

***Promoting Healthy Eating and Active Living through Improvements in the Built Environment:
What Health Professionals Need to Know and What They Can Do***

January 26, 2006
Adams Mark Hotel, Denver, Colorado

WORKSHOP SYLLABUS

Workshop Host/MC:

- Eric K. France MD MSPH, Chief, Preventive Medicine, Kaiser Permanente Colorado

- 8:30 –9:15am ***Connecting Sprawl and the Obesity Crisis – The Next Big One?***
This session provides an overview of the seriousness of the growing obesity crisis. Dr. Kelter will then demonstrate that the cause of the epidemic is likely related to where and how we live our lives today.
- Dr. Alex Kelter, MD, Chief, EPIC Branch, California Dept. of Health Services
- 9:15 –9:45am ***Why is this Child Obese? – A Group Exercise***
Dr. Stenmark will lead an interactive session that takes a look at two children and the possible causes of their obesity. She will also present the results of Kaiser Permanente questionnaires that address patient’s lifestyles.
- Dr. Sandra H. Stenmark, Pediatrician; Director of Pediatric Weight Management Programs, Kaiser Permanente, Colorado
- 9:45–10:45am ***What an Active Living, Healthy Eating Community Looks Like***
Ms. Corbett will describe Smart Growth and why public health professionals are becoming increasingly interested in this issue. Ms. Mikkelsen will further point out the relationship between where people live and their levels of physical activity and healthy eating.
- Judy Corbett, Executive Director, Local Government Commission
 - Leslie Mikkelsen, RD, MPH, Managing Director, Prevention Institute; Chair, Strategic Alliance Promoting Healthy Food and Activity Environments
- 10:45-10:55am ***Break***
- 10:55–11:45am ***Policy Steps Toward Active Living, Healthy Eating Communities***
This session is devoted to a very basic description of the land use regulatory and approval process so that participants can understand why development looks the way it does today and what might be done to change it. At the end of this session, participants will have a better understanding how they might become a part of the land use decision-making process.
- Judy Corbett, Executive Director, Local Government Commission
 - Laurel Prevetti, Senior Planner, City of San Jose, CA
- 11:45am –12:30pm ***Lunch***

- 12:30–1:00pm ***What the Research Tells Us***
As the former Director of the Robert Wood Johnson Foundation’s Active Living program, Dr. Kraft funded scientific research that explores the correlation between neighborhood and community design, physical activity, and health. She will summarize the results of this research.
- M. Katherine Kraft, Ph.D., Healthy Communities Consultant, Princeton, NJ
- 1:00-2:15pm ***What Keeps Them in Their Cars? A Guided Walk***
This session offers seminar participants a chance to engage in some physical activity themselves, while, learning from a nationally recognized transportation expert why people don’t walk and what local policy makers can do about it.
- Dan Burden, Senior Urban Designer, Glatting Jackson Kercher Anglin Lopez Rinehart
- 2:15–3:15pm ***How Health Professionals Can Help Local Government Decision-Makers Create Healthier Communities***
This panel, made up of two physicians and three forward-thinking, local policymakers, will break new ground as we explore the role that physicians and other health professionals might play in creating healthier living environments for people to live, work, and play.
- Tyler Norris, President, Community Initiatives
 - Dr. Sandra H. Stenmark, Pediatrician; Director of Pediatric Weight Management Programs, Kaiser Permanente, Colorado
 - Dr. Alex Kelter, MD, Chief, EPIC Branch, California Dept. of Health Services
 - Rick Cole, City Manager, City of Ventura, CA
 - Laurel Prevetti, Senior Planner, City of San Jose, CA
 - Mayor Steve Burkholder, City of Lakewood, CO
- 3:15-3:30pm ***The Clinical Imperative for Healthier Communities: The Road Ahead***
Dr. Solomon will explain why Kaiser Permanente feels compelled to address community design and take an environmental approach to obesity prevention. He will outline the initiatives the organization has initiated to make healthy living available to everyone.
- Loel Solomon, Ph.D., National Director, Community Health Initiatives and Evaluation, Kaiser Permanente

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SYLLABUS DISCLOSURE

Target Audience - Clinicians and Health Educators interested in to influencing community growth policies in a way that promotes health.

Overall Conference Objectives

At the end of this course participants should be able to:

- Articulate concepts of smart growth and built environments
- Describe the relationship between features of the built environment and health
- List sustainable growth policies and describe their economic, environmental, health and social implications
- Identify opportunities for health care personnel to influence community growth policies in a way that promotes health

Planning Committee

Eric France, MD, Chair, Colorado Permanente Medical Group
Sandy Stenmark, MD, Colorado Permanente Medical Group
Loel Soloman, PhD, Kaiser Health Plan Program Offices
Michele Kelso Warren, Local Government Commission, CA
Judy Corbett, Executive Director, Local Government Commission, CO
Tyler Norris, President, Community Initiatives, Boulder, CO

The planning committee members have no relationships with a pharmaceutical or industrial concern that might pose a potential, apparent or real conflict of interest with regard to the planning of this activity.

