

## **RESOURCE KITS PROMOTE GOOD HEALTH IN COLORADO COMMUNITIES**

*Workplaces and schools use effective strategies to encourage physical activity and good nutrition*

### **Public Health Problem**

- The number of overweight and obese Colorado children and adults has increased steadily over the past ten years.
- Obesity increases the risk of developing chronic diseases such as heart disease, diabetes, and cancer. It plays a role in more than a third of premature deaths in Colorado each year.
- Most Coloradans don't meet recommended guidelines for physical activity and healthy eating that could help prevent obesity.

### **Program**

- The Colorado Physical Activity and Nutrition (COPAN) Program of the Colorado Department of Public Health and Environment developed resource kits with strategies and activities to promote physical activity and healthy eating in worksites and schools.
- The kits were available through the COPAN website and were showcased at statewide school and worksite training programs where participants learned how to use the resource kits. Grants of up to \$1,000 were awarded to 7 school sites and 11 worksites to implement resource kit activities.
- A Boulder elementary school used a grant to purchase heart rate monitors to give students and teachers feedback on physical activity intensity during physical education classes.
- The City of Northglenn used its funds to establish a "StairWELL to Better Health" program to encourage workers to use the stairs. This successful worksite effort has become a model that is promoted at trainings and conferences.

### **Impact**

- COPAN distributed 600 resource kits in year one of the program.
- The resource kit program has helped schools and worksites build capacity to promote physical activity and good nutrition and sustain changes in behavioral, environmental changes (e.g., After the mini-grants the improved stairwell remains in the Northglenn building and the Boulder teacher continues to use the purchased equipment with new classes.)
- The heart rate monitors allow overweight students to focus on exercising within their target heart rate zone and takes attention away from trying to keep up with their peers.
- COPAN has expanded the program to include resource kits that address physical activity and nutrition for breastfeeding mothers, young children, college students and older adults. One thousand resource kits have been distributed in year 2 and grants have been awarded to 63 organizations, reaching nearly half of Colorado's counties.

### **Contact**

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