
LIVEWELL COMMUNITY HIGHLIGHTS

SEPTEMBER • 2007



Broomfield Seniors: Role Models for Healthy Eating and Active Living

HAPPY HEALTHY AGING MONTH!

LiveWell Broomfield, housed within Broomfield's Health and Human Services Department (HHS)/ Health Promotions Unit, is partnering with two low-income senior housing sites to create sustainable programs and environmental changes towards healthy eating and active living. The path is being paved for other senior housing sites to jump onto this great opportunity. An opportunity that has been created by community champions with an internal drive and recognized need that more can be done to promote healthy eating and active living.

LiveWell Broomfield sought out two senior champions to serve as Wellness Representatives at the senior housing complexes where they call "home". The two complexes, Broomfield Greens and Maryel Manor have approximately 100 residents currently living independently in apartments. Ginny of Broomfield Greens and Evie of Maryel Manor, were identified through HHS/Health Promotion Unit, Senior Fall Prevention Program. The Senior Fall Prevention Program, currently funded through the CompreCare Foundation, provides free comprehensive injury prevention assessments that focus on assessing general



health, nutrition, physical activity status and home/ environmental risks. Since beginning this program in 2002 and in partnership with Home First, Inc. and Senior Services, Broomfield HHS has provided over 275 fall-risk assessment to residents 65 years and older. The outcome, Broomfield older adults living longer independently in their homes through home modifications, increased awareness and knowledge of prevention of falls and the increased awareness and knowledge of the importance of healthy eating and active living plays in day-to-day healthy aging...and the new relationships built with Ginny and Evie.

Ginny, the 74 year old volunteer senior wellness representative at Broomfield Greens has been leading an exercise class two times per week since March of 2007. The seated exercises, combined with balance, relaxation and strength training has been a promising start for the formerly sedentary 70-90+ year old seniors. In addition, Ginny has the residents of Broomfield Greens up and walking and using their pedometers. (Pedometers were provided through partnership with America on the Move (AOM)) Nearly half of the Broomfield Green residents have participated regular-



ly for the past seven months. Similar exercise classes are just beginning at Maryel Manor with Evie as their Wellness Representative. LiveWell Broomfield has assisted both sites in identifying training needs, supporting “internal champs” through coaching and creating small changes to the environment (an exercise cart with weights, fitness mats, and bands) to create a sustainable change in their facilities.

Collaboration between LiveWell Broomfield and CSU Extension has brought a series of nutrition education classes to the two senior living complexes mentioned above. Residents have been invited to participate in topics like “What Makes a Meal,” “Enhancing Food Flavors,” “Cooking for One or Two,” “Energize your Life,” and “Foods Safe: So Am I.” Bringing a series of classes to the same captive audience has been an effective way of promoting small behavior changes that are both achievable and sustainable for the participating seniors. To LiveWell Broomfield, it is considered the “trickle down affect.” The affect, that having a senior willingly make a behavior change around their nutrition and physical activity, has on their friends, their family and their community circle.

Other LiveWell Broomfield Highlights

120th sidewalk connection

from Main to Emerald complete

LiveWell Broomfield would like to say “Thank You” to the property owners who donated their easements, Goodland Construction and their subcontractors who completed the work in record speed, and the City Council and City and County Department staff who recognized the need and importance of completing



this missing link. There was no sidewalk on west 120th Ave from Main to Emerald which created a barrier for walking, accessing and connecting the oldest section of Broomfield (First Filing) to neighborhood and recreational areas. This sidewalk will now provide a safe avenue for First Filing residents, parents and children to safely walk to school or childcare facilities, nearby restaurants, grocery stores, etc.

LiveWell Broomfield Promotes STEPtember

LiveWell Broomfield in partnership with America on the Move is encouraging all of Broomfield to increase their steps in Stepember and every day there after. A free community dance will be held on September 21st at the Broomfield Community Center supporting alternative and fun ways to move more.



For more information on LiveWell Broomfield’s 2007 strategies, visit www.livewellcolorado.com

LiveWell Colorado

LiveWell Colorado is a statewide initiative aimed at reducing overweight and obesity rates and related chronic diseases in Colorado. LiveWell Colorado works with community initiatives, such as LiveWell Broomfield, to promote equal opportunities for healthy eating and active living through policies, programs and environmental changes.

Sponsored by The Colorado Health Foundation, the Colorado Physical Activity and Nutrition (COPAN) Program at the Colorado Department of Public Health and Environment and Kaiser Permanente, LiveWell Colorado coordinates efforts to encourage improved physical activity and nutrition throughout Colorado. For more information, visit www.livewellcolorado.com
