

Vern Stockbridge, Warehouse Manager at the Food Bank for Larimer County, encouraged teamwork among his co-workers to achieve improved workplace fitness as part of the county's Health District on the Move program.



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CommunityConnection is a quarterly e-newsletter from The Colorado Trust

WORKPLACE WELLNESS: FOOD BANK FOR LARIMER COUNTY

Vern Stockbridge is easily the most active presence at the Food Bank for Larimer County in Fort Collins. As Warehouse Manager, he directs efforts to sort, organize and pack trucks with more than five million pounds of food for those in need each year.

When the 58-year-old was fitted with a pedometer to count his steps, he discovered that he was taking more than 20,000 steps a day – over 10 miles! Measuring Stockbridge’s daily physical activity was part of the food bank’s commitment to its workers’ health and well-being through the [Health District on the Move’s](#) workplace wellness program. The food bank, along with more than 225 companies and 5,000 employees in Northern Larimer County, as well as other employers, communities and individuals across the state, worked to improve diet and activity levels under The Colorado Trust’s [Colorado Healthy People 2010 Initiative](#).

Stockbridge was a natural model for his co-workers. He knew his overall fitness had improved when he began lifting, stacking and directing the movement of parcels at the food bank’s warehouse 10 years ago. The former real estate salesman and property manager lost 20 pounds after just six months on the job – his participation in Health District on the Move confirmed his progress.

“It let me know what I was doing,” he said. “It made me aware of how much physical activity I was getting, working in a warehouse.”

Indeed, according to Chuck Gill, Assistant Director of the food bank, quantifying results and sharing progress are what got employees moving. The goal for employees was to increase the number of steps they took daily by 10% each week to reach 10,000 per day. “Some people saw measurable improvements,” he said. “And, as they did more, they felt better.”

An [evaluation](#) of the Colorado Healthy People 2010 Initiative was completed in 2007. Conducted by the National Research Center, the four-and-a-half year longitudinal study measured the effectiveness of obesity prevention and increased physical activity work conducted by grantees in the northwestern and southeastern regions of Colorado. Dietary and physical activity behavior change over time was evaluated, and individual, programmatic and community characteristics that contribute to sustainable behavior change were identified.

For more information, please contact Nancy Csuti, Dr. P.H., Director of Evaluation, 303-837-1200 or nancy@coloradotrusted.org.

GREETINGS FROM IRENE M. IBARRA

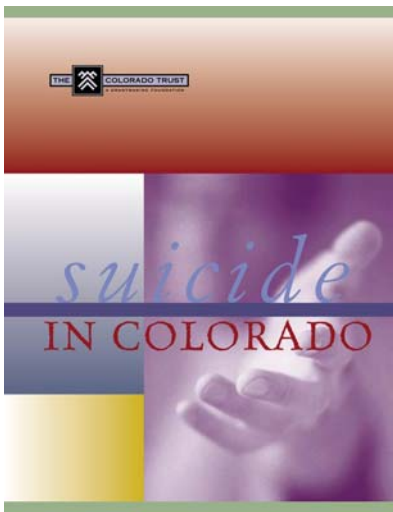
The tragedy of suicide touches all of our lives. It is at once a highly private event and a most public occurrence. The loss of life to suicide devastates families and friends, creates deep concern and stress within communities and even has significant economic impacts.

We don't yet fully understand why the problem of suicide in the U.S. is highest in the Rocky Mountain Region, but thankfully we do have a growing number of people and organizations committed to changing this statistic. Many people do this work because they have lost loved ones to suicide, while others bring mental health expertise or a passion to help their community. Over the past five years, we have had the opportunity to support the suicide prevention work of many of these individuals. Collectively, we have reached out to people in 31 Colorado counties to increase awareness of the problem, reduce stigmas and provide improved access to effective prevention programs.

Now we have an important opportunity to coordinate, consolidate and link these multiple efforts. Colorado's new mental health care champion, First Lady Jeannie Ritter, has been named Honorary Chairperson of the Colorado Suicide Prevention & Intervention Plan. With Trust support, Mrs. Ritter and **Mental Health America of Colorado** will receive input from experts and residents statewide to develop a comprehensive statewide prevention plan that will both recommend ways to strengthen existing work and build the case for increased mental health and suicide prevention support.



