

COMMUNITY COHESION AND PUBLIC HEALTH

THE CITY OF LAKEWOOD and its residents recognize that health, sense of well-being, and social connectedness are the foundation for a vibrant and resilient community. Lakewood actively supports a future where residents live healthy lifestyles and connect with their neighbors and where businesses, visitors, and residents alike are supported by a strong sense of place and a healthy environment.

GOALS

- Strengthen community cohesion, increase civic participation, and celebrate diversity.
- Promote physical well-being through healthy eating and active living.
- Promote social equity and provide strong supportive services.

TARGETS

- Increase the percentage of residents reporting “good” or “very good” satisfaction ratings for Lakewood’s efforts at welcoming citizen involvement as reported in the City of Lakewood Citizen Survey to 60 percent by 2025.
- Increase resident subscriptions to City communication tools each year through 2025.
- Certify 12 neighborhoods as “Outstanding Sustainable Neighborhoods” in the Sustainable Neighborhoods Program by 2025.
- Increase recreation program participation each year through 2025.
- Eliminate USDA-defined food deserts in Lakewood.
- Achieve community affordable housing targets (to be established after the completion of Implementation Strategy CC3-A).
- Increase the percentage of residents reporting “good” or “very good” satisfaction ratings for Lakewood programs for people with special needs, older adults, low-income persons, and homeless people to above Front Range benchmarks.

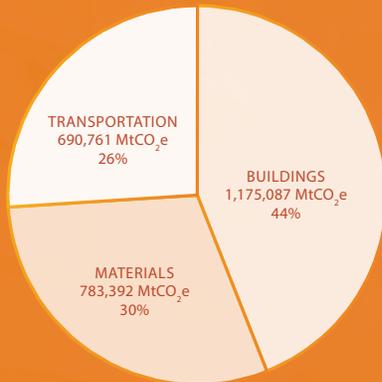
COMMUNITY COHESION AND PUBLIC HEALTH: GREENHOUSE GAS EMISSIONS REDUCTION POTENTIAL

BASELINE		
EMISSIONS BY SECTOR – MT CO ₂ E		
BUILDINGS	1,175,087	44%
MATERIALS	783,392	30%
TRANSPORTATION	690,761	26%
TOTAL GHG	2,649,240	100%

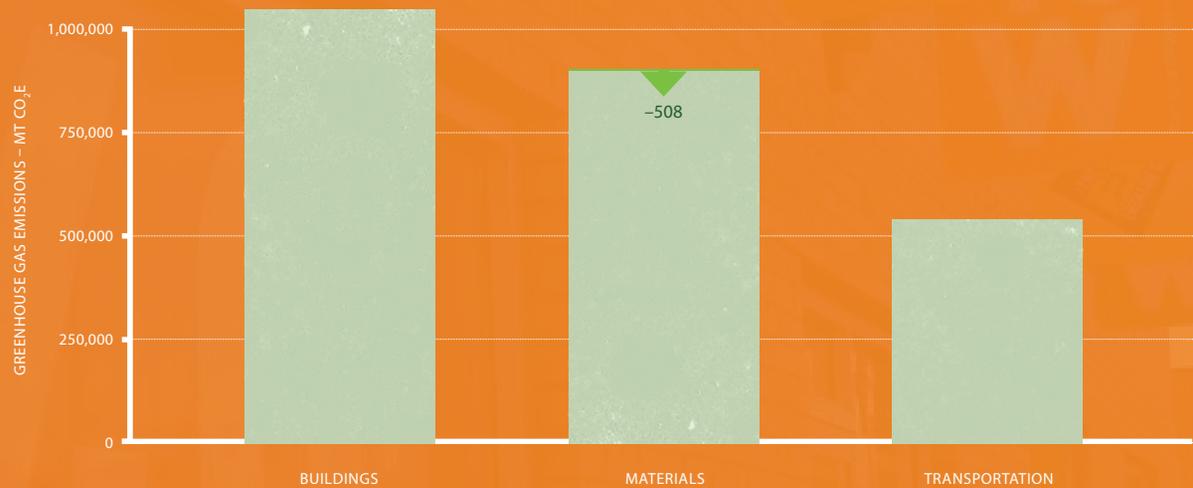
2025 BUSINESS AS USUAL (BAU)				
EMISSIONS BY SECTOR – MT CO ₂ E			CHANGE	
BUILDINGS	1,053,368	42%		- 121,719
MATERIALS	903,600	36%		+ 120,209
TRANSPORTATION	539,165	22%		- 151,596
TOTAL GHG	2,496,133	100%		-153,107

2025 AFTER COMMUNITY COHESION AND PUBLIC HEALTH STRATEGIES ARE IMPLEMENTED				
EMISSIONS BY SECTOR – MT CO ₂ E			CHANGE	
BUILDINGS	1,053,368	42%		0
MATERIALS	903,092	36%		- 508
TRANSPORTATION	539,165	22%		0
TOTAL GHG	2,495,625	100%		-508

2007 BASELINE EMISSION BREAKDOWN



IMPACT OF COMMUNITY COHESION AND PUBLIC HEALTH STRATEGIES
ON 2025 BUSINESS AS USUAL (BAU)



COMMUNITY COHESION AND PUBLIC HEALTH ARE CRITICAL COMPONENTS OF SOCIAL SUSTAINABILITY AND WORK TOGETHER TO IMPROVE OVERALL COMMUNITY WELL-BEING.

