

Communities Creating Healthy, Active Environments

Thursday, January 17

11:00 AM to 12:30 PM Pacific Daylight Time

2:00 PM to 3:30 PM Eastern Daylight Time

Welcome and thank you for joining our Web Forum!

Technical difficulties? Call **1-866-229-3239**

Questions and Comments? Submit them via **Q&A**

Please participate in the **polls** and click **submit**

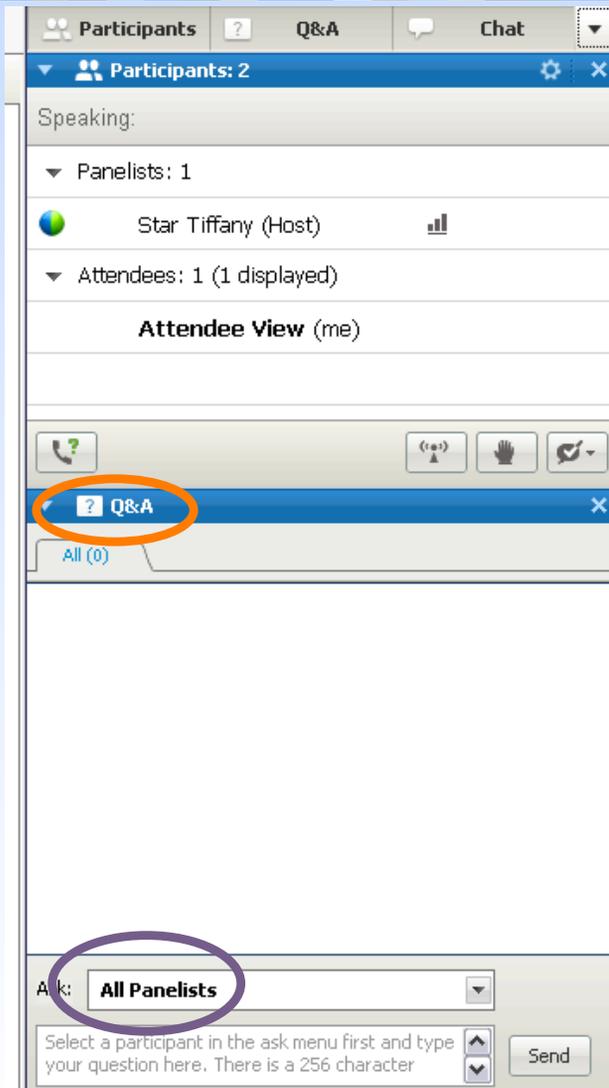
Please complete the Post-Web Forum online evaluation. **We need your feedback!**

Access the **Recording** and **Slides** at www.Dialogue4Health.org

Q&A Feature

Please submit questions via the
Q&A Feature

Please send your questions to
All Panelists



The screenshot shows a Zoom meeting interface with the following elements:

- Top navigation bar: Participants, Q&A, Chat.
- Participants list: Participants: 2. Speaking: Panelists: 1 (Star Tiffany (Host)). Attendees: 1 (1 displayed) (Attendee View (me)).
- Q&A tab: A blue bar with a question mark icon and the text "Q&A" is highlighted with an orange circle.
- Ask menu: A dropdown menu with "All (0)" and "All Panelists" (highlighted with a purple circle).
- Input field: A text box with the placeholder text "Select a participant in the ask menu first and type your question here. There is a 256 character" and a "Send" button.

POLL #1

Are you attending this Web Forum:

- a. Individually
- b. In a group of 2-5 people
- c. In a group of 6-10 people
- d. In a group of more than 10 people

Polling Feature

Please

1. Choose your **answer**, then
2. Click **Submit**



Participants: 2

Panelists: 1

Star Tiffany (Host)

Attendees: 1 (1 displayed)

Attendee View

Request Mute

Q&A

All (0)

Ask: All Panelists

Select a participant in the ask menu first and type your question here. There is a 256 character

Send

Time elapsed: 0:20 Time limit: 1:30

Poll Questions:

1. I am attending this Web Forum:

a. Individually

b. In a group of 2-5

c. In a group of 6-10

d. In a group of more than 10 people

Submit

Your answer may be recorded.



Deborah Lou, PhD

Program Analyst

Active Living Research

A National Program of the Robert Wood Johnson Foundation
University of California, San Diego

Debbie Lou is the program analyst with Active Living Research, a national program of the Robert Wood Johnson Foundation. Debbie engages advocacy, policy, and community groups to develop opportunities for research translation and dissemination, especially to ensure the research meets the needs of communities at highest risk for childhood obesity.

Debbie is co-author of a research synthesis with Dr. Wendell Taylor titled "Do All Children Have Places to be Active?" This synthesis reviews evidence showing that lower-income people and racial and ethnic minorities often live in communities that discourage active living.

Website: www.activelivingresearch.org



Brian Saelens, PhD

Health Psychologist
Professor of Pediatrics and Psychiatry
Seattle Children's Hospital

Brian E. Saelens, PhD, is a health psychologist and professor of pediatrics and psychiatry and behavioral sciences at Seattle Children's Hospital and the University of Washington. He was previously assistant professor in the Division of Behavioral Medicine and Clinical Psychology at the Cincinnati Children's Hospital Medical Center. He is an author on over 100 publications in peer-reviewed journals. His research has been supported by grant funding from the Robert Wood Johnson Foundation, USDA, and the National Institutes of Health.

