

LiveWell Longmont: Total Population (ACS 2011 - 80,204); Student Population (CDE 2012/13 - 27,548)							
Dose Cluster (Behavior Goal)	Strategy (KEY)	Theme	Code	Actual Reach	Actual Strength	Actual Dose	Notes Updated 7/23/14
				Low: < 1% Medium: 1% - 10% High: > 10%	Minimal: 0.5% Low: 2% Medium: 5% High: 10%	Low: < 2% Medium: 2% - 5% High: > 5%	
Physical Activity: School	2B: Build upon the Safe Routes to Schools CDOT Grant	SRTS (programming plus widening sidewalks and creating of a multi-use path)	Environment - Built	High 8,849/ 27,548 = 32.1%	Minimal 0.6% (see analysis file for details)	Low 32.1% x 0.6% = 0.19%	
	2B: Build upon the Safe Routes to Schools CDOT Grant	SRTS (Bike Racks)	Environment - Built	Low 82/27,548 = 0.3%	Medium 6.1% (185 students currently using existing # of spaces/336 baseline # of bike spaces*20 min avg commute time added from biking to and from school/85 min avg baseline activity per day*5/7 days per week*8/12 months per year)	Low 0.3% x 6.1% = 0.02%	
	2D: Partner, assist and provide technical assistance within SVVSD to increase the amount of physical activity in schools	Recess/ classroom/ after-school PA (Classroom PA breaks)	Policy - Organizational; Environment- Access	Medium 917/ 27,548 = 3.3%	High 25 min added/85 min avg PA elem students*5/7 days per week*8/12 months per year = 14%	Low 3.3% x 14% = 0.46%	
	2D: Partner, assist and provide technical assistance within SVVSD to increase the amount of physical activity in schools	Recess/ classroom/ after-school PA (SOFIT playground MVPA)	Environment - Built	High 24,295 kids at all schools implementing PE changes/ 27,548 = 88%	Low 1.1% (See revised analysis file for revised calculation details)	Low 88% x 1.1% = 0.97%	Katie sharing de-identified data.
	2D: Partner, assist and provide technical assistance within SVVSD to increase the amount of physical activity in schools	Recess/ classroom/ after-school PA (Field Day)	Environment - Access	High 13,946/27,548 = 50.6%	Minimal 120 min PA with field day/85 avg PA per day/365 days per yr+1 extra field day for 5th graders/6*120/85/365 = 0.5%	Low 50.6% x 0.5% = 0.25%	

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	2D: Partner, assist and provide technical assistance within SVVSD to increase the amount of physical activity in schools	Recess/ classroom/ after-school PA (Walkathons)	Program - Services and Support for Behavior Change	High 6,355/27,548 = 23.1%	Minimal 3.5*20/85/365 = 0.23%	Low 23.1% x 0.23% = 0.05%	
	2D: Partner, assist and provide technical assistance within SVVSD to increase the amount of physical activity in schools	Recess/ classroom/ after-school PA (Jingle Run 5K)	Program - Services and Support for Behavior Change	Low 120/27,548 = 0.44%	Minimal 3.5*20/85/365 = 0.23%	Low 0.44% x 0.23% = 0.001%	
	2D: Partner, assist and provide technical assistance within SVVSD to increase the amount of physical activity in schools	Recess/ classroom/ after-school PA (100 Mile Club)	Program - Services and Support for Behavior Change	Medium 584/27,548 = 2.1%	Low 50*20/85/365 = 3.2% 50 times kids get 20 extra minutes (to run a mile) over their usual 85 min/day. Looked at info that said kids completed about 50 miles on average.	Low 2.1% x 3.2% = 0.07%	
	2D: Partner, assist and provide technical assistance within SVVSD to increase the amount of physical activity in schools	Recess/ classroom/ after-school PA (After school PA activities)	Program - Services and Support for Behavior Change	Low 120/27,548 = 0.44%	Low 30/85*2/7*14/52 = 2.7% 30 extra minutes of extra exercise 2 days a week, 14 weeks a year	Low 0.44% x 2.7% = 0.01%	
	2D: Partner, assist and provide technical assistance within SVVSD to increase the amount of physical activity in schools	PE Curriculum (PE Class time required at 150 min)	Policy - Organizational; Environment- Access	High 24,295 kids at all schools implementing PE changes/ 27,548 = 88%	Minimal 0.5% (now it's a concrete policy but the schools were doing it previously anyways so no real change occurred in terms of behavior as a result of this policy change)	Low 88% x 0.5% = 0.44%	
Dose Cluster %						Medium: 2.5%	

