

**For Immediate Release**

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New Culture of Health and Wellness Launched at University of Colorado Denver

*New Colorado center will be a national leader in health promotion
and disease prevention*

AURORA, Colo. (May 8, 2008) – Colorado’s health and wellness movement took a giant step forward today as the University of Colorado Denver received a \$15 million gift from The Anschutz Foundation to create a Health and Wellness Center. In a news conference, UC Denver Chancellor M. Roy Wilson and University of Colorado President Bruce D. Benson announced that the soon-to-be-built center will foster a new culture of health promotion and disease prevention on a campus that includes hospitals, researchers, and a complete set of health sciences programs, from nursing to medicine to public health. Its interim director will be James O. Hill, PhD., director of the UC Denver’s School of Medicine’s Center for Human Nutrition and co-founder of America On the Move.

“I often talk about how small steps and small changes can make a big difference in our health, but today we took one big step in breaking down the silos and bringing people together in Colorado to improve health, combat obesity and prevent chronic diseases such as diabetes,” said Dr. Hill. “This center will translate research into programs and tools to help all people in Colorado improve their diet and physical activity patterns and achieve and maintain a healthy weight. Together, we can work to create a new culture of health and wellness throughout the Anschutz Medical Campus, in Metropolitan Denver and throughout the state.”

The Health and Wellness Center will place in one location the [Center for Integrative Medicine](#), the [Center for Human Nutrition](#), and the [Center for Women’s Health Research](#). It also will house research labs and community programs. Research and care will focus on alternative/complementary medicine, holistic wellness and counseling, weight management, and improving nutrition and physical fitness. The Health and Wellness Center will be open to anyone who wishes to participate in its programs.

“The Anschutz Foundation’s generosity will help us make a significant impact on people’s lives throughout Colorado and beyond,” said Bruce D. Benson, president of the University of Colorado. “

UC Denver Chancellor M. Roy Wilson, MD, said the project is another example of his university’s partnership with the community and with private donors. “The University of Colorado Denver has a long history of being at the forefront of disease management. We

believe we now will become a leader in disease prevention and health promotion. I thank Phil Anschutz and The Anschutz Foundation for joining us in this vision of a healthy community.”

The Anschutz Foundation has long supported the new model of care, education and research created at the Anschutz Medical Campus. Today’s announcement demonstrates the foundation’s ongoing commitment and advocacy of wellness.

Seventy-five percent of Americans are inactive and have unhealthy diets. Weight gain as adults age is typically followed by diabetes, heart disease, and cancer. The center will build a collaborative, comprehensive model for long term, sustainable changes in health while providing health resources for communities throughout Colorado, the nation and the world.

The [School of Medicine](#) faculty work to advance science and improve care as the physicians, educators and scientists at University of Colorado Hospital, The Children’s Hospital, Denver Health, National Jewish Medical and Research Center, and the Denver Veterans Affairs Medical Center. Degrees offered by the UC Denver School of Medicine include doctor of medicine, doctor of physical therapy, and masters of physician assistant studies. The School is part of the [University of Colorado Denver](#), one of three universities in the University of Colorado system. For additional news and information, please visit the [UC Denver newsroom](#) online.

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