

# Life Trails at Yuma District Hospital

A Multigenerational  
Health Park

# A Stroll In Retiro Park, Madrid

- And what did I find?



# The Beginning of a Vision

- Develop similar facilities on the YDH campus
- The focus would be target the program to seniors, patients and independent exercisers at the hospital.
- Strengthen the role of the hospital campus as a destination point for members of the community.



# Three Goals

- Provide access to outdoor recreation facilities to improve overall community health.
- Improve community strength by offering healthy and engaging spaces for groups of all ages and physical abilities.
- Become a model for healthy living in the northeast Colorado region.

# 2008 Rural Philanthropy Days

- The concept was presented to multiple foundations.
- Luke-warm response.
- The Great Outdoors Colorado Trust indicated and interest if the project would not be focused on only seniors. This funding would require participation from the City. The Yuma City Manager was not interested.

# Four Years Later

- Obesity has become a national crisis- affecting all age groups.
- The connection between population health and health care costs has become a significant public policy issue.
- Polly Vincent presented a multigenerational concept at the 2012 Rural Philanthropy Days.
- Enthusiastic response with requests for us to submit a grant application from more than one Foundation.



# University of Colorado: Colorado Center for Community Development

- Experienced working with the Colorado Health Foundation.
- Graduate students available for a rapid turn around of a master plan.

# Colorado Health Foundation

- CHF-Vision
  - Colorado will become the healthiest state in the nation
- CHF-Mission
  - To improve the health and health care of Coloradans by increasing the access to quality health care and encouraging healthy lifestyle choices.
- The Foundation seeks to fund active spaces for communities designed to promote physical activity.

# Colorado Health Foundation Application

- The Life Trails at Yuma District Hospital supports the Foundations funding strategies:
  - **Promote Healthy Communities**-Expand access to healthy and affordable foods; provide safe options for physical activity; teach individuals how to manage their chronic disease; and engage parents in raising healthy kids.

# Measurable Results

- Increase the number of children and adults who engage in moderate or vigorous physical activity.
- Increase the number of children and adults who eat adequate amounts of fruits and vegetables daily.
- Increase the number of under-served Coloradans who have convenient access to recreational exercise and fruits and vegetables.
- Increase the number of Coloradans who are educated on chronic disease management.





*LifeTrail™ fitness system  
(playworldsystems.com)*



*Energi all-ages fitness system  
(playworldsystems.com)*

Central Gathering area with shade sail, picnic tables, and fitness station hub



shade sails (coolshadesails.com)

Accessible ramp to gathering area  
Bike racks

### Central Gathering Area



Shade Trees

Shaded seating area

Stabilized DG surface

Fitness stations w/ roofs for elderly and active adults



LifeTrail™ fitness system  
(playworldsystems.com)

Gathering area with shade sails, benches and fitness activities

Shaded fitness stations for younger age groups

### Secondary Gathering Area



Fitness stations for all-ages



LifeTrail™ fitness system  
(playworldsystems.com)

8' wide stabilized DG path

# Healthy Living Learning Opportunities++



Yuma Master Gardeners have committed to supporting this element.

# Colorado Health Foundation

- Awarded the Yuma District Hospital Foundation \$273,675 to develop the project.
- This award will cover the basic development. However, total project costs including landscaping materials, irrigation systems and site furnishings is estimated to be \$498,287.35.
- The Hospital collaborated with the Foundation by donating the land to the project as a matching contribution. The hospital will assume responsibility for the maintenance of the park.

# USDA

- The USDA is awarding Yuma District Hospital \$5000 to support the acquisition of two exercise stations.
- The cost of the equipment and Installation is \$13,276.00.
- The Yuma District Hospital Foundation will provide the remaining \$8,276.

# Life Trail Station 6



- Meets ADA Standards
- Leg Extension
- Tricep Strength & Torso Stability Exercises.
- Upper Body Cycling Exercises.

# Life Trail Station 7



- Meets ADA Standards
- Three Activity Panels
  - Overhead Press
  - Stretch Exercises
  - Shoulder Stability and Strength Exercises

# Supplemental Project Items

- Sun Shades for the exercise stations.
- Trees and irrigation systems.
- Replacement Parking on the North side of the hospital.
- Modify access to the Labyrinth and replace rubber mulch with concrete.

# NEOS



- 360 degrees of head-spinning, body-twisting, heart-pounding, competitive fun. Its' circular design builds peripheral vision, and auditory and spatial awareness skills. NEOS 360 features eight games, one and two player options, and one freestanding user control panel with player instructions on the back.

# Role of the Yuma District Hospital Foundation

- Be champions of the project.
- Apply for additional grant funds.
- Seek additional funding.
  - Fund raising events.
  - Memorial trees.



# What do we need from the Committee

- Develop programs for the park.
- Determine how we can integrate the park into hospital services.
- Be the clinical champions as we seek additional funding.