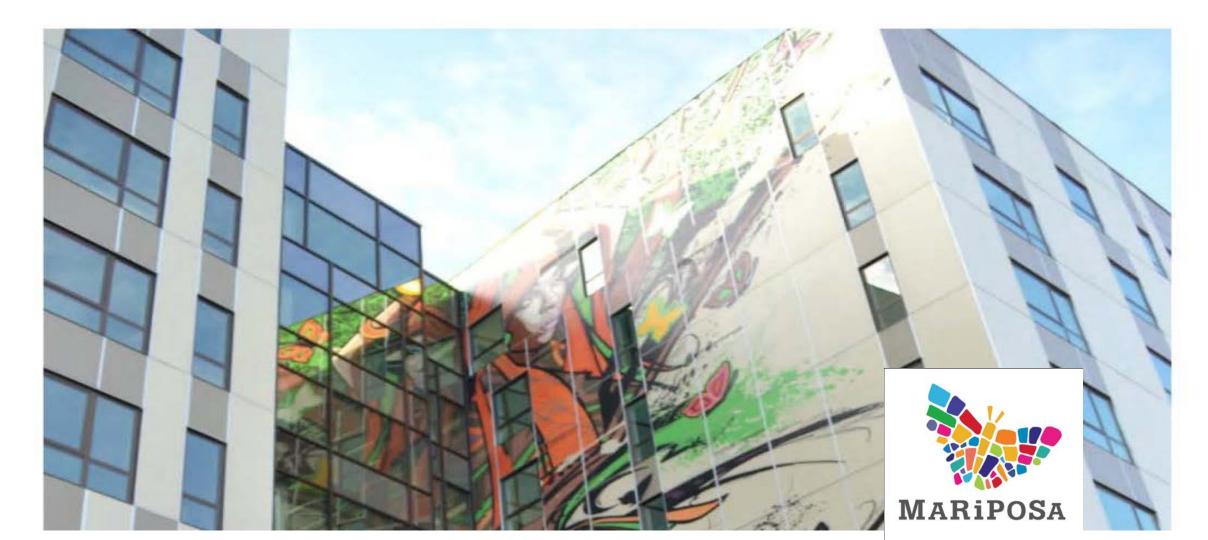


THE MARIPOSA HEALTHY LIVING INITIATIVE







38% have been diagnosed with diabetes 39% have been diagnosed with asthma 64% have high blood pressure

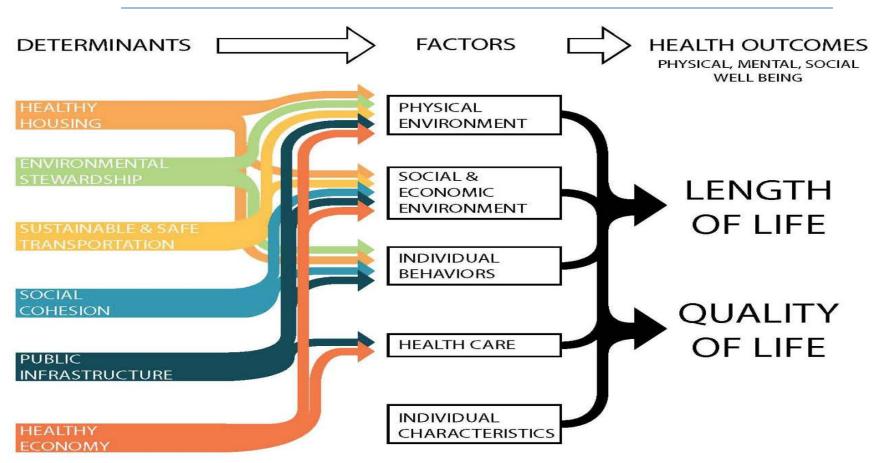






Using data to analyze, track trends and report:







Master Plan Emphasis on Healthy Development

Buildings and exterior spaces are designed with active living guidelines

- Central Stairwells
- Natural Day Lighting,
- Bike Parking in units and in secured areas,
- Bike repair stations for residents,
- B-Cycle stations,
- Play Areas for kids and adults,
- Parks and Trail Connections



Healthy Living Programming

Nutrition

Cooking Matters
Kitchen Cue
Fresh Takes to take SNAP
benefits

Fitness

Yoga for the People Walking Club
Sit and Be Fit
Zumba

Wellness

Flu Shots
Medicare Info Sessions
Family Dinner Night









Evaluation Design







Progression of events

Intervention:

- Built Environment improvements
- HEAL programs
- Healthy Living Coordinator
- Health Navigator

Increase/improve behaviors:

- Exercise
- Nutrition
- Access to and utilization of healthcare
- Decrease other modifiable risk factors

Improve health and healthrelated outcomes:

- BMI
- · Chronic disease management
- Chronic disease prevalence

Evaluation Metrics

Process Monitoring:

- Meeting grant objectives
- Resident utilization of HEAL assets

Intermediate Outcomes

- Changes physical activity
- · Changes in nutrition
- Changes in access to and utilization of healthcare
- Changes in Modifiable risk factors

Long-term Outcomes

- Changes in BMI
- Changes in chronic disease management
- Changes in chronic disease prevalence

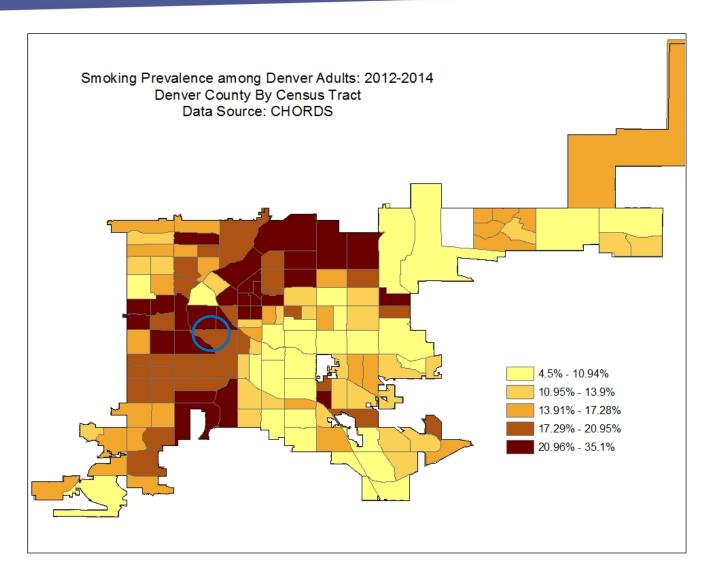
Analyzed in the context of environmental factors that facilitate or impede positive change. Examples include: Affordable Care Act, social conditions such as crime, neighborhood gentrification, etc.

Regionally Aggregated Clinical (Outpatient) Data









Colorado Hospital Data







Number of Emergency Department Visits per 1,000 Residents: Census Tract 19.01, All Ages, 2011-2014

