

Sun Valley Health Needs Assessment Overview—

VOICES MATTER

Engagement and combining lived experience with health data is fundamental to the Healthy Living approach.

Residents, stakeholders, and community members shaped the Sun Valley HLI Needs Assessment through health indicators and areas of study to establish the priority health issues, and the effective strategies to address those issues through the Campaigns for Action.

The HLI combined lived experience, health indicator data, and place factors of the environment that all are determinants of health and wellness. Voices were heard in many ways: resident surveys and multi-lingual interviews in English, Spanish, Somali, and Vietnamese; public life intercept survey and observation; workshops, briefings, and meetings.

The HLI worked with the Sun Valley Community Advisory Committee (CAC), the Sun Valley Health Working Group, and created a specific Community Advisory Group for residents and stakeholders, and a Technical Advisory Group to participate in this effort to improve health and wellness.



resident surveys

319 households participated to establish baseline needs and inform actions



multi-lingual interviews

10 participants in the first ever cultural survey and video, “Sun Valley Voices Matter”, to measure the perceptions, attitudes, experiences, and aspirations of residents



workshops, briefings, & meetings

8 held with resident, community, stakeholder, & technical Advisory Groups and Leadership in Action Team to shape and develop the Health Needs Assessment and this Healthy Living Action Plan

CAC briefings

3 briefings were given to the Community Advisory Committee to seek feedback and participate in the HLI needs and strategies identification



outdoor gathering space surveys

4 spaces were studied in a “Public Life Survey” through observation and 154 intercept surveys to understand perceptions and experiences, and the community social cohesion



building survey

23 buildings surveyed with a Facade Activation study of walking conditions in Sun Valley to inform urban design priorities



mapping

21 factors were mapped to understand impacts on health and security, including crime data, sidewalk conditions, facade quality, crash data, land uses, healthy and unhealthy food access, park access, child opportunity, tree canopy, air quality, and health risks.



health indicators

49 indicators in the report card were gathered and ground truthed by residents and stakeholders to assess needs, addressing Food, Youth & Education, Intentional Housing, Opportunity, Neighborhood Connections & Open Space, Health & Wellness, and Social Cohesion



disaggregated equity analysis

16 analyzed by racial/ethnic groups, age, and immigration status as part of the equity analysis to understand any disparities or health inequities



5



SUN VALLEY TODAY | 2017 RESIDENT SURVEY HIGHLIGHTS

GENERAL INFORMATION AND DEMOGRAPHICS



Residents of Sun Valley come from **33 cultural backgrounds**



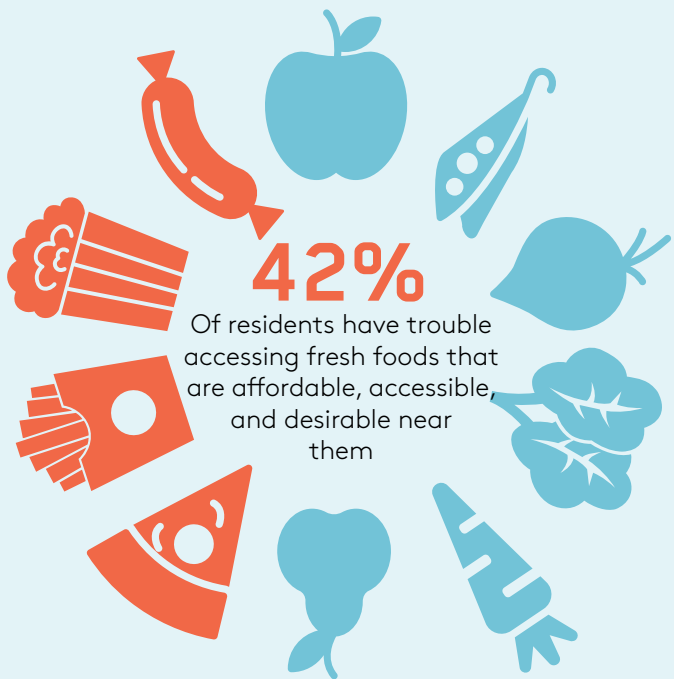
47.5%
Of them identify as **AMERICAN**

There are 30 different languages spoken in Sun Valley.



35%
Of residents **do not speak English at home.**

HEALTH



42%
Of residents have trouble accessing fresh foods that are affordable, accessible, and desirable near them



51%
Of residents walk or run for exercise.



