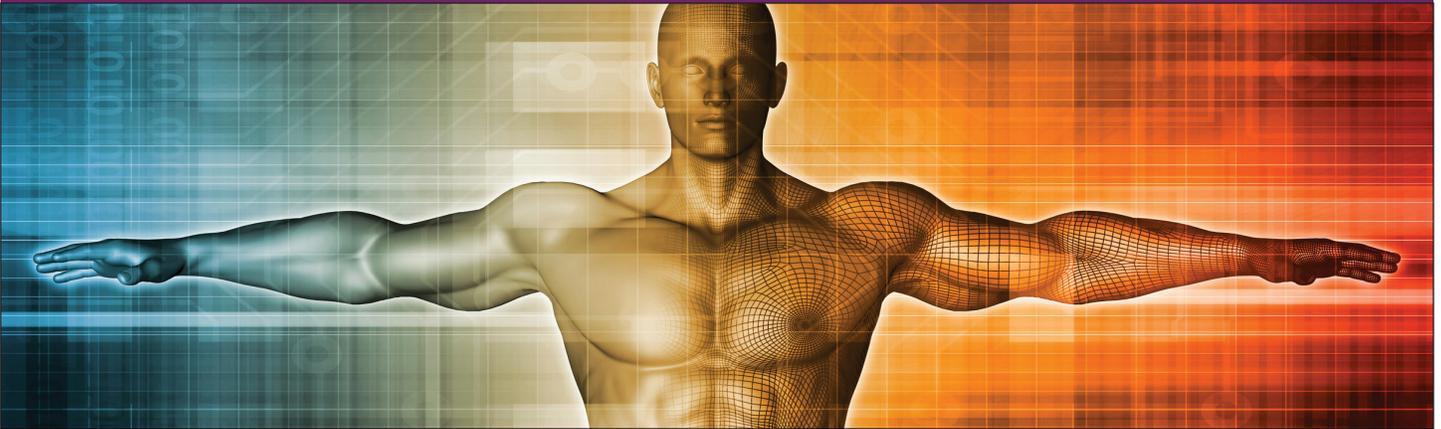


# Community Health Promotion 2018 Annual Report



**The Community Health Promotion (CHP) Division advances population health by promoting changes in policies, systems, and environments that support community nutrition, breastfeeding, mental health, workplace wellness and healthy aging while preventing substance abuse, injury, diabetes, and tobacco use and exposure. This report highlights some of the exciting work of our 30 team members in 2018.**

## Healthy Eating and Active Living

### Breastfeeding Promotion

TCHD's regional Advancing Breastfeeding in Colorado initiative worked to create a seamless system of lactation support for women and families at their jobs, in childcare settings, medical offices and communities, impacting over **50** organizations.

### Early Childhood Health and Wellness

CHP staff worked with early childcare and education providers to explore practice changes to increase healthy eating and active living, with **19** centers completing a formal self-assessment. In addition, **141** individuals participated in educational sessions, with **94** percent reporting intention to improve feeding and physical activity practices in their centers.

### Healthy Beverages

TCHD's Hidden Sugar campaign ([www.hidden-sugar.org](http://www.hidden-sugar.org) and [www.azucaroculta.org](http://www.azucaroculta.org)) resulted in **2.6** million media impressions increasing awareness of the amount of sugar hidden in common drinks and the related harms. Bilingual campaign messaging included outreach to over **22,000** WIC participants.

### School Wellness

TCHD engaged in **24** school wellness meetings with eight districts and one school around health policy and practice changes, provided five trainings for school district staff, and offered relevant newsletters and policy change support to **15** school districts that serve **257,050** students and their families.

### Workplace Wellness

CHP partnered with business communities to bring wellness to the workplace through regional coalitions, individual technical assistance, and funding opportunities. Over **80,000** employees are being served with improved policies and practices through the initiative's five employer coalitions and **112** participating employers. Six new employers achieved the comprehensive Breastfeeding Friendly designation.



# Diabetes Prevention and Control

## Diabetes Prevention

Ninety-one participants completed a free, yearlong lifestyle change and diabetes prevention program Journey to Wellness, acquiring the tools and habits to lose weight and reduce risk of future health problems. Trained coaches led classes in weight loss, healthy eating, physical activity, stress management, and motivators to change.

## Diabetes Self-Management

Over **70** percent of clients reduced their HgbA1c after participating in the Diabetes Self-Management Education Program and **65** percent of the **109** enrollees reported weight loss. Led by Registered Dietitians, classes address diabetes medications, eating healthy with diabetes, meal planning, blood sugar checks, preventing complications and being active.

# Mental Health Promotion

TCHD began the final year of a State Innovation Model grant to reduce mental health stigma, encourage help-seeking, and increase access to screening, referral, and treatment among low-income populations. The Let's Talk Colorado campaign spread the word about the importance of discussing mental health as readily as any other health issue. This campaign collaboration with metro public health agencies and nearly **350** other partners generated **15,856** English Let's Talk and **1,352** Spanish page views. A news release on brain injury with neuropsychologist Jamie Pollack resulted in **6,466,988** media impressions and an additional **27,801,392** impressions were generated during Mental Health Awareness Month.



# Substance Abuse Prevention

## Protective Factors for Healthy Development

CHP partnered with schools to advocate for restorative discipline practices when addressing alcohol, tobacco, and other drug offenses. Four Douglas County schools are piloting the approach, which promotes factors that protect growth and development, such as increasing school connections and reducing out-of-class time.



## Overdose Prevention

The Tri-County Overdose Prevention Partnership released its first Report of Accomplishments, highlighting efforts to reduce substance abuse through prevention, provider education, safe disposal, harm reduction, and support of expanded treatment options.

# Tobacco Prevention and Control

## Tobacco and Electronic Smoking Device Use Prevention

Focus groups were conducted to better understand how tobacco and vaping plays a role in residents' lives. Combined with data on prevalence, use variations, and youth vaping trends, this community input is helping inform and enhance TCHD's tobacco control efforts. A youth-created media campaign generated **15,804,186** media impressions.



# Injury Prevention and Older Adults

The evidence-based A Matter of Balance fall prevention program provided **14** eight-session courses (16 hours each) in community settings to approximately **175** older adults.