We are a group of professionals promoting the creation of healthy communities in Colorado

• Identifying opportunities and strategies that encourage the implementation of healthy community planning.

• Serving as a resource for best practices and education that encourages professionals to integrate health by promoting concepts, language, and policies into their roles.

• Infusing the recognition that planning effects the determinants of community health.

• Promoting equitable practices in planning to further support healthy community principles.
A Healthy Community

Wellbeing
Places & Spaces
Infrastructure
Connectivity
What were we getting “Right” before COVID?
What changes did COVID require?
What changes should remain?
Where do we go from here?
World Café 101

• Our context
• Table topics
• Questions for discussion
• Our goals
• Café recap
Places / Spaces

Lugares / Espacios

Laura Rossbert, Shopworks Architecture
Designing for Healing, Dignity, & Joy
Promoting Physical Health, Mental Health, and Well-Being Through Trauma-Informed Design

Shopworks Architecture
Group 14 Engineering
University of Denver Center for Housing and Homelessness Research
“Experience can change the mature brain – but experience during the critical periods of early childhood ORGANIZES brain systems.”

- Bruce Perry, Trauma and Brain Development
Dr. Jaak Panksepp’s Research Study

How do we design to minimize the cat hairs in our buildings? Especially for the most vulnerable among us?
TRAUMA-INFORMED DESIGN FRAMEWORK

- Hope
- Connection
- Comfort
- Community
- Choice
- Peace of Mind
- Safety
- Empowerment
- Lived Experience
- Cultural Context
- Environmental Context
DESIGN RESPONSE

Pay attention to visibility and site lines
DESIGN RESPONSE

Create entryways that provide welcome and refuge.
DESIGN RESPONSE

Provide dignified, calming, and joyful spaces.
DESIGN RESPONSE

Outdoor amenity spaces offer an area for individual to utilize the benefits of nature to heal & safely gather in COVID
DESIGN RESPONSE

Provide amenity areas that include flexible space for participants and staff to connect to each other and staff and spaces for staff to provide a variety of programming.
DESIGN RESPONSE

COVID functionality – how do you create spaces that allow for connection, while also ensuring separation and safety?
“New Research: The Built Environment Impacts Our Health and Happiness More Than We Know” - Jared Green

“In contrast, happy places are designed to encourage pro-social behavior. This is because “people need social connections in order to thrive.” Happy places help create layers of social relations, including “weak ties,” which are actually very important. “Weak ties create a sense of belonging and identity. They build trust, which helps pull communities through challenges.” Communities with higher weak ties and trust fought the COVID-19 pandemic better.”

How do we not just create spaces that are safe and allow people to survive - but how do we create spaces that ensure connection, community, dignity, and joy?

What does that look like in a post-COVID era filled with our own traumas about space and people? How can the built design help alleviate those anxieties?
Infrastructure

Infraestructura

Joan Lyons, Boulder Transportation Connections
What Has Your Everyday Life Looked Like Since COVID?
What Do You Do Every Day Without Fail?
Walk
Use Water
Go Running
Work From Home
Take Transit To Work
Turn on Lights
40% reduction of traffic to transit and mobility stations

Source: Google Mobility Changes Report - Boulder County, RTD January 2022 Stakeholder Listening Session
40% reduction of traffic to transit and mobility stations

50% reduction of traffic to transit and mobility stations

Source: Google Mobility Changes Report - Boulder County, RTD January 2022 Stakeholder Listening Session
Transit Ridership In The COVID Era

While ridership across the country has slowly increased in the past year, financial repercussions from sales tax and fare revenues have wreaked havoc on a component of critical infrastructure.
Dramatic Shifts from Commuting to Working Remote

In March and April 2020, 86 percent of commuters worked remotely on any given workday, compared to only 6 percent in March 2019.

Source: Denver Regional Council of Governments
Given the Choice, Most Would Choose to Work From Home 1-2 Days Per Week After Business Returns to Normal
Given the Choice, Most Would Choose to Work from Home 1-2 Days Per Week After Business Returns to Normal
Infrastructure
Connectivity

Conectividad

Robin Kerns, Metro West Housing Solutions
INDUSTRY RECAP

- 87% of U.S. now has access to internet speeds of 25 mbps down / 3 mbps up.

Biden’s Infrastructure Bill
- $65 billion for broadband
- Focus on closing the access divide
- Mandate to restructure programs that provide access to low-cost broadband services
- $$ for digital literacy programs and training

Net Neutrality “back on the table”
- Nothing official but expect Biden to push to reinstate neutrality protections repealed by the Trump administration in 2017.

- FCC defines broadband = 25 Mbps / 3 Mbps
- Broadband community wants = 100 Mbps down / 25 Mbps up

What do these speeds look like?

