

The mission of the Metro Denver Health and Wellness Commission is to make the Metro Denver area America's healthiest community. We acknowledge that achieving good health and wellness includes addressing the underlying social, environmental and cultural determinants of health and all disease and illness, and may include promoting the best achievable physical, psychological, emotional, social, spiritual and cognitive levels of functioning.

We will focus our efforts on promoting programs and policies that improve physical, environmental and mental health across all sectors of our community for all our residents, especially programs and policies that improve diet and exercise, and on creating a culture and infrastructure that encourages, supports and rewards those healthy choices.

Adopted by the Metro Denver Health and Wellness Commission on October 27, 2006