

# 2009 Built Environment and the Outdoors Summit



Topeka, KS • October 1-3, 2009  
Capitol Plaza Hotel (October 1-2) / Kaw River State Park (October 3)

## Summit Overview

The design of a community, where people live, work, learn and play, heavily influences their well-being. The built environment, whether it is conducive to walking and biking, provides plenty of opportunities to access fresh fruits and vegetables, has varied outdoor opportunities that include trail systems, and is safe, affects an individual's ability to be active and eat healthy. Many factors affect the built environment, including policy, city planning, coalition work, zoning and citizen involvement. This summit will identify resources and address how to take action to affect environmental policy in the state and in your community in order to promote physical activity for a healthy Kansas.

## Day 1 – Thursday, October 1, 2009

- 8:30 AM **Trails/Active Tours**  
Join us for a walk, run or bike. Meet at the south entrance of the hotel.
- 9:30 AM **Registration open**

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10:00 AM **Welcome and Overview**  
*Sunflower Ballroom*

10:15 AM **Getting Kansas Active Through Community Resources, Partnerships and Public Policy**

.1 CEU Mark Fenton, Public Health and Transportation Consultant and Contributing Editor, *Health Magazine*  
*Sunflower Ballroom*

Mark Fenton has been traveling to communities around the U.S. to work with local coalitions, professionals, and advocates to help them create healthier environments for their residents and visitors. He'll share lessons from those cities and towns that are seeing the greatest success, and remind you that we're long past being able to take an incremental approach to change. It's time to completely rethink everything about our community policies and environments.

10:45 PM **Facilitated Regional Networking Opportunity**  
See attached map and questions for discussion  
*Sunflower Ballroom*

11:30 AM **Lunch**  
*Sunflower Ballroom*

12:00 PM **How Do You Make it Happen!**  
Dennis McKinney, KS State Treasurer  
*Sunflower Ballroom*

Dennis McKinney will engage the participants on how to get people to the table while building partnerships and bridging the gap between the built environment and the outdoors. Dennis will share his perception as the State Treasurer and past State Representative residing in Greensburg and how folks were pulled together to make the Green in Greensburg greener and what resources may be available from the State Treasurer, in other words, "How do you make it happen!"

1:00 PM **Breakout Session I**

• **People/Partnerships – Building Successful Local Coalitions to Enhance the Built Environment**

.1 CEU Moderator and Speaker: Greg Meissen, Ph.D. Community Psychology Program, Wichita State University  
Speakers: Mim Wilkey, Health & Wellness Coalition of Wichita and the Wichita YMCA; David Toland, Thrive Allen County Coalition  
*Shawnee Room A*

This interactive session is designed to provide approaches to the collaborative process involved in the development, evolution and sustainability of local coalitions to promote changes in policy and practice around the built environment and other

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issues to increase physical activity. There are different kinds of community based efforts in different kinds of communities that have enhanced physical activity and nutrition through broad based collaboration and community wide planning. An overview of the work of the Health & Wellness Coalition in Wichita presented by Mim Wilkey will provide experiences in an urban setting. David Toland will provide the perspective from Thrive Allen County, a rural setting. These presentations will provide a context for discussion about how collaborative processes in communities can facilitate short and long term positive change around the built environment.

- **Policy – Shawnee Mission Park Biodiversity Children and Nature**

.1 CEU Moderator: Dr. Jerry Hover, Director KS State Parks, KDWP  
Presenter: Michael Meadors, Director Johnson County Parks and Rec Dept.; Bill Maasen, Superintendent of Parks & Golf Courses, JCPR District  
*Shawnee Room B-C*

Participants in this session will learn how a recent major issue at Shawnee Mission Park, specifically deer management, involves Children and Nature with a “science-biodiversity policy” for the future. This is a “how to” involve people into policy making that ensures children’s right to nature in perpetuity.

