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100 DeBartolo Place, Suite 200  
Youngstown, OH 44512

# Designing Healthy COMMUNITIES

How the Built Environment Impacts Obesity:  
"What Role  
Do You  
Play?"



Friday  
September 16, 2005  
8:30 am – 4:00 pm  
Kilcawley Center  
Youngstown State University  
Youngstown, Ohio

*Cosponsored by:*  
Eastern Ohio Area Health Education Center,  
Healthy Valley Alliance, Youngstown State University

## ABOUT THE *Program*

*This program will explore elements of community design as they relate to the health of individuals where they live, work and play.*

*The presentations will define the connection of physical inactivity and obesity to the built environment, and the importance of planning for active living.*

## *Target* AUDIENCE

Professionals in business, labor, health care, education, urban planning, housing and transportation.

## PROGRAM *Objectives*

- Identify the effects of obesity on public health.
- Examine the relationship of physical inactivity to obesity.
- Understand the key strategies and tactics of the Active Living by Design national program.
- Identify challenges and opportunities in research, practice and policy efforts to promote physical activity through the built environment.
- Explore the intersecting dynamics of self-development, well-being and performance across the life span.
- Discuss how individual and social choices affect health behaviors.
- Identify at least one environment or area where opportunities for physical activity can be increased through design.

# CONTINUING Education

## Nurse

Eastern Ohio Area Health Education Center (OH-002) is an approved provider of continuing education by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation (OBN-001-91). Provider status valid through September 1, 2008. Contact Hours: 6.9

## CHES

Category 1 continuing education contact hours have been applied for through the Society for Public Health Education (SOPHE).

## Dietitian

This program has been submitted for approval to the Commission on Dietetic Registration. CPE hours pending: 5.8

## Sanitarian

This program has been submitted to the Ohio State Board of Sanitarian Registration for 6 clock hours of continuing education credit.

## Planners

The program has been submitted to the American Institute of Certified Planners (AICP) for 6.0 CPCD hours.

## Presenters

Candace Rutt, PhD, Physical Activity Fellow, Centers for Disease Control, Atlanta, GA

Mark Dessauer, MA, Active Living by Design, University of North Carolina

Tim McDonald, MS, Assistant Director, Operations and Programs, General Motors Health Services, GM Corp.

Jay Kimiecik, PhD, Associate Professor, Exercise Science, Miami University of Ohio

Bobbi Reichtell, VP of Planning, Neighborhood Progress, Inc., Cleveland, OH

Martin Cader, BA, Planner, Bicycle & Pedestrian Coordinator, City of Cleveland, OH

Tom Yasvac, BA, MM, MS, Principal & Administrative Asst., Springfield Local Schools, New Middletown, OH

Ruthann Rinto, MS, Principal, United Local Elementary School, Columbiana, OH

John Conglose, BS, MS, Associate Professor/Extension Specialist, Economic Development, OSU Extension Center at Wooster, OH

## Planning Committee

Betsy Barringer, MS, CCESC, Action for Healthy Kids Zone 4

Nichol Campana, American Cancer Society

Mary Lou Carbon, BSRN, MPS, EOAHEC

Robin D'Altorio-DeLullo, RN, BSN, Humility of Mary Health Systems

Shirley Heck, Springfield Township Trustee

Bonnie Hoppel, CHES, Ohio Department of Health - NEDO

Mel Milliron, MDiv, CHES, Trumbull County Health Department

Nancy Mosca, PhD, RN, YSU, Department of Nursing

Ken Senter, UAW-GM Community Health Care Initiatives

Julie SoFranko, LPN, BSAS, Easter Seals

Cheryl Strother, MSN, APRN, BC, Warren City Health Department

Mary Helen Smith, RS, Mahoning County District Board of Health

Theresa O'Conner, RD, LD, CDE, Forum Health, Youngstown

## PROGRAM

# Agenda

|                  |   |
|------------------|---|
| 8:00 – 8:30 am   | Registration/Continental Breakfast  |
| 8:30 – 8:45 am   | Welcome/Opening Remarks<br>Mary Lou Carbon, President<br>Healthy Valley Alliance  |
| 8:45 – 9:45 am   | Obesity and the Public's Health<br>Candace Rutt   |
| 9:45 - 10:45 am  | Community Design for Active Living<br>Mark Dessauer   |
| 10:45 – 11:00 am | Break/Exhibits  |
| 11:00 – 12:00 pm | The Role of Business in Active Communities<br>Tim McDonald  |
| 12:00 – 1:00 pm  | Lunch/Exhibits  |
| 1:00 – 2:00 pm   | Breakout Session #1:<br>A. Motivation...The Human Element<br>Jay Kimiecik<br>B. The Slavic Village Model<br>Bobbi Reichtell and Martin Cader<br>C. Getting it Right in Schools<br>Springfield Local – Tom Yasvac<br>United Local – Ruthann Rinto<br>D. Comprehensive Design Planning<br>John Conglose |
| 2:00 – 2:15 pm   | Refreshment Break/Exhibits  |
| 2:15 – 3:15 pm   | Breakout Session #2: (Same)   |
| 3:15 – 3:45 pm   | Summary/Action Plan   |
| 3:45 – 4:00 pm   | Closing/Evaluation  |

Confirmation letter and directions will be sent when you register for the program.

## Designing Healthy COMMUNITIES

Name \_\_\_\_\_

Position/Employer \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_

Fax: \_\_\_\_\_ E-mail \_\_\_\_\_

I would like credits for:

- RN  LPN  CHES  Dietitian  Sanitarian  
 Planner

Please choose one topic from each breakout session:

- Breakout #1    \_\_\_ A. Motivation...The Human Element  
                  \_\_\_ B. The Slavic Village Model  
                  \_\_\_ C. Getting it Right in Schools  
                  \_\_\_ D. Comprehensive Design Planning
- Breakout #2    \_\_\_ A. Motivation...The Human Element  
                  \_\_\_ B. The Slavic Village Model  
                  \_\_\_ C. Getting it Right in Schools  
                  \_\_\_ D. Comprehensive Design Planning

- I need a Vegetarian Meal

Registration Fee: \$45    Groups of four or more, \$35 each  
Registration Deadline: September 9

Method of Payment:

- \_\_\_ Check or Money Order, payable to Eastern Ohio AHEC  
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For more information, please call: 330-629-6376  
Fax: 330-629-6377

**Youngstown**  
STATE UNIVERSITY