



Leaders at the Core of Better Communities

2015 Local Government Excellence Awards Program
Program Excellence Awards Nomination Form
(All programs nominated must have been fully operational for a minimum of 12 months, prior to January 31, 2015)

Deadline for Nominations Extended to March 30, 2015

Complete this form (sections 1 and 2) and submit with your descriptive narrative.

SECTION 1: Information About the Nominated Program

Program Excellence Award Category (select only one):

- Community Health and Safety
Community Partnership
Community Sustainability
Strategic Leadership and Governance

Name of program being nominated: Healthy Lakewood

Jurisdiction(s) where program originated: City of Lakewood

Jurisdiction population(s): 144,000

Please indicate the month and year in which the program you are nominating was fully implemented. (Note: All Program Excellence Award nominations must have been fully implemented for at least 12 months prior to January 31, 2015, to be eligible. The start date [on or before January 31, 2014] should not include the initial planning phase.)

Month: January Year: 2013

Name(s) and title(s) of individual(s) who should receive recognition for this award at the ICMA Annual Conference in Seattle, Washington, September 2015. (Each individual listed MUST be an ICMA member to be recognized.):

Name: Kathleen Hodgson

Title: City Manager Jurisdiction: City of Lakewood

SECTION 2: Information About the Nominator/Primary Contact

Name of contact: Kit Newland

Title: Community Resources Director Jurisdiction: City of Lakewood

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Healthy Lakewood – an innovative approach that connects clinic and community

Situated at the foot of the Rocky Mountains and just west of the City and County of Denver, Lakewood is an ideal location to enjoy an active, healthy lifestyle. Parks and open space make up approximately 25% of Lakewood's 45 square-miles and with 144,000 residents, it is the third largest city in the Denver metro area. Lakewood is home to a large aging population, with 25% of its population over 55 and growing exponentially each year. By the year 2020, it is estimated that over 40% of Lakewood's population will be over 55 years of age. The concentration of baby boomer and older adult residents in Lakewood is 8% higher than in Denver and 5% higher than the same age brackets in Colorado overall. The Denver Regional Council of Governments' (DRCOG) Metro Vision 2035 plan acknowledges public health risks as a new challenge due in part to how auto-centric lifestyles have caused the population to lead less active and more sedentary lifestyles, contributing to an increase in chronic disease such as obesity, diabetes and heart and lung diseases. Additionally, addressing the issue of falls prevention is an important and on-going challenge for a healthy life in later years. Healthy Lakewood was created as a proactive measure in which to positively impact the health of the community and better address the needs of the baby boomer generation.

Healthy Lakewood is a unique three-way partnership between the City of Lakewood (municipal government), Consortium for Older Adult Wellness (COAW – nonprofit organization that specializes in connecting health systems to community –based organizations through training, assessments and consulting) and Centura Health (hospital and clinic network) that creates a transformative approach to community health improvement through a combination of evidence-based health education, exposure to active lifestyle opportunities, health coaching and coordinated intervention to affect chronic disease. Healthy Lakewood fills a gap that exists

nationally between clinical care and the community in which a patient resides. Healthy Lakewood demonstrates that community wellness programs can and should play a central and critical role in connecting clinic to community, supporting a resident affected by chronic disease or risk of falling and providing a system of support to assist in continuation back to health. Healthy Lakewood is free to participants and, since its launch in 2013, has served over 200 individuals through six program cycles. Realizing the success of this concept in Lakewood, COAW and Centura Health are beginning to replicate Healthy Lakewood in other communities including Summit County, Wheat Ridge and Westminster.

This program actively affects healthcare needs, both current and future, and fosters purposeful aging in place. With access to a health coach, Falls Center, a variety of activities and the nation's leading evidence-based health education program, participants design a personalized program that leads them to an overall healthier lifestyle. While open to adults ages 18 and older, the majority of participants are of the senior population. The City of Lakewood's investment in the partnership is significant in terms of cash and in kind contributions when the overarching partnership is taken into account. \$24,700 annual funding includes in-kind facility use at a recreation center from which COAW operates a Falls Center, the \$50 credit to each participant that completes the actual Healthy Lakewood four-month program and staff time. The Healthy Lakewood program itself costs approximately \$8,500 in labor costs per year between health coaches and the Community Wellness Advisor.

