

{ What we do }

2016
ANNUAL
REPORT

Lake County Build a Generation

*Organizing Lake County to build a healthier
community for youth and families.*



We inspire

Merging a Collective Impact model with grassroots community organizing, we mobilize community members and local agencies around a shared vision for a healthy community. Working together, stakeholders prioritize goals, develop a menu of strategies to effect change (from programs to policies), evaluate the impact, and then keep working until we see measurable change. Together, we're inspired--and able--to do more than each of us could do alone.

We incubate

We serve as a backbone agency dedicated to coordinating and supporting the individuals and direct-service agencies working to create the conditions for health and well-being in Lake County. In this role, Lake County Build a Generation:

- Conducts research on the complex social issues affecting our community
- Opens communication channels between stakeholders, including government leaders, community agencies, youth and families
- Convenes and facilitates community work groups and action teams
- Aligns resources and strategies within the community around a common vision
- Mobilizes funding for programs and initiatives
- Helps people and agencies acquire the skills, education and resources they need to improve health outcomes in Lake County
- Measures and communicates change.

We innovate

We conduct ongoing research on the health and social trends affecting Lake County, and the evidence-based strategies to create health and well-being. With our support, community work groups and agencies then use that information to develop a menu of interventions to address a specific health indicator -- including expanding or developing programs, advocating for changes in public policy, and advancing environmental or infra-structural systems in our community.

{ Who we are }

Lake County Build a Generation is a program of the Lake County Public Health Agency that is building a movement for health and well-being in Leadville and Lake County.

We focus on the social, environmental and economic factors that impact the health and well-being of the whole community. From access to a quality education and healthy food to safe transportation and affordable housing -- the environments in which we live, work and learn have a measurable impact on our health. Our goal is to increase the factors favorable to positive health outcomes and decrease those that are unfavorable.



GOAL NO.1

{ WE *are* CREATING HEALTH *and* WELL-BEING

We increase social and environmental factors favorable to positive health outcomes in Lake County—and decrease those that are unfavorable.

PRIORITY 1

Increase the number of people in Lake County who have access to healthy and affordable housing.

PRIORITY 2

Increase the number of people in Lake County who travel by walking or biking.

PRIORITY 3

Increase physical activity opportunities and spaces for Lake County residents, especially those that connect youth and families to nature.

PRIORITY 4

Increase healthy food consumption, particularly for Lake County community members at or below 200% of poverty.

PRIORITY 5

Decrease substance abuse and increase positive mental health outcomes in Lake County.

PRIORITY 6

Increase youth access to healthy activities in and out of school as a protective factor.

PRIORITY 7

Develop a pre-collegiate program.

GOAL NO.2

{ WE *are* BUILDING a MOVEMENT

We help people and agencies acquire the skills, learning, and resources they need to achieve their full potential.

PRIORITY 1

Increase the number of youth taking a leadership role in Lake County.

PRIORITY 2

Increase the number of adults taking a leadership role in Lake County.

PRIORITY 3

Increase Lake County agencies' capacity to work on issues of health and health equity.

PRIORITY 4

Connect people and agencies to resources.





GOAL **WE are CREATING**
NO.1 HEALTH and WELL-BEING

PRIORITY
1

Increase the number of people in Lake County who have access to healthy and affordable housing.

WHY WE CARE "Affordable housing alleviates crowding and makes more household resources available to pay for health care and healthy food...High quality housing limits exposure to environmental toxins that impact health. Stable and affordable housing also supports mental health by limiting stressors... [and] offering homeowners control over their environment."

[CENTER FOR HOUSING POLICY]

KEY ACTIONS



In 2016, we convened a housing coalition to address the affordable housing crisis in Lake County. The group plans to hire a consultant in 2016-2017 to conduct a housing needs assessment.

BY THE NUMBERS

40

community members from more than 14 local organizations participated on the housing coalition in 2016



BY THE NUMBERS

26 school zone signs and assemblages have been installed across three school zones

PRIORITY 2

Increase the number of people in Lake County who travel by walking or biking.

WHY WE CARE "Residents of communities today struggle with motor vehicles clogging roads, motor vehicle emissions polluting the environment and more children engaging in less physical activity and growing overweight."

[SAFE ROUTES TO SCHOOL]

KEY ACTIONS

Serving as a backbone agency, we facilitated the work of the Safe Routes to Schools Coalition, which partnered with Lake County Road and Bridge to install new school zone signs and assemblages.

The Safe Routes to Schools Coalition has also piloted community and school education and encouragement events, such as a Bike Rodeo, two "Mechanic's Days" (to teach students to repair their bikes), a "Bike to School Day," and a "Walk to School Day."

PRIORITY 3

Increase physical activity opportunities and spaces for Lake County residents, especially those that connect youth to families to nature.



