

Healthy Actions Healthy Coloradans

*Community success stories in evaluating
health promotion and
disease prevention programs*



- What's inside:*
- Fitness for young children*
 - Diabetes education program*
 - Osteoporosis awareness*
 - Rural wellness program*
 - Latino health awareness*
 - Educating youth about smoking*

Mission

The mission of The Colorado Trust is to promote and enhance the health and well-being of the people of Colorado. To fulfill its mission, the foundation supports innovative projects, conducts studies, develops services and provides education to produce long-lasting benefits for all Coloradans. Within the framework of human development, The Colorado Trust advances accessible and affordable health care programs and the strengthening of families.

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Introduction

The Colorado Trust's Community Action for Health Promotion Initiative was an effort to build the capacity of Colorado communities to identify and address preventable health problems. Over a five-year period, grassroots groups developed plans and projects designed to meet health-related needs in their communities. The Colorado Trust partnered with Colorado Action for Healthy People (CAHP), an organization that works with communities to build capacity for development of health promotion and disease prevention programs. With seed grants of \$10,000 per year for three years, the partnership supported efforts designed to improve the ability of citizens in communities across Colorado to address health behaviors ranging from the use of bicycle helmets and infant car seats to better nutrition and proper exercise.

The initiative's evaluation component was designed to examine how individuals and communities as a whole evolved in their abilities to address health issues. However, it quickly became apparent that communities also were making remarkable strides in changing specific health behaviors at the local level. These specific changes, while beyond the scope of the initiative's evaluation, were important to capture. Even though the local program coordinators often had little or no evaluation experience, and were working with few financial resources to determine the impact of their programs, they still found ways to measure important outcomes of their programs.

This document community success stories from a number of Colorado communities so that others might learn from their efforts. These are impressive results that attest to the true power of grassroots action.

More than 50 community groups were funded throughout the life of the initiative. While these groups all made great strides in improving health in their communities, this publication shares a handful of stories that exemplify the diverse strategies used to initiate behavior change and the successes that research shows will lead to improved health outcomes. This publication is a tribute to the many dedicated, hard-working individuals across the state who collectively are helping to bring about significant improvements in the health of Coloradans.

Summit County School District **Mountain Trackers**

Designed to encourage physical activity, Mountain Trackers is an after-school program for elementary school children in Summit County, which is located in the heart of the Colorado Rockies. Daphne Schroth, a physical education instructor and former program director of Mountain Trackers, noticed that kids who ran around and had more energy were not the kids who needed to be encouraged to be active. Not surprisingly, the children who were overweight tended to be much less active. She realized that both physical activity and good eating habits needed to be encouraged for all kids, and it needed to be fun. After all, if exercising is made fun and promoted in young people, they are more likely to continue to exercise throughout their lives.

Through Mountain Trackers, a program coordinator visits with students in after-school programs once a week in each of the community's five elementary schools. The coordinator teaches kids fun exercises or activities, as well as the importance of eating right. Because the program coordinator goes to a different

school every day, the after-school staff conduct at least one additional session of physical activity each week to help accomplish the program's goal of improved physical fitness for children. The program includes physical activities, such as snowshoeing and swimming, and games and activities that can be played in- or out-of-doors. Children also learn about healthy foods and make healthy snacks together.

In order to keep the kids motivated to exercise, the children keep track of the physical activities they do at home. Special emphasis is placed on the children exercising with their parents. When the kids go to their Mountain Trackers program, they report about their exercise activities. The coordinator records the children's activities and awards them "Fit Bucks" for their effort. Two or three times a year the kids can redeem their "Fit Bucks" for prizes.

Not only are parents encouraged to exercise with their children, they also are invited to participate in special parent-child exercises, and are asked to contribute recipes for the "Mountain Trackers Kids Cookbook of Healthy Snacks."

To learn whether they have made a difference in the health of the 67 children who took part in this program, Mountain Trackers conducted a pre-test and post-test using a cardiovascular test from the President's Council on Physical Fitness. The pre-test was done in the fall just as the program was getting started and the post-test was conducted in the spring near the end of the school year.

The tests have been a challenge for the staff because of the high turnover rate of participating children. Seventy percent of the kids who took the pre-test stayed with the program and completed the post-test. The attrition was attributed mainly to the students having a number of competing interests. In spite

of these challenges, Mountain Trackers has seen a 10% increase in participants' cardiovascular fitness.

In addition to the pre- and post-tests, Mountain Trackers staff keep student attendance numbers for each of their coordinators' visits to the schools, as well as attendance for the two parent events held each year.

In addition to measuring changes in cardiovascular fitness, the staff at Mountain Trackers had hoped to measure improvements in nutritional status as well. After struggling with trying to develop an appropriate and effective nutritional knowledge and behavior test, the staff realized it would be more useful (and fun!) to develop a healthy recipe cookbook with the students and parents. Now all students and any interested community members receive a copy of the cookbook.

