



# 2013-2017 SUCSESSES

Obesity & Teen and Unintended Pregnancy  
Prevention and Reduction Efforts

**Community Health Improvement Plan**

# Obesity Focus Areas & Key Successes

## Built Environment

At least 11.5 miles of **bike lanes** and 1.69 miles of street markings added throughout the City to improve connectivity and travel for non-motorized travelers.

80 **way-finding signs** added to bike lanes to provide direction and mileage to common destinations.

160 countdown **pedestrian timers** installed at traffic lights along with five **bike racks** and seven **pedestrian crossings signs**.

Bike lanes added and completed within Lake Pueblo State Reservoir.

Pueblo County **zoning amendments** provided incentives to businesses installing bike racks in place of parking spaces.

## Food System

Both **school districts** implemented a campaign to increase awareness of locally grown produce served within schools.

Physicians at Southern Colorado Family Medicine provided healthy food prescriptions to high-risk patients.

Five public businesses such as corner stores and public facilities worked with the Health Department to improve access to **healthy food and beverage** options.

St. Mary-Corwin Hospital collaborated with community partners to host a farm stand in the Bessemer neighborhood.

## Physical Activity

PACE promoted the **National Bike Challenge** to encourage active transportation during the summer.

Medical providers received tool kits for addressing physical activity, nutrition and obesity with patients.

Number of employees offered physical activity and nutrition improvement opportunities increased in worksites.

St. Mary-Corwin Hospital provided monthly sessions of the “Walk With A Doc” program.



# Teen and Unintended Pregnancy Focus Areas & Key Successes

## Access to reproductive and sexual health services

Health Department clinic was re-designed to be more **teen-friendly** and community providers were trained to make clinic services more teen friendly.

## Positive youth development

**Youth Empowerment Council** hosted Youth Resource Fair, Youth Awareness Week, created MyYouthLink.com website, and a resource map.

## Evidence-based mentoring and parenting programs

Pilot program provided incentives to parents to complete evidence-based **parenting programs**. After pilot, effort was sustained through HB1451 funds.

## Comprehensive reproductive and health education

Health Department worked with schools and colleges to improve policies and resources available to students regarding sexual health.

**GoAskTara** website created and promoted to youth, college students and parents. Sexual health questions answered in a confidential manner and information updated regularly on common topics via the website.

Established Colorado State University-Pueblo and Pueblo Community College **peer sexual health educators**.



# Outstanding Community Successes

Congratulations to the City of Pueblo for increased status as a **Healthy Eating and Active Living City** to Elite, the highest status possible.

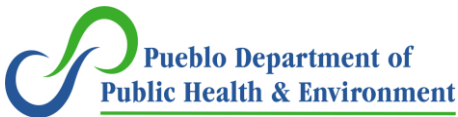
Pueblo County is on the move; an updated **Comprehensive Plan** encourages future healthy eating and active living activities and opportunities

**Teen and Unintended Pregnancy Rate reduction** – 53.7% reduction from 2009-2016.

- 19.5% reduction from 2013-2016 or 39 fewer children born to teen mothers (almost 2 kindergarten classrooms)

These successes would not have been possible without the dedicated work of community partners, leaders and members.

It requires each and every person to change the community and will need continued efforts moving forward.



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