

Keynote: Mark Fenton: "Creating Communities We Want to Live In: Design that Sticks for Economic, Environmental & Public Health"

Panel: "Seeking Change that Sticks – Real Lessons from the Front Lines"

Healthy Community Category	Reccomended Community Strategy	Description of Strategy & Activity Examples	Presenter, Panelists & Mentors	Tools & Resources	Possible Local/National Recognition/Sustainability
<p>HEALTHY PARKS & PUBLIC PLACES</p> <p>PANEL: Tom Landis: Superintendent of Parks, Recreation & Sanitation, City of York</p> <p>BREAKOUT: Cindy Dunlap: Chief Planning Projects Section, PA Department of Conservation and Recreation Tom Landis: (above) Lillian Russell-Burnet: Young Lungs at Play Coordinator, Penn State Cooperative Extension LC Office</p> <p>MENTORS: Mike Bloom Robert Hughes Tom Landis Lillian Russell-Burnet Michele Schasberger Krista Schneider</p>	<p>Young Lungs At Play</p>	<p>A tobacco-free parks and public places ordinance initiative.</p> <p>Activities: Work with municipalities, county governments, youth recreation organizations and school districts to adopt policies that make their outdoor owned and/or leased property tobacco-free.</p>	<p>Lillian Russell-Burnet (Presenter & Mentor) Penn State Cooperative Extension LC Office 570-825-1701 office / 856-5218 cell llr16@psu.edu</p>	<p>Young Lungs At Play technical assistance and materials available from Penn State Cooperative Extension Luzerne County Office.</p>	<p>PA Young Lungs At Play signage for participants.</p>
	<p>"Friends of Parks & Playgrounds" Community Efforts</p>	<p>Community groups or coalitions advocate for and work on improving and sustaining parks and playgrounds.</p> <p>Activities: Community groups adopt parks and playgrounds: they work on safety and act as eyes on the park, can organize clean-up days, raise funds for and help with maintenance, plant and maintain flowers, trees, etc. They meet regularly to discuss improvements and work with their municipal governments.</p>	<p>Tom Landis (Panelist, Presenter & Mentor) Superintendent of Parks, Recreation & Sanitation City of York 717- 849-2276 Tlandis@yorkcity.org</p>	<p>KABOOM: http://kaboom.org/</p> <p>Playful City USA: http://kaboom.org/help_save_play/playful_city_usa</p> <p>Bring On Play (BOP) bop@yorkcity.org</p> <p>Peaceful Playgrounds http://www.peacefulplaygrounds.com/grants.htm</p> <p>PA DCNR www.dcnr.state.pa.us/brc/grants/indexgreen.aspx</p> <p>Trust for Public Lands www.tpl.org</p>	<p>Playful City USA - KaBOOM National Campaign for Play</p>
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HEALTHY PARKS & PUBLIC PLACES continued.	Play for All	<p>Parks and playgrounds that balance a variety of facilities and amenities, including natural and built areas, appeal to people of all ages, interests and abilities.</p> <p>Activities: Evaluate new or existing parks and playgrounds for enhanced facilities and amenities including passive and active features, natural areas and built areas, and facilities for youth and seniors. For example, add walking paths to soccer fields to allow parents to walk, include access to creek features for wading/nature exploration, add scent gardens or flower beds for seniors and others. Design natural play areas as well as classic play structures.</p>	<p>Cindy Dunlap (Presenter) Chief Planning Projects Section PA Department of Conservation and Recreation 717-783-6705 cydunlap@state.pa.us</p> <p>Michele Schasberger (Mentor) Director, WV Wellness Trails Partnership. 714-1953 (h) or 852-3760 © mgschasbe@gmail.com</p> <p>Krista Schneider, RLAP (Mentor) President, Center for Landscape Design & Stewardship 570-578-5903 info@digCLDS.org</p> <p>Robert Hughes (Mentor) Executive Director, Eastern PA Coalition for Abandoned Mine Reclamation 570-371-3523 rhughes@epcamr.org</p> <p>Mike Bloom (Mentor) AmeriCorps VISTA, Office of Surface Mining, Greater Hazleton Rails to Trails 570-455-1509 x23 m.bloom.qhacp@gmail.com</p>	<p>Pennsylvania Parks and Recreation Society www.pprs.org</p> <p>Pennsylvania's DCNR State Comprehensive Recreation Plan http://www.paoutdoorrecreplan.com</p> <p>PA DCNR regional advisers: Dennis Demara and Lorne Possinger - information on natural play spaces: www.greenheartsinc.org and</p> <p>Arbor Day Foundation Nature Explore http://www.arborday.org</p> <p>Trust for Public Lands www.tpl.org</p>	Playful City USA - KaBOOM National Campaign for Play