Perhaps one of the most impressive results of this effort is Mountain Trackers is now self-sustaining. Teresa Milewski, the current project coordinator, wrote, "...next fall it [Mountain Trackers] will continue as a part of the school-age program. That's the best part! We were able to pilot the program with your support, and now after three years it will sustain itself."

FunFit and Family Education Network of Weld County **Moving Our Children**

"The Moving Our Children program is good for kids, and here are the numbers to prove it," said Scott Liebler, FunFit coordinator. FunFit, the organization that conducts Moving Our Children, and Family Education Network of Weld County (FENWC), the local Head Start agency, have taken an important step toward sustaining this program, showing its value and improving the lives of children. FunFit and FENWC evaluated the physical fitness levels and attitudes of

children participating in Moving Our Children, and the numbers are quite impressive. Through this program, kids have increased their strength, endurance, balance and coordination and have improved their attitudes toward exercise and about themselves.

Scott, who at the time was a gymnastics teacher, started FunFit after becoming concerned about the lack of physical activity in children. Many preschool programs, such as Head Start, were promoting cognitive and social development with little emphasis on physical development. Scott knew that an important aspect of child development was all but being ignored. He points to data from the American Psychological Association showing that children who exercise regularly get better grades and have better social skills than children who do not. There is also, Scott notes, mounting evidence demonstrated that decreasing physical activity in children is becoming a heart disease risk factor. Through FunFit, Scott trains teachers to provide fun physical activities for their students so they can become stronger, more alert and more confident.

FunFit and FENWC decided to collaborate when the request for concept letters was announced by Colorado Action for Healthy People to fund programs that promoted healthy habits for children. In 1997, the collaborative was awarded a three-year grant to bring the FunFit program to Head Start children, their parents and teachers.

It was important to the collaborative to make the case for physical fitness as a key component of early childhood education. However, they found no “model program” to follow and no evaluation results from similar programs. They also determined that health measures such as heart rates and blood tests were too expensive to conduct, and logistically problematic because of the difficulty with obtaining parental per-

mission. With the help of a college student and an expert in childhood physical development, both from the University of Northern Colorado, they created simple tests to measure changes in the children’s level of physical fitness and their attitudes about themselves as a result of this program.

Before starting the program in January 1998, each child was tested for physical fitness measures and asked privately about their attitudes about themselves and exercise (the pre-test). In April 1998, after completing four months of the program, the same children were tested again (the post-test). To measure physical fitness, the children were tested on how many times they could run 10 yards, raise their arms up and down over their head, raise their legs up and down, and balance on one leg. Emphasis was placed on having fun so that kids would not feel as if they were competing against one another. In addition, recognizing the diverse ethnic makeup of Head Start students, the collaborative translated the instructions for the tests into Spanish, and many of the activities were conducted in both English and Spanish.

Information on attitudes was collected by asking the children if they agreed or disagreed with the following statements: “I like to exercise,” “I am strong and healthy,” and “I like myself.” The results from the pre- and post-tests are shown in the following tables.

Table 1

Improvement in Physical Fitness Levels After “Moving Our Children”

<i>Physical Fitness Measures: Student Averages</i>	Pre-test	Post-test	% Change
# of times students could run 10 yards	12	20	+67%
# of times students could do arm lifts	16	24	+50%
# of times students could do leg lifts	28	35	+25%
# of seconds students could balance on one leg	4.2	9.0	+114%

Table 2

Improvement in Attitudes Toward Physical Fitness After “Moving Our Children”

<i>Statements</i>	% Agree with Statement: Pre-test	% Agree with Statement: Post-test	% Change
“I like to exercise.”	45%	80%	+35%
“I am strong and healthy.”	45%	78%	+33%
“I like myself.”	40%	78%	+38%

Table 3

Improvement in Physical Fitness Levels of the Comparison Group

<i>Physical Fitness Measures: Student Averages</i>	Pre-test	Post-test	% Change
# of times students could run 10 yards	12	12	0%
# of times students could do arm lifts	15	16	+7%
# of times students could do leg lifts	28	28	0%
# of seconds students could balance on one leg	4	4.2	+5%

The average increase in physical skills for the class who *did not* participate in Moving Our Children was 3%. The average increase in skills for the kids who did participate was 64%.

Some Denver-area preschool children are now participating in this effective program. FunFit is currently collaborating with various Denver-area Head Start communities and the Colorado State University Department of Food and Human Nutrition. The collaborative was awarded a two-year grant from CAHP to provide Moving Our Children and some nutritional education to these Head Start children.

Through the hard work of FunFit and the Family Education Network of Weld County, hundreds of children have increased their self-confidence and physical fitness.

Northeast Colorado Health Department
**Northeastern Colorado Diabetes
Outreach Program**

Limb amputation, blindness, kidney failure — these are complications that can result from untreated, or even under-treated, diabetes. Death rates from diabetes and diabetes-related complications in the northeastern plains counties Logan, Morgan, Washington and Yuma were higher than the state average for 1996. Aware of these statistics, the Northeast Colorado Health Department applied for Community Action for Health Promotion Initiative funds to conduct a diabetes education program for physicians, health care providers and people in their communities.