WHY WE CARE "The average American boy or girl spends as few as 30 minutes in unstructured outdoor play each day, and more than seven hours each day in front of an electronic screen."

[NATIONAL WILDLIFE FEDERATION]

KEY ACTIONS



SERVING AS
A BACKBONE
AGENCY

Worked with the Lake County Recreation Department to convene the Lake County Intermediate School Playground Action Team to construct a new playground at Lake County Intermediate School (LCIS). This playground opened for use in September 2014.

Worked with the Lake County School District Health and Wellness Program to convene the West Park Elementary (WPE) School Play Yard Action Team to construct a new play yard at WPE. This play yard opened for use in August 2016.

Convened the Get Outdoors Leadville Coalition to develop a \$5M proposal for connecting youth to nature in Lake County.

BY THE NUMBERS

After the LCIS Playground was built.

17.5%

of LCIS students moved from sedentary to active.

33%

of LCIS students moved from active to vigorously active.

LCBAG Study of Play and Leisure Activities in Youth data



FOLLOWING THE EXPANSION OF BREAKFAST AFTER THE BELL

BY THE NUMBERS

70% of Lake County Intermediate School students eat breakfast 7 days a week, compared to 54% in the state.

46% of Lake County High School students eat breakfast 7 days a week, compared to 40% in the state.

2015 Healthy Kids Colorado Survey Data

PRIORITY
4

Increase healthy food consumption, particularly for Lake County community members at or below 200% of poverty.

WHY WE CARE "Access to healthy food is associated with lower risk for obesity and other diet-related chronic diseases."

[POLICY LINK]

KEY ACTIONS

In 2016, in partnership with staff at the Lake County Public Health Agency, Leadville Medical Clinic, and Rocky Mountain Family Practice, we piloted foodhealth, Lake County's first fruit and vegetable prescription program. We also worked with community volunteers to offer healthy cooking classes.

We secured funding to research the improvement and expansion of the Lake County School District's Breakfast After the Bell, a program that provides free breakfast to all students regardless of income status.

PRIORITY
5

Decrease substance abuse and increase positive mental health outcomes in Lake County.



WHY WE CARE "By 2020, mental and substance use disorders will surpass all physical diseases as a major cause of disability worldwide. In addition, drug and alcohol use can lead to other chronic diseases such as diabetes and heart disease. Addressing the impact of substance use alone is estimated to cost Americans more than \$600 billion each year."

[SUBSTANCE ABUSE AND MENTAL HEALTH ADMINISTRATION]

KEY ACTIONS



In 2016, we convened an action team to address mental health and substance abuse concerns in Lake County. This action team has spent 2016 learning the Communities that Care model, researching the root causes of substance abuse/mental health disorders in Lake County, and developing an action plan.

BY THE NUMBERS

24 community members from more than 10 local organizations participated on the Alcohol, Tobacco and Other Drugs coalition in 2016.

15 Number of staff conducted provider focus groups and interviews relating to risk factors around youth substance abuse/mental health.



PRIORITY 6

Increase youth access to healthy activities in and out of school as a protective factor.

KEY ACTIONS

Serving as a backbone agency, we supported the Out of School Time Action Team in its work to hold a retreat to develop a community vision statement for a system of out-of-school time.

During the 2016-17 school year, the Out of School Time Action Team is piloting a system of out-of-school time in Lake County through the "Fun Fridays" collaboration.

BY THE NUMBERS

100%

Following the Out of School Time Retreat, 100% of participants rated their understanding of how to create a system of out-of-school time in Lake County as "strong" or "very strong," compared to 44% before the retreat.

WHY WE CARE "A review of over 50 studies of afterschool programs conducted by The Afterschool Alliance suggests: (1) quality after-school programs improved school attendance, engagement in learning, test scores, and grades; (2) frequency and duration of after-school participation increases benefits; and (3) high-risk youth show the greatest benefits."

[NATIONAL INSTITUTE ON OUT OF SCHOOL TIME]

PRIORITY 7

Develop a pre-collegiate program.



WHY WE CARE "Pre-collegiate academic development programs appear to be an important catalyst for institutionalizing school transformation within a context that promotes and achieves equitable postsecondary access for all students."

["HOW DO PRE-COLLEGIATE ACADEMIC OUTREACH PROGRAMS IMPACT COLLEGE-GOING AMONG UNDERREPRESENTED STUDENTS? -- PATHWAYS TO COLLEGE NETWORK]

KEY ACTIONS



Serving as a backbone agency, we coordinated the Pre-Collegiate Action Team, which worked with the Lake County School District to launch the Lake County High School (LCHS) Pre-Collegiate Program in 2015. In the 2015-16 school year, 75 students enrolled in the program—45 more students than projected in the original proposal. Also, 16 adult mentors were recruited by the program to assist pre-collegiate students.

