

# Colorado Governor's Council for Active and Healthy Lifestyles

2015 @SHAPE\_Colorado Convention

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# History



# CDPHE - Colorado Department of Public Health and Environment

- [Colorado Department of Public Health and Environment](#)
  - Regulates environmental health and safety and compiles vital statistics (birth, death, and health) for the state of Colorado.



Colorado Department  
of Public Health  
and Environment



**COLORADO**  
Department of Public  
Health & Environment

# Awards

- Colorado Governor's Award for Worksite Wellness



- [Health Links Colorado](#)

- Colorado Governor's Award for Healthy Schools



- [Colorado Education Initiative](#)



# Health Links Colorado -

<https://www.healthlinkscolorado.org>



- Health Links™ is a nonprofit initiative spearheaded by health and safety experts at the Center for Health, Work and Environment within the Colorado School of Public Health.
- Our mission is to simplify how worksite health and safety get done. By doing so, we are helping build healthy, vibrant businesses and a stronger local economy.
- Colorado Governor's Award for Worksite Wellness
- [CDC Worksite Health Scorecard](#)

# Eligibility:

- Any business (private, public, non-profit) that promotes health and safety with a single-focus (e.g. smoking cessation) to those with a multi component focus (programs promoting nutrition, stress, health screening).
- A business that is applying from a larger company that has multiple sites. (e.g. Wells Fargo Applewood Branch)





# 8 Key Benchmarks



1. Leadership support for health and safety
2. Assessment of employee risks, needs and interests
3. Worksite wellness activities including tobacco control, nutrition, physical activity, disease prevention, maternal and child health, mental health, and cancer screening and prevention
4. Safety policies and practices
5. Communication to promote health and safety
6. Program reach to off-site and temporary workers, and family
7. Incentives to encourage program engagement
8. Evaluation of health and safety programs

- National Framework → • CSPAP
- National Initiative → • LMAS
- Training Mechanism → • PAL
- Key Component → • PE
- Training for PE teachers → • PYFP



# CSPAP - Coordinated School Physical Activity Program

- Coordinated School Physical Activity Program
- **CDC Initiative**
- CDC RFA DP-13-1304 National Innovative Partnership to Address Obesity through Environmental Supports for Nutrition and Physical Activity



# CEI – Colorado Education Initiative

- [Colorado Education Institute](#)
- Colorado Governor's Award for Healthy Schools!!
- Non-Profit - CHF
- Professional Learning
- Health and Wellness
- Next Generation Learning
- Colorado Legacy Schools
- STEM



THE  
COLORADO  
EDUCATION  
INITIATIVE



# Colorado Education Initiative

Smart Source assesses school health efforts across nine areas:

1. General health policies and practices
2. Nutrition
3. Physical education and activity
4. Health education
5. Health services
6. Counseling, psychological, and social services
7. Healthy and safe school environments
8. Family, community, and student involvement
9. Staff health promotion

# SHAPE America -

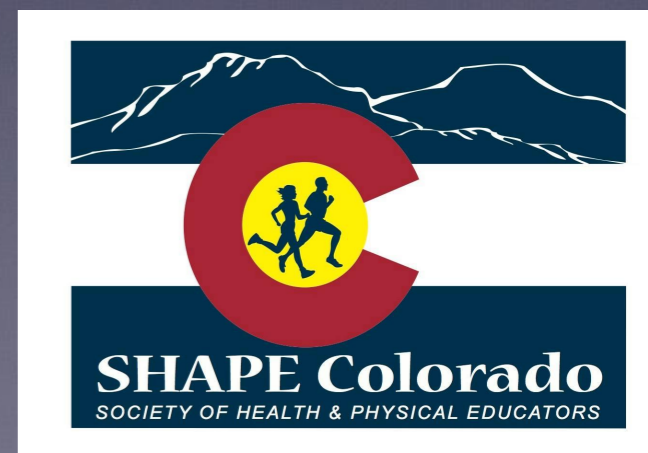


SHAPE  
America

SOCIETY  
OF HEALTH  
AND PHYSICAL  
EDUCATORS®

health. moves. minds.

- **Society for Health and Physical Educators**
- **SHAPE Colorado - Society for Health and Physical Educators** - <http://www.shapeco.org>
- **SHAPE America Central District - Society for Health and Physical Educators**





# Physical Best

- [SHAPE America Link](#)
- Physical Best Gets FITT
- Physical Best Gets SMART
- Assessment with FitnessGram
- Physical Best Health Fitness Specialist Certification

# PYFP – President's Youth Fitness Program

- [SHAPE America Link](#)
- Essentials of the President's Youth Fitness Program
  - Role of PYFP
  - Strategies for fitness Integration (Physical Best)
  - Role of Fitnessgram
  - Motivation / Recognition
  - Communication
- Online Courses Available





# LMAS –

# Let's Move Active Schools

## Let's Move Active Schools

- CSPAP - Coordinated School Physical Activity Program
- PAL - Physical Activity Leader

**Let's Move** **Active Schools**

<https://www.youtube.com/watch?v=gjMP8eg54IA>

# PCFSN -



- [President's Council on Fitness, Sports and Nutrition](#)
- **President's Challenge - President's Council Initiative**
  - **PYFP - Presidents Youth Fitness Program**
  - **PALA+ - President's Active Lifestyle Award**
  - **Presidential Champions - after completion of PALA +**
  - **AFT - President's Adult Fitness Challenge**



# Let's Move - <http://www.letsmove.gov>

- **Michelle Obama's National Initiative**
  - **Let's Move! Active Schools! (March 2013)**
  - **Let's Move! Cities, Towns and Communities**
  - **Chef's Move to Schools**
  - **Let's Move! Faith and Communities**
  - **Let's Move! Outside**
  - **Let's Move! Museums and Gardens**
  - **Let's Move! In Indian Country**
  - **Let's Move! Child Care**
  - **Let's Move! In the Clinic**
  - **Let's Move! Salad Bars to Schools**



# FUTP60 - Fuel Up To Play 60

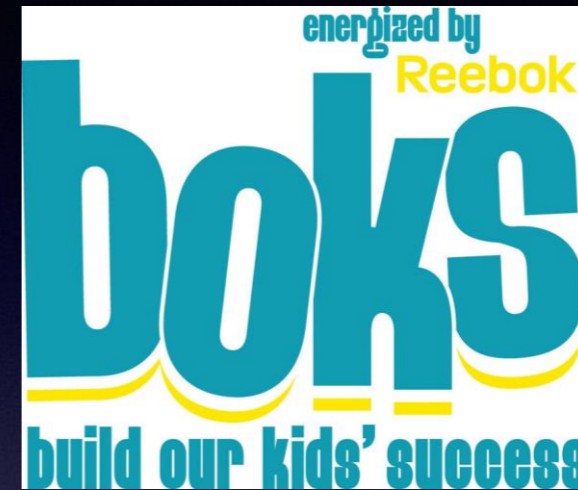
- Fuel Up To Play 60
- National Dairy Association
  - Western Dairy Association
  - Pedal the Plains Bike Race
- Play 60
  - National Football League





# BOKS -

<https://www.bokskids.org/the-boks-effect>



## • Build our Kids Success

- Dr. John Ratey - Harvard Psychiatrist, author of "SPARK"
- BOKS, founded by Kathleen Tullie, is powered by communities and empowers parents, teachers, schools and local volunteers to give kids a body and brain boost that will set them up for a day of learning.
- <https://www.bokskids.org/>