

## LiveWell Leadville Behavior Goals, Conditions Outcome Statements, and Strategy Statements

<b>Vision</b>	<b>Leadville’s residents work to reimagine Leadville and Lake County as a community with unique opportunities to live a healthy lifestyle.</b>
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<b>Mission</b>	<p>LiveWell Leadville envisions Leadville-Lake County as a community in which:</p> <ul style="list-style-type: none"> <li>• All residents have access to affordable, healthy, and/or regional food;</li> <li>• All residents have access to recreation through accessible design, safety, and affordability;</li> <li>• All residents are engaged in making their community a better place to live; and</li> <li>• All progress builds on Leadville’s sense of place—particularly our arts, culture, history and natural environment</li> </ul>
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### Behavior Goal 1: Increase healthy eating among students (ages 3-18) at schools in our community

Condition Statements	2014 Strategies (1/1/2014-12/31/2014)	2015 Strategies (1/1/2015-12/31/2015)	2016 Strategies (1/1/2016-12/31/2016)	Key Implementation Partners
1.1: The Lake County School District is serving healthy minimally processed reimbursable meals at lunch and breakfast.	<p>A: Identify ways in which LiveWell Leadville could support the implementation of the new LiveWell@School Food plan (including Breakfast After the Bell).</p> <p>B: Identify ways in which LiveWell Leadville could support the Coordinated School Health Plans</p>	<p>A: Mobilize a broad spectrum of the community/parents to support district food service staff in implementing their new LiveWell@School Food plan, including ensuring a healthy Breakfast After the Bell is being served.</p> <p>B: Mobilize a broad spectrum of the</p>	<p>A: Support the district in implementing its LiveWell@School Food plan by working with mobilized parents and community members to move key initiatives forward.</p>	<ul style="list-style-type: none"> <li>• School district staff</li> <li>• LiveWell Colorado</li> <li>• Parents</li> <li>• Local chef coach</li> <li>• Coordinated School Health Coordinator</li> <li>• Community members</li> </ul>

	(creation or implementation).	community/parents committees to support the schools' Coordinated School Health Plans.		
1.2: Students are aware of and interested in healthy food options at school	<p>A: Conduct research regarding existing demand for healthy food in schools.</p> <p>B. Identify ways to support school district staff in their efforts to create demand for healthy food.</p> <p>B: Work with the district's Health and Wellness Coordinator to identify ways in which LiveWell Leadville can support her efforts to engage students on district- and school-level wellness team (who will be working on developing coordinated school health plans).</p> <p>C. Work with the district's Health and Wellness Coordinator to identify ways in which LiveWell Leadville can encourage those teams to consider strategies to increase</p>	<p>A: Mobilize youth, parents and community members interested in supporting food service staff in their efforts to make healthy food more appealing, per the LiveWell@School Food Plan.</p> <p>B: Mobilize youth, parents, and community members to support strategies in the schools' Coordinated School Health plans to increase student demand for healthy food options.</p>	<p>A: Work with mobilized youth, parents, and community members to implement identified strategies to support LiveWell@School Food goals to increase demand for healthy food in schools (i.e., nutrition education, Cooking Matters, taste tests, etc.).</p> <p>B: Work with mobilized youth, parents, and community members to implement identified strategies to support Coordinated School Health goals to increase demand for healthy food in schools (i.e., nutrition education, Cooking Matters, taste tests, etc.)..</p>	<ul style="list-style-type: none"> <li>• Parents</li> <li>• Students</li> <li>• School district staff</li> <li>• Coordinated School Health Coordinator</li> <li>• Community members</li> <li>• Food Service staff</li> </ul>

