



# The Progress Report

Vol. 10, No. 12

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## The Dream: Good Health in Every Community in Colorado



The holiday season is now upon us. As I reflect on 2016, I recognize all I have to be thankful for — a loving family, a wonderful home life and a very passionate and persistent Board and staff who are relentless about advancing opportunities for Coloradans to pursue good health and achieve health equity.

At our Building Better Health conference this fall, we celebrated that 93.3 percent of Coloradans had health coverage in 2015. Our state has worked hard and is setting an example on a national scale that, working together, Coloradans can have more opportunities to be their healthiest.

Still, the election has been on the forefront of my mind. Regardless of your political views, the president-elect has left many of us to wonder what the state of health might look like over the next few years. I know one thing for certain in these uncertain moments: our mission to improve the health of Coloradans, to create lasting change and healthy equity is more important than ever.

That's our dream. Together, it is a dream we can achieve. In fact, Colorado is a state full of people and entities solely dedicated to improving health — and thousands of other organizations whose decisions affect health. We couldn't be more lucky or set up for success. We may have to work harder to keep that dream in view, but there is no better time than now to ask ourselves to expand how we view and think about health. Why couldn't that be our dream for the next few years?

Indeed, the passion for and belief in better health exists in every region, valley, city, town, neighborhood and home in Colorado. All of that energy and momentum will be needed to continue our progress in health as a state and help drive forward new opportunities that perhaps exist only in our minds. Together, we can do more. Together, we can ensure the best health possible for all of our communities, especially those most in need.

At the Foundation, we continue to consider and shape our dream for Colorado's health. Our stewardship commitment demands it — our passion drives it. We continually seek to ensure we are

best aligned with the needs of Colorado communities. Regardless of the current political state of our country, we know it's of critical importance to pursue a bigger dream than we've ever had. Here are a few ways we are expanding our view and approach to health:

- We remain committed to our mission, but the time is right to gut-check our organizational core values and how we talk and think about ourselves to ensure we embody the natural evolution that every organization experiences.
- We are extending our traditional purview of health to include physical, mental and behavioral health and the social factors affecting health.
- Grantmaking is our most dominant tool, but we are increasing our emphasis on private sector engagement and public policy.
- We are considering how to better amplify community voices and build capacity for those at the forefront of health challenges and innovations to ensure everyone in Colorado can live their healthiest lives.
- We've always believed that working together with others is critical and key to lasting change — this notion is more important than ever. We are exploring different ways to underscore its importance through convening and voice.
- And, finally, we will engage more deeply with communities across the state to pinpoint and support solutions that can be successful models for improving health.

It's the right time for the Foundation to dig deeper for the solutions to address the need for better health and health equity. It will take time, but we are committed to sharing it all with you as soon as we can. Thank you for staying focused on the health of Colorado. We look forward to creating and sustaining change together, with all of you. Happiest of holidays to you and to those you care about and love.

In good health,

Karen McNeil-Miller



## The Foundation is Moving

We are moving to our new office effective Dec. 19. Our new address is: 1780 Pennsylvania St Denver, CO 80203. Our phone and fax will



## Webinar: Financial Health & Social Good

Understanding nonprofits' financial health and readiness, and crafting potential scenarios for programs and services, are



## Building for Health

Attend a workshop focused on the WELL Building Standard, an evidence-based system for measuring, certifying and

remain the same.  
[View...](#)

the crucial steps to ensuring continued services to underserved communities.  
[Learn...](#)

monitoring the performance of building features that impact health and well-being.  
[Register...](#)

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## New Data Spotlight Turns Focus to Health in Rural Communities



Released yesterday, the new Data Spotlight — [Rural Health: Innovating Out of Necessity](#) — takes an in-depth look at unique characteristics and health barriers in rural regions with a focus on poverty, unhealthy options and lack of access to care.

- Living on a shoestring budget can negatively impact health and many families in rural communities experience this problem firsthand, with 100,000 living in poverty. It strikes especially hard for kids in rural Colorado. While 12 percent of rural adults struggle with the challenge of poverty, 19 percent of rural children do.

- Many families in rural areas have limited options when it comes to adequate exercise and healthy foods critical to promoting general well-being. Many rural Coloradans experience two barriers to healthy food access: low incomes and far distances to grocery stores. And only 23 percent have access to a close park, compared to 66 percent of urban

residents.

- Barriers to care are often highest for rural Coloradans for various reasons such as lack of transportation or insurance, stigma and more. One in 10 rural residents cite that their doctor's office does not accept their insurance. Residents with high health care needs are especially at risk for accessing necessary care.