BOTH ARE STRONGLY INFLUENCED by the natural and built environment, community leadership, economic opportunities, and connectivity between individuals and groups. Communities that foster cohesion and health benefit from increased social equity, enhanced community pride, happier residents, and a more productive workforce.

Community well-being encompasses not only how individuals perceive their quality of life, but also how the community as a whole interacts. A cohesive community is inclusive of people of all backgrounds and circumstance and values civic involvement, strong supportive networks, and cultural engagement, all of which contribute to a more resilient community.

Public health is another critical component of community well-being. There are many ways to think about health, including safety, physical fitness, and relationships. The World Health Organization states:

"Health is as a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."

Health is as a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.

Public health trends are costing the nation billions of dollars in medical costs, absenteeism, and lack of productivity. Developing health solutions involves participation from regional and local partners to implement strategies for healthy eating, active living, and mental wellness.

The Comprehensive Plan includes goals that support the character, health, and safety of neighborhoods, as well as goals that provide quality housing, human services, recreation opportunities, and schools. The Comprehensive Plan also addresses the importance of historical preservation, arts and culture, and emergency preparedness in order to ensure a sustainable future. The City of Lakewood brings these values to life in many ways, including offering a variety of community services to help people connect to one another and access services to meet

their needs. Lakewood prides itself as a great place to live. In the 2013 Citizen Survey, 93 percent of respondents rated the overall quality of life as "good" or "very good" and indicated regular use of Lakewood parks and other community amenities.

TRENDS AND OPPORTUNITIES DIVERSITY

Just as a biological diversity strengthens the overall health and resilience of an ecosystem, social diversity creates a stronger, more vibrant community that is able to take a more holistic view on issues and opportunities. As communities recognize the value of social diversity, many have faced the challenges of providing equitable access to resources and opportunities for their increasingly diverse populations. By developing strategies to overcome these challenges, communities cultivate new sets of skills to create a resilient community and spur economic growth.



Creating a more equitable community also means encouraging diversity in civic participation and leadership. Cities who actively engage all types of racial, economic, and social groups gain a better understanding of residents' needs and, by working together, can develop unique solutions suited to their community. Civic engagement, along with training and development opportunities, builds capacity for individuals from all backgrounds to pursue leadership positions to represent the community's diverse population.

Equitable access to affordable housing and services also is critical to supporting diversity in a community. Housing is inextricably linked to the well-being of individuals and communities as a whole. Housing to

support a community's workforce is a key component of a city's infrastructure, like transit, schools, and parks and leads to better living condi-

A community's diversity is reflected in its arts and culture and is a strong indicator of social cohesion and sustainability.

tions for families, stronger household finances, and a greater ability for a community to attract primary employers. A comprehensive housing strategy requires planning for existing and future demographics to ensure developments offer a mix of housing types that are affordable and sustainable, and consider community needs. Together, with adequate

human services and social support, quality housing options enable individuals to pursue personal development and a high quality of life.

A community's diversity is reflected in its arts and culture and is a strong indicator of social cohesion and sustainability. Arts and culture give identity to neighborhoods and can be catalysts for innovation and civic participation. The catalytic effect of diversity can be applied to all community institutions, including schools where diversity

contributes to academic development, satisfaction, cultural awareness, and advocacy.² The Lakewood City Council has recognized this value through a formal commitment to promote an inclusive environment for all residents. The City has enormous opportunities to continue its engagement with residents from all backgrounds through arts and culture programs, family and human services, volunteer opportunities, and neighborhood development programs.

SOCIAL CAPITAL

Increasing evidence shows that social connectedness can improve overall community well-being. A sense of belonging and access to a network of human resources enable people to live happy and healthy lives. The term, social capital, is often used to represent the value of those interactions and relationships. Building social capital has a number of positive effects on our society. Research has shown the following:

- In high social capital areas public spaces are cleaner, people are friendlier, and the streets are safer. Places have higher crime rates in large part because people don't participate in community organizations, don't supervise younger people, and aren't linked through a network of friends;²
- Social capital can help address inequality through organized advocacy efforts;²
- Child development is strongly affected through family, school, and community support;³
- Social capital improves access to health education and information, health care delivery systems, and prevention efforts;⁴
- Social capital is also strongly associated with happiness. Regular club attendance, volunteering, entertaining, or church attendance is

LAKWOOD LINKED

The Lakewood Linked initiative and the Sustainable Neighborhoods Program provide residents with resources to connect with their neighbors to create a stronger, collaborative community.

the happiness equivalent of getting a college degree or more than doubling your income.⁵

A community can build social capital anywhere, from informal face-to-face interactions in neighborhood parks to organized community groups to virtual communities and online social networks. The City of Lakewood strongly supports social connectedness through a variety of

The way we design our communities affects how we spend our time.

community programs and facilities, as well as through the Lakewood Linked initiative and the Sustainable Neighborhoods Program. The Lakewood Linked initiative provides residents with resources to connect with their neighbors to create a stronger, collaborative community. The Sustainable Neighborhoods Program gives residents the opportunity to become active in making a vibrant community, using guidance from staff to organize workshops, projects, and events that enhance the livability of their neighborhood and reduce their ecological footprint.