- **Policy – Raising a Riverfront – Still Waters Run Slowly**

.1 CEU Moderator and Speaker: Mike Hayden, Secretary, KDWP  
Presenter: Neil Dobler, PE Public Works Division, Bartlett & West, Inc.  
*Pioneer Room*

Participants in this session will learn how riverfront development is a popular option for many communities looking for opportunities to revive aging downtowns. Any community who has been successful or is in the process of developing a riverfront will tell you that it is a long, frustrating process, but an essential one for rebuilding urban cores. This session will showcase the Topeka Riverfront Authority.

## 2:30 PM Breakout Session II

- **People/Partnerships - Strategies to Becoming a Bicycle Friendly Community**

.1 CEU Moderator: Becky Pepper, State Bicycle and Pedestrian Coordinator, KDOT  
Bureau of Transportation Planning  
Speakers: Neil Holman, Director Parks and Recreation, City of Shawnee ; Deb Ridgway, Bicycle and Pedestrian Coordinator, City of Kansas City MO; Shoeb Uddin, City Engineer Public Works Department, City of Lawrence  
*Shawnee Room A*

In this session, a panel will discuss issues related to becoming a bicycle friendly community. Shoeb Uddin and Neil Holman will discuss how their respective cities gained the League of American Bicyclists bronze status for bicycle friendly community, and Deb Ridgway will discuss Kansas City’s goal of gaining the platinum status by 2020.

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- .1 CEU

**Resources – KS Rail-Trails—An Exciting Adventure**  
Moderator and Speaker: Trent McCown, Park Manager Prairie Spirit Rail Trail, KDWP  
Speaker: Frank Meyer, President, KS Rail-Trail Coalition  
*Pioneer Room*

Participants in this session will learn how to successfully rail bank a proposed rail abandonment and how to develop an outstanding trail on a shoe-string. Several KS case studies on KS rail trails will be discussed that will show a positive economic incentive and helping to bridge the gap between Children and Nature.
- .1 CEU

**Policy – We Will Change the World**  
Moderator: Jennifer Church, Office of Health Promotion, KDHE  
Speakers: Jim Ogle, Station Manager for WIBW, Nancy Johnson, Executive Director of the Community Resources Council  
*Shawnee Room B-C*

In April of 2008 five people gathered around a table and decided it was time to tear down the silos and get something done. Out of that original meeting, Heartland Healthy Neighborhoods was born with a mission of “actively promoting neighborhood well-being by mobilizing people, ideas, and resources”. Since then the coalition has grown to over 35 community partners working together to impact policy and support programs that positively impact the health and well-being of Topeka and Shawnee County. In this breakout session, Jim Ogle and Nancy Johnson will be presenting on how HHN has worked to get a Complete Streets policy passed in our community.
- 4:00 PM

**Day 1 Wrap-up**  
Mark Fenton  
*Emerald Ballroom*
- 5:00 PM  
-6:30 PM

**Social and Exhibits**  
Heavy hors` d'oeuvres provided  
*Sunflower Ballroom*

## Day 2 – Friday, October 2, 2009

- 6:30 AM

**Trails/Active Tours**  
Join us for a walk, run or bike. Meet at the south entrance of the hotel.
- 7:30 AM

**Registration open**  
*Sunflower Ballroom*
- 8:15 AM

**Building Healthy Communities: Why It's Necessary**  
Dr. Richard Jackson, Professor and Chair Environmental Health Sciences, UCLA School of Public Health  
.1 CEU  
*Sunflower Ballroom*

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Dr. Jackson will get your attention quickly, and delivers a dynamic talk packed with statistics. He'll show how urban sprawl in its various forms is at least partially responsible for a range of diseases in America and causes us to spend one in every six dollars on health care. As co-author of the much-acclaimed book *Urban Sprawl and Public Health*, Dr. Jackson argues that the way we build cities and neighborhoods is the source of many chronic diseases: "The modern America of obesity, inactivity, depression, and loss of community has not 'happened' to us. We legislated, subsidized, and planned it this way." Dr. Jackson understands the important roles trails, parks, and good urban design can play in changing the way we create healthy and livable communities and sensible ways to help our citizens stay safe. Designing for a walking culture is an important part of that healthy community. He makes the case in "dollars and sense" so that our leaders can fully understand what should be a part of our infrastructures.