The [Rural Health Data Spotlight](#) was created in partnership with the Colorado Health Institute. [Read more](#) on how three communities are moving the needle on health. [Access County Spotlights](#) to learn more about health in your community.

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## The Foundation Welcomes Three New Board Members

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The Foundation is excited to welcome three new members of our Board of Directors joining us in the new year. Lydia Prado, PhD of [Mental Health Center of Denver](#), Terri L. Richardson, MD of [Kaiser Permanente Colorado](#) and Tommy Barnhart of [Ten Mile Enterprises LLC](#).

Karen McNeil-Miller, president and CEO, noted that the addition of each new member adds increased depth to how we consider and believe in health, wellness and the power of community.

We would also like to thank our outgoing Board members for their many years of commitment to the health of Coloradans. [Read more about the new and outgoing board members](#).

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## State of PE Report Looks at Physical Activity in Colorado Schools



### Physical Education and Colorado

A report on the state of PE across Colorado's public school system

Colorado is one of only four states with no physical education (PE) requirement for K-12 schools. What has resulted is significant variance in the amount and quality of PE programs in schools across the state. [A new report](#), released by the [PE for All Colorado Coalition](#), outlines the importance of quality PE for all students across the state and identifies challenges in implementing this in various school settings.

The [State of PE Report](#) pinpoints the need for PE to be a part of an overall well-rounded education and shows the benefits to students' overall health and achievement. It is clear that PE programs in Colorado differ across the state and even within school districts. Whether that is a result of different policies, classroom schedules and school calendars, physical space limitations, school leadership or teacher shortages, PE

is not the same in any two places. As a result of this, it is challenging to assess the quality of PE in Colorado.

To better understand limitations but also learn about PE success stories across the state, [read the report](#).

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## CO4F: Nucla Grocery Store Thrives After Renovations



The only grocery store in the town of [Nucla, Colo.](#), Redd's Mercantile, has spent 2016 making renovations and upgrades to improve fresh food access for town residents. Supported by grant and loan financing from the [Colorado Fresh Food Financing Fund](#) (CO4F), several improvements have been made at Redd's Mercantile, including ceiling and flooring repairs, a new point-of-purchase system and refrigeration upgrades.

This store is crucial to the health of the Nucla community, a small Colorado town in Montrose County, and these advancements will better serve customers for years to come. Redd's Mercantile is owned by Michael Redd and his family. Faced with 50 to 60-year-old refrigeration equipment, a leaking roof and crumbling floors, the family sought support from CO4F to rehabilitate their store. Renovations made to the grocery store have improved energy efficiency, product selection and overall sales. Read more about the renovations in this [press release](#).

[CO4F](#) generates jobs and improves access to healthy food in underserved Colorado communities by financing grocery stores and other forms of healthy food retail. Read more about [CO4F](#).

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## Two New Reports Focus on Food and Commercial Corridors



The Urban Land Institute (ULI) [Building Healthy Places Initiative](#), which the Foundation supports, leverages the power of ULI's global networks to shape projects and places in ways that improve the health of people and communities. ULI recently released two reports that both show the importance of health in decision-making processes and how the real estate community is using innovative approaches to food in development projects that translate to enhancements in health.

The [Building Healthy Corridors: Transforming Urban and Suburban Arterials into Thriving Places](#) report explores strategies for transforming commercial corridors, found in nearly every community across the nation, into places that support the health of the people who live, work and travel along them. This report serves as a resource for those who are undertaking corridor redevelopment efforts.

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The [Cultivating Development: Trends and Opportunities at the Intersection of Food and Real Estate](#) report explores the mutually beneficial relationship between food-based amenities — such as working farms, community gardens, food halls, restaurants and grocery stores — and real estate. It highlights how the growing interest in and awareness of fresh, local food is spurring innovation in development projects.

For hard copies of these two ULI reports, please contact [Jaclyn Lensen](#).

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## Mark Your Calendar

### [The Foundation is Moving](#)

Dec. 19, 2016

### [Open Enrollment Now Open](#)

Nov. 1, 2016 - Jan. 31, 2017

### [Next Grant Application Deadline](#)

Feb. 15, 2017

### [Colorado Health Symposium](#)

Aug. 2-4, 2017

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The Colorado Health Foundation works to make Colorado the healthiest state in the nation by ensuring that all Colorado kids are fit and healthy and that all Coloradans achieve stable, affordable and adequate health coverage to improve their health with support from a network of primary health care and community services.