1.1 Implement a Safe Routes to Schools Education and Encouragement Program focused at West Park Elementary School and the Lake County Intermediate School	A: Implement or co-implement youth education events, such as Bike/Walk to School Days, Mechanics' Days, Bike Rodeos or Take a Kid Mountain Biking Days. B: Pilot a walking school bus. C: Pilot Safe Routes to Schools (SRTS) education in at least one PE class D. Pilot at least one incentive program, such as a "Frequent Walk/Bike" program, in the Lake County School District. E. Implement a parent education program to raise parent awareness about walking/biking to school. F. Hire a Mobility Coordinator and locate him/her part-time in the LCSD	A: Continue youth education events, such as Bike/Walk to School Days, Mechanics' Days, Bike Rodeos or Take a Kid Mountain Biking Days. B: Use lessons from pilot to expand the number of walking school buses. C: Expand SRTS education to additional PE classes D. Continue incentive program. E. Continue a parent education program to raise parent awareness about walking/biking to school.	A: Continue youth education events, such as Bike/Walk to School Days, Mechanics' Days, Bike Rodeos or Take a Kid Mountain Biking Days. B: Continue using education and encouragement strategies to encourage the use of walking school buses. C: Ensure sustainability of SRTS lessons in LCSD PE classes. D. Continue incentive programs. E. Continue a parent education program to raise parent awareness about walking/biking to school.	<ul style="list-style-type: none"> • Lake County School District, including Health and Wellness Coordinator and PE teachers • Full Circle of Lake County, especially Trips for Kids Coordinator • Cloud City Wheelers • Parents • Cycles of Life bike shop • Promotoras • Members of the Safe Routes to Schools Coalition
	2017 Activities	2018 Activities	2019 Activities	Key Implementation Partners

Goals, Strategies and Activities

<p>1.2 Develop and improve practices and policies that promote active transportation</p>	<p>A: Educate and mobilize potential Complete Streets advocates (including youth and seniors), raising awareness about possible Complete Streets policies and projects, including road diets, wayfinding, snow removal plans, multi-modal considerations, etc. B. Educate and mobilize elected and appointed leaders, raising awareness about Complete Streets policies and practices such as road diets, snow removal plans strategies, multi-modal considerations, etc. among elected and appointed leaders. C. Use marketing techniques (such as events and advertising) to raise awareness about early infrastructure successes, such as sidewalks in West Park neighborhood and develop the perception that Lake County walks & bikes</p>	<p>A: Work with the City and County to pass a comprehensive & strong Complete Streets policy and/or develop practices (such as removing snow from sidewalks) that would promote walking and biking.</p>	<p>A: Work with the City and County to monitor the implementation and impact of any Complete Streets policies that have been successfully adopted.</p>	<ul style="list-style-type: none"> • City of Leadville • Lake County • Youth (perhaps as interns or a youth coalition) • Senior Citizens • Cloud City Wheelers • Promotoras • Members of the Safe Routes to Schools Coalition
<p>1.3 Plan, advocate for, and work</p>	<p>2017 Activities</p>	<p>2018 Activities</p>	<p>2019 Activities</p>	<p>Key Implementation Partners</p>