1 in 4
Residents have experienced significant stress and worry in the last year



SUN VALLEY TODAY | 2017 RESIDENT SURVEY HIGHLIGHTS

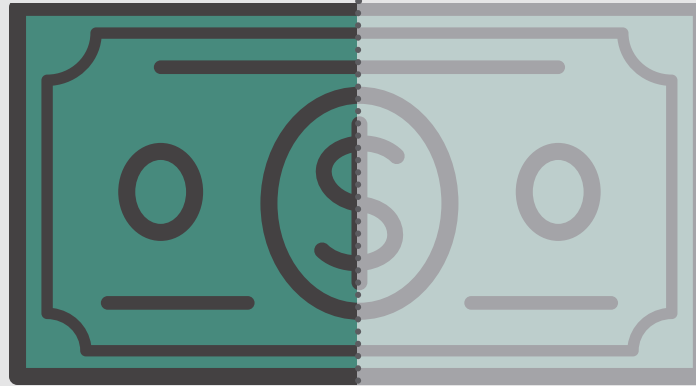
EDUCATION & EMPLOYMENT

HALF

Of residents do not have a computer with internet access.



Of these, **65%** regularly access the web in a different way, most with phones.



• 49%

Of residents don't have bank accounts.

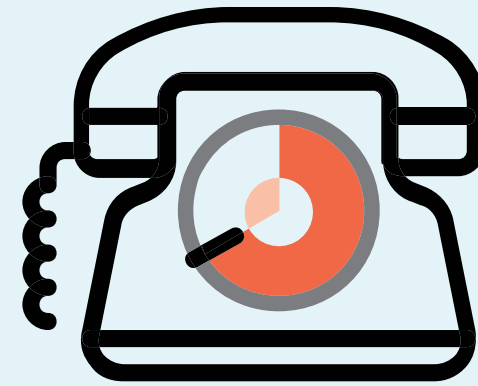


2 in 5

Children attend
early education
programs



COMMUNITY & QUALITY OF LIFE

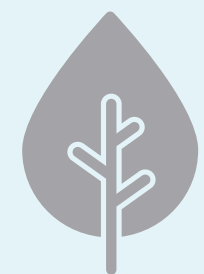
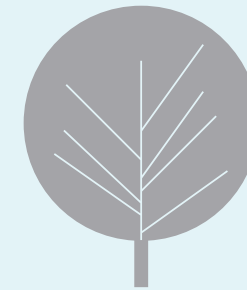


67%

Of residents know neighbors
to call in case of emergency

3 out of 4

Residents feel that there are no buildings or public spaces in the neighborhood that reflect their culture



76%

Of residents report that they feel safe walking in their neighborhood.