When residents reach out to one another and build relationships, they are creating a stronger, more sustainable community.

HEALTHY EATING / ACTIVE LIVING

Improving public health can support workplace productivity, lower health care costs, increase community engagement, and enhance personal satisfaction. In order to address the challenges of improving

public health, communities across the country are focusing on healthy eating and active living initiatives.

Healthy eating is essential to good overall health. Diet choices contribute to many of the leading causes of death in Jefferson County, including cardiovascular disease and cancer. In 2013, 86 percent of adult Coloradans did not meet recommendations for fruit and vegetable consumption.⁶ This percentage was strongly correlated with several

² Mitchell Chang. "Who Benefits from Racial Diversity in Higher Education?" Diversity Digest. <http://www.diversityweb.org/Digest/W97/research.html>.

³ Robert Putman. "Bowling Alone." New York: Simon & Schuster, 2000.

⁴ The World Bank Group. "Social Capital and Health, Nutrition, and Population." 2011. <http://go.worldbank.org/5DODHAB-MT0>.

⁵ Robert Putman. "Bowling Alone." New York: Simon & Schuster, 2000.

⁶ Colorado Department of Public Health. "Fruit and Vegetable Consumption in Colorado. November, 2014. https://www.colorado.gov/pacific/sites/default/files/DC_fact-sheet_Fruit-vegetables_Nov-2014_without-Appendix.pdf.

adverse health outcomes, including diabetes, high blood pressure, and depressive disorders. Although individual behaviors account for many diet decisions, they are also influenced by many outside factors. A holistic view of nutrition is critical for healthy communities. Communities can promote healthy eating by ensuring access to healthy foods, advancing nutritional education, and supporting behavior changes.

Equally as important, regular physical activity can help reduce the risk of chronic illnesses, as well as improve mental health, mood, and life span. Despite these benefits, 25 percent of American adults neglect physical activity, and childhood obesity rates have tripled since 1980.⁷ The City of Lakewood encourages physical activity through a wide variety of recreation facilities and classes, supporting 450,000 admissions to recreation centers and pools.

DESIGNING FOR HEALTH

The way we design our communities affects how we spend our time and energy. Public gathering spaces can provide more time for family and friends, recreation, civic engagement, and other activities that build a cohesive community. Infrastructure can provide opportunities for physical activity. Signage and multiple transportation options can ensure that people of all background, ages, and abilities can access, understand, and use community facilities. Incorporating nature into our built environment can improve mental well-being and environmental awareness. Communities are updating zoning codes, design standards, and development guidelines to facilitate an environment that supports and facilitates a healthy and cohesive community. ■

⁷ Tammy Zborel and Stephanie Rozsa. "Healthy People, Healthy Places - Building Sustainable Communities through Active Living." The Missouri Municipal Review. March 8, 2012. http://cymcdn.com/sites/www.mocities.com/re-source/resmgr/march2012_review_files/healthysustainablecomm_march.pdf.



STRENGTHEN COMMUNITY COHESION, INCREASE CIVIC PARTICIPATION, AND CELEBRATE DIVERSITY.

TARGETS

- Increase the percentage of residents reporting “good” or “very good” satisfaction ratings for Lakewood’s efforts at welcoming citizen involvement as reported in the City of Lakewood Citizen Survey to 60 percent by 2025.
- Increase resident subscriptions to City communication tools each year through 2025.
- Certify 12 neighborhoods as “Outstanding Sustainable Neighborhoods” in the Sustainable Neighborhoods Program by 2025.

OBJECTIVES & INDICATORS

- **OBJECTIVE:** Ensure that Lakewood residents of all racial and economic backgrounds are able to participate in civic life.
 - INDICATOR: Voter turnout in regular municipal elections
 - INDICATOR: Enrollment in citizen academies
 - INDICATOR: Number of applications for citizen boards and commissions
 - INDICATOR: Number of volunteers participating in City programs and activities
 - INDICATOR: Total page views on Lakewood.org
 - INDICATOR: Number of followers of Lakewood social media channels
 - INDICATOR: Number of Google Translate requests for Lakewood.org Web pages
 - INDICATOR: Minority resident satisfaction with the job Lakewood government does at welcoming citizen involvement

■ **OBJECTIVE:** Support diverse social networks to build community cohesion.

- INDICATOR: Resident satisfaction with overall quality of life
- INDICATOR: Number of participants in the Sustainable Neighborhoods Program
- INDICATOR: Number of registered neighborhood organizations
- INDICATOR: Number of neighborhoods, households, and people registered on NextDoor.com

■ **OBJECTIVE:** Promote cultural engagement in Lakewood through the arts and community events.