*Irene M. Ibarra, President and
CEO of The Colorado Trust*



As this planning effort begins, work is also underway to update The Trust's 2002 report, *Suicide in Colorado* – one of our most-requested resources. We look forward to once again sharing current information to further help those dedicated to addressing the problem of suicide in our state.

NEW SUICIDE PREVENTION EFFORTS UNDERWAY

FIRST LADY RITTER CHAIRS STATEWIDE PLANNING EFFORT

The Colorado Trust awarded \$75,000 dollars to **Mental Health America of Colorado** (MHAC) to oversee the Colorado Suicide Prevention & Intervention Plan, a coordinated approach to suicide prevention, education and awareness across the state. The program will incorporate the participation of many partners dedicated to preventing suicide and who aim to reduce Colorado's suicide rate, which is 7th highest in the nation. Colorado First Lady Jeannie Ritter has been named Honorary Chairperson of the planning committee. She will work with MHAC, The Trust and other partners to gather statewide input and help implement successful suicide prevention strategies.

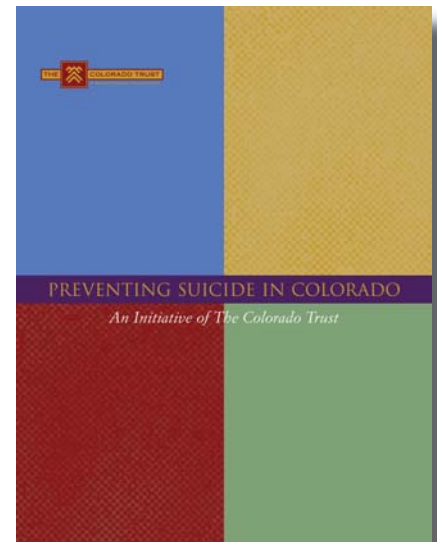
"I'm very proud to be a part of the combined efforts of The Colorado Trust and MHAC to demonstrate that depression is treatable, and that there are avenues for intervention," said Mrs. Ritter. "We are determined to ensure that people know how to ask for help for themselves or someone they care about."

CHALLENGE GRANTS AWARDED

Additionally, The Trust has awarded challenge grants to 10 communities to continue their suicide prevention work. Each of the **grantees** will receive up to \$20,000 a year for three years from The Trust.

Over the last four years, the grantees have accomplished a range of successes toward suicide prevention, including gatekeeper trainings conducted by Project Hope in southeastern Colorado, counseling and therapy for minority youth in Jefferson County, direct outreach to local Hispanic communities through Spanish-language brochures and other resources, and cross-cultural training of Hispanic community leaders.

For additional information about the **Preventing Suicide in Colorado Initiative**, contact Ed Lucero, Senior Program Officer, 303-837-1200 or ed@coloradotrust.org.



SAFE2TELL SELECTED AS FIRST LEADERSHIP AWARD RECIPIENT



Susan Payne, Executive Director of Safe2Tell, was presented The Trust's first John R. Moran Grantee Leadership Award. Safe2Tell gives students in all Colorado schools an increased ability to both prevent and report violence by making anonymous calls to 1-877-542-SAFE.

The Colorado Trust's first annual **John R. Moran, Jr. Grantee Leadership Award** was awarded to the Safe2Tell program. Safe2Tell – developed in response to recommendations from the Columbine Commission's report and The Trust's **Safe Communities~Safe Schools Initiative** – provides students in all Colorado schools an increased ability to both prevent and report violence by making anonymous calls to 1-877-542-SAFE. The \$25,000 award – created in honor of The Trust's former, long-time CEO – recognizes exemplary leadership by a current Trust grantee.

In presenting the award to Susan Payne, Executive Director of Safe2Tell, Irene M. Ibarra, President and CEO of The Colorado Trust noted that "The Safe2Tell program offers hope to individuals and communities at a time when the escalation of school and campus violence seems overwhelming. Not only has this small, but powerful organization averted and resolved numerous violent situations across Colorado, school administrators and law enforcement officials in over a dozen other states also are looking at how to replicate early successes of the Safe2Tell program."

The presentation was made during a ceremony at the State Capitol on May 3 when Governor Bill Ritter signed into law Senate Bill 07-197, which guarantees the anonymity of callers to the Safe2Tell Hotline. Anonymity is one of the key features of the hotline as young people often don't share information for fear of retribution.

The Colorado Trust first funded the development and start-up of the Safe2Tell program in 2003 with a three-year grant of \$375,000 and provided an additional three-year, \$375,000 grant in 2006. Safe2Tell also receives in-kind and financial support from the Colorado State Patrol and other local and statewide organizations.