## 10:15 AM **Breakout Session III**

- **People/Partnerships – GoPlayKansas – Discover, Connect and Go Play**

.1 CEU  
Moderator: Janet Miller, City of Wichita  
Speakers: Nicole Howerton, Howerton+White; Tami Bradley, Bother and Bradley  
*Pioneer Room*

If the goal is to get people more active, why not make it as easy possible? This new website brings interactive to a whole new level as it matches up people's interests – from walking to riding bikes to playing disc golf – with the parks, recreation and open spaces in their geographic area. Find out how the program started, where it is at now and where it's headed (statewide) in the future.

- **Resources – Funding Opportunities Provided to Communities Through State Organizations**

.1 CEU  
Moderator and Speaker: Becky Pepper, State Bicycle and Pedestrian Coordinator, KDOT Bureau of Transportation Planning  
Speakers: Linda Lanterman, Assistant Director KS Division of State Parks, KDWP; Karen Anderson, National Park Service – Rivers, Trails and Conservation Assistance; Candace Ayars, Ph.D., KDHE  
*Shawnee Room B-C*

In this session, a panel will provide an overview of the various state and federal bicycle and pedestrian funding opportunities that are available to communities.

- **Policy – Children's Health and the Environment**

.1 CEU  
Moderator: Jeff Bender, Manager Kaw River State Park, KDWP  
Speaker: Dr. Richard Jackson, Professor and Chair Environmental Health Sciences, UCLA School of Public Health  
*Shawnee Room A*

An estimated 32% of American children are overweight, and physical inactivity contributes greatly to this; not to mention the myriad of other life skills and

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character-building attributes that children miss out on without an outdoor lifestyle. This session will show how the structure of the physical environment, (the built environment) can affect the health of children in diverse ways. Some of the elements of this discussion are neighborhood design, school sprawl, streetscapes, roads and traffic, and advocacy.

11:45 AM **Lunch**  
*Sunflower Ballroom*

12:30 PM **Facilitated Regional Networking Opportunity**  
See attached map and questions for continued discussion  
*Sunflower Ballroom*

1:30 PM **Breakout Session IV**

- **People/Partnerships – GoPlayKansas – Discover, Connect and Go Play**  
Moderator: Janet Miller, City of Wichita  
Speakers: Nicole Howerton, Howerton+White; Tami Bradley, Bother and Bradley  
.1 CEU  
*Pioneer Room*

If the goal is to get people more active, why not make it as easy possible? This new website brings interactive to a whole new level as it matches up people's interests – from walking to riding bikes to playing disc golf – with the parks, recreation and open spaces in their geographic area. Find out how the program started, where it is at now and where it's headed (statewide) in the future.

- **Resources – KS Children's Outdoor Bill of Rights Coalition**  
Moderator: Todd Lovin, Tuttle Creek State Park Manager, KDWP  
Speakers: Shari Wilson, Statewide Partnerships and Planning Director, KACEE;  
Chip Blaser, Executive Director, Douglas County Community Foundation  
.1 CEU  
*Shawnee Room B-C*

Participants in this session will learn how to promote outdoor experiential activities and environmental education for the young people of KS while providing sustainable support for these endeavors.

