

LARIMER COUNTY: HEALTH & ENVIRONMENT



# *Nuestra Voz: Cultivating Community Capacity for Healthy Behavior Change by Elevating Community Voice*

Araceli Newman and Destiny Dominguez with  
Adela Gonzalez and Teresa Ramirez



# AGENDA

- Background about our team
- Experiential Events
- Community Champion Presentation
- Questions

# WHAT OUR TEAM DOES



Supported by the Cancer, Cardiovascular and Chronic Pulmonary Disease Grant Program

# It All Started with the Community Champions...



# What are Community Champions?

- Trusted Community leaders that want to improve health
- Meet regularly with neighbors and organizations
- Convene community conversations
- Link community members to organizations and services
- Elevate community voice to improve the community
- Work with Built Environment to create programming
  - Facilitate biking and walking groups
  - Create the work plan for the Team

# How to support Community Champions?

- Incentives to participate- Gift cards, food, equipment
- Host trainings for civic engagement, leadership
- Connect them to outside agencies
- Invite them to planning processes for policies, work plans, brainstorming etc.
  - Community Health Improvement Plan
- Defer to their lived experience
- Create safe spaces to share their experiences
- Implement changes as needed- they are the experts!





Recycled Cycles

FITNESS

Recycled Cycles  
Bicycles & More

PINK

Trade In Guarantee  
Get back at least 10%  
of the price you paid for  
a bicycle trade in plus  
up to \$100 off your  
new purchase.  
See us in-store for details.

Rent

# Mental and Physical Health Benefits of Walk and Bike Groups

**“Riding my bike is a more comfortable way to be active without knee or ankle pain.”**

**“I feel that I have a community to share my experiences and do activities with people.”**

**“Walking and biking with a group gives me support to continue when it feels difficult.”**

**“I feel that I have control of my time and can be healthy.”**

**“Bike riding helps me feel confident that I can do activities with my kids.”**

**“Being outdoors makes me feel good and not think about about other responsibilities at home .”**



# Bike Education



# Impact on Community

July of 2021 to June of 2022:

- 3 videos highlight Safe Routes to School in “Let’s Ride” series
- 1 video highlighting a direct, but unsafe route to a middle school
- 4 bike education classes
- 55 bike repairs on 4 bike repair days
- 23 bikes distributed through bike donation program



# Community Champion Introductions

- Name
- Neighborhood
- What we do?
- Bike share program
- Community outreach
- What others should know about making a Community Champions program

## Experience & Lessons Learned:

- Including voices of the community in program development
- Outreach tools and consistent meetings is key to serving community desires and needs
- Success takes time, patience, capacity, funding, flexibility, and creativity
- Don't assume needs are met, communicate desired outcomes



THANK YOU!

Adela Gonzalez

Teresa Ramirez

Araceli Newman: [Anewman@larimer.org](mailto:Anewman@larimer.org)

Destiny Dominguez: [domingde@larimer.org](mailto:domingde@larimer.org)

Brooke Bettolo: [Bbettolo@larimer.org](mailto:Bbettolo@larimer.org)

[Larimer.org/Built](http://Larimer.org/Built)

# QUESTIONS?

