



Building Healthy Places: Development Strategies That Work for Health and the Bottom Line

DATE: Wednesday, October 22

TIME: 1:15 PM to 2:30 PM

LOCATION: Javits Convention Center

Presenter:

Susan Powers, President
Urban Ventures, LLC

How can the built environment positively impact health?

Increase physical activity

Increase access to healthy food

Increase access to nature and sunlight

Increase social engagement and connectedness

Reduce environmental triggers of stress

Reduce exposure to toxins and pollutants





Mariposa - Denver, Colorado

A mixed-income, mixed-use transit oriented redevelopment in the heart of a culturally diverse and historic neighborhood that will enhance the overall health of those who live and work at the site.

17 acres

Hope Grant Recipient

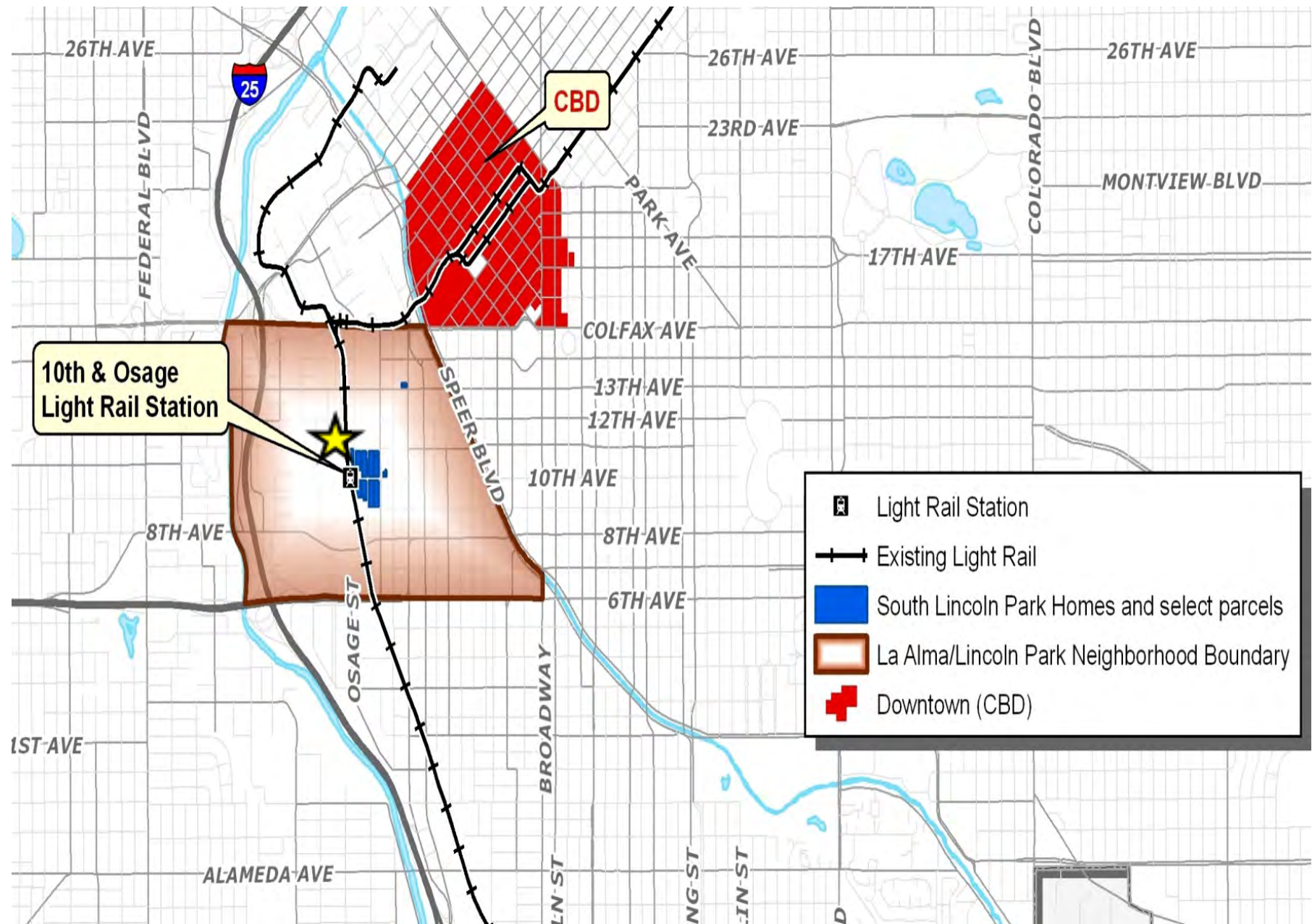
Replaces 270 units of public housing

850 unit mixed-income, mixed-use

Health components funded by the Colorado Health Foundation



Mariposa – La Alma/Lincoln Park Neighborhood



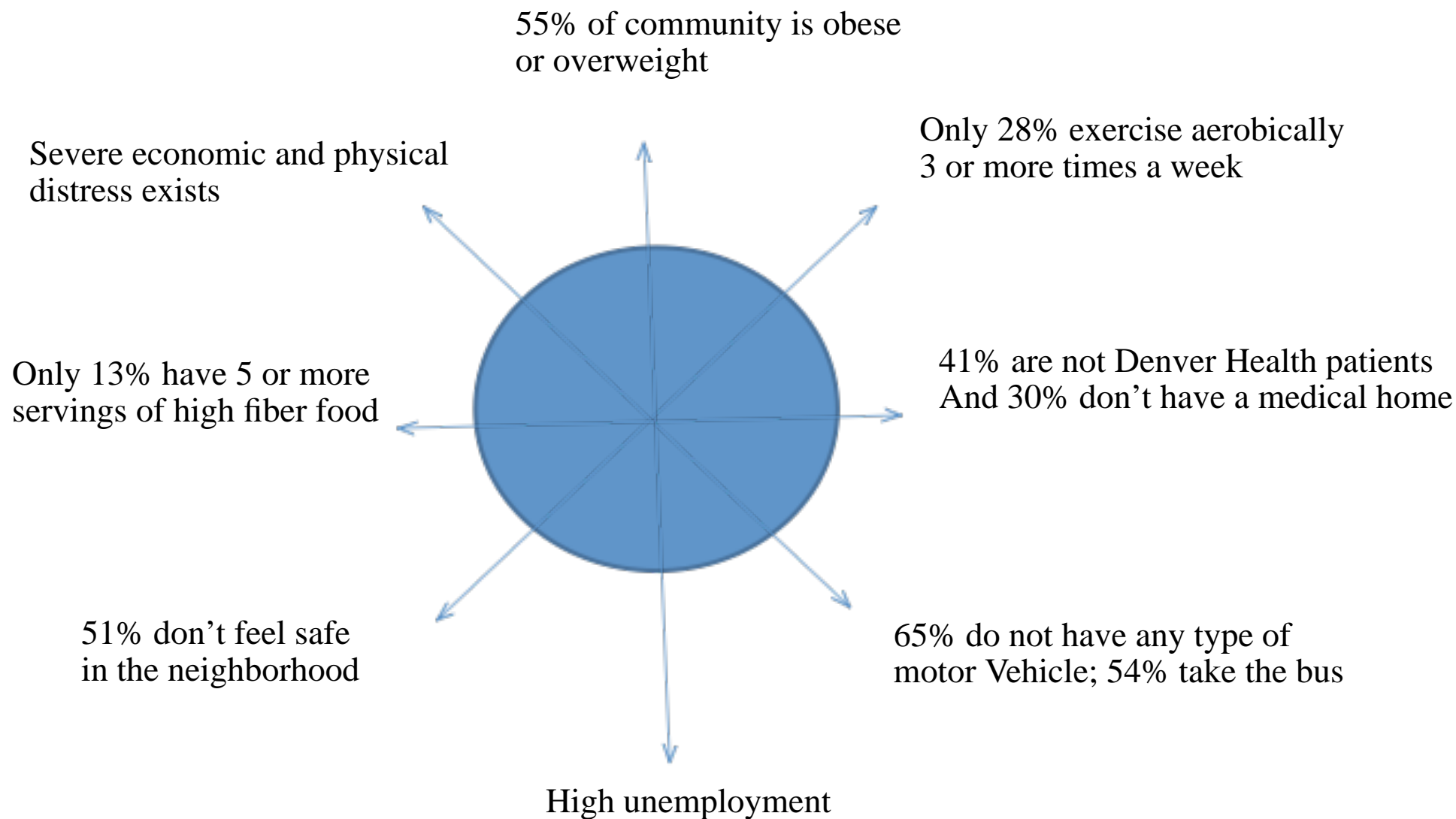


Mariposa Before