39%

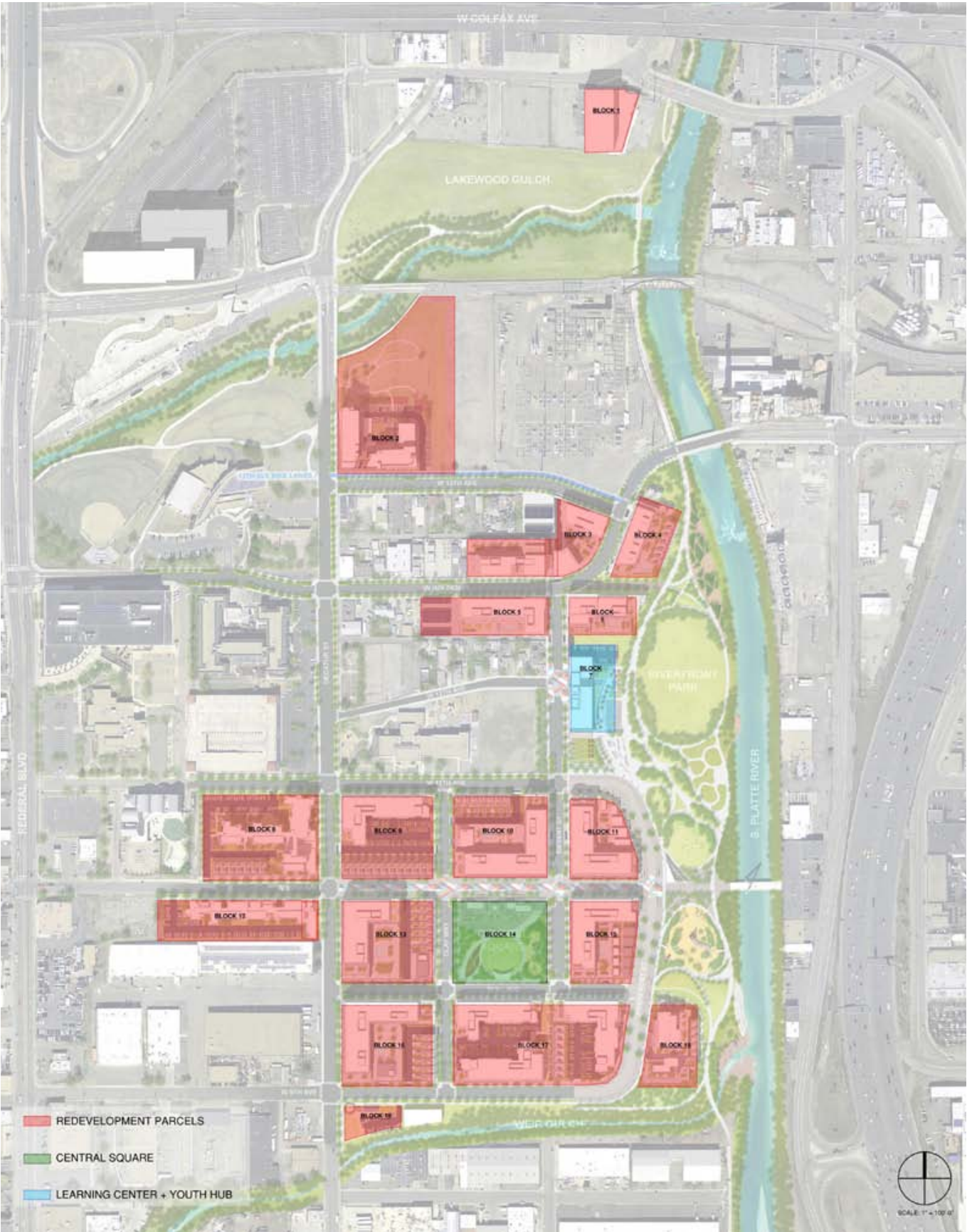
Of parents feel safe letting their children play outside or walk around by themselves.

SUN VALLEY TRANSFORMATION OPPORTUNITIES

The Sun Valley Transformation Plan integrates the three Choice Neighborhood focus areas - People, Housing and Neighborhood - into a comprehensive revitalization strategy generated from the extensive community outreach done throughout the CNI process and previous efforts. The redevelopment of obsolete public housing into a mixed-income community through Choice Neighborhoods, led by the Denver Housing Authority (DHA) and Sun Valley EcoDistrict Trust (SVED), is a significant opportunity to improve health determinants, and quality of life for those who reside, work, and visit Sun Valley. Using the HLI Action Plan will help to focus on what’s important to resident health through responsive strategies.

The Sun Valley Choice Neighborhood Transformation Plan manifests the priorities and desired outcomes of the many who participated throughout the Choice Neighborhood planning process. Participants included residents, community members, businesses, and stakeholders that are invested and driven towards the revitalization of the Sun Valley Neighborhood. Since 2010, the neighborhood has been the focus of a number of planning and redevelopment efforts, providing a foundation for the Choice Neighborhood Initiative which paves a path for continued investment and physical revitalization over the next ten years and beyond.

The Transformation Plan focuses on youth, education, healthy food, jobs, district energy, intentional housing options, safety, among other key factors. The plan positions Sun Valley to become an authentic, inclusive, and responsible neighborhood-scale development that represents the current and future voices of the neighborhood.



WHY HEALTH AT SUN VALLEY?

There are a range of **root causes**, or determinants and factors, that lead to long-term health outcomes. In Sun Valley, the average life expectancy is nearly 10 years less than other neighborhoods in Denver.

This Initiative focuses action around health determinants in the built environment and areas that DHA can influence, that have been proven to increase healthy choices. Research shows that between 40-60% of what determines our length and quality of life relate to our physical, social, and economic environment and behaviors.

The Sun Valley Health Initiative (HLI) puts public health research and data to work, side by side with resident experience, to drive decisions in the Sun Valley EcoDistrict (SVED) redevelopment process and improve opportunities for healthy living.