Goals, Strategies and Activities

<p>to fund enhanced infrastructure to support walking and biking.</p>		<p>A: Work with the City and County to develop a bike and pedestrian master plan that highlights priority infrastructure projects, includes conceptual designs for those projects and identifies a snow-removal plan that encourages walking and biking in the winter by developing a system of snow-free and connected sidewalks and roads.</p>	<p>A: Develop construction designs and identify funding for at least one priority infrastructure project. B. Implement a snow removal plan that facilitates walking/biking in the winter.</p>	<ul style="list-style-type: none"> • City of Leadville • Lake County • Youth (perhaps as interns or a youth coalition) • Senior Citizens • Cloud City Wheelers • Promotoras • Members of the Safe Routes to Schools Coalition
	<p>2017 Milestones/Outputs</p>	<p>2018 Milestones/Outputs</p>	<p>2019 Milestones/Outputs</p>	
	<p>A: At least 20 youth will participate in education events. B: Pilot at least one walking school bus. C: Work with PE teachers to deliver at least one SRTS lesson in a PE class in the Lake County School District. D: Frequent walk/bike program piloted at one school and miles integrated into the “100 mile club.” E. Educate stakeholders using at least two strategies (for example, an in-person training and marketing campaign). F. Make at least one presentation to the Leadville City Council or</p>	<p>A: At least 50 youth will participate in education events. B: Cultivate a minimum of two walking school buses. C: Work with PE teachers to deliver at least four SRTS lessons in PE classes in the Lake County School District. D: Frequent walk/bike program is expanded to two schools. E. Pass at least one Complete Streets policy at the City or County level. F. Development of a bike/pedestrian master plan that includes a snow removal plan.</p>	<p>A: At least 80 youth will participate in education events. B: At least two walking school buses continue. C: SRTS lessons are delivered to every student at either Lake County Intermediate School or West Park Elementary School D: Frequent walk/bike program continues at at least one school. E. Development of monitoring plan (and monitoring) for any adopted Complete Streets policies. F. Development of construction design and identification of funding for at least one infrastructure</p>	

Goals, Strategies and Activities

	Lake County Commissioners.		project or program (including the possible implementation of a snow removal plan.)	
<p>Behavior Goal 2: Increase healthy food consumption in our community, particularly for people at or below 200% of poverty. (Aligns with RFP outcomes: Increased awareness, knowledge, skills, and motivation to recognize and make healthy behavioral choices; Improved resident leadership and civic engagement; Improved leadership buy-in and engagement among elected/appointed officials; Increased access to fruits and vegetables; Reduced availability of sugar-sweetened beverages; Decreased access to unhealthy food and beverages; New and improved policies that enable access to healthy food options; Maximized outreach, enrollment, retention, and utilization in federal food programs; Improved capacity to manage chronic conditions, Improved collaboration between community partners.)</p>				
Strategies	2017 Activities	2018 Activities	2019 Activities	Key Implementation Partners
2.1: Increase awareness, knowledge, skills and motivation to recognize and make healthy behavioral choices through the implementation of a Fruit and Vegetable Prescription Program, a Cooking Class, and a community-wide and school-district 52108 campaign.	<p>A: Using lessons learned from 2016 pilot, deliver and evaluate another 3-month Fruit and Vegetable Prescription Program and Cooking Class.</p> <p>B. Pilot a 52108 campaign.</p>	<p>A: Identify a direct service agency to manage the Fruit and Vegetable Prescription Program and Cooking Class going forward and an ongoing funding source.</p> <p>B. Continue a 52108 campaign.</p>	<p>A: Work with the identified direct service agency to continue to evaluate the Fruit and Vegetable Prescription Program and Cooking Class, make suggestions for improvement, and contribute to ongoing sustainability.</p>	<ul style="list-style-type: none"> Rocky Mountain Family Practice School-Based Health Clinic Leadville Medical Clinic Lake County Public Health St. Vincent's Hospital Lake County community members passionate about healthy food
	2017 Activities	2018 Activities	2019 Activities	Key Implementation Partners