- INDICATOR: Participation in Lakewood's Inspire Arts Week
- INDICATOR: Attendance at City cultural and heritage programs and events
- INDICATOR: Annual number of public art installations



SOUTHERN GABLES SUSTAINABLE NEIGHBORHOOD

BY DANA GUTWEIN, SOUTHERN GABLES NEIGHBORHOOD

THE SUSTAINABLE NEIGHBORHOODS PROGRAM encourages and empowers neighbors to enhance neighborhood sustainability by supporting communities as they take on sustainability projects and initiatives. Our neighborhood, Southern Gables, was thrilled to be accepted into this program in 2014. In the year and a half since, we have made exciting and meaningful strides toward living more sustainably as a community. But there was an even more powerful and somewhat unintended consequence. Being a part of the Sustainable Neighborhoods Program taught us the power of what it means to build and be a part of a “community” and how it directly relates to and improves quality of life.

Southern Gables has worked on projects to educate and provide resources on topics such as solar, energy efficiency, water efficiency, xeriscaping, gardening, recycling, and composting. As neighbors came together over these shared goals and passions, something special, yet simple, happened. We got to know each other

“...maybe this sharing is what sustainability is all about.”

and care about each other, and from there, all of these really cool things took off. Sharing resources from hand-me-down clothes to gardening tools. Carpooling. We share our meals and holidays together. We plant our trees, our tomatoes, our tulips together. We share ideas, information, and experiences on everything from how to go solar to how to solve a composting issue. Since sharing

reduces demand for new resources and makes it easier to implement positive household changes, maybe this sharing is what sustainability is all about.

That’s when I started noticing another surprising effect of the Sustainable Neighborhoods Program. People that participated in our events and projects were, quite simply, happier. It started in our leadership level. Sharing the joy and work of making meaningful accomplishments made this project something each of us didn’t just like, but something we actually loved. It’s fulfilling. It feels great. As our group grew, this feeling spread through the community. Getting together and sharing life with friends is always fun and makes you happy. With this program, though, we’re getting together over a common cause, one that people care and feel good about. Giving, working on something you believe in, making progress and sharing that experience with those around you feels great. It adds laughter, companionship, fulfillment, and accomplishment to our lives. In other words, this program is increasing our quality of life.

We came together to advance sustainability, and we are, slowly but surely. In coming together for that cause, we built community. While building our community, we experienced happiness and an enhanced quality of life. Now, there’s been yet another unintended result. What do you suppose is happening thanks to our strengthened and growing, happy, and involved community? A stronger, bigger, more united team taking on higher impact community projects, ones that will have long lasting results on that original goal we set out to tackle... sustainability. ■



IMPLEMENTATION STRATEGIES

CC1-A DIVERSITY IN CIVIC PARTICIPATION AND LEADERSHIP

Build capacity for residents of all ages, abilities, and backgrounds to participate in civic life and assume leadership roles in order to ensure accurate representation of the city's diverse population. Specifically:

- Identify opportunities to engage residents in various locations throughout the city. Consider creative ways to increase civic participation by hosting public meetings at off-site locations like schools and community centers;
- Identify methods to increase participation from underrepresented populations in citizen academies, boards, and commissions in order to foster diversity in community leadership roles; and
- Coordinate and promote available volunteer and leadership opportunities with the City, partner agencies, and local organizations.

CC1-B OPEN AND HONEST COMMUNICATION

Support the City's core community value of open and honest communication. Specifically:

- Use a diverse range of media platforms and regularly review emerging communication technologies in order to optimize and expand communication;
- Review City communications to identify opportunities to enhance accessibility by all residents;
- Assess needs, potential impacts, and costs of expanding Lakewood's communication services to multilingual;
- Provide employee trainings to enhance intercultural awareness and increase effective communication; and
- Develop customized marketing and outreach strategies to increase participation in City programs, planning efforts, and projects.

CC1-C SOCIAL RESILIENCE AND PERSONAL NETWORKS

Strengthen and expand community social networks to foster collaboration, communication and cooperation. Specifically:

- Support existing neighborhood programs that increase social capital and enhance neighborhood identity, including Lakewood Linked, annual neighborhood organization registrations, the Neighborhood Participation Program, and the Sustainable Neighborhoods Program;
- Continue to use Lakewood Linked to strengthen relationships between neighborhood residents, businesses, the faith community, and schools;
- Recognize and promote the role of online social networks, such as NextDoor.com, as key mechanisms to inform and connect residents; and
- Promote the formation of social resiliency circles where residents come together to increase personal security through learning, mutual aid, social action, and community support. Utilize the successful Eiber Resiliency Circle as a model to support the formation of similar groups.