KEY TERMS

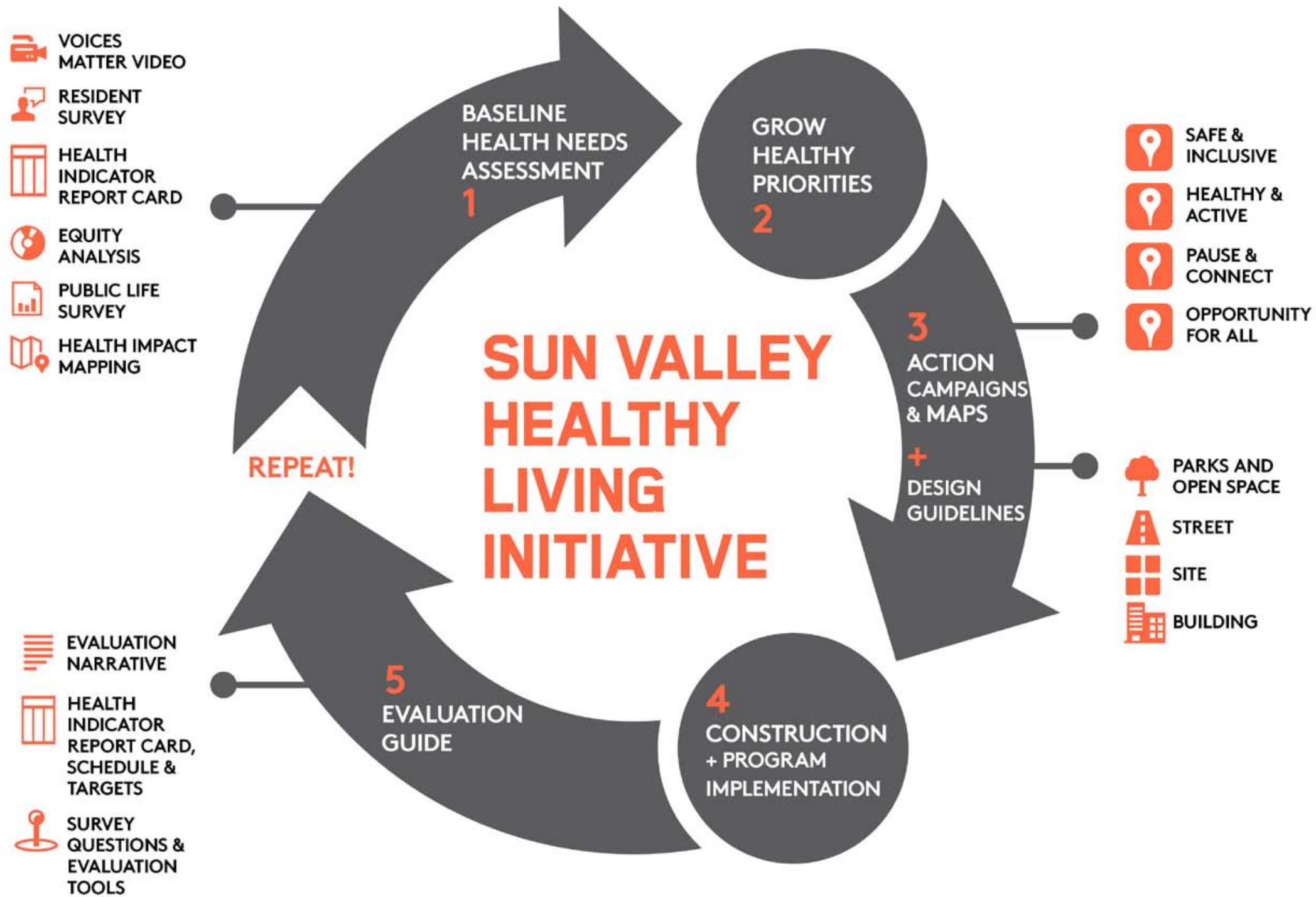
Determinants are conditions that affect the health status of a community, and help make people healthy.

Health Outcomes include the health status of a community or an individual, encompassing physical, mental and social well-being. This report focuses on physical environment and social environment factors.

Indicators are known facts about what helps make people healthy, used to measure success related to objectives.

Strategies include programs, projects, or policies that will likely positively impact health determinants and can contribute to improved resident health.

Campaigns are action plans with a specific mission and effective strategies to guide what kind of development is accomplished.



