

## ***Leadership for Community Transformation***

### **HEAL Spring 2016 Learning Community**

**Tuesday, May 17, 2016 | Pasadena Hilton | 9:00 am – 3:30 pm**

#### **OVERVIEW:**

As Kaiser Permanente Southern California’s HEAL sites launch Phase II of the HEAL Zone Initiative, there is a palpable sense of achievement and excitement about the future. Resident leaders, nonprofit organizations, local governments and school districts have built strong foundations of policy and environmental change. Our organizations and we as individuals are now poised to create communities where healthy eating and active living are truly the easy choices. As we launch into Phase II of the HEAL initiative, how can we accelerate our progress? How can we facilitate the resident and youth leadership that will be required for community transformation?

#### **OBJECTIVES:**

1. Participants will be motivated, re-energized, and committed to accelerating HEAL work in their communities.
2. Participants will gain a clear sense of purpose and be ready for action regarding program priorities, communication strategies and movement building.
3. Participants will be better prepared to advance resident and youth leadership.

### **AGENDA**

**7:45 – 8:15 am**

Hilton Lobby

#### **Pasadena Morning Walk**

Join us for a morning walk in Pasadena. Meet at 7:45 am in the Hilton hotel lobby.

**8:00 – 9:00 am**

International Foyer

#### **Breakfast and Registration**

**9:00 – 10:30 am**

International Ballroom

#### **Welcome and Overview**

Judy Harper, Community Partners

Angela Coron, Southern California Kaiser Permanente

#### **What’s Next for the Southern California HEAL Zones?**

Loel Solomon, Kaiser Permanente National Program Office

A decade ago, who would have dreamed that in 2016 there would be a strong and growing national movement for Healthy Eating and Active Living? And that Kaiser Permanente Southern California’s HEAL Initiative would be an important catalyst in that movement? Join us as Loel Solomon tells the story of this movement, highlights community transformations within the SoCal HEAL sites, and outlines key opportunities resulting from recent policy and political developments.

**10:30 – 11:00 am**

#### **Walk and Talk Break**

Take a walking meeting with someone new to reflect on the presentation and consider how we might deepen the engagement of community residents (including youth) with the opportunities outlined by Loel Solomon. A map of the surrounding area is available in your packet. *(If you are a hotel guest, please check-out at this time.)*

11:00 am – 12:15 pm

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**From Resident Leaders to Community Movement Builders:  
How Will We Make a Difference?**

Moderator: Judy Harper, Community Partners

Talk Show Guests:

Danny Gamboa, Empact Communities, North Long Beach HEAL Zone  
Nancy Mejia, Latino Health Access, Anaheim HEAL Zone  
Ninfa Delgado, Riverside Community Health Foundation, East Riverside HEAL Zone

Three experienced HEAL community builders will spark our discussion about developing resident and youth leaders and building organizational capacity for effective community partnerships.

12:15 – 1:15 pm

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**Networking Lunch**

Enjoy a healthy lunch and opportunity to network with your peers. After lunch, get ready for resident and youth presentations on “Creating HEAL” expressed through poetry, music, theater, movement, visual art or video.

1:15 – 2:45 pm

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**Afternoon Break-Out Sessions**

Monterey

**Participatory Data Collection and Sharing: Resident and Youth in Evaluation**

Ama Atiedu, Center for Community Health and Evaluation  
*Intended Audience: Partners, Evaluators and Residents*  
*Simultaneous interpretation will be provided in this session.*

Residents and youth successfully led Phase 1 data collection efforts to assess and evaluate HEAL Zone strategies in the school and community settings. This session will include a presentation on best practices on various data collection tools and strategies that can be used to engage resident and youth in your HEAL Zone. Participants will also engage in a short exercise on how to involve residents and youth in sharing and presenting evaluation findings with partners, elected officials and decision makers.

San Marino

**Meeting, Exceeding and Sustaining HEAL in Schools**

Katia Ahmed, California State Coordinator at Action for Healthy Kids  
*Intended Audience: Partners and Residents*  
*Simultaneous interpretation will be provided in this session.*

HEAL Zone partners worked vigorously to implement policy and environmental change strategies in their schools and districts in Phase 1. This session will focus on implementation and monitoring of strategies to assess effectiveness of policy changes. School partners will discuss best practices to overcome barriers and sustaining changes through staffing, funding and partnerships opportunities.

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## Afternoon Break-Out Sessions (continued)

San Diego

### Complete Parks and Food Systems

Arpiné Shakhbandaryan, Community Partners

*Intended Audience: Partners and Residents*

*Simultaneous interpretation will be provided in this session.*

Many elements come into play to make complete park and food systems that serve a community's needs. Come to this session to learn and share the numerous factors, including policy and environmental change strategies, which are improving access to physical activity and healthy food options in your communities. Participants will also receive an overview of the Complete Parks Playbook, Food Retail and Urban Agriculture resources developed by ChangeLab Solutions, showing a holistic approach to creating healthy, active spaces in the HEAL Zones.

Pasadena I

### Framing and Storytelling for Healthy Communities

Judy Harper, Community Partners

*Intended Audience: Community and Youth Organizers, Network Managers and Directors*

How will you tell your stories of HEAL transformation in a way that promotes community change? In a way that is culturally competent with the communities you serve? How will you ensure that your efforts will be deeply rooted within the HEAL Zone, but also extend beyond the Zone boundaries? Come to this session to learn, share and practice creative communication for HEAL community transformation.

Pasadena II

### Clinic-Community Connections

Barbara Masters, MastersPolicyConsulting

*Intended Audience: Partners, Network Managers and Directors*

The HEAL Zone framework has been revised to include a new goal to improve prevention, treatment and management of obesity and its related conditions through improved clinic to community integration strategies. This roundtable discussion will explore the strategies proposed by the HEAL clinic and community partners and identify key first steps to successfully operationalize in Phase 2.

2:45 – 3:30 pm

International Ballroom

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### Closing Circle for Reflection and Celebration

Roberta Tinajero, Southern California Kaiser Permanente