



Great Grants and Initiatives

Grantor: Kaiser Permanente & The Colorado Health Foundation

Grantee or Initiative: LiveWell Colorado

Grant Period: 2004-2008

As obesity and the number of people with diabetes continues to rise, research has shown that the best method to fight these problems is prevention. To assist in this effort, Kaiser Permanente, co-funded by The Colorado Health Foundation, has founded the LiveWell Colorado program.

Obesity is the single greatest health threat to our nation.

While Colorado is still ranked as the leanest state in the nation, its obesity rate has more than doubled since 1995. If current trends continue, two out of three Coloradoans will be overweight or obese in the next eight years, putting a large portion of the population at risk for cardiovascular disease, diabetes, cancer, hypertension and asthma.

LiveWell Colorado aims to reverse these trends.

LiveWell Colorado aims to provide every Coloradoan with access to healthy foods and opportunities for physical activity in the places they live, work, learn and play. This non-profit organization will realize its vision by elevating health and wellness awareness, augmenting funding for the most promising obesity reduction strategies and leveraging investments and resources.

With the launch of Colorado's strategic plan, *Fostering Healthy People and Places: The Power of All of Us*, LiveWell Colorado and its board of directors will implement an aggressive, coordinated statewide intervention to address the human and economic tolls of overweight and obesity and improve the health and wellbeing of all Coloradoans.

Together, we will engage the power of all of us to foster healthy people and places in Colorado.