

Building Connections: Healthy Bodies, Minds, & Communities

5th Annual Southwestern Illinois Health Policy Summit



When: Thursday, November 7, 2013

Location: Lindenwood University, Belleville, IL

Address: 2600 West Main Street, Belleville, IL 62226

Time: 8:00 a.m. - 3:00 p.m.



Monroe County Health Department



Continuing Education Credits



PDH: 4.0 Credits for Professional Engineers

CPDU: 5.0 Credits for Teachers & School Administrators

USGBC: 1.0 Credits for LEED AP/Green Associate

Nurses: The SIUE School of Nursing will award 4.0 contact hours of continuing education to nurses for this program.



The Southern Illinois University Edwardsville School of Nursing (OH-348, 6/1/2016) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91) which is an accredited approved by the American Nurses Credentialing Center's Commission on Accreditation.



Program Agenda

8:00-8:45 a.m.	Registration/Continental Breakfast
8:45-9:00 a.m.	Welcome and Introductions: Kevin D. Hutchison, MPH, RN Executive Director, St. Clair County Health Department & Chair St. Clair County Health Care Commission Rita Boyd, PhD, RN Associate Emeritus Professor, SIUE School of Nursing & President of Get Up & Go!
9:00-10:00 a.m.	Keynote I: Mark Fenton National Public Health, Planning, & Transportation Consultant
10:00-10:30 a.m.	Keynote II: Paul Zientarski Chairman of the Physical Education Department at Naperville Central High School
10:30-11:00 a.m.	BREAK Displays/ Networking/ Question and Answer Session
11:00-12:00 p.m.	<u>Break Out Session 1</u> -How Exercise Enhances Learning -Gearing Up for Bicycle Safety -Safe Routes to School 101 -Complete Streets 101 -Coordinated School Health 101
12:00-1:15 p.m.	Walk Audit & LUNCH
1:30-2:30 p.m.	<u>Break Out Session 2</u> -What is Enhanced Physical Education? -Mastering the Illinois Transportation Enhancement Grant -Coordinated School Health Best Practices -A Case Study of Best Practices in Safe Routes to School -Gearing Up for Bicycle Safety
2:30-3:00 p.m.	Closing Remarks & Evaluation: Mark Peters, MS Director Community Health, St. Clair County Health Department

Meet the Keynote Speakers



Mark Fenton is a national public health, planning, and transportation consultant. He is an adjunct associate professor at Tufts University's Friedman School of Nutrition Science and Policy and a former host of the "America's Walking" series on PBS television. He was a developer of the University of North Carolina's Safe Routes to School clearinghouse and a facilitator for the walkable community workshop series of the National Center for Bicycling and Walking. Mark is a recognized authority on public health issues and the need for community, environmental, and public policy initiatives to encourage more walking, bicycling, and transit use. Learn more about Mark by visiting: www.markfenton.com/index.html



Paul Zientarski is the Learning Readiness Physical Education (LRPE) Coordinator for Naperville School District in Naperville, Illinois. He spent the last 26 years as the Department Chairman for Physical Education, Health and Drivers Education at Naperville Central High School. Through LRPE, Naperville Central High School has seen dramatic improvements in standardized test scores, student behavior, and childhood obesity. School districts from across the country and around the world have visited to learn why this program is so successful. Learn more about Paul by visiting: www.learningreadinesspe.com/

Registration Information

Registration Opens: **October 1, 2013**

Registration Deadline: **November 1, 2013**

Cost: Professionals: \$35 plus \$10 additional for nurses seeking contact hours

Students: \$20 (first 50 students, thereafter \$35)

Direct inquiries to:

Mark Peters: (618) 825-4423

Jan Douglass: (618) 825-4412

Online Registration Preferred:

www.getupgo.info

Mail registration to:

19 Public Square, Suite 150, Belleville, IL 62220

FAX registration to:

(618) 233-7713

Make Checks Payable to:

Get Up & Go!



Parking, Directions, & Meals

Parking: Fischer's Restaurant, 1 block East of Lindenwood; Baer and Pyramid Lots, North of Lindenwood Auditorium

For more information visit: <http://belleville.lindenwood.edu/about/campusMap.html>

Directions: <http://belleville.lindenwood.edu/about/directions.html>

Sign-in, continental breakfast, and display tables are located in the Welcome Center.