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<p>HEALTHY STREETS & ROADWAYS</p> <p>PANEL: Greg Weitzel: Director of Parks & Recreation & ACHIEVE CHART member City of Allentown</p> <p>BREAKOUT: Dale Freudenberger: Anthracite Region Coordinator Delaware and Lehigh National Heritage Corridor Josh Karns: Executive Director, PA Walks & Bikes Greg Weitzel: (above)</p> <p>MENTORS: Dale Freudenberger: (above) Josh Karns: (above) Bob Skulsky: Director, Greater Hazleton Rails to Trails & Hazleton Civic Partnership Louis Spaciano, E.I.T. Transportation Designer, Borton-Lawson Karen Szwast: Trail Planner & Grantwriter</p>	<p>Complete the Streets: Planning & Connecting Parks, Trails & Roadways</p>	<p>Complete Streets ensures that transportation planners and engineers consistently design and operate the entire roadway with all users in mind - including bicyclists, public transportation vehicles and riders, pedestrians of all ages and abilities and autos and helps insure connectivity to community parks and trails.</p> <p>Possible activities: Identify streets that could be used for bike lanes, review street for bike lanes when resurfacing, identify key streets for pedestrian medians (signalized or unsignalized), incorporate connectivity to trails, parks, open space in transportation planning and improvements.</p>	<p>Greg Weitzel (Panelist & Presenter) Director of Parks & Recreation & ACHIEVE CHART member City of Allentown 610-437-7750 weitzel@allentowncity.org</p> <p>Louis Spaciano, E.I.T. (Mentor) Transportation Designer, Borton-Lawson 570- 821-1994 lspaciano@borton-lawson.com</p> <p>Krista Schneider, RLAP (Mentor) President, Center for Landscape Design & Stewardship 570-578-5903 info@digCLDS.org</p> <p>Tina Amato, Nutrition & Physical Activity Manager, Allentown Health Bureau & ACHIEVE Coach 610-437-7581 amato@allentowncity.org</p>	<p>National Complete Streets Coalition: http://www.completestreets.org/</p> <p>Minnesota Complete Streets Coalition: Local Advocates and Community Toolkits http://www.mncompletestreets.org/</p> <p>League of American Bicyclists www.bikeleague.org/</p> <p>Pedestrian & Bicycle Information Center www.pedbikeinfo.org/</p>	<p>Bicycle Friendly Community http://www.bikeleague.org/programs/bicyclefriendlyamerica/communities/</p> <p>Walk Friendly Community: http://www.walkfriendly.org/index.cfm (Pedestrian and Bicycle Information Center)</p>
<p>Notes:</p>	<p>Safe Routes to Schools, Parks & Playgrounds</p>	<p>An international movement to make it safer and more common for children to walk and bicycle to school. Because people come to parks to recreate and exercise they may be more likely to walk or bike to parks than to other places.</p> <p>Possible activities: Evaluate main routes to school, parks or playgrounds, ordinance/policy to review, stripe intersections annually, permitted school zone process, who to call stickers on walk signal push buttons if broken, improve access to parks for walkers and bicyclists, add or replace bike racks, identify and stripe bike lane to park or identify multi-use trail to park.</p>	<p>Josh Karns (Panelist, Presenter & Mentor) Executive Director PA Walks & Bikes 717-856-2814 pawalkbike@gmail.com</p>	<p>National Center for Safe Routes to School: www.saferoutesinfo.org OR http://www.saferoutesinfo.org/news_room/minigrants/index.cfm</p> <p>Safe Routes to School National Partnership: www.saferoutespartnership.org</p> <p>PA Walks & Bikes pawalksandbikes.org</p> <p>Federal Highway Administration - US Dept. of Transportation http://safety.fhwa.dot.gov/saferoutes/</p> <p>Bikes Belong Coalition: http://www.bikesbelong.org/</p> <p>Sidewalks and Streets Survey www.createthegood.org/how-to-guides</p> <p>PennDOT www.dot.state.pa.us</p>	<p>Walk Friendly Community Pedestrian and Bicycle Information Center: http://www.walkfriendly.org/index.cfm</p>
