BEYOND THE COUCH: HOW A COMMUNITY CENTER HELPED LOCAL RESIDENTS BECOME MORE ACTIVE AND HEALTHY

LiveWell Colorado Summit
November 30, 2017
After many years of marital bliss, tension enters the Kent household.
Presentation Overview

- Overview of Stratton Meadows, MPCC
- Breakout Activity #1: Photo Bingo
- Infusing HEAL within center culture
- Breakout Activity #2: M/B/S
- Evaluation efforts employed
- Breakout Activity #3: Concoction Creation
- Wrap up
Stratton Meadows neighborhood

- WWII
- 2200/5900
- $32K/$58K
- 27%/10%
- 1.43
- 5%/2.2%

Crime

<table>
<thead>
<tr>
<th>Crime Type</th>
<th>Personal</th>
<th>Property</th>
<th>Overall</th>
</tr>
</thead>
<tbody>
<tr>
<td>Murder</td>
<td>0.95</td>
<td>1.43</td>
<td>1.43</td>
</tr>
<tr>
<td>Rape</td>
<td>0.76</td>
<td>1.13</td>
<td>1.12</td>
</tr>
<tr>
<td>Robbery</td>
<td>0.70</td>
<td>1.06</td>
<td>1.06</td>
</tr>
<tr>
<td>Assault</td>
<td>1.21</td>
<td>1.12</td>
<td>1.12</td>
</tr>
<tr>
<td>Total</td>
<td>3.16</td>
<td>3.84</td>
<td>3.84</td>
</tr>
<tr>
<td>Burglary</td>
<td>1.43</td>
<td>1.43</td>
<td>1.43</td>
</tr>
<tr>
<td>Larceny</td>
<td>0.63</td>
<td>0.63</td>
<td>0.63</td>
</tr>
<tr>
<td>MV/Theft</td>
<td>1.13</td>
<td>1.13</td>
<td>1.13</td>
</tr>
<tr>
<td>Total</td>
<td>4.72</td>
<td>4.80</td>
<td>4.80</td>
</tr>
</tbody>
</table>

Based on 21

National Average = 1.0
“The Rec”

- 12K ft sq strip plaza
- 1982/1987
- 65K
- All ages...all stages
- BBP Model (2010)
- CCCC (2012)

Health Starts Here!
Breakout #1: PHOTO BINGO
Creating HEAL Culture

◊ Purposeful Recreation
◊ HEAL Standard Developed
◊ Youth Movement
◊ Establish the CCCCC
◊ CDC
◊ Food
◊ KP Walk & Wheel
◊ Join the HEAL Campaign
◊ Adults
Breakout #2: M/B/S
Evaluation

- From Qual to Quan
- Logic Model Developed by CCCC
- Longitudinal BMI effort
- Evidence-based curriculum employed
  - 5210 Let’s Go!
  - OrganWise Guys
  - Omaha System
Breakout #3: CONCOCTION CREATION
THANK YOU FOR PARTICIPATING!

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