The Northeastern Colorado Diabetes Outreach Program provides education about diabetes throughout Morgan and Yuma counties. The program has placed display boards, in both English and Spanish, in bank lobbies, post offices, businesses, health clinics and grocery stores warning of the symptoms of diabetes.

The diabetes risk test, a self-test designed by the American Diabetes Association, has been distributed by the Northeastern Colorado Diabetes Outreach Program to nearly 7,000 families via bank statements and major employers' payroll statements. In addition, staff of the Diabetes Outreach Program hold educational seminars on diabetes for the general public and at health fairs. Outreach staff also perform glucose checks — simple tests that detect possible diabetes. They also hold diabetes support groups, which they call "success groups," once a month in each county.

Shirley Sunderman, the program coordinator, wanted to "get a handle on whether or not we're being effective." In order to find out, surveys have been conducted to evaluate public presentations and attendance, and interest in educational materials has been tracked.

After nearly every presentation, Shirley distributed

a survey to find out how the information was received, whether participants learned something new and if there were suggestions for future presentations. Attendance at the presentations, support groups and workshops is also tracked with a sign-in sheet. Shirley can often gauge interest based upon the number of people attending, as well as how many phone calls she gets from community members requesting more information and the number of brochures taken at health fairs and presentations.

A valuable source of information is word of mouth. Shirley talks with participants, as well as the local hospitals and clinics that the health department has partnered with, to better understand the needs of the communities.

The glucose checks community members received also are looked at as an effective way to get people the medical attention they need. For example, at the Wray Community Health Fair, 107 community members had glucose tests performed by the Northeast Colorado Diabetes Outreach staff. About seven of those tested had high glucose levels, a sign of diabetes. Of those seven, about three were in critical need of medical attention.

Similarly, at the Yuma Community Health Fair, 70 community members were tested. Ten of those tested had elevated glucose levels, with two in critical need of medical attention. Not only have these services increased community members' awareness of diabetes, it may have saved lives.

By using some standard evaluation techniques, the Northeast Colorado Diabetes Outreach Program fully understands that there was a great need for diabetes information in their communities. "We have learned that there is a lot more work to be done," said Shirley. "We have gotten their attention, and now we need to really take advantage of that."

Montezuma County Health Department Osteoporosis Prevention Project

Imagine sneezing and breaking two ribs. That is the kind of pain and debilitation experienced by people with osteoporosis, a degenerative bone disease that affects more than 10 million Americans, 80% of whom are women. A community in southwest Colorado is trying to prevent this from happening to hundreds of their residents with the Osteoporosis Prevention Project, conducted by the Montezuma County Health Department in Cortez.

Program director Opal Stalker said that she and the staff of the health department knew there was a great need to do adult wellness programs in their community. Because there was no facility in the area that did bone-density screenings, they felt that raising awareness about osteoporosis was an important project to undertake. Opal and a planning committee, composed of various community members, gathered as much information as they could about osteoporosis and bone-mass testing.

The planning committee recommended that the Osteoporosis Prevention Project use health fairs throughout the county to raise awareness about osteoporosis. Since the beginning of the program, members of the Osteoporosis Prevention Project annually attend several community health fairs where they hand out calcium samples and information about the disease and answer community members' questions.

Additionally, the planning committee suggested recruiting 45- to 64-year-old women to have their bone density tested, their general health assessed and information on osteoporosis prevention given to them. The health department then continued to work with each of the women to see how the project's osteoporosis-prevention information had helped them

change their behaviors.

Women who participated in this component of the Osteoporosis Prevention Project were first given a bone-density screening. These baseline bone-density screenings revealed that 33 to 46% of those tested were considered to have low bone mass. They were then evaluated by a physical therapist for muscle strength, flexibility and posture. Finally, a dietician offered the women information about how to incorporate more calcium into their diets. Six months later, the participants were evaluated again by the physical therapist, the dietician and the program director. A second bone-density test was not conducted because it takes longer than six months for a difference to be seen. Opal followed up with each of the participants to find out what changes they had made in their lifestyle — whether they were taking their calcium supplements correctly, exercising more or eating better. More than half of the participants had improved in all aspects of their lifestyle, with the greatest improvement being in the correct calcium intake.

In addition to the fitness and bone-mass tests, every participant was asked to complete a survey, and several were asked to take part in one-on-one interviews. The survey asked how the participants heard about the screening, the usefulness of the information, and for participants' suggestions regarding the program.

As suggestions for improvements were made, the Osteoporosis Prevention Project staff sought ways to make the ideas happen. For example, several participants reported that they had a difficult time locating the food products the dietician recommended. One problem was not knowing what to look for — what does a package of Viactive (a calcium supplement that comes in the form of a drink or a chocolate bar) look

like? Where is it located in the store? Staff of the Osteoporosis Prevention Project purchased the recommended food items to use as props, and they made note of where they were placed in local grocery stores.