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<p>HEALTHY STREETS & ROADWAYS continued.</p>	<p>Trails & Neighborhood Pathways</p>	<p>Multi-Use Trails provide bicyclists and walkers places to easily walk, bike and travel apart from cars, most often in a natural setting. Neighborhood pathways provide pedestrians and sometimes bicycles with short rights of ways and cut-throughs that improve connectivity in areas that may have connectivity challenges-- such as cul-de-sacs or long blockfaces.</p> <p>Activities include identifying possible trail rights of way, organizing or supporting trail groups, identifying neighborhood pathways and requesting easements, and creating amenities and facilities along an <u>existing trail to attract users</u></p>	<p>Michele Schasberger (Presenter & Mentor) Director, WV Wellness Trails Partnership. 714-1953 (h) or 852-3760 © mgschasbe@gmail.com</p> <p>Bob Skulsky (Mentor) Director, Greater Hazleton Rails to Trails & Hazleton Civic Partnership 570-455-1509 civic@hazletonchamber.org</p>	<p>PA Greenways Clearinghouse http://www.pagreenways.org/</p> <p>Rails to Trails Conservancy http://www.railstotrails.org/</p> <p>American Trails http://www.americantrails.org</p> <p>PA DCNR regional contact: Mark Palering, Recreation & Parks Advisor mpaleringo@state.pa.us</p> <p>PennDOT www.dot.state.pa.us</p>	<p>National Recreation Trail http://www.americantrails.org/nationalrecreationtrails</p>
	<p>Wayfinding to Outdoor Recreation</p>	<p>Because multi-use trails are often removed from traffic and streets, they can be hard to find. Trail signage helps users find a multi-use trail and informs potential users of trail presence and access.</p> <p>Activities: Existing trails and parks can take advantage of signage programs to help inform the public about outdoor recreation opportunities.</p>	<p>Dale Freudenberger (Presenter & Mentor) Anthracite Region Coordinator Delaware and Lehigh National Heritage Corridor 610-377-4063 dale@delawareandlehigh.org</p>	<p>Delaware and Lehigh National Heritage Corridor signage program and guidelines, Visually Speaking http://www.delawareandlehigh.org/</p> <p>Susquehanna Greenways Partnership Sign design guidelines: http://www.susquehannagreenway.org/Pages/Home.aspx</p>	<p>Unknown.</p>

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<p>HEALTHY ZONING & COMMUNITY PLANNING</p> <p>PANEL: Jack Varaly, AICP: Varaly Associates, Professional Planning Consultants, Wilkes-Barre</p> <p>BREAKOUT: Paul Lumia: Executive Director, North Branch Land Trust Karen Szwest: Trail Planner & Grant Writer Jack Varaly: (above) Brook Yeager: ISA Certified Arborist, Wilkes-Barre Shade Tree Commission</p> <p>MENTORS: Vincent Cotrone: Urban Forester, Penn State Cooperative Extension Robert Hughes Paul Lumia Karen Szwest Jack Varaly</p>	<p>Managing Rural Residential Development</p>	<p>As urban development expands into rural areas strategies are needed to conserve and protect farmland, greenways, scenic viewsheds, and open space. The Conservation Subdivision and The Conservation Subdivision Ordinance are two such strategies</p> <p>Activities: Work with municipalities, county governments in an effort to adopt the Conservation Subdivision concept and create a Conservation Subdivision Ordinance</p>	<p>Paul Lumia (Presenter & Mentor) Executive Director North Branch Land Trust 570-696-5545 lumia@nblt.org</p> <p>NBLT will be available to educate and guide municipalities through the Conservation Subdivision Ordinance creation process</p>	<p>Conservation Tools Org http://conservationtools.org/tools/general/show/9</p> <p>Land Choices http://www.landchoices.org/conservationsubs.htm</p> <p>Center for Land Use education http://www.uwsp.edu/cnr/landcenter/trackers/Summer2002/conssubdiv.html</p>	<p>Unknown.</p>
	<p>Healthy Community Design & Zoning</p>	<p>In existing small towns, healthy community design and zoning provides for housing types, setbacks and parking that blend with the past walkable built environment and for vibrant mixed-use Main streets that are designed at a pedestrian scale. In developing communities, healthy community design and planning provides for denser cluster developments that preserves open and agricultural space.</p> <p>Identify walkable retail districts and strips, bike parking ordinances, review zoning to preserve open space or foster contextual small town community design</p>	<p>John Varaly, AICP (Panelist, Presenter & Mentor) Varaly Associates Professional Planning Consultants, Wilkes-Barre 570-574-3061 jackvaraly@hotmail.com</p> <p>Karen Szwest (Presenter & Mentor) Trail Planner & Grant 570-654-0933 kszwast@verizon.net</p>	<p>PennSCAPes http://www.pennscapes.psu.edu/</p> <p>Smart Growth Network www.smartgrowth.org examples of preservative small town zoning</p> <p>American Planning Association http://www.planning.org/</p> <p>International City and County Managers Association www.icma.org</p>	<p>EPA National Award for Smart Growth Achievement</p> <p>10,000 Friends of Pennsylvania Commonwealth Award</p>

