

Project Name: Westwood Initiatives

Project Title: Organizing Leaders Across a Healthy Westwood

Funded By: Robert Wood Johnson Foundation

Project Timeline: 12/1/2008 – 11/30/2010

Research Topic: Partnering with the faith-based community towards obesity prevention.

Aims: The goal of this project is to leverage the power, influence, and access of faith-based organizations in the community in order to: (1) increase neighborhood walkability; (2) improve neighborhood safety; (3) increase organized programs for physical activity; and (4) increase access to healthy foods.

Project Overview: This project provides technical assistance to an interdenominational coalition of churches and community organizations to form a healthy-eating, active-living mission; advances organizational policies that will help increase opportunities for healthy eating and active living; mobilizes and trains faith leaders and community members to advocate public policy and environmental changes at the community, city and state levels; and leverages political partnerships and access to resources to achieve long-term project sustainability.

Interventions:

- Faith based Coalition comprised of faith-based leaders, with the purpose of forming relationships, sharing resources, and planning coordinated efforts.
- Wellness Teams comprised of members, staff, and leadership of faith-based organizations to plan programs and policies.
- New policies implemented by partnering organizations:
 - Only purchase healthy food for food bank,
 - 30 minutes of structured physical activity before other activities
 - Creation of a staff position to promote health and wellness.
- Sports leagues for children.
- Food and nutrition education.
- Resident-led exercise classes.
- Leadership development training.
- Grant writing training.

Partners: Crossroads of the Rockies, CSU Extension, Food Bank of the Rockies, Good Shepherd Lutheran Church, Grace Life Church, Operation Frontline, Praise Center Church, Redeemer Lutheran Church, Senior High Rise Food Bank, St. Anthony-Padua Catholic Church, St. Cajetan's Catholic Church.

For more information:

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