Because there are no symptoms of osteoporosis until it's too late, it often is called the "silent disease." Because they believe it is important to continue effective osteoporosis prevention efforts, the Montezuma County Health Department will continue to offer the Osteoporosis Prevention Project activities after the Community Action for Health Promotion Initiative funding is over. The Osteoporosis Prevention Project has helped take some of the silence from this disease by bringing awareness and prevention efforts to their community.

Peetz Community Wellness Program

It's 5:30 in the morning. The sky is turning a lighter shade of blue as the sun comes closer to rising. Dressed in her pajamas, Jodie Nienhuser hustles from her warm car through the cold pre-dawn to unlock the doors of the Peetz school, which also serves as the community's exercise center.

Over the past three years, Jodie and Virginia Janes have made many of these early morning trips as part of their commitment to developing the Peetz Community Wellness Program. The program offers exercise opportunities and education through classes and speakers to the people of the town of Peetz, near the Nebraska border in northeast Colorado.

In order to gauge the interest of community members in this type of service, the Wellness Program, with assistance from CAHP, developed a survey that asked what kind of programs people liked (e.g., aerobics, weight-lifting, etc.), what time of day worked best for these activities (e.g., morning, after work,

etc.), speakers and topics they would like to hear about and if people were willing to volunteer their expertise or services.

In a small community such as Peetz, population approximately 400, surveying can be fairly easy. The Wellness Program and their volunteers distributed surveys via the town newspaper (low response) and at a health fair (higher response), with a total of 56 survey responses compiled.

The survey responses allowed the Wellness Program to determine a balance of what programming would be most beneficial to the community, such as intergenerational basketball in the morning, aerobics classes in the morning and a mid-morning class for healthy bones for elderly women.

Participants were required to sign in at every activity. Attendance was monitored in order to determine whether people remained interested in the activity. For example, the community survey indicated that people wanted aerobics classes in the morning. After strong attendance in the beginning, the numbers dropped, so Jodie and Virginia called around to learn more. They discovered that attendees had decided that late afternoon or early evening would work better for a class time. As a result, Jodie and Virginia changed the aerobics class time to late afternoon. Attendance has been steady ever since.

Not only did the sign-in sheets help the Wellness Program make their classes more accessible, it also enabled them to assess how many community members had participated in their programs. Within nine months of starting the program, nearly half of the citizens of Peetz had participated in Wellness Program activities.

In addition to the previously mentioned survey, a health risk assessment was distributed to attendees at the annual Peetz Health Fair. This assessment asked a

variety of questions, ranging from what a person eats to whether they speed when driving. Blood also was drawn to measure cholesterol, triglycerides and other health indicators.

The program used the results of the health risk assessment and blood draw information to tailor programs around issues the community members felt most needed to be addressed. For example, when back problems appeared to be an issue of interest, Jodie and Virginia scheduled a speaker to address back care.

Jodie felt the evaluation support that CAHP offered was invaluable. At the beginning of the program she wasn't sure where or how to begin. CAHP provided the guidance and evaluation expertise she needed to create responsive programs for the people of Peetz.

La Clínica Tepeyac **Reach & Teach**

In a primarily Latino community in northwest Denver, a basic healthcare clinic serves the uninsured and brings them hope and health. Recently, a 30-year-old Latina attended a breast cancer screening at this health clinic, La Clínica Tepeyac. Unfortunately, she was diagnosed with breast cancer. Fortunately, she was aware of La Clínica's services because of *promotoras*, women who go door-to-door throughout the neighborhoods informing women residents of the health services that are available to them and educating them about diabetes and breast and cervical cancer. Her early diagnosis could save her life.

The philosophy behind the Reach and Teach project is that community members have the ability to solve their problems by developing the skills of local people. This philosophy is carried out through La Clínica's training of *promotoras* and conducting

health education classes for the community, called Health Groups. With the leadership of Diana Lopez, project coordinator, the bilingual (Spanish- and English-speaking) *promotoras* are recruited from area neighborhoods and trained to teach the community's women about their health. This practice is in keeping with the idea of developing local people's skills to help others.

By walking the neighborhoods and attending community events and church services, the *promotoras* distribute health education materials and collect information from women about their demographics, health histories and incomes. This survey data helps the *promotoras* quickly determine what services the women may be eligible for, such as La Clínica or Medicare. The *promotoras* follow-up with every woman they meet and every household where they leave information. The follow-ups not only reinforces healthy behaviors, they also have been a way to track whether the clients are connecting with the health resources they need (for example, scheduling appointments with doctors). By tracking the contacts they have had and following up with clients, La Clínica has collected important information. In 1999, the *promotoras* spoke with 460 women and, as a result, scheduled 200 mammograms. As of spring 2000, the *promotoras* had already contacted 617 women and handed out nearly 800 health education packets, bringing the total to 1,613 packets distributed since the beginning of the project.