The overarching goal of Healthy Lakewood is to build a scalable, adaptive, self-supporting community health self-improvement platform that features Lakewood residents at the center of their own health choices. At its core, it helps identify community members who suffer from chronic disease or are at risk of falling and may not be comfortable exploring community

wellness services on their own. Healthy Lakewood helps the participant break down barriers to their own success and connects them with the vital recreational and wellness services that are affordable, comfortable, and beneficial in their own community. Healthy Lakewood contributes to the improvement and maintenance of quality of life for its participants.

The program works as follows:

1. An individual is identified as having a manageable chronic health condition or is at risk of falling. This could happen through physician referral, assessment at COAW and Lakewood's Falls Center or self-identification.
2. A Health Coach is assigned and the individual receives an intensive screening and motivational interview.
3. The Health Coach works with the participant to identify the best interventions to meet their needs. Interventions include Chronic Disease Self-Management, Stepping On, N'Balance, Tai Chi, physical therapy, Matter of Balance and Diabetes Prevention Program. The Health Coach remains as an advocate and checks in with the participant as the program progresses over a four month period.
4. The participant attends the 6-week Healthier Living Colorado class offered by COAW and developed by University of Stanford School of Medicine where they self-identify their barriers to wellness. Barriers could include physical health, nutrition, social factors, spiritual barriers, financial issues, among others. Class participants work together to brainstorm solutions to individual barriers.
5. Upon completion of the Healthier Living Colorado class, the participant receives a \$50 credit to use at Lakewood Recreation facilities or programs. During this time, they arrange to meet with the City of Lakewood Community Wellness Advisor to explore the

numerous community-based health and wellness programs that could meet their needs.

The Advisor helps guide them toward enrollment in community program offerings that help them progress toward their goals.

This innovative approach to assist Lakewood residents in making the connection between clinic and community wellness has made all the difference to a number of participants. For example, Lucy had a history of esophageal cancer. She participated in the Healthy Lakewood program after being cancer free for 18 months at which point her energy level and motivation was very low. After completing the class, spending time with the health coach and an initial meeting with the Community Wellness Advisor, she registered for a City of Lakewood fitness class and has been participating on a regular basis. Her energy level increased dramatically and she has now added activities to her exercise regime. 89% of residents who have completed the Healthy Lakewood program have remained active within Lakewood's community wellness programs.

The community has certainly embraced this program; three classes scheduled for the first half of 2015 are already full and a waiting list exists. The leadership of Centura Health's large Lakewood facility, St. Anthony Hospital, is very supportive and positive about furthering the collaboration. Realizing the expense of chronic disease to the medical community, they see immense benefit in this public-private partnership to fill the gap in service to their patients diagnosed with a chronic disease. However, connecting in a meaningful and tangible way with front line medical professionals and helping them realize the potential of the program has been challenging. The next step is to help medical professionals, within and external to the Centura Health network, embrace this program and refer patients into it to a greater degree. The partnership is currently working collaboratively on strategies for helping physicians and nursing

staff in hospitals, clinics and rehabilitation facilities see the program's potential to assist patients suffering from chronic disease on their journey to health.

To the best of our knowledge, Healthy Lakewood is the first implementation of this program nationally. It forms the basis for a national model to engage front line medical professionals to advocate for community health and wellness options. Healthy Lakewood evolved from early partnership discussions with Centura, where it became apparent that COAW and the City of Lakewood could each bring unique attributes and specialty services to the partnership. The result is a unique, evidence-based program that enhances quality of life for participants where each partner plays a unique and vital role to reaching those in our community who may need more support and guidance in their journey to better health. Healthy Lakewood has created a platform from which to engage individuals and keep them involved in Lakewood's programming as a lifestyle choice. Together, we offer programs that engage and inspire adults in realizing their prevention, wellness and self-management potential.