For additional information about the **Safe2Tell** program, contact Ed Lucero, Senior Program Officer, 303-837-1200, ed@coloradotrust.org.

ADDITIONAL EQUALITY IN HEALTH INITIATIVE GRANTEEES NAMED

The Colorado Trust's \$13.1 million, seven-year (2005-2012) **Equality in Health Initiative** seeks to reduce racial and ethnic health disparities statewide. Twelve new grantees have joined 14 previously-announced grantees to help health care providers and educators gain the skills necessary to consider unique cultural backgrounds as they provide care.

The new grantees will address a variety of needs among diverse populations, including: culturally competent health care, school-based health, mental and dental health care, and stronger translation and interpretation programs to help improve services for diverse populations. The newly named grantees are:

- Denver Indian Family Resource Center
- Fort Collins Family Medicine Residency Program, Poudre Valley Hospital
- Inner City Health Center
- Jefferson Center for Mental Health
- Kids in Need of Dentistry
- Montrose County School District
- Prowers Medical Center
- Second Wind Fund
- Total Oral Prevention Strategies (TOPS)
- Upper Arkansas Area Council of Governments
- Valley-Wide Health Systems, Inc.
- Western Colorado Health Network, d/b/a Western Colorado AIDS Project



Dr. Deborah Prothrow-Stith, center, speaks with grantees of The Trust's Equality in Health Initiative at a recent Learning Lunch. A nationally-known leader in public health, Prothrow-Stith offered her perspectives on how to address racial and ethnic health disparities.

To learn more about the work of all 26 grantees, visit The Colorado Trust's **Equality in Health Initiative** webpage. For additional information, contact Ginger Harrell, Program Officer, 303-837-1200, ginger@coloradotrust.org. For information about the associated evaluation, contact Nancy Csuti, Dr. P.H., Director of Evaluation, 303-837-1200 or nancy@coloradotrust.org.

HEALTHY AGING INITIATIVE TO STRENGTHEN SERVICES TO SENIORS

By 2015, the state's senior population will grow by 47% to nearly 900,000 persons, and by 2030 one out of five people in the state will be 60 or older (Colorado Department of Social Services, Division on Adult Aging). The Colorado Trust has committed \$6.5 million to help 20 senior-serving organizations prepare to better serve this aging population.

Under The Trust's four-year (2007-2011) **Healthy Aging Initiative**, the following grantees will improve information and referral services for seniors, increase access to senior support services, address senior residential needs, strengthen caregiver support services, and promote healthy lifestyles and overall wellness among seniors:

- Aurora Senior Center
- Bent County HealthCare Center
- Catholic Charities (lead agency); Archdiocesan Housing Authority, Jewish Family Services (partners)
- Center for African American Health
- Colorado Center for the Blind
- Columbine Senior Services, Inc.
- Gunnison County Public Health Department (lead agency); City of Gunnison Parks and Recreation, Gunnison Valley Healthcare System, Hinsdale Public Health Department, Life Quality Institute (partners)
- Health Service, Empowerment, Transformation (Health S.E.T.)
- Huerfano-Las Animas Council of Governments, d/b/a South Central Council of Governments, Inc.
- Jefferson Center for Mental Health
- La Plata County Human Services Department – Senior Services (lead agency); San Juan Basin Health Department (partner)
- Larimer County Human Services Department – Office on Aging (lead agency); Colorado State University – Center on Aging, Elderhaus Adult Day Programs, Inc., Spiritual Health Partnership, Volunteers of America (partners)
- Lutheran Social Services, d/b/a Lutheran Family Services of Colorado
- Northwest Colorado Visiting Nurse Association
- Pikes Peak Library District
- Rebuilding Together Metro Denver
- Senior Resource Development Agency

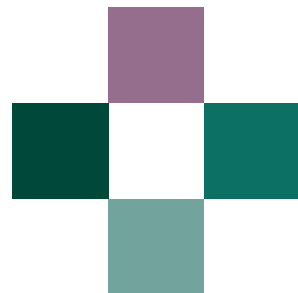


Al and Germaine Dietsch of Spellbinders, a grantee of The Trust's new Healthy Aging Initiative, discuss plans to improve and enhance senior services.

