

## Community Advisory Committee (CAC) Agenda

**April 11, 2024**  
**6:00 – 7:30 p.m.**  
**Virtual:**  
(571) 317-3112  
**Code:** 194-437-133

<https://www.gotomeet.me/NFRMPO/nfrmpo-community-advisory-committee>

### 1. Call Meeting to Order, Welcome, Introductions

#### Discussion Topics:

### 2. Colorado Department of Public Health and Environment

Liz Young-Winne, Build Environment Coordinator, will discuss with the group current initiatives at CDPHE.

### 3. NFRMPO Public Outreach and Education

AnnaRose will review the NFRMPO's plans for summer outreach, discuss updates to the NFRMPO Learning Series and provide an update on involvement opportunities at the local and state levels.

### 4. Colorado Legislative Updates

An overview of current proposed legislation related to transportation will be provided.

**Next Meeting: June 13, 2024**

**Topic Ideas:** Walk Audit

**For any questions or accommodations, please contact AnnaRose Cunningham at [arcunningham@nfrmpo.org](mailto:arcunningham@nfrmpo.org) or (970) 818-9497.**

# COLORADO STATE PHYSICAL ACTIVITY & NUTRITION (SPAN) PROGRAM

*Working with Communities to Improve Built Environments and Promote Physical Activity*

Liz Young-Winne & Steph Leonard  
Built Environment Coordinators  
Colorado Dept. of Public Health & Environment  
NFRMPO CAC - April 11, 2024



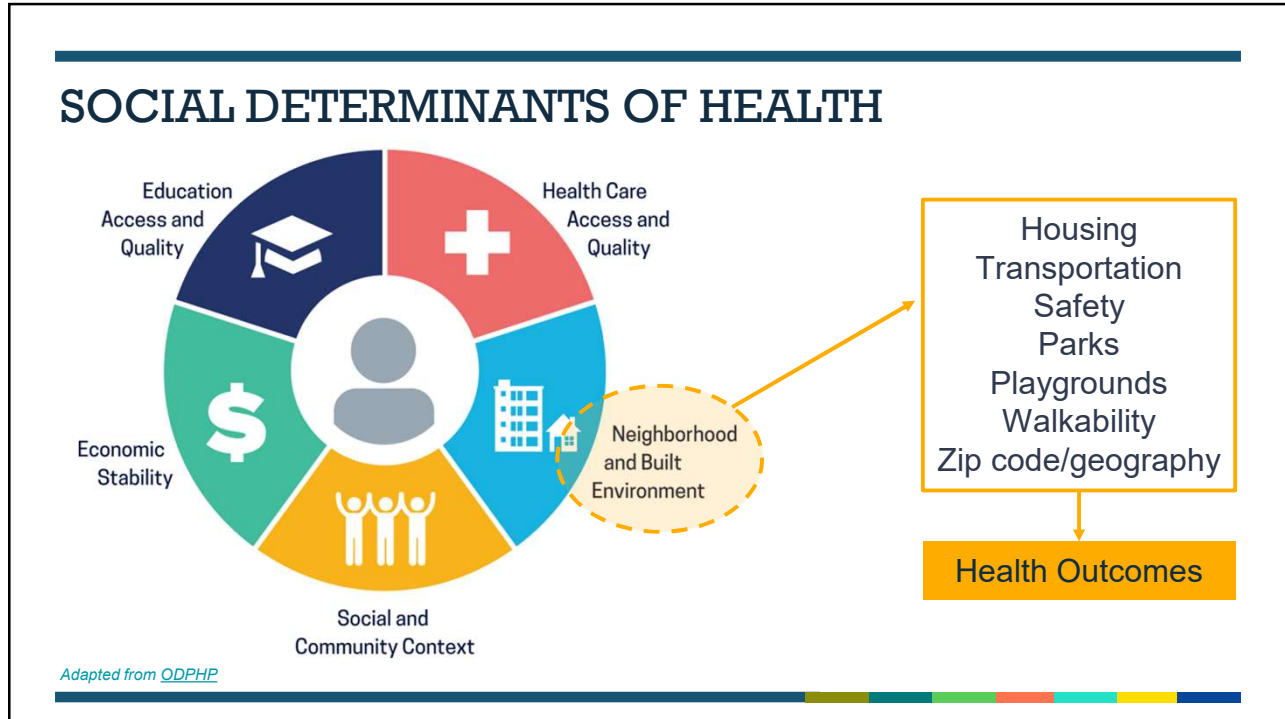
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## CDPHE HEALTHY COMMUNITIES UNIT



CDPHE Healthy Communities Unit

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## WHAT IS THE SPAN PROGRAM?