GROW HEALTHY PRIORITIES

EDUCATION + OPPORTUNITY

KEY POINTS

IN 2015, 48% OF SUN VALLEY ADULTS HAD GRADUATED FROM HIGH SCHOOL, AND 34.4% WERE UNEMPLOYED

AMONG THOSE WHO HAVE GRADUATED IN THE LAST YEAR, ONLY 38% GRADUATED ON TIME

38% OF PARENT RESPONDENTS WHO HAVE CHILDREN BETWEEN THE AGES OF 0 AND 4 REPORTED THAT THEIR CHILD PARTICIPATED IN AN EARLY LEARNING PROGRAM



Denver and Colorado are experiencing an economic boom and employment opportunities exist for those with the right skills and education. In 2015, 48.5% of Sun Valley adults had graduated from high school and 34.4% were unemployed. Most of the reported barriers to employment were related to poor health and lack of childcare; one in four was associated with a lack of training or experience and one in ten was related to transportation. According to the 2017 resident survey, a significant proportion of adults who had been unemployed for 6 months or more were still actively searching for a job. This is an area of great opportunity to improve the lives of Sun Valley adults and their families by providing supports and connecting residents to training opportunities that are relevant to Denver’s current economy. Youth in Sun Valley are also experiencing gaps, many of which are likely the result of limited parental capacity and knowledge and lack of opportunities close to Sun Valley. According to the 2017 resident survey, 38% of parent respondents who have children between the ages of 0 and 4 reported that their child participated in any early learning program. The same proportion of children 6 and older participated in after-school activities. Evidence has shown that participation in these types of programs promotes better performance in school and reduced likelihood of risky behaviors as a teen. Among those who have graduated in the last year, only 38% graduated on time.

GROW HEALTHY PRIORITIES

ACTIVE LIFESTYLE

KEY POINTS

THE PERCENTAGE CHILDREN AGES 2 TO 5 WITH UNHEALTHY WEIGHT IS CURRENTLY AT 22%, AND MAY BE DECREASING.

AMONG 6 TO 11 YEAR OLD CHILDREN, THE PROPORTION AT AN UNHEALTHY WEIGHT REMAINS STEADY AT 29%

Overall, obesity among Denver adults has been rising but among children, the outlook is brighter. Data from Denver Public Schools indicate that the percentage of unhealthy weight among Denver children who attend public schools ages 2 to 5, currently at 22%, may be decreasing. However, among 6 to 11 year old children, the proportion at an unhealthy weight remains steady at 29%. Hispanic children are especially at risk. The evidence base shows that changes in weight are easier to affect among younger people than older. Nonetheless, adults, as role models, can improve their own behaviors and health while setting an important example for the children in their lives. While regular exercise is important for many aspects of health, evidence shows that diet has the biggest impact on weight loss and control.

Specifically, reduction or elimination of sugary beverages is most effective in preventing and reducing unhealthy weight, especially among youth. While estimates of the proportion of Denver residents, adult and child, who drink one or more sugary beverages every day has been decreasing, there is room for improvement. Although increased consumption of daily fruits and vegetables is important for a healthy weight and has been identified as important among residents, these changes should be accompanied by decreased consumption of unhealthy foods and regular exercise.



GROW HEALTHY PRIORITIES

HEALTHY MIND

KEY POINTS

BEHAVIORAL HEALTH IS AS IMPORTANT AS PHYSICAL HEALTH.

IN SUN VALLEY, MOST (86.5%) RESIDENTS LIVE IN POVERTY.

18.2% OF ADULTS EXPERIENCED STRUGGLES WITH EMOTIONAL AND MENTAL HEALTH PROBLEMS IN THE PAST YEAR.

Behavioral health is as important as physical health. Both contribute to overall health and happiness however, optimal mental health is challenging due to a lack of education, stigma, reluctance to seek care and limited availability of services. In Sun Valley, most (86.5%) residents live in poverty a significant stressor that likely contributes to increased stress and behavioral health issues. Results from the 2017 resident survey indicate that 18.2% of adults experienced struggles with emotional and mental health problems in the past year. However, momentum is building around addressing behavioral health in communities. Colorado is currently participating in the State Innovation Model which seeks to integrate primary and behavioral health services in the clinical setting for both adults and children. In addition, Denver

Public Schools has focused on the social and emotional health of their students using the Whole Child framework and has been awarded funds to advance this objective. Thus, this may be an opportune time for Sun Valley to focus on mental health, determine stressors and link residents to services.