The follow-up also has taught La Clínica how difficult it is to remain in touch with a transient population. They have learned that outreach needs to be effective and flexible, and, consequently, the *promotoras'* work reflects this. By training women from the community to teach other women in the community,

even as the neighborhoods change and evolve, the message of health continues.

In addition to the work of the *promotoras*, women from the community can attend any of the Health Group classes. A pre-test is given to the Health Group before each class and a post-test after the class in an effort to assess what participants have learned. This has been useful for La Clínica staff as the results have guided project planning for the Health Group and encouraged staff to be responsive to the needs of participants.

Diana and her staff found that attendance at the Health Group sessions was low, and that the results from the pre- and post-tests weren't as promising as they hoped. They determined that they needed to develop a model more suited to their community. Diana hired several public health nurses, all of whom have moved to the United States from Mexico. These nurses now conduct the Health Groups from local churches, considered to be important gathering places in this community. With their experiences in the health field and their familiarity with Latino cultural norms, and consistent meeting times and places for the classes, there already has been improvement in turnout and results.

Through standard evaluation methods, La Clínica has been able to tailor its services to the needs of community members.

Colorado's Finest Alternative High School **Stop — In the Name of Lungs**

Did you know that every 10 seconds someone dies from tobacco use? Did you know that nearly 60 elements in tobacco smoke have been known to cause cancer? Students of Colorado's Finest Alternative High

School in Englewood, Colorado, are now vividly aware of these facts thanks to a program called Stop — In the Name of Lungs, a smoking cessation class taught by Bev Breshears.

Since 1995, Bev has typically taught the six-week elective course twice a year — once in the fall, once in the spring — to interested students. The class is designed to educate students about the physical and emotional dangers of smoking — that smoking is an addiction of the body and mind. She also conducts an assertiveness training and a counseling piece in which she talks with students about how good they'll feel when they quit.

Because it is an alternative high school, Bev's students can graduate throughout the year, so trying to keep track of who has quit smoking is an unusually tough job.

Data are collected on a school-wide basis twice a school year, once in the fall and once in the spring. Surveys that ask about tobacco, drug and alcohol use are filled out by all of the students. The 1999 survey results showed that 9.6% of the students had quit smoking between the fall and spring surveys. Keeping in mind that a 3% or 4% quit-rate is considered good for smoking cessation classes, these numbers are quite impressive.

In addition to the school-wide survey, Bev conducts a test at the beginning of the class (a pre-test) and at the end of the six weeks (a post-test) to see what students have learned and how they may have changed their behaviors. Bev feels it is important to get the students to adopt any kind of healthier behavior, whether it is not smoking around babies, not allowing smoking in their cars or giving positive reinforcement to others. In fact, based on the pre- and post-tests, an average of 90% of the students said they

have made healthy changes in their lives because of this class.

Bev faced many challenges in learning about her program's impact on the participants. She said that the evaluation gave her good information and she learned a lot from it. However, she felt she didn't have enough time to devote to it. Bev would have liked to follow-up with every student who took the class (whether or not they were still enrolled at Colorado's Finest) to see whether they quit smoking. In spite of these challenges, Bev has been able to measure the difference her class has made on the health of many of her students.

Conclusion

From children's exercise to diabetes screening, from nutritional counseling to osteoporosis prevention, the Community Action for Health Promotion Initiative has taken on major health problems in communities across Colorado. Not only have community-based organizations made significant strides in addressing these challenges, they also have managed to document how their programs are changing health attitudes and behaviors.

By spending time and energy on local evaluation efforts, these projects have been able to form more useful programs for their communities, and have taken steps toward sustaining their programs by offering solid proof of both need and effectiveness.

Community Action for Health Promotion Initiative Projects

HEALTHY HABITS 1999–Present

Bent on Wellness, Bent County Nursing Service, integrates nutrition and exercise components into a host of local weight-loss and fitness programs operating independently in Las Animas. The program also raises public awareness about the health benefits of physical activity and nutrition.

Happy Hearts, Colorado State University, Department of Food Science and Human Nutrition, targets at-risk preschool-aged children in Denver and Jefferson counties. This program encourages children to try new foods and teaches them to be physically active. The program is based on the “Moving Our Children” program funded by Colorado Action for Healthy People in Weld County, which trains Head Start teachers to use developmentally-appropriate activities for children to help them improve their motor skills.

Dolores County Seniors Healthy Habits, Dolores County Senior Services Programs, provides exercise options and nutrition education to senior citizens in this rural county. The program assesses seniors’ needs and provides them with individual exercise and nutrition plans. In addition to offering activities at locally accessible locations, the program also broadcasts exercise sessions and nutrition classes on the local cable television channel to reach homebound and geographically isolated residents.

The Health Club, San Juan Basin Health

Department, developed a new fitness and nutrition “club” involving Durango-area teens. It includes Jazzercise, classes about healthy eating habits (emphasizing information about eating disorders) and service-learning opportunities. Students can earn high school credit and even become certified aerobic instructors.

