

Community Health by Design Summit *EXAMPLE AGENDA*

*Agenda for typical 8:30 am-2:30 pm summit
(Typical attendance 80-200)*

8:30 – 9:00 a.m.:

Welcome, Overview & Introductions by host:

Explanation of initiative, why we are here, reason for grant or funding and what is proposed

9:00 – 10:30 a.m.:

Fenton Keynote: Healthy Community Design:

Making the case for why healthy community design and a systems/ environmental approach is most effective in decreasing sedentary behaviors and increasing opportunities for accessing healthy foods and physical activity; discussion of how healthy community design can be achieved through the three P's (Policy, Projects and Programs).

Presentation includes:

- Land use & transportation planning
- Complete Streets
- Safe Routes to School
- Trail and greenway development.
- Healthy nutrition, food deserts, zoning code for fast food, etc.
- How to finance healthy design elements and infrastructure

Presentation will focus on specific local issues by use of photographs, maps, community master plan, etc.

10:30 – 11:30 a.m./

12 noon:

“Walkabout”/ Walk Audit:

Summit participants are led on a walk by Fenton to explore typical challenges and opportunities for physical activity and accessing nutritious food in surrounding neighborhood. All participants are encouraged to attend, including people with disabilities.

AND/OR

Panel Discussion: Moderated by Fenton

Topics selected based on key elements of your action plan. For example, could include:

- Business leader or developer
- Elected official
- Planner or planning commissioner
- School/education official
- Engineer/Public works
- Trails, bike/pedestrian advocate

Example Agenda
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(An OPTION: Hold both walkabout and panel twice, with half of group attending each, then swapping)

12 noon. – 1:30 p.m.:

Working lunch: Putting “action” into the Community Action Plan

- Tables are divided by potential topics for discussion.
 - Table seating is NOT by choice; participants either randomized, or sent to tables so that there are appropriate mix of disciplines
 - Recorders are designated at each table to capture ideas and questions that are generated throughout discussion.
- (Note: Buffets work best for these types of working lunches)

1:30 – 1:45 p.m.:

Lightning wrap-up:

In just 60 seconds, one person from each table asked to share just three of the many things they discussed:

- First: The action they think must happen first in their strategy area.
- Most important: The most critical action or implementation step that must be taken to advance the strategy.
- Thrilling: The most exciting or surprising or even controversial idea the table generated.

1:45 p.m – 2:30 p.m.:

Wrap-up and Recommendations from Fenton

Fenton provides a summary of workshop ideas and shares his own insights into next steps.

Following:

Can be very helpful to debrief with table facilitators and/or recorders to assure we captured all of the major themes discussed. Also, possible media interviews.