

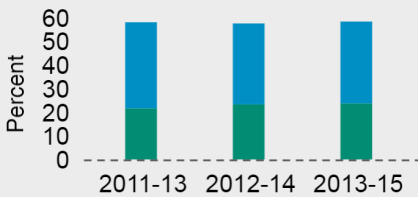
Healthy Eating Active Living CHIP Progress 2012-2016



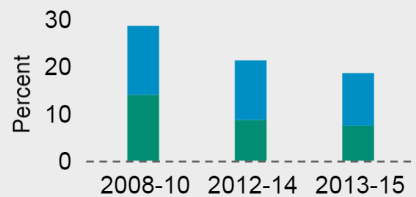
50

More than 50 community partners, facilitated by El Paso County Public Health (EPCPH) joined together in 2011 to form the Healthy Community Collaborative (HCC) with a goal of stopping the upward trend of overweight and obesity in El Paso County by 2017 and reversing the trend in the coming decade.

Adults (≥ 18 yrs)



Children (5-14 yrs)



Data indicates that for adults and children, the rate of overweight and obesity in El Paso County has remained constant or dropped slightly.

■ Obese (BMI ≥ 30) ■ Overweight (BMI 25-29.9)

*Data from the Colorado BRFSS and the Colorado Child Health Survey

HCC partners and others helped to stop the trend through these activities and programs:



64

64 worksites are participating in wellness programs through YMCA of the Pikes Peak Region.



65%

65% of parents surveyed in the Women, Infants and Children (WIC) program said they included more fruits and vegetables in their family meals in response to 5-2-1-0 Let's Go, a childhood obesity prevention program.



61%

61% of WIC parents surveyed said they included more physical activities in their family's daily routine.



**Fit & Active
Cities**

Colorado Springs and Manitou Springs achieved "Fit" and "Active" community status through the LiveWell Colorado HEAL Cities and Towns Campaign by improving access to healthy foods and active living opportunities for their residents.



**265,296 lbs
lost**

80,901 people lost a total of 265,296 pounds through Kaiser Permanente's Weigh and Win Program.



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