

101 Things You Can Do to Make Denver a Healthier City

1. Participate in Earth Day events.
2. Register to vote – and then do it!
3. Volunteer to work with youth.
4. Volunteer at your neighborhood school. <http://www.dpsk12.org/>
5. Start or join a lunchtime walking group at your office.
6. Quit smoking.
7. Take public transportation.
8. Participate in free health screenings.
9. Attend local health fairs.
10. Talk to your kids about drugs and alcohol.
11. Talk to a neighbor.
12. Practice safer sex.
13. Spend more time enjoying Denver's parks.
14. Clean up after your pets.
15. Make sure your child is fully immunized.
16. Report suspected domestic violence or child abuse and neglect.
17. If you own a gun, keep it unloaded and locked away from children.
18. Buckle up.
19. Slow down.
20. Use child safety seats in your car.
21. Start a peer-counseling program at your school.
22. Join your local neighborhood watch group.
23. Take the stairs instead of the elevator/escalator.
24. Recycle.
25. Support programs for pregnant women and young children.
26. Read.
27. Make a donation to a community organization (see www.networkforgood.org).
28. Eat less fast food.
29. Eat more fruits and vegetables.
30. Get your house inspected for lead paint.
31. Ask for help if you are depressed.
32. Walk or do some form of physical activity.
33. Get tested for HIV and other sexually transmitted infections.
34. Don't sell cigarettes and alcohol to or buy them for minors.
35. Support substance abuse prevention and treatment programs.
36. Get regular medical and dental checkups.
37. Have a designated driver or take a cab if out drinking.
38. Get a flu shot if you are over 65.
39. Show your kids you care every day.
40. Count to ten when angry or upset.
41. Respect and celebrate diversity.
42. Get enough sleep.
43. Finish high school or get a general equivalency diploma (GED).

44. Drink water or juice instead of soda.
45. Eat breakfast.
46. Wash hands with soap after using the bathroom and before eating or cooking.
47. Breastfeed your baby.
48. Use your headlights during early morning/early evening hours.
49. Volunteer with the Denver Urban Gardens program.
50. Give blood.
51. Help organize a neighborhood block party.
52. Watch for pedestrians and give them the right of way.
53. Don't run yellow lights.
54. Take time out each day to spend with your partner, friends, or family.
55. Learn about local political issues.
56. Use non-toxic cleaning products.
57. Use commercial car washes.
58. Buy only what you need to avoid creating waste.
59. Store chemical products and medicines safely, and away from children and pets.
60. Avoid overwatering your lawn or garden, and only water in the morning or evening.
61. Walk your children to their school or bus.
62. Sign your child up for the Child's Basic Health Plan or Plan Plus coverage (CBHP and CHP+).
63. Know and communicate your views to your government representatives.
64. Participate in school, church, work, or community activities and events.
65. Lift with your legs, not your back.
66. Take a deep breath.
67. Wear your safety equipment (e.g., gloves, goggles) at work.
68. Believe in yourself.
69. Help a neighbor in need.
70. Read food ingredient labels.
71. Floss and brush your teeth regularly.
72. Don't litter.
73. Learn about your family's medical history.
74. Use sunscreen, hat, and sunglasses.
75. Use your sick and personal days at work.
76. Get your blood sugar level and blood pressure checked.
77. Head for the hills.
78. Wear your bike helmet.
79. Check the weather report.
80. Carry emergency contact names and numbers with you.
81. Explore the Denver Healthy People 2010 website (www.denvergov.org/hp2010).
82. Lobby for more wheelchair-accessible public buildings.
83. If you drink, do so in moderation.
84. Look at consumer reports for product safety information.
85. Get your vehicle inspected.
86. Learn about your civil rights
87. Volunteer with Denver Habitat for Humanity.
88. Work with the homeless.

89. Speak out against discrimination.
90. Donate clothing or furniture to the Salvation Army.
91. Learn basic first aid and CPR.
92. Teach children how and when to dial 911.
93. Get a fire extinguisher and smoke detectors for your house or apartment.
94. Have an emergency kit ready in case of a disaster (see www.denvergov.org/jump_emergency.asp)
95. Be aware of your surroundings.
96. Ask your health care provider questions.
97. Follow up on their advice
98. Help a friend.
99. Let someone merge ahead of you in traffic.
100. Say, 'thank you'.
101. Smile ☺