Ignacio Fitness Coalition, Southern Ute

Community Action Programs, focuses its efforts on helping to prevent adult-onset diabetes and alcohol and drug abuse among the residents of Ignacio, many of whom live on the Southern Ute Indian Reservation. The program encourages participation in fitness and exercise programs at the local fitness center and trains teens to demonstrate and promote healthy snacks at community gatherings.

Sistah Girls: Coming Full Circle, Full Circle

Intergenerational Project, targets African-American women in northeast Denver, a population at high risk for a number of health problems and diseases. The women are provided weekly exercise classes and hands-on opportunities to learn about shopping, menu planning, food preparation and food storage.

Partnering for Healthy Habits, Montezuma

County Health Department, brings together at-risk youth between the ages of eight and 18 with seniors in the Cortez area for exercise and nutrition education. The program emphasizes nontraditional activities, including outdoor recreation and hands-on food preparation.

Generations of Wellness, Rio Blanco County Public Nursing, is an intergenerational program that stresses the importance of healthy living throughout life. Adults over 50 are trained to help teach health programs at the local schools and people under 20 learn to teach healthy lifestyle activities at the senior centers. It is anticipated that increased interaction between the seniors and youth of the county will result in healthier, more active lifestyles.

Faith to be Healthy, Rising Star Missionary Baptist Church, addresses the health risks of its primarily African-American congregation in Denver. This project provides weekly blood pressure monitoring, nutrition classes, health education lectures and physical activities.

Wellness Web, The Food Stamp Nutrition Education Program of Colorado State University Cooperative Extension, links agencies in Trinidad and Walsenberg serving persons at risk for diabetes. A one-stop enrollment tool helps clients navigate through the web of available exercise and nutrition programs. Transportation services are provided, if needed.

A Nutrition and Fitness Program, Weld County Department of Public Health and Environment, enhances the existing exercise and nutrition programs in the county. The project promotes walking programs at “nutrition sites” for seniors in the county and offers nutrition education programs at local fitness and recreation centers.

ADULT WELLNESS MAINTENANCE 1998 – Present

Sistah Girls — Coming Full Circle, Full Circle Intergenerational Project, Inc., is a culturally specific, community-based program that focuses on health promotion by attending to the physical and psycho-social health needs of single African-American mothers in northeast Denver.

Reach and Teach, La Clínica Tepeyac, is a program in which women from the community work as health outreach workers (*promotoras*) who meet one-on-one with women in the northwest Denver area near Our Lady of Guadalupe Church. They dispense information on diabetes and breast and cervical cancer. A women’s health group and classes on health issues of concern to women also are offered.

Wellness Promotion for Parents & Grandparents of Head Start Enrollees, LARASA and Rocky Mountain Head Start Services, Employment and Redevelopment in Denver, targets Latino parents whose children are enrolled at the local Head Start center. The program focuses on detecting and managing diabetes through awareness, early detection, education and exercise.

Osteoporosis Prevention Project, Montezuma County Health Department, combines the efforts of the local health department, hospital, physicians, grocery stores, family centers and recreation department in screenings, exercise programs, individual nutritional counseling and community education about osteoporosis.

Northeastern Colorado Diabetes Outreach, Northeast Colorado Health Department, is a program dedicated to diabetes screening and education activities in Yuma and Morgan counties. Project activities are intended to reach healthcare providers, diagnosed diabetics and their families, and those who are not aware they may have diabetes.

The Road to Healthy Living, Lifeline of America, promotes healthy living by encouraging regular exercise, healthy meal preparation and awareness of the risk factors for diabetes and heart disease. The target population is African-American women in the All Nations Church and Temple of Praise Christian Church in Aurora.

Peetz Community Wellness Program, has developed a community wellness center to encourage residents of the rural community of Peetz to participate in health-risk reduction activities. The Wellness Center is a school-based facility and provides multi-generational activities such as health-risk assessments, health education, youth fitness promotion, strength/weight training, a walking program and aerobic exercise classes.

Well and Healthy at Midlife (WHAM), Teller County Public Health and Environment, encourages Teller County residents, ages 18-64, to adopt healthy lifestyle habits such as regular exercise and diet changes. A risk-assessment tool identifies health risk factors and interventions are offered in a variety of county locations.

CHILD INJURY PREVENTION 1997 – Present

Restraint System Checks for Child Safety, Clear Creek County Nursing Service, provides awareness, education, training and incentives to promote the safe transportation of children. In collaboration with the Colorado State Patrol, State Farm Insurance and Wal-Mart, the county nursing service provides child restraint system checks to increase child passenger safety in Clear Creek County. Other activities include “one-minute checks” and, when necessary, the provision of safe car seats at safety checks points.