- State Physical Activity & Nutrition Program
- 5-year funding from the Centers for Disease Control & Prevention
- 17 states selected
- Supportive of Active People, Healthy Nation

**Physical Activity Goal:** Work with communities to implement policies and activities to connect activity-friendly routes to everyday destinations.

*Active People, Healthy Nation  
Physical Activity Priority Strategy: Increasing Physical Activity Through Community Design*



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## COMMUNITY DESIGN FOR PHYSICAL ACTIVITY

### Routes + Destinations

#### Active Transportation Systems

- Street pattern and connectivity
- Pedestrian infrastructure
- Bicycle infrastructure
- Public transit infrastructure and access



#### Land Use and Environmental Design

- Proximity to destinations
- Mixed land use
- Residential density
- Parks and recreational facilities



*Guide to Community Preventive Services. Physical Activity: Built Environment Approaches Combining Transportation System Interventions with Land Use and Environmental Design. <https://www.thecommunityguide.org/findings/physical-activity-built-environment-approaches>.*

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# HEALTH AND COMMUNITY BENEFITS



Safety



Social Cohesion



Air Quality



Thriving Local Economies

[Health Benefits of Physical Activity](#)

**IMMEDIATE**  
A single bout of moderate-to-vigorous physical activity provides immediate benefits for your health.

**LONG-TERM**  
Regular physical activity provides important health benefits for chronic disease prevention.

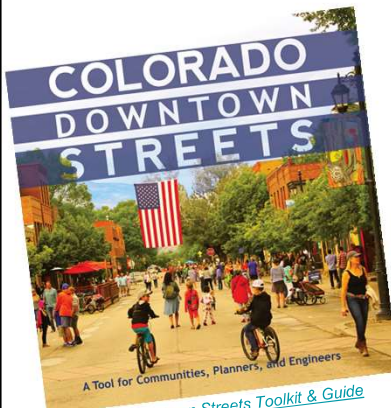
- Sleep**: Improves sleep quality
- Less Anxiety**: Reduces feelings of anxiety
- Blood Pressure**: Reduces blood pressure
- Brain Health**: Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression
- Heart Health**: Lowers risk of heart disease, stroke, and type 2 diabetes
- Cancer Prevention**: Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach
- Healthy Weight**: Reduces risk of weight gain
- Bone Strength**: Improves bone health
- Balance and Coordination**: Reduces risks of falls

Emerging research suggests physical activity may also help boost immune function. *News: "The Compelling Link," 200-215 Jones, "Science, Immunity, and Health," 317-344.*

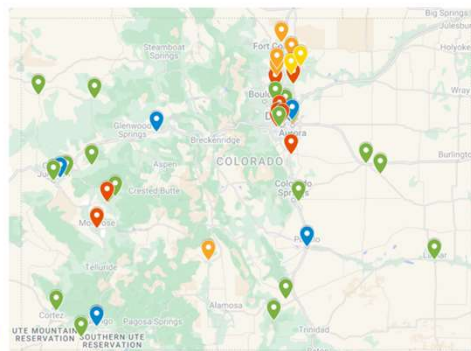
Logos for CDC and Active People, Healthier Nation are included.

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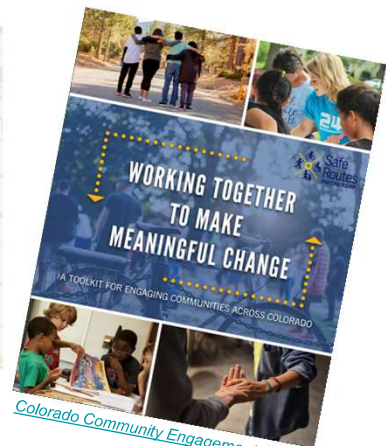
# SPAN IN COLORADO - PAST 5 YEARS



[Colorado Downtown Streets Toolkit & Guide](#)



[Quick Wins Success Stories](#)



[Colorado Community Engagement Toolkit](#)

**Revitalizing Main Streets**  
CDOT Revitalizing Main Streets Program

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## SPAN IN COLORADO - WHAT'S AHEAD



