Roadmaps to Health Forum

Active living for the body and brain

Wednesday April 23, 2014, 9:30 a.m. to 3:30 p.m. (registration begins at 9 a.m.)
National Composite Center, 2000 Composite Drive, Kettering, OH 45420 (near Dayton)

To register, visit www.hpio.net/category/events/

Featuring
• Dr. Bernadette Melnyk: Active Living to Promote Physical and Mental Health: From Evidence to Action
• Dr. Steven T. Devor: Exercise is Medicine: Writing the Prescription for Older Adults
• Dr. Catherine Ramstetter: The Importance of Physical Activity in Schools
• Showcase of local projects from the southern half of Ohio that will share successes and lessons learned

Who Should Attend?
Anyone who is interested in promoting active living, including representatives from:
• Public health agencies and Area Agencies on Aging
• Nonprofit organizations
• Hospitals, mental health providers, and other health care providers
• Local government, regional planning, transportation, and community development
• School districts, afterschool programs, and child care centers
• Foundations and other funders
• Employers

Lunch provided
$25 registration fee

Hosted by

Sponsored by
County Health Rankings
Mobilizing Action Toward Community Health

Presenting series sponsors

Gold series sponsors

Silver series sponsors

Health
9 a.m.  

**Registration**

9:30 a.m.  

**Morning Session**  

**Keynote address**  

Active Living to Promote Physical and Mental Health: From Evidence to Action  
Dr. Bernadette Melnyk, Associate Vice President for Health Promotion, University Chief Wellness Officer, and Dean, College of Nursing at The Ohio State University

Importance of physical activity in schools  
Dr. Catherine Ramstetter, Assistant Professor and Program Coordinator, Health Sciences Department at The Christ College of Nursing and Health Sciences

**Take Ten! Activity Break - First Lady Karen Kasich (confirmed)**

Overview of the Ohio Chronic Disease 5-Year Plan  
Representative from Chronic Disease Collaborative (TBD)

Evidence-based strategies and policy change opportunities  
- **Complete Streets** – Jess Mathews, Public Health Policy Coordinator, Ohio Alliance of YMCAs  
- **Shared Use** – Heather Vilvens, Executive Director, Buckeye Healthy Schools Alliance  
- **Safe Routes to School** – Kate Moening, Ohio Advocacy Organizer, Safe Routes to School National Partnership

11:45 a.m.  

**Lunch and networking opportunities on specific active living topics**

12:45 p.m.  

**Tools you can use**  
Amy Stevens, HPIO  
- County Health Rankings and Roadmaps to Health Action Center  
- What Works for Health  
- HPIO Crosswalk of recommended strategies to promote physical activity

1 p.m.  

**Afternoon session**  

Exercise is Medicine: Writing the Prescription for Older Adults  
Dr. Steven T. Devor, Associate Professor, Kinesiology Program, Department of Human Sciences, and Department of Physiology and Cell Biology, The Ohio State University

10-Minute Activity Break

Local Project Panel: evidence-based active living strategies in action  
Creating Healthy Communities (CHC) Projects  
- Cincinnati City Health Department, Denisha Porter, Project Director  
- Dayton-Montgomery County Health Department CHC and Community Transformation Grant - Bruce Barcelo, Project Director  
- Adams/Brown Counties — (speaker TBD)  
- Columbus Public Health Department — Katie Stone, CHC Program Manager  
Healthy Places (Columbus Public Health) — Scott Ulrich, Coordinator  
Alliance for a Healthier Generation — Meredith Potter, HSP Manager-Ohio

3:20-3:30 p.m.  

**Closing remarks**
Shared Use: Opening Doors to Improving Community Health & Connectivity  
**Thursday, May 8, 2014, 9:30 a.m.-3:30 p.m.**  
Center for Regional Cooperation, Miami Valley Regional Planning Commission (MVRPC)  
Hosted by Safe Routes to School National Partnership Ohio Network  
Register here:  
http://events.constantcontact.com/register/event?llr=65jrrzdab&oeidk=a07e9097nesb158d2c3

Safe Routes to School: Policy, Funding & Resources for Ohio Communities  
**Thursday, May 15, 2014, 9:30 a.m.-3:30 p.m.**  
Ohio Department of Transportation, Columbus  
Hosted by Buckeye Healthy Schools Alliance  
Register here:  
http://events.constantcontact.com/register/event?llr=65jrrzdab&oeidk=a07e91mb2o46cdec3c2

Ohio Safe and Active Transportation: Policies that Work! Workshops  
Hosted by Ohio Alliance of YMCAs with support from SRTS National Partnership/Ohio Safe Routes Network, with funding from the Ohio Department of Transportation  
• Four regional AT/CS workshops (Toledo, Cleveland, Columbus, Dayton/Cincinnati)  
• Held in **June, 2014** (more details coming soon)  
• Focus on new ODOT guidance, local/regional policy implementation, including collaboration, development, challenges, funding, resources, and with time for community representatives to discuss/plan policy change in their community.

Visit  
https://saferoutesoh.wordpress.com/new-ohio-workshops to learn more.