	student demand for healthy food options.			
<b>Behavior Goal 2: Increase healthy food consumption among people in our community with incomes at or below 200% poverty level.</b>				
<b>Condition Statements</b>	<b>2014 Strategies (1/1/2014-12/31/2014)</b>	<b>2015 Strategies (1/1/2015-12/31/2015)</b>	<b>2016 Strategies (1/1/2016-12/31/2016)</b>	<b>Key Implementation Partners</b>
2.1: Leadville residents have access to affordable, healthy and/or regionally-grown food.	<p>A: Assess food access by mapping all locations/facilities that sell food.</p> <p>B: Identify gaps following assessment and mapping.</p> <p>C: Assess feasibility of reducing costs for local entities (restaurants; schools; stores) by developing/promoting unified purchasing system.</p> <p>D. Assess opportunities to purchase food affordably from regional providers</p> <p>E. Assess the feasibility of bringing in alternative distributors (co-ops, other grocery stores, farmers' markets, Farm to Market).</p> <p>F. Assess eligibility and redemption rates for WIC</p>	<p>A: Mobilize residents and Coalition members to work on increasing access to healthy food, based on the research done in Year 1.</p>	<p>A: Work with Safeway to increase healthy, affordable choices.</p> <p>B: Expand access to healthy, affordable food by supporting and/or launching other alternatives (i.e., co-ops, other grocery stores, farmers' markets, Farm to Market, regional producers)</p> <p>C: Assist emergency food providers in ensuring emergency food system provides access to healthy, affordable food.</p>	<ul style="list-style-type: none"> <li>• Community members</li> <li>• Weathervane Farm</li> <li>• Guidestone</li> <li>• Central Colorado Foodshed Alliance</li> <li>• Farm to Market</li> <li>• Safeway</li> <li>• Mountain Morning Co-op</li> <li>• WIC</li> <li>• SNAP/Department of Human Services</li> <li>• St. George Community Meals</li> <li>• Youth</li> <li>• EDC</li> </ul>

	<p>and SNAP to see if there is a need to get more people enrolled. Also assess the possibility of implementing double vouchers.</p> <p>G. Assess whether the Fresh Food Financing Fund is a good fit to address capital needs.</p> <p>H. Advocate for language in the Comprehensive Plan that would increase access to healthy, affordable food.</p>			
<p>2.2: Leadville residents are aware of and interested in healthy, affordable food opportunities, including the option of growing food themselves.</p>	<p>A. Engage community members (including youth) in the assessment and prioritization work.</p> <p>B. Assess the level of interest in purchasing healthy food, particularly among SNAP and WIC clients.</p> <p>C. Provide leadership and capacity-building trainings for local residents interested in this issue.</p> <p>D. Assess opportunities to provide additional education about high-</p>	<p>A. Mobilize community members (including youth) to increase access to healthy food, based on the assessment work done in Year One.</p>	<p>A. Engage community members (including youth) in the implementation work.</p> <p>B. Consider programs like Cooking Matters that work to drive demand for healthy food.</p> <p>C. Provide education about how to reduce lead levels in soils in order to make it safer to grow food locally.</p> <p>D. Provide education about growing food in Leadville (i.e., websites, annual learning tour of gardens).</p>	<ul style="list-style-type: none"> <li>• Community members</li> <li>• Youth</li> <li>• Lake County Library</li> <li>• Community members</li> <li>• Enchanted gardens</li> <li>• HC<sup>3</sup></li> <li>• EPA</li> <li>• C<sup>4</sup></li> <li>• Local “expert” gardeners</li> <li>• Schools in Summit County that have tried greenhouses</li> <li>• Guidestone</li> </ul>

	altitude gardening.  E. Assess opportunities for a community greenhouse.			
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**Behavior Goal 3: Increase the number of people in our community who are traveling by walking or biking**

<b>Condition Statements</b>	<b>2014 Strategies (1/1/2014-12/31/2014)</b>	<b>2015 Strategies (1/1/2015-12/31/2015)</b>	<b>2016 Strategies (1/1/2016-12/31/2016)</b>	<b>Key Implementation Partners</b>
3.1: Community members have access to a network of complete streets and trails on which to travel.	<p>A: Bring the existing trails groups together to assess opportunities for creating a Trails Master plan.</p> <p>B. Work with local arts and history groups to assess opportunities for “engaging design” incorporation history and art, in order to further encourage walking and biking.</p> <p>C. Provide leadership and capacity-building trainings for local residents interested in this issue.</p> <p>D. Advocate for the inclusion of trails and complete streets as a priority in the Comprehensive Plan.</p> <p>F. Assess opportunities to</p>	<p>A: Mobilize interested parties, including environmental groups, arts groups, parent groups, history groups, biking groups, hiking groups, youth, senior groups, and others who are interested in trails.</p> <p>B. Work with existing trails group to bring all of the current imagined trails onto one “Trails Master Plan” that would serve the needs of all residents. Encourage the different user groups to build their trails to the same standards, where doing so would help to create a network of trails.</p> <p>C. Seek funding/partner in-kind for improvements.</p>	<p>A. Encourage and support trail building especially where it would connect low-income residents with places they need to go.</p> <p>B. Identify ways to connect community members with bikes and skis.</p>	<ul style="list-style-type: none"> <li>• Workforce Center</li> <li>• Full Circle</li> <li>• SOS</li> <li>• Cloud City Wheelers</li> <li>• Mineral Belt Trail</li> <li>• Mike Conlin</li> <li>• Community members</li> <li>• Youth</li> </ul>