Website: <http://www.seattlechildrens.org/>



Jeannie Jurado

Community Services Supervisor
City of Santa Ana

Jeannie Jurado is a Community Service Supervisor with the Parks, Recreation, and Community Services Agency for the City of Santa Ana. Jeannie is responsible for one of six wards in the city, which maintains its own parks, recreation centers, senior centers, bike trails, and programs. Jeannie provides strategic planning to efficiently promote healthy lifestyles in the community. She is also responsible for supervision and allocation of resources to renovate parks, recreation centers, and bike trails. She works together with various nonprofit organizations and many neighborhood associations to enhance a healthier environment for all to enjoy.

Website: <http://www.ci.santa-ana.ca.us/parks/>



Rachel Pickering

Associate Director of Community Engagement
Finger Lakes Health Systems Agency
Rochester, New York

Rachel Pickering directs the Finger Lakes Health Systems Agency's Healthy Kids Initiative, a broad-based grassroots coalition of citizens taking action to prevent childhood obesity and overweight in Rochester, NY. For the past 4-years, Ms. Pickering has engaged and organized the community to advocate for improvements to the City School District's Food Service Program, advanced a new Wellness Policy in the City School District that universally requires recess for elementary school children, and mobilized the community to successfully pass a Complete Street Ordinance in Rochester. Rachel is a member of the NY Academy of Medicine's DASH-NY Advisory and the NYS Action for Healthy Kids Leadership Team.

Website: www.flhsa.org

POLL #2

Please choose the answer that best describes your job:

- a. Researcher
- b. Nonprofit Organization
- c. Practitioner/Program Provider
- d. Teacher/Educator
- e. Advocate
- f. Other

If you answered "other," please submit your response via Q & A.

POLL #3

What do you think is the biggest obstacle or challenge to increasing physical activity in your community?

(please choose all that apply)

- a. Not enough sidewalks and/or bike paths
- b. Personal safety, due to traffic
- c. Personal safety, due to violence
- d. Not enough park space and recreational facilities
- e. Other

If you answered "other," please submit your response via Q & A.

POLL #4

Attempts to improve physical activity in my community tend to involve:

(please choose all that apply)

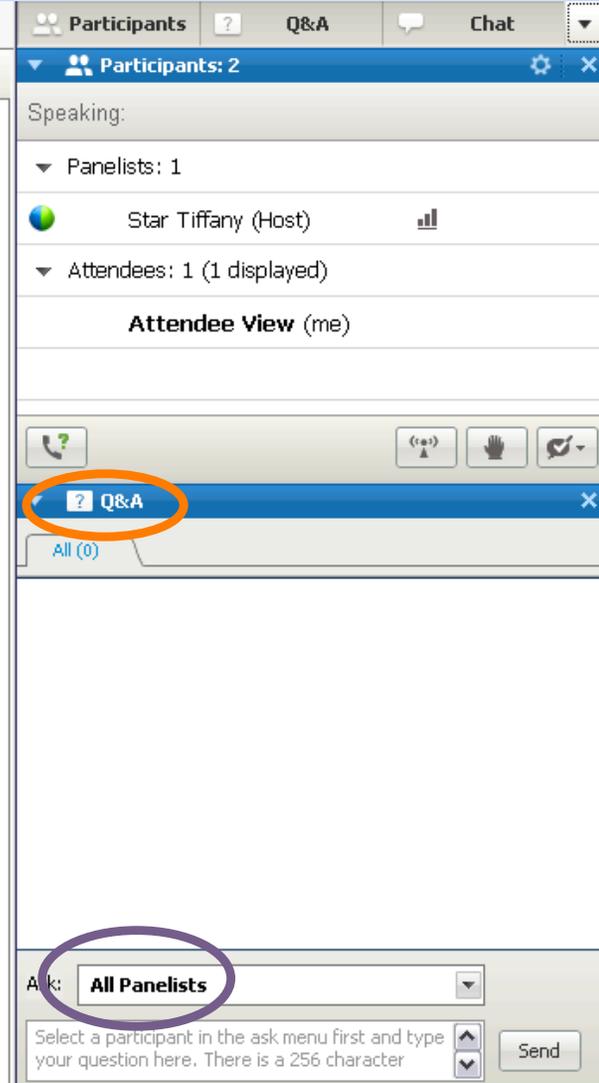
- a. Policy change *(e.g. longer PE requirements in school)*
- b. Changing the built environment *(e.g. more bike paths, sports facilities, etc.)*
- c. Education and motivation
- d. None of the Above
- e. Other

If you answered "other," please submit your response via Q & A.

Q&A Feature

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Participants ? Q&A Chat

Participants: 2

Speaking:

Panelists: 1

Star Tiffany (Host)

Attendees: 1 (1 displayed)

Attendee View (me)

Q&A

All (0)

Ask: All Panelists

Select a participant in the ask menu first and type your question here. There is a 256 character

Send

Take part in this conversation on the
Dialogue4Health social network:

<http://dialogue4health.ning.com/>

Thank you to our Web Forum Panelists:

Debbie Lou: dlou@ucsd.edu

Brian Saelens: brian.saelens@seattlechildrens.org

Jeannie Jurado: JJurado@santa-ana.org

Rachel Pickering: rachelpickering@flhsa.org

Thank you to our Web Forum Sponsors:

The Public Health Institute

and

Active Living Research

A National Program of the Robert Wood Johnson Foundation

Using evidence to prevent childhood obesity and create active communities

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