Keynote address in the Auditorium.

Meals: A continental breakfast will be served before the summit. Lunch at Fischer's Restaurant (1 block east of Lindenwood) will include assorted deli meats, hot roast beef sandwiches, and a salad bar.

For special meal or parking accommodations, call (618) 825-4423 or (618) 825-4412



Let's Walk the Walk and Talk the Talk On Our Way to Lunch

What better way to promote physical activity than a nice stroll to lunch? During our walk to lunch, teams of attendees will perform a walk audit. Make sure to wear comfortable walking shoes.

What is a walk audit?

Walk audits are used to assess the walking environment of a street, school environment, or neighborhood. Audits identify deficiencies such as missing sidewalks or curb ramps, obstacles, and dangerous street crossings. A walk audit is an essential step in building support for improving the walking environment for pedestrians.

*Don't forget your
comfortable
walking shoes!*



Thank You to Our Planning Committee

Erin Aikman	McKendree University
Rita Boyd	Get Up & Go! & SIUE School of Nursing
Leah Dettmers	Madison County Planning & Development
Jan Douglass	St. Clair County Health Department
Amy Funk	University of Illinois– Metro East Community Air Project
Tracy Gray	St. Clair County Regional Office of Education
Jasmine Johnson	St. Clair County Health Department
Karen Kelly	Southern Illinois University Edwardsville School of Nursing
Ray Klein	Village of Smithton
Katie Koetting	St. Clair County Health Department
Dana Morris	St. Clair County Health Department
Karan Onstott	McKendree University & Get Up & Go!
Kelsie Perkins	Get Up & Go!
Mark Peters	St. Clair County Health Department
Megan Riechmann	HeartLands Conservancy
Erica Rogers	St. Clair County Health Department
Amy J. Yeager	Madison County Health Department

Thank You to Members of Our Complete Streets & School Health Work Teams

Rita Boyd (Co-Chair)	Get Up & Go! & SIUE School of Nursing
Emily Fultz (Co-Chair)	City of Belleville
Jared Beard	YMCA of Southwestern Illinois
Jan Douglass	St. Clair County Health Department
Amy Funk	University of Illinois– Metro East Community Air Project
Bill Grogan	St. Clair County Transit District
Stephen Ibendahl	Heartlands Conservancy
Lamont Jones	East Side Health District
Sheila Kimlinger	TWM Engineering
Dana Morris	St. Clair County Health Department
Karan Onstott	McKendree University & Get Up & Go!
Kelsie Perkins	Get Up & Go!
Mark Peters	St. Clair County Health Department
Megan Riechmann	HeartLands Conservancy
Jim Schneider	City of Belleville & Get Up & Go!
Sarah Vogt	Heartlands Conservancy
Jacob Volkmar	Metro East Parks & Recreation
Bryan Werner	Metro East Parks & Recreation

Registration Form

Registration Opens: October 1, 2013

Online Registration Preferred: www.getupgo.info

Registration Deadline: November 1, 2013

Mail registration to: 19 Public Square, Suite 150, Belleville, IL 62220

Cost: Professionals: \$35 (\$10 for nursing contact hours)
\$20 for the first 50 students, thereafter \$35

FAX registration to: (618) 233-7713

Make Checks Payable to: *Get Up & Go!*

Name:	Agency:
Street Address:	City, State:
County/Zip Code:	Telephone:
Fax:	Email:
Continuing Education Credits :	
<input type="checkbox"/> Nurse (\$10 additional fee) <input type="checkbox"/> PDH <input type="checkbox"/> CPDU <input type="checkbox"/> USGBC <input type="checkbox"/> None	
Select the Best Description of your Profession	
<input type="checkbox"/> Teacher/School Administration	<input type="checkbox"/> Nurse (\$10 Additional),
<input type="checkbox"/> Professional Engineer	<input type="checkbox"/> Municipal Official
<input type="checkbox"/> LEED AP/Green Associate	<input type="checkbox"/> Other _____
<input type="checkbox"/> Public Health Professional	<input type="checkbox"/> Health Educator
<input type="checkbox"/> Municipal Staff	<input type="checkbox"/> Municipal Planner

To help us best meet the needs of conference attendees, please answer the following questions:

