



Wellness IN the Rockies Community Portrait



Designed for use in rural communities with a population of 10,000 or less

Sample excerpts from one community

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*Supported by award number 0004499 through IFAFS
(Initiative for Future Agriculture and Food Systems) Competitive Grants Program/USDA.*

Category	Number	Percentage
White	5,128	95.4
African American	7	0.1
Asian	21	0.4
Native American	25	0.5
Spanish/Hispanic	366	6.8
Total households	2,083	
Family households (families)	1,273	61.1
With own children under 18 years	558	26.8
Households with individuals under 18 years	594	28.5
Households with individuals 65 years and over	634	30.4
Male	2,784	48.2
Female	2,992	51.8
Under 5 years	351	6.1
5 to 9 years	360	6.2
10 to 14 years	397	6.9
15 to 19 years	453	7.8
20 to 24 years	341	5.9
25 to 34 years	575	10.0
35 to 44 years	759	13.1
45 to 54 years	746	12.9
55 to 59 years	327	5.7
60 to 64 years	252	4.4
65 to 74 years	523	9.1
75 to 84 years	490	8.5
85 years and over	202	3.5

Page 5-5e Summary of Physical Activity Opportunities

- 1 indoor pool
- 12 baseball fields
- 6 tennis courts
- 4 soccer fields
- 1 outdoor skating rink
- 1 golf course
- 3 city parks
- 1 walking path
- 1 community dance group
- 2 commercial gyms/health clubs
- 4 employer sponsored physical activity facilities
- Hospital open year round for walking
- Organize community leagues for baseball, softball, soccer, volleyball, basketball, bowling, and swimming
- Aerobic classes offered at local elementary school gym

Page 6-6b Schools

- 30 minute PE classes offered twice weekly in elementary schools
- 45 minute PE classes offered daily in middle school
- Optional PE classes offered in high school

Grade schools: Two 15-minutes recess periods daily, 45 minute lunch sessions
Middle school: 45 minute lunch sessions
High school: 40 minute lunch sessions

Vending machines

- None in grade schools
- Access only after school hours in middle school
- Access only after last lunch period in high school

Page 7-7a Commercial Food Sources

- Linear feet of beverages at one local supermarket:
 - Fat free/skim milk - 6 feet
 - 1% milk - 6 feet
 - 2% milk - 7 ½ feet
 - Whole milk - 6 feet
 - Flavored milk, including soy milk - 13 feet
 - *Total area for milk - 38.5 feet
 - Soft drinks - 197 feet
 - Bottled water - 107 feet

Page 9 Summary of Restaurant Observations

9 fast food restaurants in community
 (including 2 Pizza restaurants that also have dining rooms)
5-6 casual dining restaurants in community
1-2 fine dining restaurants in community

Page 10 Commercial Weight Management Programs

There are 2 organized commercial weight loss programs in community.

Page 11 Size Diversity Observations

Four local stores offer clothing
Two of the four stores do not offer sizes above XL for men or women

Page 15-15e Community Stakeholders Interviews

Sample questions:

How long have you been a member of the community?

When you think of health education programs/organizations in this community what comes to mind?

When you think of healthful and pleasurable eating in your community, what comes to mind?

What makes it difficult to be physically active in your community?

What would be the best way to promote body-size acceptance in your community?