25 Mbps / 3 Mbps

100 Mbps / 25 Mbps

Gigabit Internet = 1000 Mbps / 800 Mbps
Gigabit Internet = 1000 Mbps / 800 Mbps

Access to Coverage vs. Access to Affordable Plans

25 Mbps Wired - Access to Coverage vs. Access to Affordable Plans
- Alabama: 89.3%, 75.7%
- Alaska: 82.3%, 66.4%
- Arizona: 96.3%, 87.7%
- Arkansas: 82.6%, 75.0%
- California: 93.3%,

100 Mbps Wired - Access to Coverage vs. Access to Affordable Plans
- Alabama: 47.2%, 23.6%
- Alaska: 77.2%, 0.0%
- Arizona: 82.3%, 0.0%
- Arkansas: 82.3%, 0.0%
- California: 81.9%, 34.5%

Colorado: 93.3% (Coverage), 87.7% (Affordable Plan)
A WEB OF 4 BROADBAND LEASE OWNERS ACROSS THE STATE.

Signals cannot travel between leases.

Rural pop-up wifi kiosk?
No Internet, No Unemployment: Solving This ID.me Glitch Took Two Months And A Journey Across The Rural Front Range

Baine had collected unemployment benefits for a year, but now was about to lose his home. He had encountered a glitch trying to comply with the labor department's new platform: ID.me. A year into the pandemic, glitches in the unemployment system are still disrupting lives. The solutions are often simple, and yet completely out of reach. And it illustrates a challenge that will outlast the current crisis.

ID.me is meant to block scammers but is also cutting off people who don’t have the right technology or the right identification, among other problems. A network of in-person verification kiosks is a roll-out option but Colorado opted out because the company’s proposal was too pricey and overly focused on urban areas.

Take a drive to a Public Library. At one point, after hours of waiting, the timer reverted all the way back to 1:48, our starting point. “No, I knew it wouldn’t work,” Baine told me, “but I appreciate you trying. This is the way it is all the time.”

But this story, though, does have a happy ending. After some tinkering and refreshing, the timer finally started going our way again, and quickly. It passed 90 minutes, then 60, and then 30, dropping by a few minutes at once. I noticed Baine getting more excited, and even nervous, his foot tapping as we got under 10.

“I’d be able to make a house payment, pay electric bills, get to work,” he said.

A three-minute solution...once connected!!
The Salud health clinic in Commerce City, Colo., takes a novel approach to improving the health of its patients: It incorporates legal assistance into its medical practice for patients. And the state's Medicaid program helps fund the initiative.

Salud's philosophy - mending legal ills is as important for health as diet and exercise.

The goal: Reduce dangerous levels of stress and keep families intact, on the premise that it will serve their health for years to come.

Mostly, that has meant helping people with unemployment benefit claims and Social Security Disability Insurance denials. But it also regularly entails helping patients — many of whom speak only Spanish after having arrived here from Mexico or Central America — with immigration hearings.

The role of these sorts of medical-legal partnerships has grown over the past year as millions of people in the U.S. have faced lost income and the threat of losing their homes during the COVID-19 pandemic.
<table>
<thead>
<tr>
<th>CONNECTIVITY SCAN</th>
<th>Rural Colorado</th>
<th>Urban Colorado</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location:</td>
<td>Rural Colorado</td>
<td>Urban Colorado</td>
</tr>
<tr>
<td>Ages:</td>
<td>Adult</td>
<td>Adult</td>
</tr>
<tr>
<td>Race:</td>
<td>White</td>
<td>Local Hispanic &amp; Immigrant Communities</td>
</tr>
<tr>
<td>Reaction:</td>
<td>Frustration &amp; Hope</td>
<td>Same ???</td>
</tr>
<tr>
<td>Connectivity Need:</td>
<td>Broadband &amp; Tech Access Issues</td>
<td>Legal Assistance &amp; Tech Access Issues</td>
</tr>
<tr>
<td>Connectivity Goal:</td>
<td>Navigate system to obtain benefits</td>
<td>Navigate systems to obtain benefits</td>
</tr>
<tr>
<td>Health Goals:</td>
<td>Keep his house for his family</td>
<td>To keep families healthy and together, and in their homes</td>
</tr>
</tbody>
</table>
CPR News

Study: Food Insecurity And The Poverty Rate Rose For Colorado Children During The Pandemic

By Jenny Brundin / August 25, 2021

The impact on education was still deep
Enrollment in Colorado's public schools fell for the first time since 1988, down 3.3% from 2019. That amounts to an overall decline of more than 30,000 students in Pre-K through grade 12 across the state.

Small rural districts saw the largest drops in enrollment. (and) the highest shares of students who lacked internet access or computers.

The number of preschool children enrolled in school district preschools in Colorado fell by 23% between fall 2019 and fall 2020, with some racial and ethnic groups experiencing even larger declines.

Household income dropped and food insecurity rose
Nearly half of households with children reported a loss of employment income since the COVID-19 pandemic began. At the beginning of March 2021, one-third reported difficulty paying for usual household expenses.

During that time, about 10 percent of Colorado households with kids reported not having enough food to eat in the past week.