CC1-D SUSTAINABLE NEIGHBORHOODS PROGRAM**CROSSCUTTING STRATEGY**

Expand the Sustainable Neighborhoods Program and the Sustainable Neighborhood Network in order to encourage direct citizen action, assist residents in enhancing neighborhood sustainability and reduce the environmental footprint of residents. Specifically:

- Expand the technical and financial resources available to participating neighborhoods in order to support neighborhood-specific initiatives;
- Facilitate the expansion of the Sustainable Neighborhood Network through professional affiliations, speaking engagements, formal outreach and marketing;
- Increase program credibility and effectiveness through the formation of an advisory council made up of representatives from participating communities and neighborhood leaders;
- Establish a revenue stream to support the program through a fee structure charged to new communities joining the Sustainable Neighborhood Network based on technical support needs and the size of the community; and
- Support the ongoing University of Colorado Denver research study evaluating participant motivations and outcomes of the Sustainable Neighborhoods Program and Sustainable Neighborhood Network.

CC1-E ARTS, CULTURE, AND EVENTS

Recognize arts, culture, and community events as important components of sustainability. Specifically:

- Identify opportunities to incorporate arts and culture into sustainability programs, outreach strategies, and events;
- Collaborate with City of Lakewood Heritage, Culture & Arts programs, the 40 West Arts District, Rocky Mountain College of Art + Design, and other organizations to communicate the role of arts and culture as a critical element of community sustainability;
- Support the growth of creative industries in Lakewood; and
- Support the Comprehensive Plan, Lakewood Public Art Master Plan, and other City plans that promote and expand art and cultural activity in Lakewood.

SUPPORTING STRATEGIES

COLLABORATION

- Collaborate with organizations providing databases of area volunteer opportunities in order to ensure opportunities in Lakewood are listed.
- Work with Jefferson County Public Library, the Learning Source, and other organizations that provide training on the use of digital media in order to increase access to City information.
- Work with schools to identify opportunities to integrate civic participation into curricula.

EDUCATION & PROMOTION

- Development mechanisms to recognize civic leadership and volunteers in the community.

TOOLS & TECHNOLOGY

- Monitor emerging technology and communication strategies to connect residents to each other and to the City.

RESEARCH & TRACKING

- Monitor Lakewood's social and community diversity to inform effective communication strategies.
- Ask residents about how they use City communication outlets as sources of information about Lakewood.
- Research community-based social marketing strategies in order to identify opportunities to utilize best practices.
- Track creative industries in Lakewood.

CROSSCUTTING STRATEGIES

SUSTAINABLE BUSINESS HUB

SE1-E | P. 61

- Connect participating businesses and local artists to integrate commerce, arts, and culture.

SUSTAINABLE NEIGHBORHOODS

CC1-D | P. 102

- Promote civic participation opportunities, volunteer programs, and openings on boards and commissions to residents in participating neighborhoods.
- Share City expertise on effective communication with participating neighborhoods through training sessions highlighting resources, technologies, and best practices.

TABLE CC1-1: STRATEGY BENEFITS

STRATEGY	ENVIRONMENTAL BENEFITS		ECONOMIC BENEFITS		SOCIAL BENEFITS	
	GHG REDUCTION POTENTIAL	ECOSYSTEM HEALTH	SELF-RELIANCE	HOUSEHOLD BENEFITS	COMMUNITY COHESION	PUBLIC HEALTH
CC1-A: Diversity in Civic Participation and Leadership	⊘	■	■	■ ■	■ ■ ■	■
CC1-B: Open and Honest Communication	⊘	■	■ ■	■ ■ ■	■ ■ ■	■ ■
CC1-C: Social Resilience and Personal Networks	⊘	■	■ ■	■ ■ ■	■ ■ ■	■ ■
CC1-D: Sustainable Neighborhoods Program	🍃	■ ■ ■	■ ■ ■	■ ■ ■	■ ■ ■	■ ■ ■
CC1-E: Arts, Culture, and Events	⊘	■	■ ■	■	■ ■ ■	■

🍃 <5,000 MtCO₂e Greenhouse Gas Emissions 🍃 ~10,000 MtCO₂e Greenhouse Gas Emissions

■ ■ ■ High ■ ■ Medium ■ Low ⊘ Does Not Apply

TABLE CC1-2: STRATEGY FEASIBILITY

STRATEGY	CITY OF LAKEWOOD			COMMUNITY	
	UPFRONT COSTS	ONGOING COSTS	PAYBACK / REVENUE POTENTIAL	FINANCIAL BENEFIT FOR RESIDENTS	FINANCIAL BENEFIT FOR BUSINESSES
CC1-A: Diversity in Civic Participation and Leadership	\$	✓	-	-	-
CC1-B: Open and Honest Communication	\$\$	✓	-	✓	✓
CC1-C: Social Resilience and Personal Networks	\$	✓	-	✓	✓
CC1-D: Sustainable Neighborhoods Program	\$\$	✓	✓	✓	✓
CC1-E: Arts, Culture, and Events	\$	✓	✓	-	✓

⌘ < 50,000 ⌘⌘ = 50,000–100,000 ⌘⌘⌘ = 100,000–1,000,000 ⌘⌘⌘⌘ > 1,000,000



CATS

PROMOTE PHYSICAL WELL-BEING THROUGH HEALTHY EATING AND ACTIVE LIVING.