Goals, Strategies and Activities

<p>2.2: Research and implement strategies to maximize outreach, enrollment, retention, and utilization in federal and local food programs AND ensure these programs increase access to healthy foods.</p>	<p>A: Work with a stakeholder group, including the Department of Human Services and St. George’s Episcopal Church, to research current barriers to enrollment in federal and local food programs and identify possible strategies to address those barriers. Possible strategies might include such things as marketing campaigns to raise awareness and decrease stigma, enrollment days, streamlining enrollment, etc. B. Expand “Share and Care Food Bank” pilot to at least one other agency in order to increase the amount of healthy food offered at food pantries in Lake County. Evaluate expansion.</p>	<p>A: Implement one of the identified strategies for implementation. Evaluate success of identified strategy. B. Work with Lake County agencies to expand access to “Care and Share Food Bank,’ in order to increase the amount of healthy food offered at food pantries in Lake County. Evaluate expansion.</p>	<p>A: Implement a second strategy for implementation. Evaluate success of identified strategy.</p>	<ul style="list-style-type: none"> • Department of Human Services • St. George’s • Full Circle of Lake County • Members of the
<p>2.3: Support the creation of the Leadville Farm</p>	<p>2017 Activities</p> <p>A: Serve on a stakeholder group to help design the Cloud City Farm and advocate for connecting the facility and its programming to youth and underserved community members.</p>	<p>2018 Activities</p> <p>A: As a member of the stakeholder group, support the construction of the Cloud City Farm in a manner that ensures its connection to youth and underserved community members.</p>	<p>2019 Activities</p> <p>A: As a member of the stakeholder group, continue to ensure the Cloud City Farm has spaces and programs that connect youth and underserved community members to fresh fruits and vegetables.</p>	<p>Key Implementation Partners</p> <ul style="list-style-type: none"> • Cloud City Conservation Center • Cloud City Farm stakeholder group
	<p>2017 Activities</p>	<p>2018 Activities</p>	<p>2019 Activities</p>	<p>Key Implementation Partners</p>

Goals, Strategies and Activities

<p>2.4: Develop a youth coalition to work on decreasing the availability of sugar-sweetened beverages and/or other unhealthy food and beverages in Lake County</p>	<p>A. Working within the context of the multi-agency Youth Council, convene a youth coalition to research why sugar is bad for youth and also research possible policy changes to decrease availability of sugar-sweetened beverages and/or other unhealthy food and beverages in Lake County and develop recommendations. These might include such things as working with Lake County to improve food choices at County-owned facilities, a County-wide tax on sugar-sweetened beverages, or prohibiting unhealthy foods in classroom celebrations, among other strategies.</p>	<p>B. Work with youth coalition to bring recommendations to community decision makers.</p>	<p>C. Implement at least one policy or practice to decrease the availability of sugar-sweetened beverages and/or other unhealthy food and beverages in Lake County.</p>	<ul style="list-style-type: none"> • Lake County School District Health and Wellness Program • Youth • Lake County Public Health Agency • Lake County School District
	<p>A: Enroll at least 10 families in the Fruit and Vegetable Prescription Program. B. Identify at least 2 possible strategies to improve access to federal food aid programs. C: Pilot and evaluate a partnership with “Care and Share Food Bank” and at least one new Lake County agency. D: Attendance at Cloud City Farm stakeholder meetings</p>	<p>A: Identification of a direct-service agency to take on the Fruit and Vegetable Prescription Program. B. Implementation and evaluation of at least one possible strategy to improve access to federal food aid programs. C: If the “Care and Share Food Bank” pilot is a success, pilot with at least one other Lake County agency.</p>	<p>A: Development of a clear sustainability plan for the Fruit and Vegetable Prescription Program. B. Implementation and evaluation of at least one possible strategy to improve access to federal food aid programs. B: Shift Lake County food pantries to the “Care and Share Food Bank.” D: Attendance at Cloud City Farm stakeholder meetings and demonstrated</p>	