Black and Latino families suffered disproportionately, reporting more food and rent insecurity — and more job loss — than white families.
<table>
<thead>
<tr>
<th>CONNECTIVITY SCAN</th>
<th>JUVENILE #1</th>
<th>JUVENILE #2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location:</td>
<td>Affordable Housing Property, Lakewood Colorado</td>
<td></td>
</tr>
<tr>
<td>Ages:</td>
<td>Approx. 12 – 14 years old</td>
<td>Approx. 12 – 14 years old</td>
</tr>
<tr>
<td>Race:</td>
<td>White</td>
<td>Hispanic</td>
</tr>
<tr>
<td>Reaction:</td>
<td>Fear of me.. 😞</td>
<td>Happy to see his friend</td>
</tr>
<tr>
<td>Connectivity Need:</td>
<td>....</td>
<td>....</td>
</tr>
<tr>
<td>Connectivity Goal:</td>
<td>....</td>
<td>....</td>
</tr>
<tr>
<td>Health Goals:</td>
<td>....</td>
<td>....</td>
</tr>
</tbody>
</table>

**EQUITY & VALUE SCAN**

<table>
<thead>
<tr>
<th></th>
<th>#1</th>
<th>#2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free Childcare/Yr</td>
<td>($2,400*12)</td>
<td>$28,880</td>
</tr>
<tr>
<td>40% AMI</td>
<td>($77,127*.40)</td>
<td>$30,850</td>
</tr>
</tbody>
</table>
SAFE ROUTES TO...
Well Being

Bienestar

Sheila Lynch, Tri-County Health Department
“Epidemic diseases are not random events that afflict societies capriciously and without warning. On the contrary, every society produces its own specific vulnerabilities. To study them is to understand the society’s structure, its standard of living, and its political priorities.”

Frank M. Snowden, a professor emeritus, Yale University
Social Vulnerability Index
prepared by the Agency for Toxic Substances and Disease Registry

- Community’s capacity to prepare for and respond to the stress of hazardous events ranging from natural disasters, such as tornadoes or disease outbreaks, to human caused threats, such as toxic chemical spills.
- The index measures social conditions, including high poverty, low percentage of vehicle access, or crowded households, that may affect the community’s ability to prevent human suffering and financial loss in the event of disaster.

Source: https://www.atsdr.cdc.gov/placeandhealth/svi/index.html
Race gaps in COVID-19 deaths are even bigger than they appear

Tiffany M. Ford, Sarah Reber, and Richard V. Reeves - Tuesday, June 16, 2020

Source: CDC data from 2/1/20-6/6/20 and 2018 Census Population Estimates for USA
In the hardest-hit metro neighborhoods, the rate of COVID diagnoses was 10 times greater than in the ones that fared best. A drive of just 10 minutes separates some of the neighborhoods with the highest concentrations of COVID diagnoses from areas that largely escaped the virus. The highest diagnosis levels were found in neighborhoods where residents had lower education levels and with higher concentrations of non-English speakers and people of color. In these areas, various systemic factors contribute to the disparities, including crowded housing, inability to telecommute, and less access to health care.

Source: https://cohealthinst.maps.arcgis.com/apps/MapJournal/index.html?appid=e9646580009e4f2b884fba1ba1d8a0c5
Health and Wellbeing

COVID Diagnoses

Percent less than high school diploma

Percent People of Color

Source: https://cohealthinst.maps.arcgis.com/apps/MapJournal/index.html?appid=e9646580009e4f2b884fba1ba1d8a0c5
Health and Wellbeing

“Wellness is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.”
- The World Health Organization

Wellbeing is “the state of being comfortable, healthy, or happy.”
- Oxford English Dictionary

Health is not just the physical well-being of the individual, but the social, emotional, and cultural well-being of the whole community.
-National Aboriginal Health Strategy, New Zealand
National Survey

- 4 in 10 adults report an anxiety or depressive disorder up from 1 in 10 in January 2019
- Adults in households with job loss or lower incomes report higher rates of symptoms of mental illness than those without job or income loss (53% vs. 32%)

Colorado Health Foundation Survey

Over half of all Coloradans say that the coronavirus has negatively impacted their mental health. For many, worry and stress have had a major impact.

- All Coloradans: 19% major, 34% minor, 45% no impact
- People who make less than $30,000: 26% major, 33% minor, 41% no impact
- Lost job or income: 28% major, 31% minor, 38% no impact
- Women: 24% major, 37% minor, 38% no impact

53% Negative impact
Health and Wellbeing

Growing Home partners with City staff to help food distribution
Westminster, CO

A Colorado county asked residents to share their coronavirus stimulus money. The response was overwhelming
Phillips County, CO

When COVID Info Doesn’t Reach Everyone, These Trusted Messengers Step Up To Help in Hard-Hit Latino Communities
Promotoras Network
A Healthy Community

Wellbeing

Places & Spaces

Infrastructure

Connectivity