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<p>HEALTHY ZONING & COMMUNITY PLANNING continued.</p>	<p>Urban Forests and Green Parking</p>	<p>Urban Forests provide new ways of thinking about the use of trees to maintain and increase green cover in built areas, key to creating a livable community. Green parking rethinks typical surface parking as a green amenity that improves pedestrian comfort and accessibility. Green parking can include bicycle parking.</p> <p>Activities: Add trees, permeable surface to parking, lower parking requirements in walkable retail zones, identify pedestrian zones in parking lots, add bike parking and bike corrals to surface parking lots.</p>	<p>Brooke Yeager (Presenter) ISA Certified Arborist, Wilkes-Barre Shade Tree Commission 570-826-1853 byeager@luzerne.edu</p> <p>Vincent Cotrone (Mentor) Urban Forester Penn State Cooperative Extension (570) 825-1701 vjc1@psu.edu</p>	<p>Tree Link http://www.treelink.org/</p> <p>Arbor Day Foundation www.arborday.org</p> <p>Penn State Cooperative Extension http://luzerne.extension.psu.edu/</p> <p>Other Resources: www.patrees.org http://planning.montcopa.org/planning/cwp/fileserver_Path_PLANNING/Admin%20-%20Publications/Planning%20by%20Design/green_parkingweb.pdf, assetguid,1e01d388-3723-493c-9f2e2720d7b3f0fd.pdf http://www.fed.us/psw/programs/cufr/products/newsletters/UF3.pdf http://www.seattle.gov/dclu/Publications/cam/CAM515.pdf</p> <p>EPA Green Parking Lot Guide http://www.streamteamok.net/Doc_link/Green%20Parking%20Lot%20Guide%20(final).PDF http://www.metrocouncil.org/environment/Watershed/bmp/CH3_RPPImpParking.pdf http://www.caseytrees.org/planning/greener-development/hot-topics/issue-briefs/documents/LRGreenParkingLots.pdf</p>	<p>Tree City USA http://www.arborday.org/programs/treeCityUSA/index.cfm</p>
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<p>HEALTHY EATING</p> <p>PANEL: Krista Schneider: President, Center for Landscape Design & Stewardship</p> <p>BREAKOUT: Paul Ginter: Health Educator, Wilkes-Barre City Health Department Gretchen Hunt: Nutrition Programs Manager Commission on Economic Opportunity Krista Schneider: (above)</p> <p>MENTORS: Paul Ginter Robert Hughes Gretchen Hunt Krista Schneider</p>	<p>Community Gardening</p>	<p>Community Gardens provide locations for community residents and/or students to garden together to produce food directly, to beautify an area and to help the environment. Community gardens are often individual or combined plots for produce but may also include annuals, perennials, butterfly, rain gardens etc. Gardens can be located in parks, school property, available vacant land or in backyards.</p> <p>Activities: Select and develop individual or jointly managed garden plots for growing edibles on park land, at schools, or other available lots. Create a community organization to manage and promote garden, and educate gardeners. Support backyard gardening.</p>	<p>Paul Ginter (Mentor) Health Educator, WB City Health Department 570-208-4287 pginter@wilkes-barre.pa.us</p> <p>Krista Schneider (Mentor) President, Center for Landscape Design & Stewardship 570-578-5903 info@diglds.org</p> <p>Robert Hughes (Presenter & Mentor) Executive Director, Eastern PA Coalition for Abandoned Mine Reclamation 570-371-3523 rhughes@epcamr.org</p>	<p>American Community Garden Association, Starting a Community Garden. http://communitygarden.org/learn/starting-a-community-garden.php</p> <p>Penn State Cooperative Extension in Luzerne County, 4H & Master Gardener program http://luzerne.extension.psu.edu/</p> <p>National Gardening Association www.garden.org</p> <p>Start – or join – a community garden! www.createthegood.org/how-to-guides</p>	<p>Unknown.</p>