TRUSTNEWS, *continued*

- Southwest Improvement Council
- Spellbinders
- Visiting Nurse Corporation of Colorado

To learn more about the work of these grantees, visit The Colorado Trust's **Healthy Aging Initiative** webpage. For additional information, contact Ginger Harrell, Program Officer, 303-837-1200 or ginger@coloradotrust.org. For information about the associated evaluation, contact Tanya Beer, Evaluation Officer, 303-837-1200 or tanya@coloradotrust.org.



NURSING TASK FORCE TO ADDRESS SHORTAGE AND STANDARDS



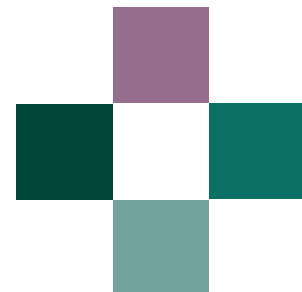
Governor Bill Ritter addresses the newly-appointed nursing task force.

According to a 2006 report compiled by the Nurse Alliance of Colorado, a group organized by the Service Employees International Union, there are 3,600 hospital RN vacancies in Colorado. To help address this shortage, The Colorado Trust provided a \$35,000 grant to the Colorado Hospital Association's Center for Advancing Patient Safety under which the Nurse Workforce and Patient Care Task Force operates.

At the first meeting of the 14-member, governor-appointed task force on May 31 at The Colorado Trust, Governor Bill Ritter stated that additional goals of the group include examining the work environment for nurses statewide and helping consumers select hospitals.

The task force's recommendations are due to the governor and the General Assembly by December 31.

For additional information about the task force grant, contact Scott Anderson, Vice President of Professional Activities, Colorado Hospital Association, 720-330-6028 or scott.anderson@chha.com. For information about The Colorado Trust's **Health Professions Initiative**, contact Laurel Petralia, Program Officer, 303-837-1200 or laurel@coloradotruster.org.



NEW CENTER ON IMMIGRANT INTEGRATION POLICY LAUNCHED

On April 26, The Colorado Trust hosted a Learning Lunch featuring leaders from the Washington, D.C.-based **Migration Policy Institute** (MPI) as part of the launch of its new National Center on Immigrant Integration Policy. An independent, nonprofit think tank dedicated to the study of the movement of people worldwide, MPI's new Center connects government agency administrators, researchers, community leaders, service providers, the media and others who seek to understand and respond to the challenges and opportunities of today's high rates of immigration.



Catholic Charities, Diocese of Pueblo County celebrated the opening of its Center for Immigrant and Community Integration at a ribbon-cutting ceremony on June 8. To learn more, read "New agency seeks to serve immigrant families" in the Pueblo Chieftain at www.chieftain.com.

Michael Fix, MPI Vice President and Director of Studies and Co-Director of the Center, presented current information on migration trends, challenges and best practices.

"While we have immigrant policies in the U.S., there are none for immigrant integration. Integration remains one of the most overlooked issues in national policy. It's high time to create a national think tank, website and clearinghouse for this purpose," he said. "The reason for more thoughtful immigration policy is not for charity, but – given increasing global competition – for the nation's economic self-interest."

For additional information about The Trust's **Supporting Immigrant and Refugee Families Initiative**, contact Susan Downs-Karkos, Senior Program Officer, 303-837-1200 or susan@coloradotrusted.org.