	improve the safety of existing local walking and biking trails (repair sidewalk, improve lighting, etc.)			
3.2: Community members know how to—and are interested in—traveling by walking and/or biking	A: Engage community members, including youth, in assessment work.	A: Mobilize community members to implement Complete Streets changes.	A. Encourage walking and biking through “Walk/Bike to Work Days.”  B. Educate the community about any trail or street improvements.  C. Employ youth to build trails.	<ul style="list-style-type: none"> <li>• Families</li> <li>• School district staff</li> <li>• Police</li> <li>• Fire Department</li> <li>• Local public health agency</li> <li>• Local public health organizations</li> </ul>
<b>Behavior Goal 4: Increase the number of students (ages 3-18) who are traveling to school by walking or biking</b>				
<b>Condition Statements</b>	<b>2014 Strategies (1/1/2014-12/31/2014)</b>	<b>2015 Strategies (1/1/2015-12/31/2015)</b>	<b>2016 Strategies (1/1/2016-12/31/2016)</b>	<b>Key Implementation Partners</b>
4.1: Students who live in the walk zone have a network of identified safe routes to school.	<p>A: Use assessment data from “Safe Routes to School Assessment Day” to identify priority areas for improvement.</p> <p>B. Work with stakeholder group (school district, city, county, C4, Rec Dept, Health Dept) to develop a prioritized improvement plan.</p> <p>C. Conduct a policy scan of existing policies related to walking, biking and</p>	<p>A: Mobilize interested parties, including environmental groups, arts groups, parent groups, history groups, youth, senior groups, and others—and incorporate them into the existing stakeholder group.</p> <p>B. Seek funding/partner in-kind for improvements.</p>	<p>A: Continue to meet with stakeholder group to ensure progress on the improvement plan.</p> <p>B. Work to improve the safety of local walking and biking routes (repair sidewalks, improve lighting, etc.)</p> <p>C. Where applicable, encourage policy changes that would promote safety.</p> <p>D. Work with local arts and</p>	<ul style="list-style-type: none"> <li>• Parents</li> <li>• School district staff</li> <li>• Police</li> <li>• Sheriff’s Department</li> <li>• Local transportation agency</li> <li>• Regional transportation district</li> <li>• Coordinated School Health Coordinator</li> <li>• Cloud City Wheelers</li> <li>• C<sup>4</sup></li> </ul>

	<p>pedestrian safety</p> <p>D. Advocate for the inclusion of “Complete Streets” in the Comprehensive Plan.</p> <p>E. Work with local arts and history groups to assess opportunities for “engaging design” incorporation history and art, in order to further encourage walking and biking.</p> <p>F. Provide leadership and capacity-building trainings for local residents interested in this issue.</p> <p>G. Identify places in which we could use sharrows or signage to direct residents and tourists toward our safest routes.</p>		<p>history groups to ensure the inclusion of “engaging design,” incorporating history and art in complete streets work, in order to further encourage walking and biking.</p> <p>F. Work with law enforcement and others to enforce safety.</p>	
<p>4.2: Students know how to—and are interested in—going to school and work by walking and/or biking.</p>	<p>A: Engage community members, including youth, in assessment work.</p>	<p>A: Mobilize parents and youth to work on this issue.</p>	<p>A: Once Safe Routes are established, families are provided with Safe Routes to School maps and information</p> <p>B. Encourage walking and biking through “Walk/Bike</p>	<ul style="list-style-type: none"> <li>• Workforce Center</li> <li>• Full Circle</li> <li>• SOS</li> <li>• Cloud City Wheelers</li> <li>• Mineral Belt Trail</li> <li>• Mike Conlin</li> <li>• Community members</li> <li>• Youth</li> </ul>

			to Schools Days” or walking school buses.	
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**Behavior Goal 5: Increase activity levels among Leadville residents through recreational opportunities.**