Seat Safe in Delta County, Delta County Department of Health, aims to increase the use of infant and toddler car seats in Delta County by providing low-cost, quality seats. Seats are provided directly and by referral through local agencies and organizations including the health department, the migrant health program, Del Mesa Farms and Delta County Memorial Hospital. Child safety seat check points are offered at local businesses. Local police and judges encourage use of car seats by publicizing and enforcing the ordinance, which allows waiving the fine for non-use of a car seat if evidence that a car seat is now in use can be provided.

Playing it Safe, DRIVE SMART Evergreen/Conifer, Inc., strives to reduce deaths and injuries among children five to twelve years old from traffic accidents. It includes traffic safety education programs for elementary school students, mentoring programs in the middle schools and parent education. Programs in the schools provide interactive training on such traffic safety issues as seatbelt and bicycle helmet use and safe street crossing. DRIVE SMART clubs have

been formed at each of the middle schools. These clubs provide volunteers to assist with the elementary school programs.

Strap & Snap, Fort Collins Family Medicine Center, promotes bicycle helmet use among kids in Fort Collins, Loveland and Estes Park. The program incorporates awareness-raising activities such as classroom presentations, free helmets for low-income families and coupons for Pizza Hut and Dairy Queen as incentives for youth who wear helmets. The program also supports the creation of new educational materials.

Child Car Seat Safety in Mesa County, Mesa County Health Department, seeks to reduce unintentional injuries in children under 12 years of age in Mesa County by encouraging the proper use of child car seats and bicycle helmets. Strategies include distributing brochures and other printed material, promotion of school-based helmet usage and purchase programs, community presentations, newspaper ads and public service announcements for radio and television.

Early Childhood Injury Prevention, San Juan Basin Health Department, seeks to prevent household injuries among children from birth to three years of age. Local partners in this collaborative effort include Albertson's Supermarket, Indian Health Service, Southern Ute Community Action Program and the Warm Welcome/Family Visitor program. Activities include assembling and distributing safety kits, providing prevention education and increasing community awareness.

HEALTHY HABITS FOR CHILDREN 1997 – Present

Trabajando Unidos, Boulder County Prevention Connection, increases the knowledge of health and wellness issues among Spanish-speaking families. Neighborhood consultants help to focus attention on positive aspects of families and children in two primarily Latino neighborhoods in Longmont and Lafayette. This program also assists Latino families by increasing the interaction among residents participating in children's martial arts, piñata and Folklorico classes, alcohol and sexual awareness discussions, and by breaking down barriers and building connections for parents with schools and health providers in their communities.

Moving Our Children, Family Education Network of Weld County, is a multi-faceted education, awareness and activity program designed to promote healthy habits among Head Start preschool children. A physical activity component has been incorporated into Head Start classrooms. Classroom teachers are trained and videos are produced to train new teachers. Parents are invited to learn how to continue movement education and activities at home.

Mountain Trackers, Summit County School District, addresses the need to improve physical fitness and nutrition in children. Children are introduced to cardiovascular fitness and healthy eating through the after-school day camp program. The children also help prepare heart-smart snacks with their classmates, the day camp coordinator and the project coordinator. Parents are encouraged to continue heart-healthy activities at home with their children.

Healthy Habits for Children, The Glendale Family Center, adds a nutrition and exercise component into an existing family literacy pilot project for parents and their preschoolers. The program includes weekly age-appropriate exercise activities, strategies to encourage children to eat more fruits and vegetables, and sessions on healthy eating, cooking and shopping on a limited income.

Food, Fitness and Folklorico, Valley-Wide Health Services, Inc., is a three-part endeavor targeting students at Haskin Elementary School in Center, which is located in the San Luis Valley. Kindergartners participate in cooking and nutrition classes and Family Fun Nights. The project coordinates with ongoing nutrition education in the school district. A fitness component involves Mexican Folklorico dance instruction. All elementary school students have the opportunity to participate in four weeks of Folklorico dance through their physical education classes.

HEART DISEASE PREVENTION 1996 – 1999

Get a Life, Southeast Colorado Hospital in Baca County, has put in place several strategies to help youth in grades five through eight address risk factors for heart disease. The project, which addressed physical activity, nutrition education and self-esteem building, is a proactive approach to help youth make responsible lifestyle choices.

The Heart of Westwood, Southwest Improvement Council (SWIC) of Denver, implemented a broad range of heart-healthy activities for the residents of Westwood, a multi-ethnic neighborhood with a high poverty rate. To help the community's residents reduce their risks for heart disease and high blood pressure, activities were developed, such as monthly heart-healthy potlucks, heart-healthy shopping trips, a walking club and an educational resource center.

VIOLENCE PREVENTION 1996 – 1999

Southwest Open High School, Violence Prevention Program in Cortez, taught practical skills for dealing with the frustrations that can lead to violence. The program was implemented through course offerings at alternative high school and included conflict resolution, problem solving and team-building through ropes courses, wilderness adventures and support groups.

Alamosa Head Start, Violence Prevention for Head Start Families, used a three-pronged strategy for violence prevention to help the parents of children enrolled in Head Start: parenting classes, a father's support group and an annual community seminar on gangs. This program also recruited participants from the non-English speaking migrant workforce for sessions on parenting and acculturation issues.

