



LiveWell Wheat Ridge

LiveWell Wheat Ridge (LWWR) is one of 22 Colorado communities funded by LiveWell Colorado working to **reduce and prevent childhood and adult obesity.**

LiveWell Wheat Ridge is a **partnership** of community stakeholders to create an environment and culture which supports healthy eating and active living (HEAL) to reduce the impact of obesity in Wheat Ridge.

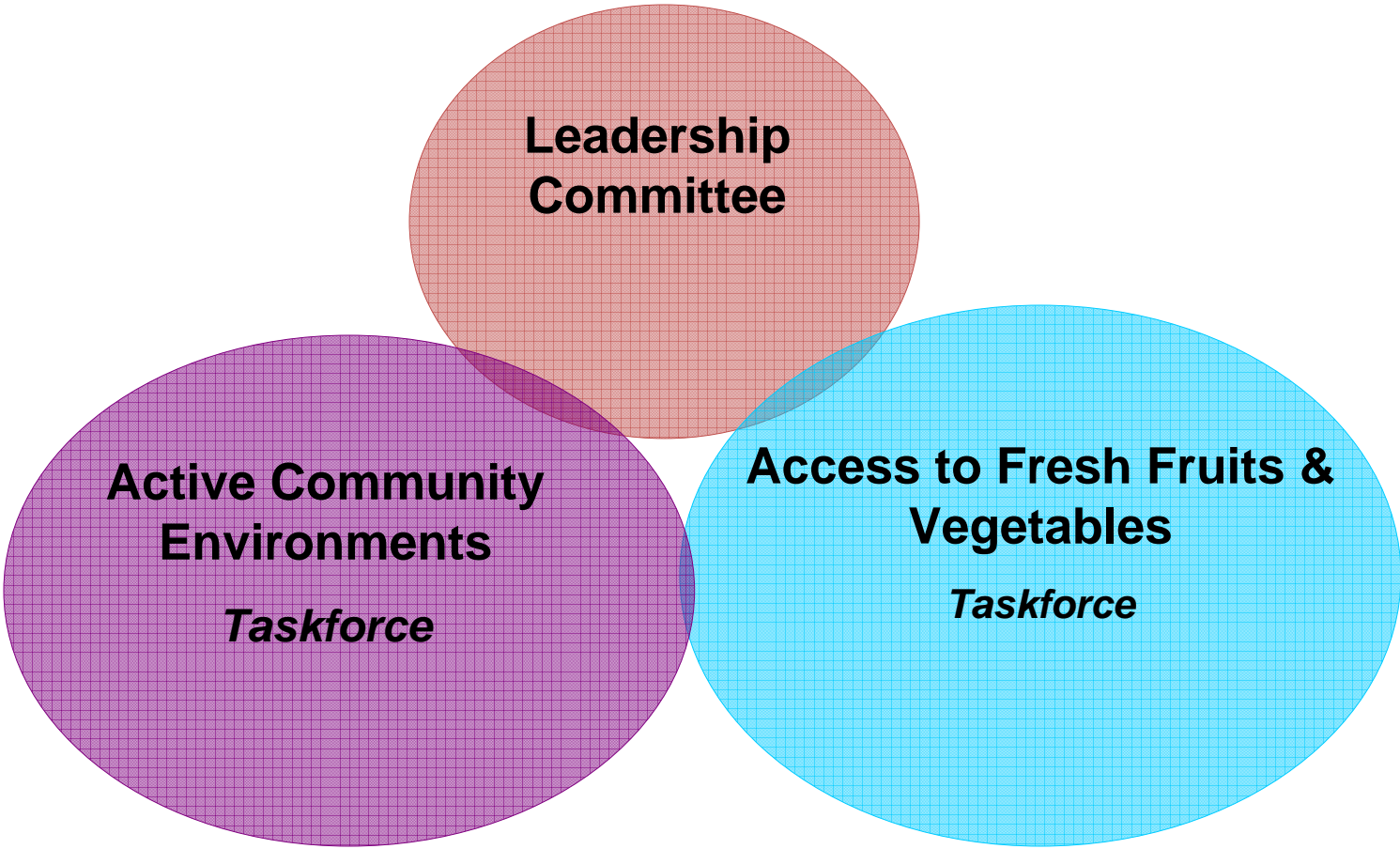
We accomplish this through supporting Wheat Ridge **programs, policies and changes to the physical environment and community infrastructure.**