Mariposa Health Impact Assessment



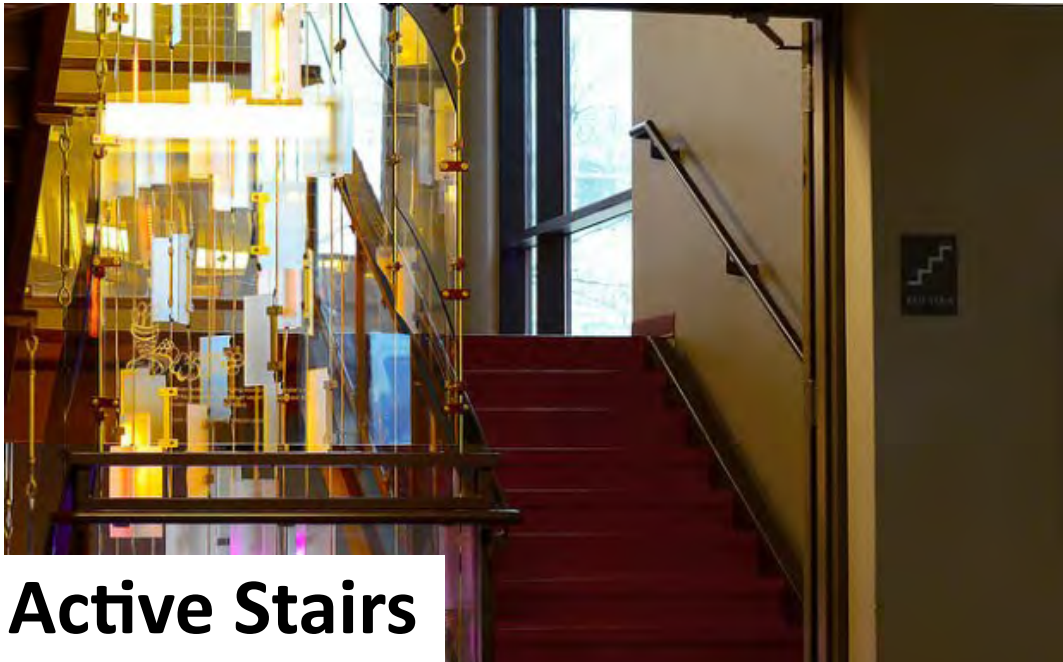


Mariposa After





Mariposa – Increase Physical Activity



Active Stairs



Outdoor Fitness Equipment



Public Spaces



Biking



Mariposa – Increase Physical Activity



Bicycle Infrastructure



Yoga Classes



Mariposa – Increase Access to Healthy Food



Community Garden



Osage Cafe



Cooking Classes





Mariposa – Increase Access to Healthcare

Healthy Living Coordinator & Health Navigator





Mariposa Health Outcomes

In an annual survey, residents reported:

