

Prevention Research Centers-Healthy Aging Research Network
Research to Practice Symposium:

Promoting Environmental and Policy Change to Support Healthy Aging

September 15-16, 2009

University of North Carolina William and Ida Friday Center for Continuing Education
Chapel Hill, NC

A growing body of research points to the influence of the broader environment upon the health and health behaviors of older adults, but activity to promote environmental and policy change to support healthy aging is limited. This conference will serve as a catalyst for increased activity in environmental and policy change by stimulating discussion and equipping attendees with the background and tools to facilitate their work. It will feature the **challenges** amenable to environmental and policy change; the **evidence** that supports specific approaches and their outcomes; and promising **strategies for practice**.

Target Audience: Practitioners and academicians in public health, aging services and healthcare; business, planning, engineering, and recreation professionals, and advocates for livable communities.

Estimated # of Attendees: 215

Educational Objectives: Structured activities during the conference will enable participants to increase their familiarity with the contributions of disciplines or service sectors other than their own, and develop an environmental and policy change action plan to implement in their own communities. By the end of the conference, participants will be able to:

1. Describe the rationale and conceptual framework for environmental and policy change that supports healthy aging.
2. Identify and explore strategies for engagement of stakeholders and potential partners who are critical to environmental and policy change.
3. Apply lessons learned from exemplary environmental and policy-oriented programs to one or more specific topics in healthy aging, e.g., increasing physical activity, preventing falls.
4. Locate and evaluate tools, manuals and resources for assessment, implementation and evaluation of environmental and policy change.
5. Define environmental and policy issues pertinent to social and environmental disparities and examine the role of advocacy in addressing disparities and facilitating policy change.
6. Articulate a nine- to twelve-month back-home action plan relative to specific environmental or policy change for healthy aging.

Organizers: This symposium is being organized by members of the Prevention Research Centers-Healthy Aging Research Network (PRC-HAN) and our community partners and receives primary funding support from the Healthy Aging Program of the Centers for Disease Control and Prevention (CDC). The Co-chairs of the Conference Planning Workgroup are Basia Belza (Health Promotion Research Center, University of Washington) and Rebecca Hunter (Center for Aging and Health, University of North Carolina School of Medicine).

For symposium updates, please visit: <http://prc-hanconferences.com/>

For symposium inquiries, contact Gwen Moni at prchan@u.washington.edu.

Day 1 September 15, 2009

7:30 am **Registration and Breakfast**

8:15 am **Welcome and Conference Overview**

8:35 am **The Challenge: Imperatives for Environmental and Policy Change**

This keynote address will set the stage for the conference by addressing the need and rationale for environmental and policy change to create more livable and equitable communities. Reference will be made to the social determinants of health and to the socio-ecological model and its relevance. The address will also establish the need for the many perspectives represented by attendees if change is to be effective and sustained over time.

9:15 am **The Science: Community Environmental Factors Supporting Healthy Aging**

This interactive session will engage attendees in identifying factors essential to livable communities for healthy aging. It will also highlight the research evidence in support of specific factors, with emphasis on environmental and policy change relative to mobility and its importance to older adult health and social engagement.

10:00 am **Break** (Exhibits and Sharing of Resources and Tools)

10:30 am **The Practice: Using the RE-AIM Framework to Structure Environmental and Policy Change**

Designing, implementing and evaluating environmental and policy change can be complex. This session will demonstrate the application of the RE-AIM (Reach, Effectiveness, Adoption, Implementation, and Maintenance) planning and evaluation framework, using a topic-relevant case study.

11:15 am **The Practice: Envisioning Possibilities and Taking Action – Programmatic Perspectives from the CDC Steps Program**

Discussion will highlight potential applications to older adult needs. CDC's Healthy Communities Program will be described, highlighting policy, systems, and environmental change strategies. Community-based practice principles include emphasis on creating nontraditional partnerships, reaching diverse groups and settings, implementing large-scale interventions, and fostering sustainability. Community representatives from CDC's Healthy Communities Program will share local approaches and lessons learned.

12:15 pm **Lunch** (provided), **Bridge Building and Walks**

Final Pending Speakers

1:15 pm **The Challenge and the Science: Linking Environmental Assessment and Planning**

The members of this panel will discuss proven methods of environmental assessment and planning for mobility in their respective areas of expertise. A rationale for decision-making about choice of methods and directions will be presented.

2:15 pm **Break** and move to small group sessions of individual interest

2:45 pm **The Practice: Integrating Lessons from Exemplary Assessment and/or Planning Approaches**

Concurrent breakout sessions will enable attendees to learn more about topics and approaches of particular interest to them. The emphasis within the sessions will be to define the approach, demonstrate how it is used, and interact with attendees about their ideas for potential application back home.

- 1) Creating Environments for Safe Walking and Driving by Older Adults
 - i. Community Walkabouts: Methods and Applications
 - ii. Implementing Change at the Community Level for Older Pedestrian and Driver Safety
- 2) Promoting Active Aging for Older Adults
- 3) Planning for Integrated Transportation to Promote Mobility
- 4) Building Effective Coalitions for Environmental and Policy Change: The Case of Falls Prevention
- 5) Setting the Table: Planners, Architects and Citizens
- 6) Resources and Funding for Environmental and Policy Initiatives

4:00 pm **The Practice: Concept to Reality**

4:45 pm Adjourn from small groups

5:00 pm **The Practice: Guided Walking Tours of Livable Neighborhoods** (optional)

6:30 pm **Dinner and Address**

Larry Adelman, Co-Director of California Newsreel and Executive Producer of the award-winning PBS series, *Unnatural Causes*

Final Pending Speakers

Day 2 September 16, 2009

7:45 am **Breakfast and Networking**

8:00 am **Day 1 Summary & Day 2 Overview**

8:15 am **The Challenge and the Science: Social Determinants: Vulnerable People and Places**

This session will address the role of social determinants, the impact of inequities in the environment, and the constraining and enabling effects of specific environmental policies related to older adults in communities. It will speak to the need for advocacy and effective communications for policy development.

9:15 am **The Practice: Effective Advocacy for Environmental and Policy Change**

This session will address the process of engaging citizens, including older adults, and strategies for working within key systems to effect change. Crafting effective communications and policy statements will also be considered.

10:15 am **Break and Walks**

10:45 am **The Practice: From the Ground Up: Problem Solving**

Concurrent breakout sessions will enable attendees to learn more about topics and approaches of particular interest to them. The emphasis within the sessions will be to define the approach, demonstrate how it is used, and interact with attendees about their ideas for potential application back home

- Envisioning Design Solutions for Pedestrian-Friendly Environments
- Assessing and Improving Food Access and Nutrition
- Promoting Consumer and Policymaker Awareness of Universal Design and Visitability
- Achieving Policy Change on the Local Level
- Planning Community Level Interventions
- Facilitating Housing and Land Use Policy Changes to Support Healthy Environments

12:00 pm **Lunch (provided) and Networking**

1:00 pm **Challenge, Science, and Practice: Bringing it All Together**

The purpose of this session is to summarize and integrate the lessons learned from the various conference components and to articulate next steps toward the goal of environmental and policy change to promote healthy aging.

2:40 pm **Concluding Remarks and Evaluation**

3:00 pm **Adjourn**

Final Pending Speakers