NEW CARDIOVASCULAR & STROKE GUIDELINES

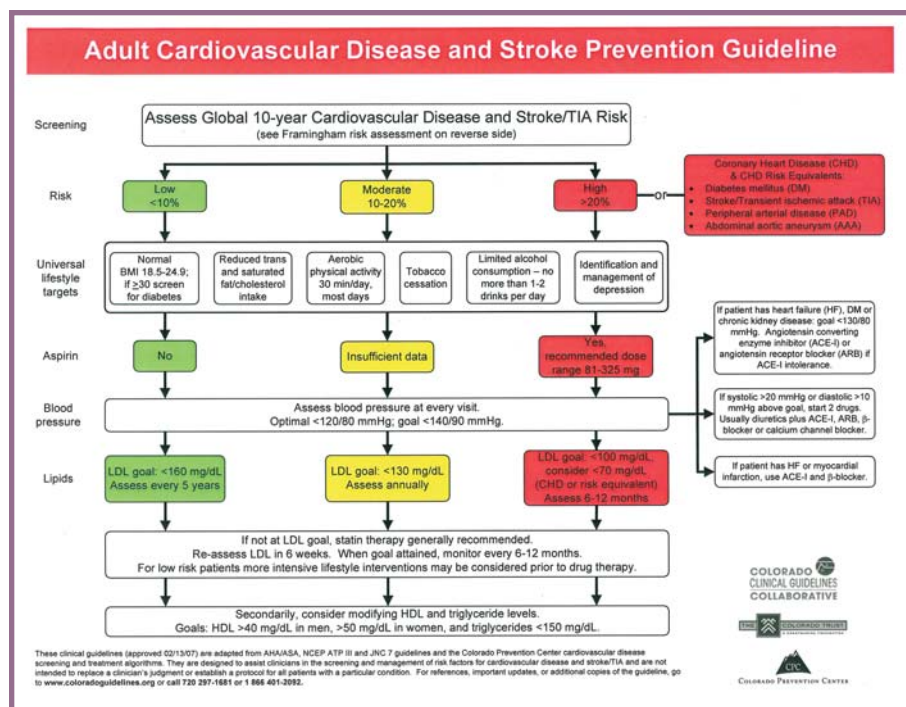
The **Colorado Clinical Guidelines Coalition (CCGC)** released its new **Cardiovascular Disease and Stroke Prevention Guideline** to help providers screen and manage patients who are at increased risk for cardiovascular disease and stroke.

Distributed to clinicians throughout the state, the guideline also helps doctors determine if a patient is low-, moderate- or high-risk for developing heart disease or stroke. In turn, doctors can better assist their patients by recommending lifestyle changes and other preventative measures.

As part of The Colorado Trust's **Improving the Quality of Patient Care Initiative**, CCGC seeks to improve health care in Colorado through the development and dissemination of evidence-based, best practice guidelines for pediatric and adult immunizations, cardiovascular disease and stroke disease.

For additional information, contact Laurel Petralia, Program Officer, 303-837-1200 or laurel@coloradotruster.org. For information about the associated evaluation, contact Nancy Csuti, Dr. P.H., Director of Evaluation, 303-837-1200 or nancy@coloradotruster.org.

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COLORADO HEALTH INSTITUTE ANNOUNCES HEALTH CARE WORKFORCE WEBSITE

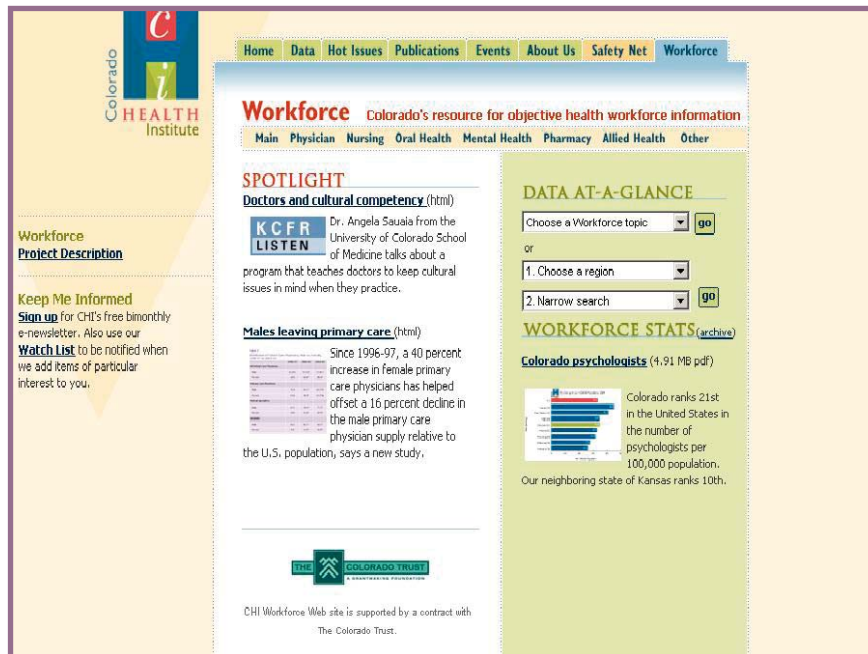
The **Colorado Health Institute** (CHI) – an independent and impartial information clearinghouse for state and local health data and resources – launched a new website on the state’s health care workforce.

Part of CHI’s **Health Professions Database**, the site provides data on Colorado’s health care professionals in one location, including information about changes in the supply and demand of Colorado’s primary health care workforce over time. Specific features include current workforce statistics; a new data section to find, view and compare information about Colorado statewide or any of its 64 counties; and separate data sections on the physician, nursing, oral health, mental health, pharmacy and allied health professions.

