



Know The Facts

Park Hill Thriving Communities

A LiveWell Colorado Community

About Park Hill Thriving Communities

Park Hill Thriving Communities (PHTC) began in 2005 as a community-based program funded by LiveWell Colorado. The program is in year three of implementing its action plan. PHTC's mission is to eliminate health disparities in Park Hill via equal access to healthy eating and equal opportunities for active living. The project serves approximately 30,000 residents living in a three square mile area.

LiveWell Colorado is a statewide initiative aimed at reducing overweight and obesity rates and related chronic diseases in Colorado. Sponsored by The Colorado Health Foundation, The Colorado Department of Public Health and Environment and Kaiser Permanente, this initiative focuses on comprehensive community approaches to healthy lifestyles.

PHTC efforts target the health and well-being of all individuals regardless of age, gender, ethnic background or economic status. The initiative will not only improve health status of residents, it will also help the Park Hill area to realize economic revitalization and environmental improvement.

What The Program Does

The program targets three areas for improving the health of residents: programs, environment and policy. Goals include the following:

- Eliminate health disparities by addressing healthy eating and active living among those at greater risk for obesity and diseases associated with obesity.
- Provide new opportunities for healthy eating and active living through programs, environment and policy.

- Support efforts that are sustainable due to community involvement and support.
- Involve community members who represent all demographics of the Park Hill community.

The Photo Voice Project

"Photo voice is a process by which people can identify, represent, and enhance their community through a specific photographic technique." (Wang & Burris, 1997). During the summer of 2006, sixteen Park Hill residents explored the neighborhood and took photos of barriers they saw to healthy eating and active living in Park Hill. What they saw:

- lack of access to fresh food and produce
- unsafe street crossings and sidewalks
- wonderful, yet under-utilized, resources
- crime and gang activity (preventing residents from healthy activities such as walking and biking)

Images taken have been a powerful tool in defining and influencing needed policy changes and are displayed at various locations throughout Park Hill.

How to Get Involved

Park Hill Thriving Communities encourages all residents to make healthy eating choices and to be more active. Stakeholder meetings are held every four to six weeks. Residents can become stakeholders by participating in the meetings which focus on developing programs, environment and policy strategies.

For More Information

For more information about Park Hill Thriving Communities, call 720.865.5446 or log on to www.livewellcolorado.com/communities.php?id=3.