1. Indicate your level of familiarity with Complete Streets

- A. Plays a very important role in the health of residents
- B. Somewhat important in the health of residents
- C. No impact on the health of residents
- D. Uncertain about the built environment and the connection to health

2. To what extent do you think land use policies and patterns impact public health?

- A. Very substantial impact on public health
- B. Moderate impact on public health
- C. Very little or no impact on public health
- D. Uncertain about land use policies, patterns, and public health

3. Indicate your level of familiarity with Complete Streets:

- A. Very familiar with this concept
- B. Have heard of Complete Streets, but know a little about it
- C. Never have heard of Complete Streets

4. Select any/all reservations you have about Complete Streets:

- A. Too expensive or no funding available
- B. Little demand or unpopular with citizens
- C. Lower priority than other road projects
- D. Too dangerous to have pedestrians, bikes, & traffic in close proximity
- E. Funding too complicated to understand
- F. Not needed at this time
- G. No reservations I can think of

5. Select any / all benefits you can think of from Complete Streets:

- A. Health benefits from more people walking & biking
- B. Cuts down on traffic congestion
- C. Can reduce pedestrian & bicycle crashes & injuries
- D. Promotes safer, more cohesive neighborhoods
- E. Increases property values

6. Indicate your level of familiarity with Coordinated School Health:

- A. Very familiar with this concept
- B. Have heard of Coordinated School Health, but only know a little about it
- C. Never have heard of Coordinated School Health

7. Select any / all statements that describe your beliefs about physical activity in schools

- A. Helps children learn better
- B. Helps children behave better in the classroom
- C. Should only be the concern of PE teachers
- D. Should be the concern of all teachers & staff
- E. PE is too expensive & should be cut to keep costs down
- F. Contributes to emotional & social well-being

8. Indicate your familiarity with Safe Routes to School:

- A. Very familiar with this concept
- B. Have heard of Safe Routes to School, but only know a little about it
- C. Never have heard of Safe Routes to School

9. Indicate your familiarity with We Choose Health:

- A. Very familiar with We Choose Health
- B. Have heard of We Choose Health, but only know a little about it
- C. Never have heard of We Choose Health

10. Indicate your familiarity with Get Up & Go!

- A. Very familiar with Get Up & Go!
- B. Have heard of Get Up & Go! but only know a little about it
- C. Never have heard of Get Up & Go!

Thank you for your responses!

Breakout Sessions

Breakout Sessions 1: Select One Please

Time: 11:00-12:00 p.m.

- How Exercise Enhances Learning**
Paul Zientarski, Naperville Central High School
Increase your understanding of how physical activity creates a favorable environment for learning.
- Gearing Up for Bicycle Safety ***
Ed Barsotti, League of Illinois Bicyclists
Identify strategies to enhance roadway safety and reduce bicycle injuries and fatalities.
- Safe Routes to School 101 ***
Chris Smith, Rhutassel Associates
Learn how to effectively plan and carry out safe routes to school programs in communities.
- Complete Streets 101 ***
Mark Fenton, Transportation Consultant
Identify essential steps in adopting and implementing effective complete streets policies in your community.
- Coordinated School Health 101**
Karan Onstott, McKendree University
A straight-forward framework for planning and implementing CSH will be presented.

* Approved for PDH credits for engineers.

Breakout Sessions 2: Select One Please

Time: 1:30-2:30 p.m.

- What is Enhanced Physical Education?**
Paul Zientarski, Naperville Central High School
Enhanced physical education is both cost effective and pedagogically sound. Strategies to implement this approach will be presented.
- Mastering the Illinois Transportation Enhancement Grant ***
Megan Riechmann, HeartLands Conservancy
Learn tips on preparing a successful I-TEP application including resources to assist with grant writing.
- Coordinated School Health Best Practices**
Katie Venvertloh & Mallory Cook, Madison County
Local panelists will share experiences and best practices in implementing coordinated school health.
- A Case Study of Best Practices in Safe Routes to School ***
Patrick Keeney, Lebanon Schools
Panelists from Lebanon will share their experiences in implementing Safe Routes to School.
- Gearing Up for Bicycle Safety ***
Ed Barsotti, League of Illinois Bicyclists
Identify strategies to enhance roadway safety and reduce bicycle injuries and fatalities.