

Municipal Policies: The Roadmap to Healthy Thriving Communities



René Bullock, Mayor Pro Tem, City of Commerce City

Dallas Hall, Mayor, City of Sheridan

Lynn Horner, Mayor, City of La Junta

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Who's in the room today?

1. Elected officials
2. Staff
3. Vendors/ subcontractors/ nonprofits



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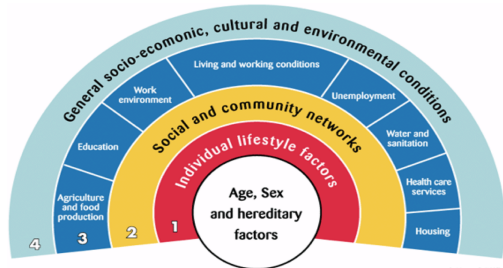
Who's in the room?

1. Urban
2. Rural



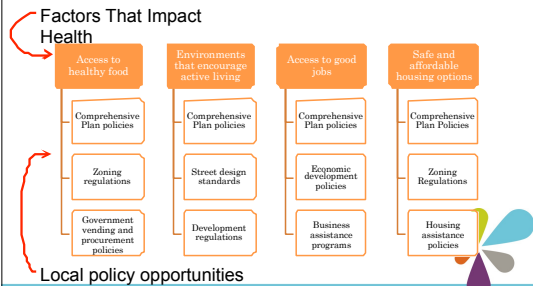
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WHAT FACTORS IMPACT OUR HEALTH?



Dalgaard, G. (1999) European Health Policy Conference: Opportunities for the Future. Vol 13. International Action for Health, Copenhagen: WHO Regional Office for Europe

LINK BETWEEN LOCAL POLICIES AND HEALTH



Mayor Dallas Hall, City of Sheridan



Mayor Pro Tem René Bullock,
City of Commerce City



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Mayor Lynn Horner, City of La Junta



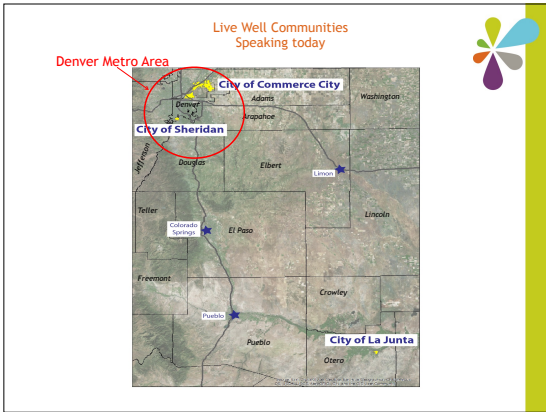
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What do you hope to gain from this session?

1. How to start policy changes
2. New ideas I can apply to our efforts
3. Understanding successes and failures
4. All of the above
5. Time to catch up on email



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Background: Sheridan

- A 2.3 square mile A first ring Denver southern suburb
- Known historically as the City of Landfills
- Still have a 200 plus acre industrial area
- Focusing on South Platte River as an amenity-15 million River run Park
- Redevelopment interest is knocking

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Background: Sheridan

- Population: 5,600
- Median Income: \$32,240
- Education: Only 7% with a college education
- Poverty Level: 51% of the children in Sheridan live below the federal poverty level three times the rate of childhood poverty metro Denver-wide.
- Ethnicity: 40% Hispanic

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Background: Commerce City

- Second-fastest growing city in metro-Denver, fourth in Colorado
- Located northeast of downtown Denver, adjacent to DEN
- Industrial history, evolving business, residential base
- Home to regional cultural amenities such as National Refuge and Dick's Sporting Goods Park



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Demographics: Commerce City



- Population: 53,696
- Ethnicity: 45.5% Hispanic; more than half monolingual
- 78% have a high school education
- 16% of population lives in poverty



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Background: La Junta

- Located in southeast Colorado, 60 miles east of Pueblo and 100 miles to the Kansas line
- Primarily an agricultural base with some manufacturing
- Home of the Koshare Indian Museum and Bent's Fort, a mid 1800's fur trading fort, an oasis on the Sante Fe Trail



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Demographics: La Junta

- Population: 6,930
- Median Income: \$31,113
- 31% of population lives in poverty
- 85% of population are high school graduates
- Ethnicity: 45.6% are Hispanic or Latino



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Where is your community on the road to becoming a healthy community?