Assembling a Multi-Disciplinary Team

- Exempla Lutheran Medical Center
- Kaiser Wheat Ridge
- The City of Wheat Ridge
- Jefferson Conservation District
- Bicycle Wheat Ridge
- Wheat Ridge Police Department
- Jeffco Public Schools
- Wheat Ridge 2020
- Wheat Ridge Employers
- Jefferson Center for Mental Health
- CSU Extension
- Community Based Organizations
- Faith Communities

LiveWell Wheat Ridge Coalition



Active Community Environments (ACE)

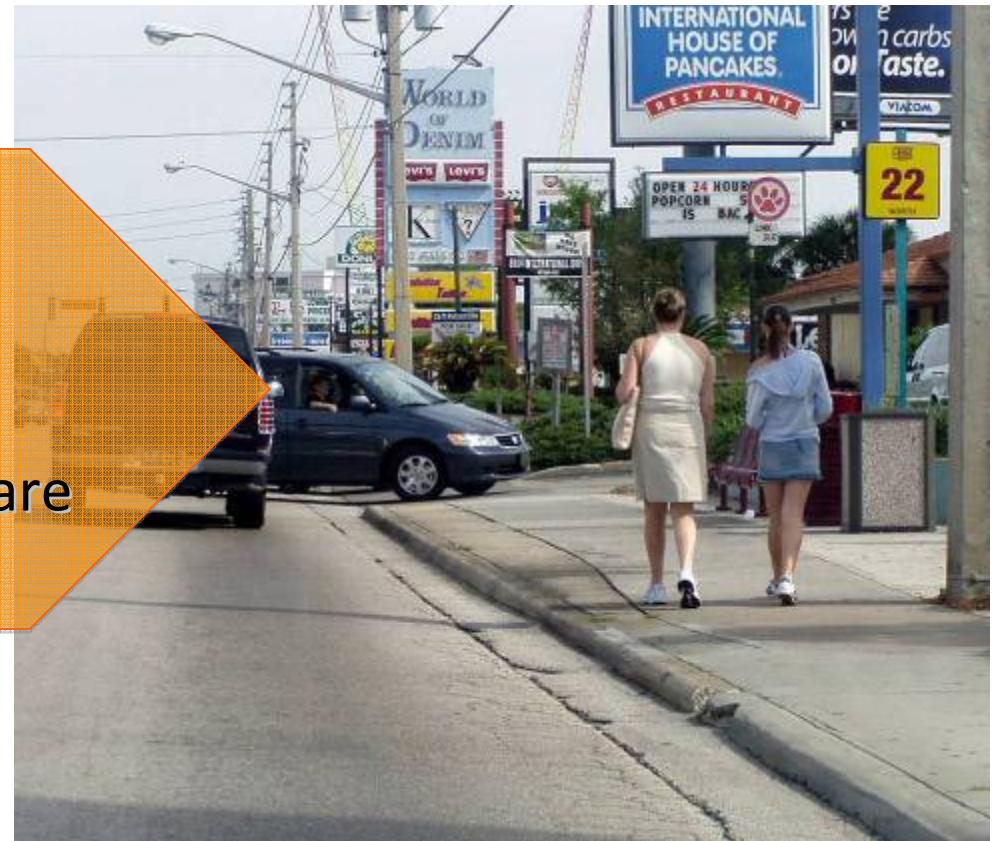
Partnership of city staff, community members, organizations, schools working to implement strategies and projects to increase active community environments in Wheat Ridge



The tremendous potential

Of all trips:

- 50% are under 3 miles
- 28% are 1 mile or less
- 72% of trips 1 mile or less are driven



Past / Present/ Future

- Formed May 2010
- Meets monthly
- Two Subcommittees
- Action-Oriented and Results Focused
- 2011 Work Plan



LWWR / ACE Projects

- Wheat Ridge Phase 2 and 3 Bike and Pedestrian Master Plan Review and support (adopted summer 2010)
- Wheat Ridge Mixed Use Zoning Ordinance (adopted summer 2010)
 - Funded Public Comment Website
 - Provided comments on draft
- 38th Avenue Corridor Plan Community Input Sessions
- Streetscape Design Manual Review (adopted March 2011)

