



**Kaiser Permanente's
Healthy Eating Active Living
(HEAL) Initiative**

HEAL Fall 2013 Learning Community
Wednesday, October 16, 2013 | Pasadena Hilton
AGENDA

OBJECTIVES:

1. All participants will understand the importance of sustained action for community transformation;
2. All participants will celebrate resident and youth leadership as critical components for sustained action;
3. Project directors and partners will more effectively communicate about environmental change;
4. Residents and youth will understand their roles in leading and sustaining community transformation;
5. Project coordinators and partners will understand how to “self-sustain” as change agents;
6. Evaluation staff will more effectively link resident and youth engagement with evaluation.

7:45 – 8:15 am

Hilton Lobby

Pasadena Morning Walk

Join Clara Steimberg from Kaiser Permanente and Judy Harper from Community Partners on a morning walk in Pasadena. Meet them at 7:45 am in the Hilton hotel lobby.

8:00 – 9:00 am

San Gabriel

Registration and Breakfast

9:00 – 10:30 am

San Gabriel

Welcome and Overview

Arpiné Shakhbandaryan, *Community Partners*
Loel Solomon, *Kaiser Permanente*

Inspiration, Leadership, and Sustainability

Dr. Roberto Vargas, *New World Associates*

We are the leaders we have been waiting for! If we want to create community change, we must realize our role is to reach out and create “community.” In forming relationships of mutual understanding, we will create the vision, inspiration, and power enabling us to transform our families and neighborhoods. Let’s get started!

10:30 – 10:45 am

Break (*If you are a guest at the hotel, please check-out*)

10:45 am – 12:00 pm

San Gabriel

Let’s Talk Eastside: Unlikely Partnerships for Community Transformation in Riverside

Judy Harper, *Community Partners, Hostess*
Andy Flores, *City of Riverside Police Department*
Mario Lara, *City of Riverside Parks, Recreation, and Community Services*
Honorable Andy Melendrez, *City of Riverside City Council*
Emilio Ramirez, *City of Riverside Community Development*
Dell Roberts, *Eastside Riverside and Bordwell Park Advisory Committee*

Why should something as “simple” as the creation of safe parks for physical activity require the efforts of multiple City departments, neighborhood residents, and elected officials?! Riverside’s “Eastiders” will share their story of community transformation and vision for the future.

12:00 – 1:30 pm
San Gabriel

Networking Lunch and Resident and Youth Leader Award Ceremony
Dr. Joel Hyatt, *Kaiser Permanente*

Awards presentation honoring HEAL residents and youth transforming their communities.

Track Sessions – Part I

1:30 – 3:00 pm
Pacific A/B

Strategic Framing for HEAL Policy and Environmental Change

Charlotte Dickson, *California Center for Public Health Advocacy, Moderator*
Leslie Coghlan, *Anaheim City School District*
Honorable Andy Melendrez, *City of Riverside City Council*
Graham Mitchell, *City of Lemon Grove*

“It’s your individual choice to eat healthy food and exercise – there is no need for government or schools to mandate what we eat and how much we exercise!” Sound familiar? Without losing sight of the importance of individual choice, how do we encourage key stakeholders to also consider environmental and policy change? In this session, a city manager, a city council member, and a school district director of pupil services will share their perspectives and insights.

Target Audience: agency directors, agency partners, elected officials, and KP staff

San Diego

Taking Care of My Community and Myself

Dr. Roberto Vargas, *New World Associates*

As community residents struggle to balance the competing demands of family, work, and community, self-care often is left behind. How do we address health and well-being for both ourselves *and* our communities? This session will encourage reflection on and offer suggestions for sustaining your personal transformation.

Target Audience: residents, parents, and youth leaders

Pacific C

Using Data to Shock and Motivate

Ama Atiedu, *Center for Community Health and Evaluation*

Do your partners or residents have questions about how to evaluate HEAL efforts? This session will offer practical tools for talking about evaluation in your HEAL community, provide examples of data collection tools, and suggests ways to include partners and residents in the data collection process. A small group exercise will allow you to practice sharing evaluation results with partners and community residents.

Target Audience: project coordinators, evaluators, and KP staff

3:00 – 3:30 pm

Walk and Talk Break

Enjoy a walking meeting in groups of 2 or 3 while reflecting on session concepts. A map of the surrounding area is available in your packet.

Track Sessions – Part II

3:30 – 4:30 pm
Pacific A/B

Walk Through Time: Achieving a Shared Vision
John Guastaferrero, *Anaheim Family YMCA*

During this reflective exercise, participants will gain greater insight into their coalition's short- and long-term vision, and identify opportunities to advance the collaborative work in policy and environmental change.

Target Audience: agency directors, agency partners, elected officials, and KP staff

San Diego

Building a Southern California HEAL Resident and Youth Learning Circle
Judy Harper and Joanna Galeas, *Community Partners*

Resident and youth leaders are invited to share their accomplishments, challenges, and future plans for their HEAL communities. We will also discuss how to nurture and sustain connections and learning between the Southern California HEAL sites.

Target Audience: residents, parents, and youth leaders

Pacific C

**Proactive Leadership and Self-Care:
How to Sustain Ourselves and Create Healthier Work Environments**
Dr. Roberto Vargas, *New World Associates*

As we struggle to balance the competing demands of our self-care and community transformation, self-care often takes second place. How do we collectively address health and well-being for both ourselves *and* our organizations? This session will encourage reflection on creating work environments that support both individual and organizational sustainability.

Target Audience: project coordinators and mid-level partner staff

4:30 – 5:30 pm
San Gabriel

Closing Circle for Reflection and Celebration
Loel Solomon, *Kaiser Permanente*
Roberto Vargas, *New World Associates*

5:30 – 7:00 pm
San Gabriel Patio

Networking Reception (optional)