Additionally, the CHI website now includes a companion website on Colorado’s health care **safety net**, including information on providers, users, and the workforce and financing of safety net efforts across the state and elsewhere.

For additional information, contact Laurel Petralia, Program Officer, 303-837-1200 or laurel@coloradotrust.org.

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The screenshot shows the CHI Workforce website interface. At the top, there is a navigation bar with links: Home, Data, Hot Issues, Publications, Events, About Us, Safety Net, and Workforce. Below this is the main header: **Workforce** Colorado's resource for objective health workforce information. A secondary navigation bar lists categories: Main, Physician, Nursing, Oral Health, Mental Health, Pharmacy, Allied Health, and Other.

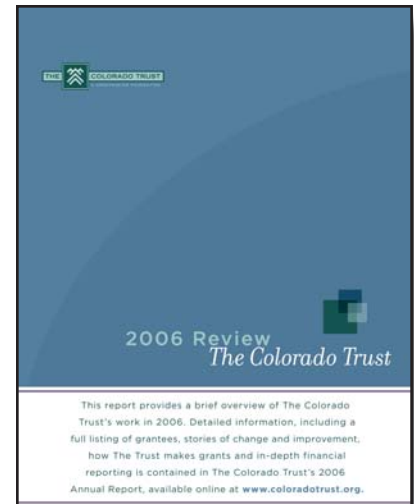
The main content area is divided into three columns. The left column has a sidebar with 'Workforce Project Description' and 'Keep Me Informed' (Sign up for CHI's free bimonthly e-newsletter, Watch List). The middle column features a 'SPOTLIGHT' section with a 'KCFR LISTEN' icon and text about Dr. Angela Sauala's program. Below that is a section on 'Males leaving primary care' with a small table and text. The right column has a 'DATA AT-A-GLANCE' section with dropdown menus for 'Choose a Workforce topic' and 'Choose a region', and a 'WORKFORCE STATS' section for 'Colorado psychologists' with a bar chart and text stating Colorado ranks 21st in the number of psychologists per 100,000 population.

At the bottom of the page, there is a logo for 'THE COLORADO TRUST' and a note: 'CHI Workforce Web site is supported by a contract with The Colorado Trust.'

WEB EXTRA

2006 ANNUAL REPORT

The Colorado Trust's **2006 online Annual Report** features a list of all grants and grantees, personal stories of change and improvement, information on how The Trust conducts its grantmaking, links to Trust publications produced in 2006, board and staff leadership changes, and comprehensive financial information. Highlights of this report appear in the **2006 Annual Review**, which is also available in print format.



COLORADO 100K LIVES CAMPAIGN REPORT

This new publication summarizes The Trust's **Colorado 100k Lives Campaign**, an effort to help hospitals across the state strengthen their quality improvement systems to further ensure patient safety. The report includes an overview of the six interventions proven to ensure safe patient care, as well as lessons learned and success stories.



COMMUNITY SUPPORT

Efforts by The Colorado Trust and its grantees to advance the health and well-being of the people of Colorado included Trust support for the following recent events:

- [Assets for Colorado Youth](#), 2007 Voices of Strength Conference
- Attorney General's Conference on School Violence, Safe Schools – The Next Generation
- [Boys and Girls Club of Metro Denver](#), 2007 Youth of the Year Gala
- [Centro San Juan Diego](#), Third Annual Las Madrinas Tribute
- [Clinica Tepeyac](#), 13th Annual Fiesta on the Plaza
- [Colorado 100k Lives Campaign](#), Medicare Challenge Regional Meetings
- [Colorado Coalition for the Homeless](#), 20th Annual Conference on Homelessness
- [Colorado Nonprofit Association](#), Eastern Regional Conference and Exhibition
- [Colorado Rural Health Center](#), Annual Meeting and Reception for New Leaders
- [Colorado Springs Assets for Youth](#), Summer Sizzle Fundraiser
- [Colorado Statewide Parent Coalition](#), Parent and Youth Leadership Institute
- [Denver CASA](#), Light of Hope Breakfast
- [Denver Health Foundation](#), Triumph Over Challenge Gala
- [Escuela Tlatelolco](#), 2007 Flor y Canto Festival & Champions of Change Awards
- [Shaka Franklin Foundation for Youth](#), 2007 Love Our Children Luncheon