<p>NOTES:</p>	<p>Farmer's Markets & Community Agriculture</p>	<p>Farmer's Markets and Community Agriculture programs support local farms by protecting farm land, helping farmers to profit from their crops and other farm-related ventures, and connecting farmers to a local community of consumers.</p> <p>Activities: establishing farmer's markets, establishing CSA's, creating Agriculture Security Areas, and preserving farmland through local programs.</p>	<p>Krista Schneider (Panelist, Presenter & Mentor) President, Center for Landscape Design & Stewardship 578-5903 info@diglds.org</p> <p>Robert Hughes (Mentor) Executive Director, Eastern PA Coalition for Abandoned Mine Reclamation 570-371-3523 rhughes@epcamr.org</p>	<p>Luzerne County Farmland Preservation Program http://www.luzernecounty.org/county/departments_agencies/planning_commission/luzerne-county-agricultural-land-preservation-program</p> <p>PA Dept. of Agriculture, Bureau of Farmland Preservation www.agriculture.state.pa.us</p> <p>CSA's from USDA http://www.nal.usda.gov/afsic/pubs/csa/csa.shtml</p> <p>The Food Trust www.thefoodtrust.org</p> <p>Other Resources: foodroutes.org, buylocalpa.org, localharvest.org, slowfoodusa.org, www.diglds.org/resources.html gardenmatch.org, sharedearth.com</p>	<p>Unknown.</p>
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<p>HEALTHY EATING continued.</p>	<p>Improving Food Access for Low Income Populations</p>	<p>Due to the additional risk factors associated with poverty, food insecure and low-income people are especially vulnerable to obesity. They are faced with similar influences and challenges as other Americans in maintaining a healthy weight. But low-income youth and adults have additional challenges they uniquely face in adopting healthful behaviors. (Institute of Medicine, 2009).</p> <p>Activities: EBT / Credit Card machines available at local Farmer's Markets - either at a central kiosk or at individual farm stands. Ensuring that new CSAs or other methods of community agriculture encourage participation of low-income audiences.</p>	<p>Gretchen Hunt (Presenter & Mentor) Nutrition Programs Manager Commission on Economic Opportunity 570-826-0510 ghunt@ceopeoplehelpingpeople.org</p>	<p>How to guides: http://www.marketumbrella.org/uploads/files/ebt_how_to_manual.pdf http://www.ecologycenter.org/ebt</p>	<p>Farmers can acquire their own card machines and accept both EBT cards and credit cards throughout the year.</p>
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OTHER RESOURCES

<p><u>Action Strategies for Healthy Communities</u> Robert Wood Johnson Foundation www.nwjf.org</p> <p><u>Combating Childhood Obesity Action Plan for Municipal Leaders</u> The National League of Cities www.nlc.org/</p>	<p><u>Local Governmental Action to Prevent Childhood Obesity</u> National Academies, Institute of Medicine http://iom.edu/</p> <p><u>Mayors Guide to Fighting Childhood Obesity</u> US Conference of Mayors http://usmayors.org/</p>	<p><u>Recommended Community Strategies and Measurements to Prevent Obesity in the United States</u> Centers for Disease Control and Prevention. http://www.cdc.gov/mmwr/PDF/rr/rr5807.pdf</p> <p><u>The Guide to Community Preventive Services:</u> a free resource to help choose programs and policies to improve health and prevent disease in your community. http://www.thecommunityguide.org/index.html</p>	<p><u>Active Living By Design</u> www.activelivingbydesign.org</p> <p><u>Smart Growth Network - Smart Growth Principals and Putting Smart Growth to Work in Rural Communities</u> http://smartgrowth.org/about/principals/default.asp</p> <p><u>Duany Plater-Zyberk-Smart Code</u> www.dpz.com/pdf/3000_Smartcode.pdf</p>	<p><u>Action Strategies Toolkit</u> Leadership for Healthy Communities www.leadershipforhealthycommunities.org</p> <p>The Action Strategies Toolkit contains policy and program strategies in the following 10 action areas related to active living and healthy eating:</p> <p><u>Active Living:</u> Active Transportation Land Use for Active Living Open Spaces, Parks and Recreation Quality Physical Activity In and Near Schools Safety and Crime Prevention</p> <p><u>Healthy Eating:</u> Quality Nutrition in Schools Supermarkets and Healthy Food Vendors Farm-Fresh Local Foods Restaurants Food and Beverage Marketing</p>
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