

## Healthy Community by Design 3-Day Summit *Example Agenda*

This is a typical 3-day agenda for a Healthy Community By Design Summit. The goal of the summit is to get as many key change agents in the room as possible, to engage in work focusing on community priorities and specific action plans--not just concepts, but action.

### Day 1.

**Fenton Arrives.** Gather small group for scouting outing. Typical mix: transportation planner; someone from Mayor's or city manager's office; leader of trails group; staff from public health. PBS station or local access cable TV station can tag along to record (and later share) the process.

### Day 2.

#### **SUMMIT**

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

#### **Welcome, Overview & Introductions by host**

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

#### **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.

#### **“Walkabout”/ Walk Audit**

Fenton to lead participants on a walk 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

## 3-Day Summit: Agenda Example

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

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

### **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)

### **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.

### **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.

## **DAY 3.**

### **Community Leadership Breakfast.**

Goal: Share with highest-level leaders the key principles behind policy, systems, and environmental approaches to improving community health, and challenge them to lead the necessary policy changes, providing specific recommendations from scouting and community summit working session. They get to hear from the key players in the community process.

Typical invitees: Highest level elected officials, mayors, city councilors & county commissioners, planning board members, business CEO's, department heads (planning, public works, school, public safety), board members (planning, school, parks & recreation, health). Include the press/media as well.