Advocates Against Battering & Abuse, High School Peer Education, brought together local agencies in Routt County to implement a peer leadership and education program for the three local high

schools to help students address dating violence and substance abuse issues.

Wellington Youth Violence Prevention, Wellington Public Library, united youth organizations in the Wellington area of Larimer County to create a strong community program aimed at reducing violence in youth ages five to 16. Strategies included parenting classes, a conflict resolution program at the elementary school, peer leadership and increased youth activities offered through the local Boys and Girls Clubs and the library.

TOBACCO USE PREVENTION 1995 – 1998

Stop — In the Name of Lungs, Colorado’s Finest Alternative School in Denver, worked to help comply with a state mandate for tobacco-free school campuses. With more than 80% of its students smoking and accustomed to smoking freely on campus in a designated area, this school faced an enormous challenge. During the course of this project, students and their family members were offered smoking cessation classes. The school also provided healthy snacks to offset the urge for tobacco. Students redesigned a nonsmoker’s patio, and tobacco education materials were displayed and made available.

Mi Camino, Mi Casa Resource Center for Women in Denver, provided a smoking cessation program as a component of their overall skill-building training. Mothers charted their children’s exposure to tobacco in relation to the frequency of illnesses such as bronchitis, congestion, ear and vision sensitivity. They also worked with other local tobacco education organizations.

Tobacco Use Prevention in Northeast Colorado, Northeast Colorado Health Department, used a multi-faceted tobacco education and cessation program targeting Logan and Phillips County residents. An outreach worker served as a clearinghouse for tobacco information and prevention programs and worked to involve cities and towns, schools, hospitals and major employers in tobacco cessation support activities. Local dentists and their staff participated in a fifth grade spit tobacco education program.

Smoke-Free Sheridan, Sheridan Family Resource Center, committed to reducing the prevalence of smoking, as well as young people’s exposure to household secondhand smoke. The center coordinated Americorp volunteers, students, peer counselors and teachers to educate elementary and middle school children about tobacco, provided cessation support for their parents and sponsored community-wide education efforts to heighten awareness about the dangers of smoking and second-hand smoke.

ADOLESCENT HEALTH PROMOTION 1995 – 1998

Caring People Task Force of Akron, AJ’s Youth Center, assisted the community of Akron, on Colorado’s eastern plains, in opening and operating a youth center. AJ’s Youth Center provides a drug- and alcohol-free atmosphere and is the site of recreational activities, as well as educational sessions designed to promote the health of local young people. The primary focus of the project was the prevention of underage alcohol drinking incidents and drunk driving. A broad-based coalition of community youth and adults volunteer to operate the center.

The Teen Project, Fort Morgan Church of the Nazarene, in conjunction with area churches, addressed the problem of adolescent alcohol use with a variety of prevention programs. A coalition of Fort Morgan churches, an alternative high school, the community college, the mental health center and other local agencies came together to offer regular alcohol-free Friday night sessions. The Teen Project provided programs, materials and performances by teen groups as part of an alcohol prevention effort. Teens also were provided with opportunities for community-service projects through such organizations as Habitat for Humanity.

Adolescent Health-Risk Prevention Project, La Plata Coalition on Adolescent Pregnancy, San Juan Basin Health Department, provided a county-wide comprehensive prevention plan for teen pregnancies. The grant had multiple strategies including peer-taught, school-based activities; adult-led activities in the schools; community- and health clinic-based prevention efforts. The primary geographic focus was La Plata County, with additional activities offered for Archuleta and San Juan counties.

Montbello Full Circle Project, Full Circle Intergenerational Project, Inc. in Denver, is a health promotion program for African-American youth ages five to 16, their families and African-American adults. The program aimed to improve adolescent and family health in the Montbello neighborhood through a three-pronged approach: development of youth-elder relationships, cultural and family activities undertaken by youth and elders, and community service projects carried out jointly by youth and elders.

Morgan County Teen Pregnancy Prevention Project and Task Force, was designed to reduce teen pregnancy by increasing awareness of alternatives to teen parenting, increasing community awareness of teen pregnancy and increasing community participation in prevention activities. Activities included media campaigns, teen-parent panels that made presentations in local schools, a speakers panel on teen pregnancy prevention, a collaboration with the Ministerial Alliance and use of the “Baby Think it Over” doll.

La Clínica Tepeyac Teen and Pre-Teen Health Education Project, designed an education effort to address teen pregnancy as a major health concern. This project featured a preteen and teen health education program exposing participants to healthy messages through skill-building activities which addressed self-esteem, conflict resolution, decision-making, competition and public speaking. The project also utilized theater, creative writing, peer trainers, music and a mural project to inspire participation.

To contact any of these projects, or for more information on Colorado Action for Healthy People (CAHP), please see their Web site, www.actionforhealthypeople.org, or contact:

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