<b>Condition Statements</b>	<b>2014 Strategies (1/1/2014-12/31/2014)</b>	<b>2015 Strategies (1/1/2015-12/31/2015)</b>	<b>2016 Strategies (1/1/2016-12/31/2016)</b>	<b>Key Implementation Partners</b>
5.1: Leadville residents have sufficient programming for safe, year-round indoor and outdoor physical activity.	<p>A: Assess how to best improve access to recreational opportunities, especially for residents at greatest risk of obesity.</p> <p>B. Provide leadership and capacity-building trainings for local residents interested in this issue.</p> <p>C. Advocate for the inclusion of trails as a priority in the Comprehensive Plan.</p>	A: Mobilize community members at greatest risk for obesity to work on implementing changes.	<p>A: Expand Zumba classes throughout community.</p> <p>B: Expand access to recreation programming for residents of trailer parks.</p> <p>C. Develop transportation options to increase access to recreation.</p>	<ul style="list-style-type: none"> <li>• Colorado Mountain College</li> <li>• Parents</li> <li>• Youth</li> <li>• Community members</li> <li>• Recreation Department</li> <li>• Trailer park owners</li> </ul>
5.2: Leadville residents have sufficient facilities for safe, year-round indoor and outdoor physical activity.	<p>A: Work with other recreation entities and community members to explore the feasibility of a Recreation Center.</p> <p>B: Assess other infrastructure barriers to physical activity in Leadville.</p>	A: Mobilize residents around the issues of greatest concern, as identified in Year One.	<p>A: If a Recreation Center is feasible, work on an education campaign.</p> <p>B: Work with other recreation entities to improve local parks and other recreation facilities.</p> <p>C: Reduce lead contamination in yards so children have a safer place</p>	<ul style="list-style-type: none"> <li>• Parents</li> <li>• Youth</li> <li>• Community members</li> <li>• Partnership for Lake County Recreation</li> <li>• EPA</li> </ul>

			to play.  D: Develop transportation options to increase access to recreation.	
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<b>Behavior Goal 6: Increase the time in which students ages 3-18 at schools in our community are engaged in vigorous and/or moderate physical activity.</b>				
<b>Condition Statements</b>	<b>2014 Strategies (1/1/2014-12/31/2014)</b>	<b>2015 Strategies (1/1/2015-12/31/2015)</b>	<b>2016 Strategies (1/1/2016-12/31/2016)</b>	<b>Key Implementation Partners</b>
6.1: School-age youth have sufficient facilities for safe, year round indoor and outdoor physical activity.	A: Continue to improve the LCMS school playground.  B. Begin to assess playground needs at West Park.	A: Mobilize parents, youth, and other community members to work on a West Park playground remodel.  B. Begin fundraising for a West Park playground remodel.	A: Continue fundraising to improve the West Park playground.	<ul style="list-style-type: none"> <li>• LCMS Playground Steering Committee</li> <li>• Parents</li> <li>• Youth</li> <li>• GOCO</li> <li>• Summit Foundation</li> <li>• Colorado Health Foundation</li> <li>• Gates Family Foundation</li> <li>• DOLA</li> </ul>
6.2: School-age youth have sufficient programming for safe, year round indoor and outdoor physical activity.	A. Assess opportunities to ensure the sustainability of summer and after-school programs that offer youth opportunities for physical activity.  B. Assess opportunities for youth to have more physical activity during school.	A. Mobilize parents, youth, and other community around the issue of out-of-school program sustainability, particularly for programs that provide youth with opportunities for physical activity.  B. Mobilize parents, youth, and other community around the issue of increased opportunities for physical activity during the school day.	A. Implement strategies to ensure the sustainability of out-of-school programming that offers youth opportunities for physical activity.  B. Implement strategies to increase access to physical activity during the school day.	<ul style="list-style-type: none"> <li>• Project Dream</li> <li>• Full Circle</li> <li>• SOS</li> <li>• Parents</li> <li>• Youth</li> <li>• Community members</li> </ul>