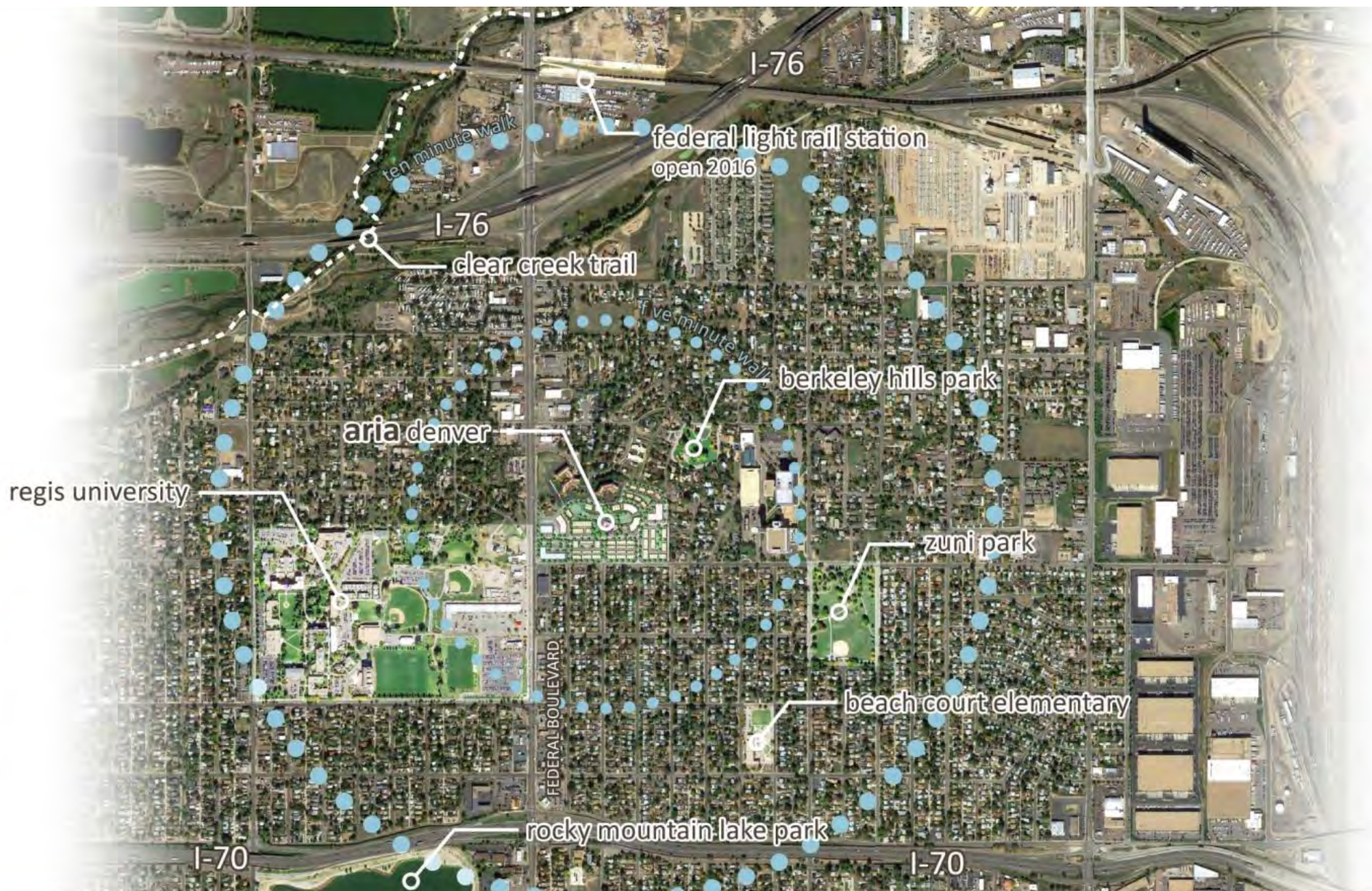
- Weight loss
- Decreased diabetes risk factors
- Increased social engagement
- Greater cultural awareness through food

Aria – Denver, Colorado

- **Former Marycrest convent site**
- **17.5 acres**
- **Master planned community**
- **Mixed-use**
- **Multi-generational**
- **Preserving historic buildings on site**
- **Health-focused**
- **450 residential units**



Aria Denver - Location and Description



Aria Denver - Location

Federal
Boulevard



52nd
Avenue

Aria Denver



Marycrest Convent – former home of the Sisters of St. Francis

Aria Denver Master Plan

Federal Boulevard



LEGEND

- aria denver project
- assisted living at marycrest
- historic building
- sisters housing
- commercial
- townhomes
- apartments
- co-housing
- pocket neighborhood
- condominiums



52nd

Aria Living

Aria includes for sale
and rental living:

- Student Housing
- Pocket Neighborhoods
- Townhomes
- Cohousing
- Apartments
- Condos



Aria Denver - Principles

- . Promote community health
- . Be a mixed-income community
- . Include residents of all ages
- . Offer a variety of housing types
- . Engage the broader neighborhood
- . Be a steward of the environment



Cultivate Health – Denver, Colorado



**A PARTNERSHIP AMONG REGIS UNIVERSITY, ARIA DENVER AND THE NEIGHBORHOODS
IN WHICH WE LIVE, WORK AND LEARN.**



Cultivate Health – What is it?

- Funded by the Colorado Health Foundation
- A partnership among Regis University, Aria Denver, and the surrounding neighborhoods within a **4 census tract area**.
- The goal is to support the health and wellness of residents in the neighborhood
- The project will promote an active lifestyle, increase access to healthy food and offer integrated health services.

Active Lifestyle



Healthy Eating



Health Care



PROJECTS AND PARTNERS

Cultivate Health: A partnership among Regis University, Aria Denver and the neighborhoods in which we live, work and learn.



