

## **FIT FAMILIES NC**

A Study Committee for Childhood Overweight/Obesity

Monday, October 18th, 2004

10:00 am – 3:00 pm

Brody School of Medicine

East Carolina University

Greenville, NC

### **AGENDA**

#### **“Built Environments”**

**A New Coalition between Public Health and Urban Planners to Fight Overweight/Obesity:** In the last decade, an important relationship has emerged between overweight/obesity and community design and layout. Although the strength of this relationship has not been firmly established, community design does appear to influence health and health behaviors.

“Changes in the community environment to promote physical activity may offer the most practical approach to prevent obesity or reduce its co-morbidities.”

Dr. William Dietz, MD, PhD,  
Division of Nutrition and Physical Activity, CDC

#### **10:00 am**

- Introductory Remarks from Co-Chair Rep. Verla Insko 10:00 am
  - Welcome
  - Logistics and Housekeeping
  - Ethics Reminder
  - Approval of Summary Minutes from Aug 20<sup>th</sup> Meeting

#### **10:15 am – 10:45 am**

- Phil Bors, Project Officer, Active Living by Design

“Active Living by Design” is a national program of The Robert Wood Johnson Foundation and is a part of the UNC School of Public Health in Chapel Hill, North Carolina. This program establishes and evaluates innovative approaches to increase physical activity through community design, public policies and communications strategies. Phil will speak to the relationship between health and economics and the Built Environments.

**10:45am – 11:15 am**

- Jimmy Newkirk, Physical Activity/Built Environments Coordinator, PAN Branch, DHHS

This presentation will focus on the NC Division of Public Health (NC DPH) and stakeholder roles -- in addressing the built environment in an effort to increase opportunities for physical activity and healthy eating. This will include tools, training, and capacity building efforts lead by NC DPH as well as opportunities for involvement in land use and transportation planning processes.

**11:15 am – 11:30 am**

- Dan Mikkelson, City Engineer and Joe Morris, City Planner, for Salisbury, NC

From a “Built Environment” perspective, Salisbury, NC is widely viewed as a small town model in developing plans and infrastructure that encourage physical activity. Two years ago, Salisbury engaged citizens in the development of *Salisbury Vision 2020*, a comprehensive long-term city development plan. Citizens continually ranked the concept of “walkable communities” near the top in developing guidelines for the vision of city growth. As such, Salisbury invested in creating policies and infrastructure that encourage citizens to be more physically active. New measures include:

- The development of new sidewalks, bike facilities and trails
- Continued invested in a transit system
- Formed partnerships with downtown revitalization groups that support the concept of “walkable communities”, including improved streetscape environments and mid block pedestrian walkways. In fact, private developers have embraced this concept and implemented mid block pedestrian walkways at their own expense
- Adopted a new ordinance that requires sidewalks of all new subdivision developments within city limits
- Developing new zoning ordinances that encourage intermixing of land use, or mixed used and higher density developments with housing, stores, libraries, etc...onsite in the development
- Created incentives for builders that are willing to adopt built environment concepts, such as streamlining the building process, generating more sellable units per property and some financial incentives for water and sewer extensions

**11:30 am – 11:45 am**

- Peggy Holland, Sidewalk Coordinator, Greensboro Department of Transportation

A collaborative effort between the Greensboro Department of Transportation (GDOT), the Triad Real Estate and Building Industry Coalition (TREBIC), and various city departments produced an ordinance regarding sidewalk construction in Greensboro, which became effective January 1, 2003.

The ordinance requires sidewalks to be built along both sides of major and minor thoroughfares and collector streets. Sidewalks will be required on one side of all sub collector and local streets, including private streets and cul-de-sacs. Pedestrian midblock walkways will also be required if a development is built between a pedestrian traffic destination, such as shopping centers, parks or schools, and other residential developments.

**11:45 am – 1:00 pm Break for Lunch**

Student ambassadors from Group Practice and Administration at the Brody School of Medicine will help direct everyone to the hospital cafeteria.

**1:00 pm – 2:20 pm**

- Breakout Sessions
  - Physical Activity & Built Environments - Brody 2, North 55  
Facilitators: Dave Gardner, Jimmy Newkirk and Shellie Pfohl
    - Representative Verla Insko
    - Dr. Delilah Blanks
    - Oscar Kelley
    - Charles Saunders
    - Betsy LaForge
    - Gerard Musante
  - Nutrition - Brody 2, South 14  
Facilitators: Dr. Kathy Kolasa/Lynn Hoggard
    - Michael Arnold
    - Alice Ammerman
    - Lisa Sutherland
    - Richard Greene
    - Sue Lynn Ledford
    - Shirley Faison Sims

**2:30 pm – Study Committee to Reconvene**

- Session moderators give a 5-10 minute summary to the overall group

**3:00 pm – Adjourn**



***ETHICS REMINDER***

*In accordance with Executive Order No. 1, it is the duty of every board member to avoid both conflicts of interest and appearances of conflicts.*

*In accordance with N.C. General Statute 147-86.32(i), it is further the duty of every board member to avoid voting on, participating in the deliberations of or otherwise attempting through official capacity to influence the vote on a grant or other financial assistance award by the Commission to a nonprofit entity of which the board members is an officer, director or employee or to a governmental entity of which the member is an employee or a member of the governing board.*

*If you have any conflict or appearance of conflict of interest with respect to any item on the agenda, please state this for the record and refrain from inappropriate participation on that item.*