TARGETS

- Increase recreation program participation each year through 2025.
- Eliminate USDA-defined food deserts in Lakewood.

OBJECTIVES & INDICATORS

- **OBJECTIVE:** Increase access to healthy foods and nutritional information.
 - INDICATOR: Acreage of community gardens and urban farms
 - INDICATOR: Number of households in identified food deserts
- **OBJECTIVE:** Support active living and participation in recreation programs and facilities.
 - INDICATOR: Residents' satisfaction with recreation programs and facilities
 - INDICATOR: Number of unique visits to City recreation facilities
 - INDICATOR: Bicycle traffic counts
 - INDICATOR: Level of Bicycle or Walk Friendly Community certification
- **OBJECTIVE:** Increase personal health awareness.
 - INDICATOR: Jefferson County Public Health selected health conditions and causes of death

IMPLEMENTATION STRATEGIES

CC2-A REGIONAL HEALTH EFFORTS AND ORGANIZATIONS

Collaborate with regional partners in order to identify critical issues, develop programs and policies, and track effectiveness. Specifically:

- Identify appropriate staff representatives to participate in regional work groups, committees, and health initiatives;
- Support efforts by Jefferson County to collect local health data and secure grant funding;
- Support the formation of a regional health coalition; and
- Continue participation in the LiveWell Colorado Healthy Eating Active Living (HEAL) Cities and Towns Campaign.

CC2-B LOCAL AND HEALTHY FOOD FOR FULL STRATEGY SEE SE1-A | P. 59

Develop a comprehensive strategy in order to increase production, availability, and consumption of locally grown, affordable, and healthy food.

CC2-C COMMUNITY PHYSICAL WELLNESS PROGRAMS

Promote healthy eating and active living programs in businesses, schools, and other community organizations. Specifically:

- Assemble and distribute best practices and resources to facilitate implementation of wellness programs; and
- Develop a healthy food connection program that matches local producers and vendors of healthy foods (including residential growers, community gardens and farms, and local retailers) with businesses, schools, and other community organizations interested in purchasing healthy food.

COMMUNITY SPOTLIGHT

WALK/RUN/BIKE BELMAR

BY DOUG WELLS, BELMAR NEIGHBORHOOD

THE BELMAR neighborhood's physical activity groups grew out of the City's Sustainable Neighborhoods Program. When the Belmar Sustainable Neighborhood chapter was founded, a Health and Wellness Committee was formed, and leaders hatched the idea of creating regular activities with three primary goals in mind. The first goal was to get neighbors engaged in physical activity on a regular basis. The second goal was to create social connections between neighbors and foster greater community engagement, and the third goal was to encourage a greater awareness of the natural beauty abounding in Lakewood's parks and recreation areas. The results of these efforts were the formation of three groups: Walk, Run, and Bike Belmar. Walk Belmar takes groups weekly on a circuit of Belmar or O'Kane Park while Bike Belmar conducts easy to intermediate group bike rides throughout the city. Subsequently, the Walk Belmar group has added trash pickup to its weekly walks, and areas where trash collection was repeatedly noticed to be an issue have been adopted to make sure receptacles are emptied and kept tidy. The Walk Belmar group is a great example of how we can foster community cohesion and public health, while contributing to sustainability. ■





CC2-D ACCESS TO PHYSICAL ACTIVITY FACILITIES AND PROGRAMS

Increase use of physical activity facilities and participation in recreation classes and programs. Specifically:

- Identify gaps in facilities and programs in underserved areas;
- Explore opportunities to establish joint-use agreements with schools and other partners;
- Explore opportunities to provide “pop-up” recreation activities in neighborhood parks and other strategic locations;
- Identify opportunities to incorporate fitness infrastructure as an element of park improvement projects;
- Review opportunities to subsidize access to City facilities and programs for low-income residents, such as revised fee structures and scholarships; and
- Assess barriers to facility access, including public transportation routes, bicycle and pedestrian infrastructure, and hours of operation.

CC2-E DESIGN FOR ACTIVE LIVING

Integrate key elements of the Center for Active Design’s Active Design Guidelines into the City’s development guidelines. Specifically:

- Conduct a comprehensive assessment of the Active Design Guidelines to identify key concepts applicable to Lakewood; and
- Develop and adopt customized active design guidelines with consideration of benefits and impacts on the cost of development.

SUPPORTING STRATEGIES

COLLABORATION

- Work with schools to support existing and new Safe Routes to Schools programs.
- Work with schools and youth organizations to support opportunities for a variety of youth sports and physical activities year-round.
- Work with nutrition experts to educate residents, schools, and businesses about the importance of healthy eating.
- Work with LiveWell Colorado to support school-based nutrition education programs and efforts to establish a statewide farm-to-school program.

EDUCATION & PROMOTION

- Continue to market Lakewood's range of recreation and wellness programs and facilities.
- Market Lakewood as Healthy Eating Active Living (HEAL) community.
- Promote the 9News Health Fair and opportunities for residents to regularly track their critical health numbers.

