

The Steps Program in Teller County, Colorado

Funding Period: 2003–2008

CDC's Steps Program funds states, cities, and tribal groups to implement community-based chronic disease prevention programs to reduce the burden of obesity, diabetes, and asthma by addressing three related risk factors: physical inactivity, poor nutrition, and tobacco use. Steps-funded programs are showing what can be done locally in schools, work sites, communities, and health care settings to promote healthier lifestyles and help people make long-lasting and sustainable changes that can reduce their risk for chronic diseases.

Background

Teller is a small Colorado county with an area of 559 square miles and a population of about 22,500; 26% of residents are younger than 18. Less than half of the county's residents live in three small incorporated cities within Teller County: Cripple Creek, Woodland Park, and Victor. According to the Pike's Peak Area Council of Governments, about 95% of residents are non-Hispanic white, less than 1% are black or African American, 2% are other races, and nearly 4% are Hispanic or Latino. According to 2005 U.S. Census Bureau estimates, the median household income is \$56,557 and almost 7% of county residents live below the federal poverty level. The Teller County Steps Program focuses on interventions in schools and work sites.

Spotlight on Success

- With Steps Program support, the two Teller County school districts implemented practice and policy initiatives that provide coordinated school health programming for 3,552 students. District wellness committees were created, and every school building has a health team and health-related goals and objectives, newsletters, and nutritional guidelines that are set by the school and evaluated at the district level. Both districts have compiled and reported body mass index data on almost 93% of the students since 2003.
- In 2006 the Steps Program in Teller County provided nutrition education activities to 1,332 people and created or assisted with work-site physical activity programs that reached 1,387 county residents.

Community Partnerships

Key partners include the Teller County Commissioners, the new Pikes Peak Regional Hospital, the two school districts, the two parks and recreation departments, the three incorporated city governments, Park State Bank, Vectra Bank, Community Partnerships, the Aspen Mine Center, and three senior centers.

Contact

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