**The Active  
Communities Tool**



**Community  
Engagement  
Training**



**Demonstration  
Projects**

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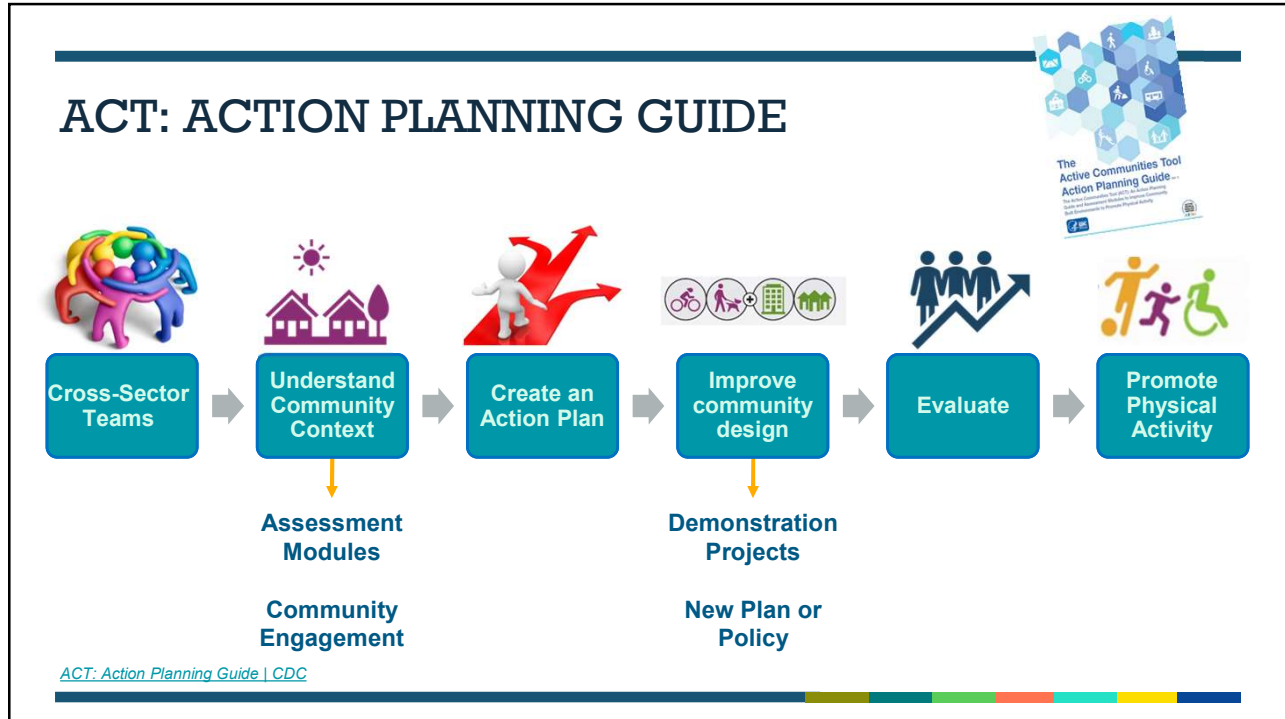
## THE ACTIVE COMMUNITIES (ACT) TOOL

- Two parts:
  - Action Planning Guide
  - Assessment Modules
- Support communities to use the tool to create an Action Plan, which is informed by:
  - community engagement
  - assessment modules