TOOLS & TECHNOLOGY

- Promote mobile technologies and apps that track personal wellness goals and activities.

RESEARCH & TRACKING

- Track fitness trends and activities.
- Track diversity of physical activity facilities and recreation program participants.
- Track private recreation center business trends.

CROSSCUTTING STRATEGIES

SUSTAINABLE BUSINESS HUB

SE1-E | P. 61

- Reach out to businesses to record and promote worksite wellness programs.

SUSTAINABLE NEIGHBORHOODS

CC1-D | P. 102

- Provide support to neighborhoods looking to incorporate active lifestyle initiatives into their program, such as wellness challenges among participating neighborhoods.

TABLE CC2-1: STRATEGY BENEFITS

STRATEGY	ENVIRONMENTAL BENEFITS		ECONOMIC BENEFITS		SOCIAL BENEFITS	
	GHG REDUCTION POTENTIAL	ECOSYSTEM HEALTH	SELF-RELIANCE	HOUSEHOLD BENEFITS	COMMUNITY COHESION	PUBLIC HEALTH
CC2-A: Regional Health Efforts and Organizations	⊘	■ ■	■ ■	■ ■ ■	■ ■	■ ■ ■
CC2-B: Local and Healthy Food (For full strategy see Sustainable Economy Chapter: SE1-A)	⊘	■	■ ■	■ ■	■ ■	■ ■
CC2-C: Community Physical Wellness Programs	⊘	■	■ ■	■ ■	■ ■	■ ■ ■
CC2-D: Access to Physical Activity Facilities and Programs	⊘	■	■	■ ■	■ ■	■ ■ ■
CC2-E: Design for Active Living	⊘	■	■ ■	■ ■	■ ■	■ ■ ■

🍃 <5,000 MtCO₂e Greenhouse Gas Emissions 🍃 ~10,000 MtCO₂e Greenhouse Gas Emissions

■ ■ ■ High ■ ■ Medium ■ Low ⊘ Does Not Apply



TABLE CC2-2: STRATEGY FEASIBILITY

STRATEGY	CITY OF LAKEWOOD			COMMUNITY	
	UPFRONT COSTS	ONGOING COSTS	PAYBACK / REVENUE POTENTIAL	FINANCIAL BENEFIT FOR RESIDENTS	FINANCIAL BENEFIT FOR BUSINESSES
CC2-A: Regional Health Efforts and Organizations	\$	✓	-	✓	✓
CC2-B: Local and Healthy Food (For full strategy see Sustainable Economy Chapter: SE1-A)	\$	✓	-	✓	✓
CC2-C: Community Physical Wellness Programs	\$	✓	-	-	✓
CC2-D: Access to Physical Activity Facilities and Programs	\$ - \$\$\$*	✓	✓	✓	-
CC2-E: Design for Active Living	\$	-	✓	✓	✓

\$ < 50,000 \$\$ = 50,000–100,000 \$\$\$ = 100,000–1,000,000 \$\$\$\$ > 1,000,000
 * Costs will vary significantly based on infrastructure component



PROMOTE SOCIAL EQUITY AND PROVIDE STRONG SUPPORTIVE SERVICES.

TARGETS

- Achieved community affordable housing targets (to be established after the completion of Implementation Strategy CC3-A).
- Increase the percentage of residents reporting “good” or “very good” satisfaction ratings for Lakewood programs for people with special needs, older adults, low-income persons, and homeless people to above Front Range benchmarks.

OBJECTIVES & INDICATORS

- **OBJECTIVE:** Ensure a range of housing options across incomes and neighborhoods.
 - INDICATOR: Number of residents on waiting lists for subsidized units at Metro West Housing Solutions properties
 - INDICATOR: Percentage of households that spend more than 45 percent of income on housing and transportation costs
- **OBJECTIVE:** Support the provision and promotion of high quality human services for all ages and abilities.
 - INDICATOR: Participation in City of Lakewood Family Services programs
 - INDICATOR: Number of people served through the Action Center
 - INDICATOR: Residents’ feelings of safety
- **OBJECTIVE:** Design community spaces to support mental wellness through natural, accessible, safe, and social features.
 - INDICATOR: Jefferson County Public Health selected health conditions and causes of death

IMPLEMENTATION STRATEGIES

CC3-A AFFORDABLE HOUSING

Create and periodically update a locally adopted comprehensive housing strategy in collaboration with other jurisdictions and organizations in the region. Specifically:

- Assess housing needs and establish targets for the creation of new affordable housing units;
- Encourage the production of affordable, accessible rental units for people with disabilities;
- Align housing and transportation planning to increase household accessibility to low-cost transportation options;
- Develop an outreach plan aimed at educating residents on the connection between housing types, location, transportation options, and the true cost of housing choices;
- Develop a community outreach and marketing plan aimed at educating residents on the types of affordable and subsidized housing and the benefits to neighborhoods and the community;
- Integrate housing strategies into other City plans; and
- Support Comprehensive Plan goals to supply an adequate mix of housing.