Goals, Strategies and Activities

	and demonstrated advocacy for the inclusion of youth and underserved community members in the planning and fundraising phase. E: Identification (with a youth coalition) of policy strategies to decrease availability of sugar-sweetened beverages and/or other unhealthy food and beverages.	D: Attendance at Cloud City Farm stakeholder meetings and demonstrated advocacy for the inclusion of youth and underserved community members in the construction phase. E: At least one presentation to community decision makers about a proposed strategy to decrease availability of sugar-sweetened beverages and/or other unhealthy food and beverages.	advocacy for the inclusion of youth and underserved community members in the programming phase. E: Implementation of at least one proposed strategy to decrease availability of sugar-sweetened beverages and/or other unhealthy food and beverages.	
<p>Behavior Goal 3: Increase physical activity opportunities and spaces for Lake County residents. (Aligns with RFP outcomes: Increased physical activity opportunities and spaces; New and improved policies that promote active transportation and physical activity; Increased awareness, knowledge, skills, and motivation to recognize and make healthy behavioral choices; Improved resident leadership and civic engagement; Improved leadership buy-in and engagement among elected/appointed officials; Improved community safety, Improved collaboration between community partners.)</p>				
Strategies	2017 Activities	2018 Activities	2019 Activities	Key Implementation Partners
3.1: Develop a recreational Hub that may have indoor and outdoor components.	A: Develop a conceptual design for a Recreational Hub that could include such components as indoor recreational space, outdoor spaces that connect residents to nature, a gear lending library, opportunities for programming, etc.	A: Develop construction designs and fundraise for a Recreational Hub.	A. Construct or remodel a Recreational Hub.	Members of the Get Outdoors Leadville Coalition
	2017 Activities	2018 Activities	2019 Activities	Key Implementation Partners

Goals, Strategies and Activities

<p>3.2: Develop recreational opportunities in Leadville’s outlying trailer parks.</p>	<p>A: Working with residents of at least one of Leadville’s outlying trailer parks who have spent 2016 identifying opportunities to develop parks, trails, or other infrastructure improvements in or near the trailer park, develop conceptual designs for at least one improvement that will improve access to physical activity.</p>	<p>A. Work to develop construction designs and fundraise for at least one infrastructure improvement at a trailer park that will improve access to physical activity.</p>	<p>A: Construct at least one more infrastructure improvement at a trailer park that will improve access to physical activity.</p>	<p>Members of the Get Outdoors Leadville Coalition</p>
<p>3.3: Identify and implement infrastructure changes, policies, or other strategies to increase Lake County residents’ feeling of safety in recreational facilities such as parks or trails.</p>	<p>2017 Activities</p> <p>A: Implement at least one strategy identified in 2016 to increase residents’ feeling of safety in recreational facilities such as parks or trails.</p>	<p>2018 Activities</p> <p>A: Implement at least one more strategy identified in 2016 to increase residents’ feeling of safety in recreational facilities such as parks or trails.</p>	<p>2019 Activities</p>	<p>Key Implementation Partners</p> <p>Members of the Get Outdoors Leadville Coalition</p>

Goals, Strategies and Activities

<p>3.4 Develop a coordinated system of out-of-school-time programming that provides opportunities for students to be physically active and experience new sports and physical activities.</p>	<p>A. Pilot a coordinated system of out-of-school-time programming that provides opportunities for students to be physically active and experience new sports and physical activities on the “5 Fridays” that school is closed for teacher professional development in the 2016-17 school year.</p>	<p>A. Pilot a coordinated system of out-of-school-time programming that provides opportunities for students to be physically active and experience new sports and physical activities during summer, 2018.</p>	<p>A. Pilot a coordinated system of out-of-school-time programming that provides opportunities for students to be physically active and experience new sports and physical activities during the 2018-19 school year.</p>	<p>Members of the Get Outdoors Leadville Coalition</p>
<p>3.5 Work with School Wellness Coordinator to research ways to increase PE/PA in the Lake County School District.</p>	<p>A. Through the mechanism of the Youth Council, convene a youth coalition to research why PE/PA is so important for youth and provide recommendations to the LCSD in advance of the LCSD Board strategic planning process to increase PE/PA for all students.</p>	<p>B. Work toward policy change in the district to increase PE/PA AND research models such as Playworks that could provide a “hybrid.”</p>	<p>C. Measure the impact of policy change in the district to increase PE/PA AND implement models such as Playworks that could provide a “hybrid.”</p>	
	<p>2017 Milestones/Outputs</p>	<p>2018 Milestones/Outputs</p>	<p>2019 Milestones/Outputs</p>	
	<p>A: Identification of a model for a Recreational Hub. B: Development of conceptual designs for at least one improvement that will increase access to physical activity. C: Identification of strategies to increase residents’ feeling of safety</p>	<p>A: Development of a conceptual design for a Recreational Hub. B: Development of construction designs and completion of fundraising for at least one infrastructure improvement that will increase access to physical activity.</p>	<p>A: Development of construction designs and construction of a Recreational Hub. B: Construction of at least one infrastructure improvement that will increase access to physical activity C: Implementation of at least once strategy to</p>	

