

Colorado State Profile

Building Resilient Inclusive Communities

Overview

Building Resilient Inclusive Communities (BRIC) is a program of the [National Association of Chronic Disease Directors](#) (NACDD), [Center for Advancing Healthy Communities](#). NACDD and its more than 7,000 Members seek to improve the health of the public by strengthening leadership and expertise for chronic disease prevention and control in states, territories, and at the national level. Established in 1988, in partnership with the U.S. Centers for Disease Control and Prevention (CDC), NACDD is the only membership association of its kind serving and representing every state and U.S. territory's chronic disease division.

In collaboration with the CDC's Division of Nutrition, Physical Activity, and Obesity (DNPAO) and the Division of Population Health (DPH), and a team of nationally recognized experts, NACDD is providing funding to 20 states (including 15 DNPAO SPAN-funded states and five DNPAO Ambassador states) to implement BRIC at both a state and local level. As part of the program, states are engaging more than 60 communities to address food and nutrition security, safe physical activity access, and social connectedness through policy, systems, and environmental (PSE) change strategies. Social determinants of health, health equity, and social justice principles are integrated into the planning and implementation of all three strategy areas, in addition to accounting for the impact of the COVID-19 pandemic on groups at highest risk.

The initial project period was Jan. 1, 2021 – Dec. 31, 2021; an additional year of funding was awarded in 2021 and again in 2022, expanding the project period to Dec. 31, 2023. Colorado accepted BRIC funding for Year 1 only. These profiles represent the state- and community-level activities planned by each BRIC state.

Learn more about the [BRIC program](#) or e-mail BRICinfo@chronicdisease.org.

State-Level Activities

Overarching

- Establish partnerships with Area Agencies on Aging (AAA) in Regions 6, 7, and 8 representing Bent, Crowley, Otero, Pueblo and Costilla counties.
- Support the implementation of strategies in The Colorado Public Health Improvement Plan (PHIP) completed in 2020. The priorities identified include COVID-19 Response, Racism as a Public Health Crisis, Behavioral & Mental Health, Climate Action & Air Quality, Transforming Colorado's Governmental Public Health System, and Trending and Emerging Issues. The next PHIP is due in 2025.

Food and Nutrition Security

- Identify a community food council/coalition/task force to partner with AAA regions on equitable food and nutrition security for residents during COVID-19.
- Invite food banks/pantries in priority counties to participate in a training on food service guidelines for food banks.

Safe Physical Activity Access

- Connect AAAs in Regions 6, 7, and 8 to the SPAN-funded Quick Win technical assistance to enhance equitable access to safe places for physical activity and essential travel through plan development and community engagement.

Social Connectedness

- Collaborate with the State Unit on Aging and State Action Planning Group on Aging to enhance the State Aging Plan and potentially incorporate recommendations related to BRIC strategies.
- Identify and meet with state-level partners working in social connectedness, social isolation, and mental health of older adults to assess what is being done from a state level perspective and how BRIC aligns with these efforts.

Community-Level Activities

Bent, Crowley, and Otero Counties (Rural)

Food and Nutrition Security *(Reaching an estimated 50 residents)*

- Host four community meetings each in Bent, Crowley, and Otero counties to assess community needs and generate overall report with recommendations.
- Enroll in the AARP/Lifelong Colorado Livable Community initiative.
- Order, receive, and install four convection ovens, one walk-in cooler, and 34 meal bags in Lower Valley AAA to increase meals prepared and distributed to older adults that are homebound.
- Increase meal delivery in Crowley County from three to four days per week.

Safe Physical Activity Access *(Reaching an estimated 50 residents)*

- Convene meeting between Lower Arkansas Valley AAA and Southeast (SE) Transportation Coordination in Bent, Crowley, and Otero counties to provide education and increase awareness of existing transportation programs as well as to identify gaps in service areas. SE Transportation will summarize the feedback from education sessions and begin to identify resources to meet the gaps identified including recruiting for volunteer transportation providers to meet the increased demand for rides to essential services (jobs, grocery, medical).

Pueblo County (Rural)

Food and Nutrition Security *(Reaching an estimated 30 residents)*

- Enhance safety of outdoor congregate meal sites by adding freestanding, covered gazebo; picnic tables; and shade canopies to McHarg Community Center and covered gazebo and picnic tables to Fulton Heights Community Center.
- Meet with representatives of Pueblo School District 60 and Pueblo School District 70 to discuss interest in co-locating congregate meal sites for older adults in high schools within the school districts.

Safe Physical Activity Access *(Reaching an estimated 30 residents)*

- Add portable wayfinding signage at the Senior Recreation Office to guide seniors to the new location and programs in McHarg Community Center and Fulton Heights Community Center.
- Partner with Pueblo Parks and Recreation to add outdoor benches along the walking path at Fulton Heights Community Center and Lake Beck to increase safety of those utilizing the walking path for physical activity.

- Install ADA Accessibility wheelchair ramp kit to Fulton Heights Recreation Office.

Social Connectedness

- Add outdoor benches to McHarg Community Center to allow seniors to gather with their families and accompany grandchildren who utilize the outdoor facilities for basketball and playground, and to socialize with other family members.
- Meet with McHarg Community Center to discuss intergenerational mentoring programming opportunities at McHarg Community Center.

Costilla County (Rural)

Food and Nutrition Security

- Expand South-Central Colorado Seniors homebound delivered meals from one to five days per week, specifically for clients residing in Blanca/Fort Garland community.
- Equip the Blanca/Fort Garland meal site with one new refrigerator, thermal delivery bags, and heating equipment for meal delivery.
- Hire a meal delivery driver.
- Train volunteer staff at Blanca/Fort Garland meal site on food safety guidelines and food service guidelines.

Social Connectedness

- Co-locate intergenerational mentoring programs at Blanca/Fort Garland Community Center and Sierra Grande School District.

Health Equity Spotlight

- Host four community meetings each in Bent, Crowley, and Otero counties to assess community needs and input related to pandemic/emergency response, quality, affordable food, transportation options, and equitable community design, to generate an overall report with recommendations for Region 6 AAA strategic plan.



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The Improving Food Security, Access to Safe Physical Activity, and Social Connectedness (otherwise known as the Building Resilient Inclusive Communities, or BRIC) program is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$7,000,000 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.