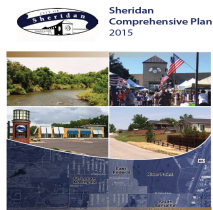
1. We haven't left the house-just starting to think about it.
2. It's a family road trip-we're focusing on internal/employee wellness
3. We've got TripTik-engaging community groups and partners
4. Wait, this isn't the tourism session?



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Catalyst For Change: Sheridan

- Partnered with Tri-County Health to development a comprehensive plan.
- CRS 31-23-206: Municipalities are authorized to prepare Master Plan (Comp Plans)
- Possible elements of a Comprehensive Plan:
 - roads, bridges, waterways, highways, mass transit routes
 - public places like schools, historically-significant buildings/sites, parks/open space
 - public utilities
 - commercial development
 - residential development
 - Housing
 - HEALTH-a recent addition



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Catalyst for Change: Commerce City

- ✿ Large disparities of health, community split into two groups.
- ✿ Created HEAL committee in 2015 work plan to address health disparities.
- ✿ Began addressing health and wellness needs at local policy level, leads to increased collaboration among agencies.



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Catalyst for Change: La Junta

- ✿ Community wide survey in 2014 showed a demand for trails and river access as a high priority
- ✿ Need to build on the "quality of life" concerns
- ✿ Several city employees and the city manager changed their personal health habits



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What is the primary barrier to addressing health outcomes in your community?

1. Philosophical-is this a role for municipal government?
2. Turning ideas into actions
3. Quantifying the return on investment/
Measuring success



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Collaboration: Sheridan

- Multiple partnerships with school, city, local food bank and Ground Work Denver to bring healthy food to Sheridan
- Partnering with entrepreneurs and Colorado Fresh Food Fund
- Holistic, community wide approach to addressing problems



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Commerce City: Document, Innovate & Collaborate

- Document all activities from 2013-forward
- Involvement from citywide departments, community and nonprofit partners
- Integrate within existing administrative work programs
- New programs focus on healthy food access, built environment
- Clear goals, outcomes and regular committee meetings



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Collaboration: La Junta

- Finalizing comprehensive plan that will incorporate HEAL policies
- City works with multiple nonprofits and private companies
- Corporate walking challenges and talks on HEAL techniques



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What aspects of healthy communities are you most interested in?

1. Research and evaluation
2. Built environment
3. Population health services
4. Policy development
5. Partnership development



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Built Environment: Sheridan

- Built environment a major component of comprehensive plan
- Passed a \$31 million bond for public infrastructure improvements
- Created complete street design on first road to be improved as part of bond project
- Obtained Safe Routes to School Grants to provide new signalized crosswalks and new sidewalks to access schools in Sheridan



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5 Projects. 5 Years. One Penny

- Two year, community-driven process successfully referred 1- percent sales tax measure to 2013 ballot
- Complete \$144 million worth of projects by Jan. 1, 2019:
 - New outdoor pool
 - 3 new neighborhood parks
 - Widening of Tower Road
 - New recreation center
 - Additions to existing rec center
- On schedule and within budget



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Built Environment: Commerce City

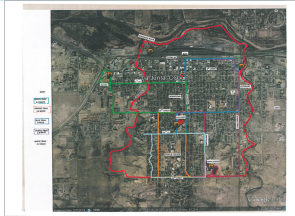
- Adding new bike lanes during routine road maintenance
- Constructing wider, multipurpose sidewalks/ paths
- Pedestrian areas with edible landscaping on Tower Road, Highway 2
- Expanding transit access
- Land development code edits



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Built Environment: La Junta

- Developing trails master plan
- Add bike lanes between downtown and the junior college
- Upgrades to neighborhood parks
- Create a more walkable downtown
- Better promotion of local produce



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Questions?



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