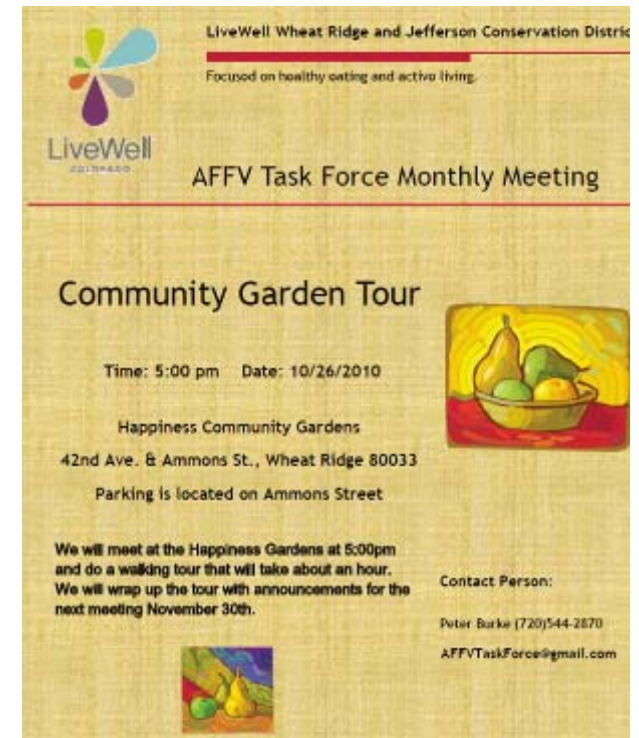
LWWR / ACE Projects

- Active Adult Center Fitness Stations
- Development Plan Review
- 2010 and 2011 Smart Growth Conference
- Safe Routes to School
- International Walk to School Day
- Bike to Work Day
- Ride Event at WRCF



Access to Fresh Fruits and Vegetables (AFFV) Task Force

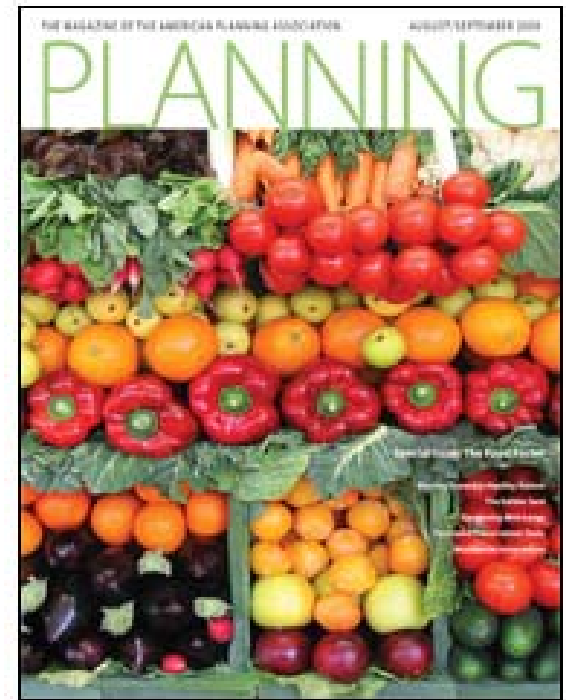
- Meets monthly (indoor & outdoor meetings)
- City staff, local professionals, and local gardeners.
- Guest speakers and trainings.
- Focus on policy and projects to increase access to fruits, vegetables and other locally-grown healthy foods.



Urban Agriculture

Emerging trend in planning and community and economic development

- “Local is the new organic”
- Neighborhood revitalization
- Community cohesion
- Physical and mental health
- Food security



AFFV Accomplishments

- ***Healthy Foods Assessment*** to better understand the eating and growing habits of individuals who live, eat, recreate, work or go to school in Wheat Ridge.
- Over 400 surveys completed.



AFFV Accomplishments

- December 6, 2010 Study Session on Urban Agriculture
 - Attended by coalition members and interested parties from throughout the Denver metro area.
 - Follow up study session in spring 2011.
 - Refinements to zoning code to provide clarification on urban agriculture.
- Residential Zoning / Urban Agriculture Guide (January 2011)



Local Production and Distribution

- Acquiring more community gardening spaces
 - Supporting School Gardens.
 - Temporary urban gardens on vacant land.
- Examining and addressing food insecurity in Wheat Ridge, e.g. Securing sites for Summer Feeding Program.



Next Steps for LiveWell Wheat Ridge

- Continue to grow our coalition's capacity through increased grass roots involvement.
- Support city regulations, policies and projects that align with our mission.
- Finalize and implement Sustainability Plan to ensure funding past 2012.
- Promote Livable Communities concepts, best practices and policies among Jefferson County constituents, opinion leaders and elected officials.



Challenges = Opportunities

- Long-term funding and sustainability
- Documenting process outcomes
- Behavior change is never easy and takes years
- Municipal revenue shortages
- Building grass roots interest and **involvement**



To learn more about Live Well Wheat Ridge and
Live Well Colorado
please check out our website

livewellcolorado.org