Goals, Strategies and Activities

	<p>in recreational facilities such as parks or trails.</p> <p>D. Pilot a coordinated system of out-of-school-time on 5 Fridays that increases students' connection to physical activities.</p>	<p>C: of at least once strategy to increase residents' feeling of safety in recreational facilities such as parks or trails.</p> <p>D. Pilot a coordinated system of out-of-school-time during the summer that increases students' connection to physical activities.</p>	<p>increase residents' feeling of safety in recreational facilities such as parks or trails.</p> <p>D. Pilot a coordinated system of out-of-school-time during the 2018-2019 school year that increases students' connection to physical activities.</p>	
<p>Behavior Goal 4: Build resident leadership and civic engagement (Aligns with RFP outcomes: Increased awareness, knowledge, skills, and motivation to recognize and make healthy behavioral choices; Improved resident leadership and civic engagement; Improved community safety)</p>				
Strategies	2017 Activities	2018 Activities	2019 Activities	Key Implementation Partners
4.1: Continue to support the Family Leadership Training Institute offered in partnership with Full Circle of Lake County	A: Continue to support the Family Leadership Training Institute (FLTI) and work to engage graduates in our HEAL work.	A: Continue to support the Family Leadership Training Institute (FLTI) and work to engage graduates in our HEAL work.	A: Continue to support the Family Leadership Training Institute (FLTI) and work to engage graduates in our HEAL work.	<ul style="list-style-type: none"> • Full Circle of Lake County • Members of the Family Leadership Training Institute Civic Design Team • Members of the Colorado Trust Health Equity Cohort
	2017 Activities	2018 Activities	2019 Activities	Key Implementation Partners

Goals, Strategies and Activities

<p>4.2: Continue to develop resident leadership and civic engagement through our promotoras program.</p>	<p>A: Hire residents of our underserved neighborhoods to provide information and education which respects the culture and language of the community, in order to build relationships of trust with community members in their neighborhoods and improve knowledge about community resources, activities and opportunities. B. Work with promotoras to identify and implement specific projects or strategies in their neighborhoods to improve health (some or all of which may align with strategies listed above).</p>	<p>A: Hire residents of our underserved neighborhoods to provide information and education which respects the culture and language of the community, in order to build relationships of trust with community members in their neighborhoods and improve knowledge about community resources, activities and opportunities. B. Work with promotoras to continue to identify and implement specific projects or strategies in their neighborhoods to improve health (some or all of which may align with strategies listed above).</p>	<p>A: Hire residents of our underserved neighborhoods to provide information and education which respects the culture and language of the community, in order to build relationships of trust with community members in their neighborhoods and improve knowledge about community resources, activities and opportunities. B. Work with promotoras to continue to identify and implement specific projects or strategies in their neighborhoods to improve health (some or all of which may align with strategies listed above).</p>	<ul style="list-style-type: none"> • Members of the Colorado Trust Health Equity Cohort • Members of the GOCO Inspire Coalition
	<p>2017 Milestones/Outputs</p>	<p>2018 Milestones/Outputs</p>	<p>2019 Milestones/Outputs</p>	
	<p>A: At least 1 Lake County Build a Generation staff member attends or teaches FLTI to build relationships with participants. B: Contract with at least 5 promotoras.</p>	<p>A: At least At least 1 Lake County Build a Generation staff member attends or teaches FLTI to build relationships with participants. B: With promotoras, implement at least one specific project or strategy in their neighborhood to improve health (which may align with strategies listed above.)</p>	<p>A: At least At least 1 Lake County Build a Generation staff member attends or teaches FLTI to build relationships with participants. B: With promotoras, implement at least one other specific project or strategy in their neighborhood to improve health (which may align with strategies listed above.)</p>	