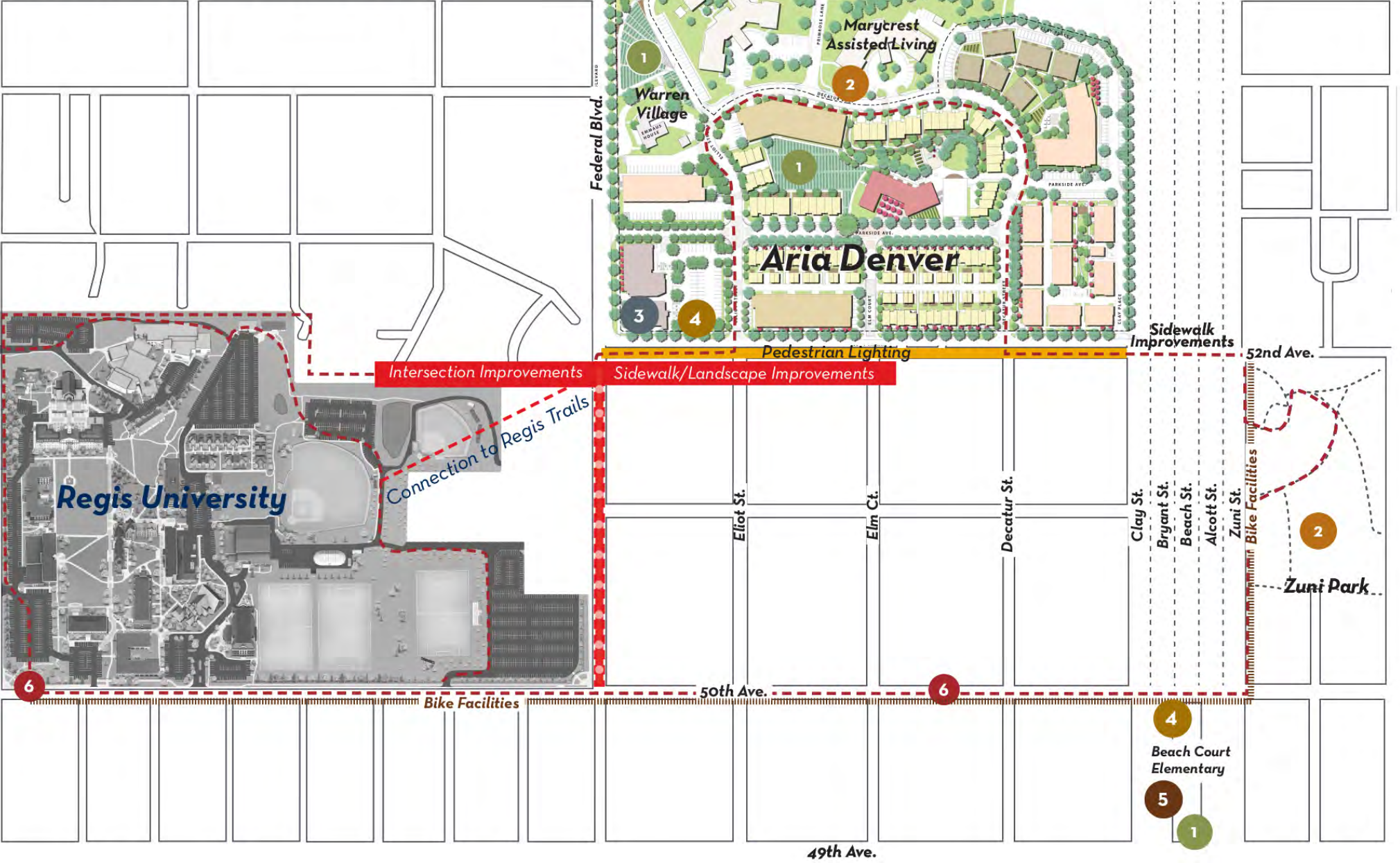
PARTNERS:



BON APPÉTIT
MANAGEMENT COMPANY
food service for a sustainable future®



CULTIVATE HEALTH





Cultivate Health – Increase Physical Activity



Wellness Walk



Bicycle Classes



Adult Fitness Equipment



Pedestrian Infrastructure



Cultivate Health – Increase Access to Healthy Food



Community Garden



Community Farmstand



Cooking Classes



Cultivate Health – Increase Access to Health Care



Health Care



The Business Case for Focusing on Health in Real Estate

1. This is how people want to live – new market niche
2. Increased values/prices in housing units sold
3. Creativity can minimize cost to implement
4. National crisis means unique partners are available



FF&E is no longer just Furniture, Fixtures and Equipment, it is **Fitness, Food & Environment**