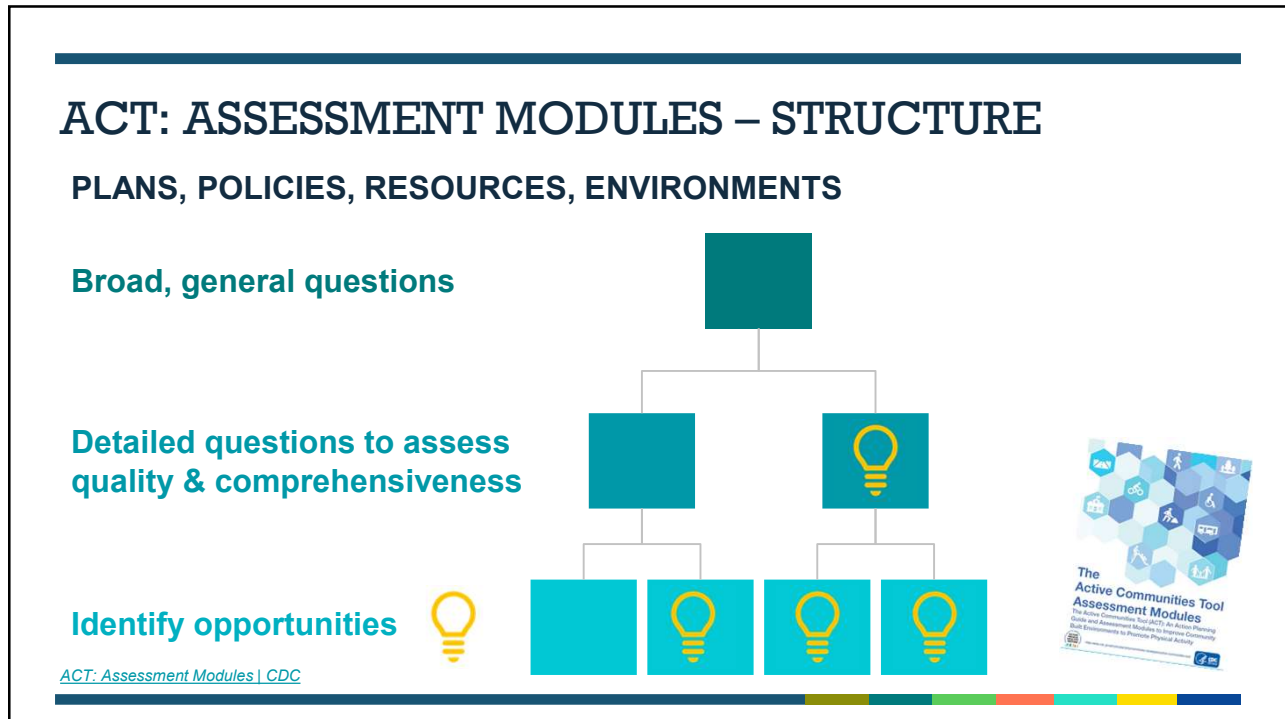


[Active Communities Tool](#) | [Physical Activity](#) | [CDC](#)

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**ACT:  
ASSESSMENT  
MODULES FOR  
*ROUTES***

**Module 1**  
Street Design and Connectivity

**Module 2**  
Infrastructure to Accommodate Pedestrians and Bicyclists

**Module 3**  
Public Transportation

Module A: Infrastructure to Accommodate Pedestrians and Bicyclists  
Module B: Infrastructure to Accommodate Pedestrians  
Module C: Infrastructure to Accommodate Bicyclists

*The Active Communities Tool Assessment Modules*  
The Active Communities Tool (ACT) is an Active Planning Guide and Assessment Module to help Community Build Environments to Promote Physical Activity

[ACT: Assessment Modules | CDC](#)

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**ACT:  
ASSESSMENT  
MODULES FOR  
*DESTINATIONS***

**Module 4**  
Land Use Planning

**Module 5**  
Parks and Recreational Facilities

**Module 6**  
Schools

*The Active Communities Tool Assessment Modules*  
The Active Communities Tool (ACT) is an Active Planning Guide and Assessment Module to help Community Build Environments to Promote Physical Activity

[ACT: Assessment Modules | CDC](#)