CC3-B COMMUNITY HAPPINESS

Catalyze happiness by designing spaces and supporting services that support mental wellness. Specifically:

- Identify opportunities to incorporate mental wellness into City recreation programs and services;
- Create a “Find Your Spot” outreach campaign that highlights favorite public places in Lakewood;
- Continue to offer Crime Prevention Through Environmental Design (CPTED) security services to residents and businesses;
- Incorporate natural features into all new and redesigned public spaces; and
- Identify opportunities to develop therapeutic gardens in public spaces that address specific needs of the surrounding community.





CC3-C AGING IN PLACE

Develop and support programs, policies, and resources that allow residents to age in place. Specifically:

- Regularly assess barriers and challenges for older adults;
- Work with the Consortium for Older Adult Wellness and similar organizations to connect community-based organizations to health systems that support older adults;
- Encourage neighborhood groups, faith-based organizations, and other community-based organizations to engage and support older adults, such as senior check-in programs and home repair support;
- Ensure housing for older adults is addressed in the local comprehensive housing strategy [CC3-A | P. 113](#)
- Identify opportunities to increase accessibility and reliability of transportation routes with high use by senior populations, including crosswalk safety and clear transit signage; and
- Design public spaces that are user-friendly to people of all ages and abilities, such as well-placed benches and ramps.

CC3-D ACCESS TO HUMAN AND FAMILY SERVICES

Support programs and services that enable residents to meet their fundamental needs. Specifically:

- Continue to provide supportive services and programs for children, teens, families and older adults, including Head Start and early childhood education;
- Conduct outreach to inform residents about how to enroll in available service programs to help meet basic needs;
- Work with partner organizations to hold events that attract high-needs populations and first-time customers needing human services in order to provide individual guidance and information;
- Support the development and implementation of a communitywide poverty reduction plan; and
- Support Comprehensive Plan goals to support efforts that provide services and resources to reduce and prevent homelessness.

SUPPORTING STRATEGIES

COLLABORATION

- Work with Jefferson County Human Services, Metro West Housing Solutions, Seniors' Resource Center, and other area human services agencies and organizations to support implementation of programs and improve access to services.

EDUCATION & PROMOTION

- Look for creative opportunities to provide outreach and information on human services through related City efforts.

TOOLS & TECHNOLOGY

- Use the City website and social media to share information on supportive services.

RESEARCH & TRACKING

- Monitor mental health trends through Jefferson County Public Health Reports.
- Research best practices for universal design, which ensures accessibility for people of all ages and abilities.

CROSSCUTTING STRATEGIES

SUSTAINABLE ENERGY & WATER RESOURCE CENTER

BE1-C | P. 39

- Target outreach toward low-income households to increase awareness of financial incentives and training opportunities for energy-efficiency upgrades and removal of toxic building materials.

SUSTAINABLE BUSINESS HUB

SE1-E | P. 61

- Educate employees at major area organizations and companies about available supportive services.
- Share best practices for incorporating universal design and programs to support employee happiness and mental well-being into businesses.

SUSTAINABLE NEIGHBORHOODS

CC1-D | P. 102

- Utilize neighborhoods to spread awareness of available supportive services and identify community needs.
- Provide recommendations on how to implement neighborhood-level programs that provide assistance to neighbors.

TABLE CC3-1: STRATEGY BENEFITS

STRATEGY	ENVIRONMENTAL BENEFITS		ECONOMIC BENEFITS		SOCIAL BENEFITS	
	GHG REDUCTION POTENTIAL	ECOSYSTEM HEALTH	SELF-RELIANCE	HOUSEHOLD BENEFITS	COMMUNITY COHESION	PUBLIC HEALTH
CC3-A: Affordable Housing	⊘	■	■ ■	■ ■ ■	■ ■ ■	■ ■
CC3-B: Community Happiness	⊘	■	■	■	■ ■ ■	■ ■ ■
CC3-C: Aging in Place	⊘	■	■	■ ■ ■	■ ■ ■	■ ■
CC3-D: Access to Human and Family Services	⊘	■	■ ■	■ ■ ■	■ ■ ■	■ ■ ■

🍃 <5,000 MtCO₂e Greenhouse Gas Emissions 🍃 ~10,000 MtCO₂e Greenhouse Gas Emissions

■■■ High ■■ Medium ■ Low ⊘ Does Not Apply

TABLE CC3-2: STRATEGY FEASIBILITY

STRATEGY	CITY OF LAKEWOOD			COMMUNITY	
	UPFRONT COSTS	ONGOING COSTS	PAYBACK / REVENUE POTENTIAL	FINANCIAL BENEFIT FOR RESIDENTS	FINANCIAL BENEFIT FOR BUSINESSES
CC3-A: Affordable Housing	\$	✓	-	✓	✓
CC3-B: Community Happiness	\$	✓	-	✓	-
CC3-C: Aging in Place	\$	✓	-	✓	-
CC3-D: Access to Human and Family Services	\$	✓	-	✓	✓

\$ < 50,000 \$\$ = 50,000–100,000 \$\$\$ = 100,000–1,000,000 \$\$\$\$ > 1,000,000