Faculty Disclosure

Kaiser Permanente requires that faculty participating in a National CME activity disclose to the audience any relationship with a pharmaceutical or industrial concern that might pose a potential, apparent or real conflict of interest with regard to the faculty's contribution to the program. The faculty members report they have no relationships with a pharmaceutical or industrial concern that might pose a potential, apparent or real conflict of interest.

Dan Burden, Senior Urban Designer, Glatting Jackson Kercher Anglin Lopez Rinehart
Mayor Steve Burkholder, City of Lakewood, CO
Rick Cole, City Manager, City of Ventura, CA
Judy Corbett, Executive Director, Local Government Commission
Dr. Eric France, MD MSPH, Chief, Preventive Medicine, Kaiser Permanente Colorado
Dr. Alex Kelter, Chief, EPIC Branch, California Dept. of Health Services
M. Katherine Kraft, Ph.D.
Leslie Mikkelsen, RD, MPH, Managing Director, Prevention Institute; Chair, Strategic Alliance Promoting Healthy Food and Activity Environments
Tyler Norris, President, Community Initiatives
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Loel Solomon, PhD, National Director, Community Health Initiatives and Evaluation, Kaiser Permanente

Dr. Sandra H. Stenmark, Pediatrician; Director of Pediatric Weight Management Programs, Kaiser Permanente, Colorado

Accreditation & Credit Statement

The Kaiser Permanente National CME Program is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Kaiser Permanente National CME Program designates this educational activity for a maximum of 6 category 1 credits towards the AMA Physician's Recognition Award. Each physician should claim only those hours of credit that he/she actually spent in the educational activity.

Funding

The conference is supported through educational grants from Kaiser Permanente and the Local Government Commission of California.

Dr. Sandra H. Stenmark, Pediatrician; Director of Pediatric Weight Management Programs, Kaiser Permanente, Colorado

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Learning Objectives

Conference Goals

1	To articulate concepts of smart growth and built environments.
2	To describe the relationship between features of the built environment and health.
3	To list sustainable growth policies and describe their economic, environmental, health and social implications.
	To identify opportunities for health care personnel to influence community growth policies in a way that promotes health.

Specific Presentation Topic Learning Objectives

Presentation Topic: *Connecting Sprawl and the Obesity Crisis – The Next Big One?*

Speaker: Dr. Alex Kelter, MD, Chief, EPIC Branch, California Dept. of Health Services

1	To describe the relationship between features of the built environment and health.
2	To identify opportunities for health care personnel to influence the community growth policies in a way that promotes health.

Presentation Topic: *Why is this Child Obese? A Group Exercise*

Speaker: Dr. Sandra H. Stenmark, Pediatrician; Director of Pediatric Weight Management Programs, Kaiser Permanente, Colorado

1	To discuss the environmental issues contributing to obesity in children.
2	To describe the various challenges families face in providing healthy foods and opportunities for physical activity among children.

Presentation Topic: *What an Active Living, Healthy Eating Community Looks Like*

Speakers: Judy Corbett, Executive Director, Local Government Commission and Leslie Mikkelsen, RD, MPH, Managing Director, Prevention Institute; Chair, Strategic Alliance Promoting Healthy Food and Activity Environments

1	To describe communities that are built to promote healthy eating and active living.
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Presentation Topic: *Policy Steps Toward Active Living, Healthy Eating Communities*

Speakers: Judy Corbett, Executive Director, Local Government Commission and Laurel Prevetti, Senior Planner, City of San Jose, CA

1	To list sustainable growth policies and describe their economic, environmental, health and social implications.
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Presentation Topic: *What the Research Tells Us*

Speaker M. Katherine Kraft, Ph.D., Healthy Communities Consultant, Princeton, NJ

1	To describe the research performed to date that links the environment to the health of the citizenry.
2	To describe the research that demonstrates how policies can define the built environment.
3	To describe the research that demonstrates the impact of policy on the health of citizens via the built environment.

Presentation Topic: *What Keeps Them in Their Cars? A Guided Walk*

Speaker: Dan Burden, Senior Urban Designer, Glattig Jackson Kercher Anglin Lopez Rinehart

1	To describe the environment during a walking meeting in downtown Denver as a means to demonstrate the barriers to healthy eating and active living in the urban landscape.
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Presentation Topic: *How Health Professionals Can Help Local Government Decision-Makers Create Healthier Communities*

Speaker Panel: Tyler Norris, President, Community Initiatives

Dr. Sandra H. Stenmark, Pediatrician; Director of Pediatric Weight Management Programs, Kaiser Permanente, Colorado

Dr. Alex Kelter, MD, Chief, EPIC Branch, California Dept. of Health Services

Rick Cole, City Manager, City of Ventura, CA

Laurel Prevetti, Senior Planner, City of San Jose, CA

Mayor Steve Burkholder, City of Lakewood, CO

1	To identify and discuss opportunities for health care personnel to influence community growth policies in a way that promotes health.
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Presentation Topic: *The Clinical Imperative for Healthier Communities: The Road Ahead*

Speaker: Loel Solomon, Ph.D., National Director, Community Health Initiatives and Evaluation, Kaiser Permanente

1	To describe the emerging convergence around a comprehensive, public health approach to obesity prevention and related diseases, and the health sector's role in such an approach.
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