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ASSESSMENT MODULES	INFORMATION	WHO SHOULD BE INVOLVED		TIME
		Technical experts such as..	Who have knowledge of the community's...	
<b>Module 1: Street Design and Connectivity</b>	Design of the physical roadway network	<ul style="list-style-type: none"> <li>· Planning</li> <li>· Transportation</li> <li>· Public works</li> </ul>	<ul style="list-style-type: none"> <li>· Zoning policies</li> <li>· Codes</li> <li>· Subdivision regulations</li> </ul>	~30 minutes
<b>Module 2: Infrastructure to Accommodate Pedestrians and Bicyclists</b>	Infrastructure to accommodate pedestrians and bicyclists	<ul style="list-style-type: none"> <li>· Planning</li> <li>· Transportation</li> <li>· Public works</li> </ul>	<ul style="list-style-type: none"> <li>· Pedestrian and bicycle infrastructure plans, policies, and resources</li> </ul>	~150 minutes (Sections A, B & C)
<b>Module 3: Public Transportation</b>	Public transit infrastructure and access	<ul style="list-style-type: none"> <li>· Planning</li> <li>· Transportation</li> <li>· Public transit</li> </ul>	<ul style="list-style-type: none"> <li>· Planning, transportation, and public transit plans, policies, and resources</li> </ul>	~30 minutes
<b>Module 4: Land Use Planning</b>	Development and future land use	<ul style="list-style-type: none"> <li>· Land use planning</li> <li>· Transportation planning</li> <li>· Engineers</li> </ul>	<ul style="list-style-type: none"> <li>· Planning, transportation, and engineering plans, policies, and processes</li> </ul>	~60 minutes
<b>Module 5: Parks and Recreational Facilities</b>	Park and recreational facility access (not quality)	<ul style="list-style-type: none"> <li>· Parks and recreation and planning</li> </ul>	<ul style="list-style-type: none"> <li>· Parks and recreation and planning policies, plans, and resources</li> </ul>	~40 minutes
<b>Module 6: Schools (School District)</b>	School siting and connecting the school with other places	<ul style="list-style-type: none"> <li>· School district</li> <li>· Planning</li> <li>· Facilities management</li> <li>· Transportation</li> </ul>	<ul style="list-style-type: none"> <li>· School district plans and policies</li> </ul>	~30 minutes

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## COMMUNITY ENGAGEMENT TOOLKIT TRAINING

Training and funding to implement activities using the Colorado Community Engagement Toolkit

- Training focused on community engagement
  - Clarify goals
  - Identify partners
  - Recognize and develop strategy for barriers
  - Create a plan for implementation
- Funding to support essential materials and services for engagement activities

[Colorado Community Engagement Toolkit](#)

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## DEMONSTRATION PROJECTS

### Funding up to \$10K/Project

- Supports long-term goal (ex. implement or create plan/policy, change system, improve environment, etc.)
- Lower cost, near-term actions
- Adjustable and reversible, not permanent
- Includes evaluation measurement (ex. speed reduction, increased active travel, use of new places)



**AARP**  
The **Pop-Up**  
Placemaking Tool Kit

Projects that inspire change — and improve communities for people of all ages



Created with Team Better Block

[AARP: The Pop-Up Placemaking Tool Kit](#)

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## THANK YOU - QUESTIONS?

**Steph Leonard**

[steph.leonard@state.co.us](mailto:steph.leonard@state.co.us)

**Liz Young-Winne**

[liz.youngwinne@state.co.us](mailto:liz.youngwinne@state.co.us)



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**Executive Summary of the  
North Front Range Metropolitan Planning Organization  
Community Advisory Committee**

February 8, 2024

**Attendees:** Pauline Migliore, York, Elisabeth Cairnes, Brad Ragazzo, Nathalie Rachline, Reid Maynard

**Staff:** Alex Gordon, AnnaRose Cunningham, Jerome Rouser

**2025 Active Transportation Plan Survey**

Jerome reviewed the timeline for the Active Transportation Plan, which is anticipated to be adopted in early 2025, and the project website that was created. Jerome and the Committee went through questions in the survey. Pauline recommended having age ranges and allowing people to answer “prefer not to answer”. Elisabeth asked why Hispanic/Latinx was separated from the race/ethnicity question. Pauline recommended alphabetizing the races to not put White first. York recommended putting in an explanation for why the NFRMPO is asking demographic questions. The group discussed adding timelines and clarity to some other questions. Jerome stated outreach is ongoing, and will send a draft version of the survey to the Committee for their final review.

**Safe Routes to School**

Jerome reviewed the intention of a Safe Routes to School program. Nathalie recommended promoting efforts already underway. Jerome stated there is a Safe Routes to School Subcommittee that has been meeting. The Subcommittee developed a survey that was sent to staff of local communities to identify the needs: funding; lack of capacity; program awareness; and staff time. A project website will be developed. The Safe Routes to School Conference will be held in Fort Collins from October 22 to 24, 2024. Elisabeth suggested a session or event at night to allow the community to learn about Safe Routes.

**Regional Projects**

AnnaRose reviewed trail projects around the region, including the Centerra Trail, the Great Western Trail, the Poudre River Trail, and the Greeley Canal #3 Trail. AnnaRose also highlighted the Cycling Without Age program. AnnaRose reviewed upcoming initiatives, including SS4A grants, the SH14 Safety Study, the CDOT Strategic Highway Safety Plan, and the Active Transportation Plan.

The meeting was adjourned at 7:33 p.m.