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	2A: Facilitate adoption of a comprehensive worksite wellness program utilizing WELCOA principles in Longmont.	Worksite Wellness: LUH BMI	Policy - Organizational; Program - Services and Support for Behavior Change	Low 285 PA challenge, 500 e-coaching, 150 phone coaching, gym membership. 734 employees completed a survey which included PA measures/ 80,204 = 0.9%	High 12.5% 2.3% - decrease in % of overweight & obese employees over 4 years; % with "Optimum behaviors" for PA increased by 12.5% also	Low 0.9% x 12.5% = 0.11%	BMI of overweight employees has decreased by 2.3% between 2009 and 2013, and BMI of obese employees has increased. Using Optimum behavior % for activity and diet.
	2A: Facilitate adoption of a comprehensive worksite wellness program utilizing WELCOA principles in Longmont.	Worksite Wellness: COL BMI	Policy - Organizational; Program - Services and Support for Behavior Change	Low 423 employees participating in PA wellness - 304 PA challenge & 1 time PA class, 30 e-coaching, 64 wt loss mgmt challenge 55 wt mgmt series. 252 of those participating completed actual BMI measurement/ 80,204 = 0.3%	Medium 5% 2.9% decrease in % of overweight and obese employees between 2011-2012	Low 0.3% x 5% = 0.015%	2.9% decrease in BMI for overweight and obese employees is not statistically significant but trending in the right direction so strength is rated the default of Medium (5%)
	2C: Increase awareness of active community environments and influence development in the City of Longmont.	General plan/ Infrastructure (Bike Racks)	Public Policy; Environment - Built	High 11,000 living within 1/2 mile of the 65 new bike racks/80,204 = 13.7%	Low Estimating 25 % usage of each rack: Strength = 650 bike spaces added * 25% usage/11,000*40 min added PA time/28 baseline avg PA min*7/7 days per week*10/12 months per year = 1.8%	Low 13.7% x 1.8% = 0.25%	Can use weigh and win data to assess impact for this strategy. Have baseline data from last year so far. Erica to review policy scrub to see where they may have opportunity to further the policy's going on and plan for their advanced implementation.
Dose Cluster %						Low: 0.38%	

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Fruits and Vegetables: School	1A: Partner, assist and provide technical assistance within the St Vrain Valley School District to increase the number of children who consume the recommended servings of fruits and vegetables each day.	Cafeteria (Salad Bars)	Policy - Organizational; Environment - Access	High 19,825/27,548 = 72.0%	Minimal 0.5% (default value)	Low 72.0% x 0.5% = 0.36%	School wellness coordinator's goal is to increase parent engagement around the school lunch program. Still need to incorporate changes assessed from Interview with Shelly. Can adjust Strength value if salad bar observation data supports changes in f&v consumption
	1C: Support the development and sustainability of at least six new school gardens.	Gardens	Programs - Education	Low 621 kids reached - 321 with healthy food access and programs and 300 with just programming/ 27,548 total students = 2.3%	Minimal 0.5% (default value)	Low 2.3% x 0.5% = 0.01%	
Dose Cluster %						Low: 0.37%	
Fruits and Vegetables: Community	1D: Support the development or expansion and sustainability of one community garden.	Gardens (Food Bank Donations)	Environment - Access	Medium 1,090/80,204 = 1.4%	Low 2,215 lbs x 3 servings per pound/365 days per yr / 1.5 avg increase in servings/ 1090 people reached = 1.1%	Low 1.4% x 1.1% = 0.002%	11th street garden.
	1E: Partner, assist and provide technical support in developing the implementation plan and site strategy to develop a neighborhood based community food system model.	Nutrition Education (Chef it Forward)	Program - Education	Low 102/80,204 = 0.13%	Minimal 0.5% (default value)	Low 0.13% x 0.5% = 0.0007%	

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	1E: Partner, assist and provide technical support in developing the implementation plan and site strategy to develop a neighborhood based community food system model.	Farmer's Market (YMCA Farm Stand)	Environment - Access	Low 58/80,204 = 0.07%	Minimal 0.5% (default value)	Low 0.17% x 0.5% = 0.0009%	
Dose Cluster %						Low: 0.004%	
Healthy Food: School	1A: Partner, assist and provide technical assistance within the St Vrain Valley School District to increase the number of children who consume the recommended servings of fruits and vegetables each day.	Cafeteria (Changes to menu's including adding vinaigrette dressing, food service staff going through LW Culinary bootcamp training)	Policy - Organizational; Environment - Access	High 19,825/29,393 = 67.4%	Minimal 0.5% (default value)	Low 67.4% x 0.5% = 0.34%	
						Low: 0.34 %	
Healthy Food: Community	2A: Facilitate adoption of a comprehensive worksite wellness program utilizing WELCOA principles in Longmont.	Worksite Wellness: LUH BMI	Policy - Organizational; Program - Services and Support for Behavior Change	Low 923 employees participating in HE wellness-273 nutrition challenge, 500 e-coaching, 150 phone coaching. 734 employees completed a survey which included diet measures/ 80,204 = 0.9%	High 18.3%- 2.3% - decrease in % of overweight & obese employees over 4 years; % with "Optimum behaviors" for Diet increased by 18.3%	Low 0.9% x 18.3% = 0.16%	BMI of overweight employees has decreased by 2.3% between 2009 and 2013, and BMI of obese employees has increased. Using Optimum behavior % for activity and diet.

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	2A: Facilitate adoption of a comprehensive worksite wellness program utilizing WELCOA principles in Longmont.	Worksite Wellness: COL BMI	Policy - Organizational; Program - Services and Support for Behavior Change	Low 453 employees participating in HE wellness - 167 nutrition challenge, 122 - 1 time nutrition class, 15 nutrition series, 64 wt loss challenge, 55 wt mgmt series, 30 e-coaching. 252 of those participating completed actual BMI measurement / 80,204 = 0.3%	Medium 5% - 2.9% decrease in % of overweight and obese employees between 2011-2012	Low 0.3% x 5% = 0.015%	2.9% decrease in BMI for overweight and obese employees is not statistically significant but trending in the right direction so strength is rated the default of Medium (5%)
	1B: Conduct a Food Systems Assessment to gauge need and interest around where to build community gardens, and to understand the best ways to ensure better access to fruits and vegetables in Longmont.	Gardens	Capacity - Needs Assessment	0	0	0	
Dose Cluster %						Low: 0.18 %	