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 and 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.