GROW HEALTHY PRIORITIES

HEALTH CARE

KEY POINTS

ONLY 49% OF ADULTS AND 68% OF CHILDREN REPORT HAVING HAD A PREVENTATIVE CARE VISIT.

COMMUNITY HEALTH NAVIGATORS IN SUN VALLEY HAVE THE OPPORTUNITY TO EDUCATE RESIDENTS AND CONNECT THEM TO CARE.

Most residents in Sun Valley have health insurance and many have been seen by a doctor in the past year. However, according to the resident survey conducted in 2017, only 49% of adults and 68% of children report having had a preventative care visit. Under the Affordable Care Act, these low or no cost visits are important for children to assure proper vaccinations, normal development and health education. They are important for adults for early detection and control of disease, weight management and counseling on other modifiable health behaviors. In Denver neighborhoods, life expectancy ranges from 70 to 84 years old; Sun Valley is estimated at 75. Compared to adults in Denver, Sun Valley adults are more likely to suffer from diabetes and high cholesterol. At least one quarter is obese and one in three smokes

cigarettes. Preventative care helps to prevent and control disease and helps people live longer while saving health care dollars. Community health navigators in Sun Valley have the opportunity to educate residents and connect them to care.



GROW HEALTHY PRIORITIES

SAFETY & SECURITY

KEY POINTS

AT 143 CRIMES PER 1,000 RESIDENTS IN SUN VALLEY, RATES OF OVERALL CRIME ARE ABOUT THREE TIMES HIGHER THAN THOSE OF DENVER (44 PER 1,000 RESIDENTS).

WHILE 76% OF RESIDENTS FEEL SAFE WALKING IN THEIR NEIGHBORHOOD, ONLY 39% OF PARENTS ALLOW THEIR CHILDREN TO PLAY OUTSIDE ALONE.

Residents are concerned about crime in Sun Valley for good reason. At 143 crimes per 1,000 residents in Sun Valley, rates of overall crime are about three times higher than those of Denver (44 per 1,000 residents). In addition, data from the Denver Police Department indicate that violent crime (homicide, rape, robbery and aggravated assault) comprise a greater percentage of total crime in Sun Valley compared to Denver. However, it is not known if this elevated rate is partially the result of greater surveillance in Sun Valley compared to other parts of Denver. Residents are concerned about crime in their neighborhood but some also fear police presence. While 76% of residents feel safe walking in their neighborhood, only 39% of parents allow their children to play outside alone. Improved public space, housing design, street

design, and better lighting can improve conditions through Crime Prevention through Environmental Design strategies, Sun Valley will be able to reduce concerns about and dangers of crime and traffic with a focus on infrastructure design for people walking, biking, and driving; and seeking ways to maintain and improve social cohesion can also alleviate crime.



GROW HEALTHY PRIORITIES

SOCIAL COHESION

KEY POINTS

79.2% OF ALL RESPONDERS RECOGNIZED OR KNEW AT LEAST ON PERSON IN THEIR RESPECTIVE PUBLIC SPACE.

SUN VALLEY ALREADY EXHIBITS STRONG SOCIAL COHESION THAT SHOULD BE PROTECTED AND BUILT UPON DURING THE REDEVELOPMENT PROCESS

Social cohesion reduces mortality rates, increases positive health outcomes, and improves community resilience. Social cohesion is defined as engagement, inclusion, and shared values in a community. In simple terms, its about knowing your neighbors. Strong social cohesion also directly fosters greater community resilience in the face of shocks or stressors. Recent studies have shown that loneliness and social isolation may present a greater health hazard than obesity-related problems.

The built environment can play significant role in fostering social connectivity. Sidewalks, public space, stores, restaurants, and community spaces that bring people in contact with neighbors have been shown to significantly increase resilience.

AN INTENTIONALLY DESIGNED BUILT ENVIRONMENT CAN STRENGTHEN SOCIAL COHESION

These factors have a particularly strong impact on the health outcomes of older individuals.

Recent community surveys show that social cohesion is currently strong in the Sun Valley community. For instance, 79.2% of all responders recognized or knew at least on person in their respective public space. Preserving this existing sense of belonging and familiarity while the neighborhood changes can have a positive impact on many other health priorities.