We secured funding for Full Circle's Juntos program to increase post-secondary planning for both Spanish and English speaking families.

BY THE NUMBERS

100%

In the 2015-16 school year, 100% of the 15 seniors in the LCHS Pre-Collegiate program graduated and were accepted to college, and 72% matriculated (by contrast, historically, 38% of LCHS students have matriculated to college).



1
PRIORITY

Increase the number of youth taking a leadership role in Lake County.

WHY WE CARE "Youth programs and policies needs to focus not only on the prevention of problems, but equally so, on the development and engagement of adolescents."

[CDPHE]

KEY ACTIONS

Following numerous youth internships, youth research positions, and youth coalition pilot programs, Lake County Build a Generation, the Lake County School District Health and Wellness Program, and Project Dream have used this learning to prepare for the launch of a multi-agency collaborative Youth Council in 2016.

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An evaluation of the Lake County Youth Tobacco Coalition (one of our early pilots) by CU Denver noted:

"Youth are actively and positively engaged along several dimensions of the Youth Engagement model. [This group] offered members a variety of opportunities to participate, possessed a shared belief in its goals, worked well together throughout the year, displayed resiliency in light of adversity, identified adult and institutional supports important in their continued operation, and participated in shared decision making."

2
PRIORITY

Increase the number of adults taking a leadership role in Lake County.

WHY WE CARE "When people feel that they have little control over their lives, the results are all too often low community participation and voting levels, lack of community surveillance of public areas, vandalism, and decay of the physical and social structure of the neighborhood. These conditions can lead adolescents into substance abuse, violence, and delinquency."

[COMMUNITIES THAT CARE]

KEY ACTIONS



We support the Family Leadership Training Institute in Lake County (a project led by Full Circle of Lake County). Since its inception in 2015, 20 community members have graduated from the program.

We worked with 6 promotoras (community connectors) to conduct 239 interviews in our trailer parks and low-income housing units.

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"As a person, a promotora, it made me grow because I got to know my community and my community felt heard. When I was doing the interviews, they opened their hearts. ... In one of the interviews, they told me, 'at least we are being listened to,' because never before had they seen anything like what we're doing."

[PROMOTORA FINAL REFLECTION]

"After feeling heard and considered, individuals, one at a time, they started to share their dreams, desires, aspirations, and necessities. Little by little they were forming strong and powerful roots that were connecting the whole community... Because nature is one of those privileged spaces in which you don't need a skin color, a language, or an economic status. Nature is a pluricultural space. My community is working on this change, and today, with pride, I can say that Build a Generation, the youth researchers, and the promotoras are the architects of this change."

[PROMOTORA FINAL REFLECTION ON THE GET OUTDOORS LEADVILLE PROJECT]



PRIORITY 3

Increase Lake County agencies' capacity to work on issues of health and health equity.

WHY WE CARE "There is ample evidence that social factors, including education, employment status, income level, gender and ethnicity have a marked influence on how healthy a person is. In all countries – whether low-, middle- or high-income – there are wide disparities in the health status of different social groups. The lower an individual's socio-economic position, the higher their risk of poor health."

[WORLD HEALTH ORGANIZATION]

KEY ACTIONS



In summer of 2016, we worked with Full Circle of Lake County to offer a free three-part Health Equity Learning Series for local agency leaders that featured state and national experts on the subject. As a follow-up to that training, we partnered with Lake County Human Services to bring a 5-day medical interpretation training to Lake County, resulting in 14 newly certified interpreters in Lake County.

In 2016 we worked with Full Circle of Lake County to help organize local government officials, residents, and nonprofit leaders to successfully advocate for HB-1336. This bill directed the Colorado Division of Insurance to examine the high cost of health insurance in Lake County and other nearby counties.

BY THE NUMBERS

100%

After the Health Equity Learning Series Workshop #1, 100% of participants said they were "moderately" or "very" familiar with health equity, compared to 60% before the workshop.

92%

After the Health Equity Learning Series Workshop #3, 92% of participants indicated they were familiar with "working effectively with interpreters," compared to 39% before the workshop.

PRIORITY 4

Connect people and agencies to resources.



WHY WE CARE "Rural nonprofits face significant scarcities related to funding, leadership, and the large distances over which they often operate."

[BRIDGESPAN GROUP]

KEY ACTIONS



Serving as a backbone agency, we facilitated the Lake County Community Fund Action Team which launched the Lake County Community Fund (LCCF) in 2015 under the umbrella of the Pikes Peak Community Fund.

In 2016, the LCCF spent the year developing a strategic plan, pursuing its own 501(c)3 status, raising funding, and preparing for grantmaking in 2017.

BY THE NUMBERS

\$50K

Since its inception, the LCCF has raised over \$50,000 in resources for the community.