- **Policy – Bicycle and Pedestrian Facilities and How They Fit Into the Regional Transportation Planning and Transportation System Development Process**  
Moderator: Bill Riphahn, Dir. of Planning & Development, Parks & Rec. of Topeka  
Speaker: Todd Girdler, Senior Transportation Planner, Lawrence-Douglas County Planning & Development Services  
.1 CEU  
*Shawnee Room A*

This session will include an overview of the regional transportation planning process and how bike-pedestrian facilities fit into the regional multi-modal transportation system. This session will explore the dual roles that some bicycle and pedestrian facilities play as both important transportation and recreational amenities in urban areas. This session will also include a discussion about how

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bicycle and pedestrian facilities need to be a part of major land developments, corridor improvements, neighborhood redevelopments, and development codes in order to encourage walkability in metropolitan areas. Attendees at this session will be encouraged to ask questions and bring examples from their areas about how they are incorporating bicycle and pedestrian travel into their area's developments.

## 3:00 PM **Breakout Session V**

- **People/Partnerships – Active Healthy Kids Camps**

.1 CEU Moderator: Jeff Bender, Kaw River State Park Manager, KDWP  
Presenter: Shirley Meyer, Co-Director, Active Healthy Self Camp  
*Pioneer Room*

Participants in this session will learn how to place into action a vision for providing affordable, fun, yet educational camp for youth that introduces kids to lifetime activities that can be done as a family, with friends, or individually - not requiring team organization and coaching. The program helps to make lifestyle changes that address the problems of obesity, inactivity, poor nutrition and nature deficiency disorder.

- **Resources – Funding Opportunities Provided to Communities Through Private Organizations**

.1 CEU Moderator: Becky Pepper, State Bicycle and Pedestrian Coordinator, KDOT  
Bureau of Transportation Planning  
Speakers: Larry Tobias, Vice President for Programs, Sunflower Foundation;  
Health Care for Kansans; Jeff Usher, Program Officer, Kansas Health Foundation;  
Ed Lincoln, Mosby Lincoln LC  
*Shawnee Room A*

In this session, a panel will provide an overview of the various private bicycle and pedestrian funding opportunities that are available to communities.

- **Resources – Making the 2009 SCORP and Statewide Trails Plan Work for You**

.1 CEU Moderator and Speaker: Dr. Jerry Hover, Director KS Division of State Parks,  
KDWP  
Speaker: Dr. Sid Stevenson, Rec. Resources, Dept. of HFRR, KS State University  
*Wheat Room*

Participants in this session will learn how to use the 2009 Statewide Comprehensive Outdoor Recreation Plan (SCORP) and the 2009 Statewide Trails Plan to improve the Quality of Life and bridge the gap between Children and Nature.

- **Policy - From Brush Dump to Wow!!... "The Ugly Duckling" Story Retold**

.1 CEU Moderator: Linda Lanterman, Assistant Director KS Division of State Parks, KDWP  
Presenter: Patrick J. Guilfoyle, City Administrator of the City of De Soto, KS  
*Shawnee Room B-C*

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The participants of this session will learn how a small town became the “little engine that could” and transformed its “dump site” into a regional park that was designed and constructed to serve as a venue for regional concerts and festivals. Follow the step-by-step process that led from a crazy idea to a consensus-based design to the 1<sup>st</sup> phase of development of the Riverfest Park---the setting for the first concert/festival held on October 10-11, 2008, that qualified as an unabashed success with rave reviews.

4:30 PM    **Day 2 Wrap-up**  
Mark Fenton  
*Sunflower Ballroom*

5:00 PM    **Adjourn**

## Day 3 – Saturday, October 3, 2009

8:30 AM    **Trail Design and Building Workshop**  
Mike Goodwin, Kansas Trails Council and Jeffrey Bender, Park Manager of Kaw River State Park.

Held on-site at the new Kaw River State Park (Kansas Wildlife & Parks Region 2 building, 300 SW Wanamaker Rd.) This will be a day of designing and building sustainable trails. On-site examples of both good and bad trail design and conditions; trail design elements; construction techniques; tools and trail building equipment will be demonstrated. A catered lunch will be provided. Bring clothing and foot wear to be outside part of the day.

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**Registration**  
**Deadline: September 23, 2009**

Registration Fee (Check Amount and Days):  
 \$80 Three Days     October 1, 2 and 3  
 \$60 Two Days     October 1 and 2  
                                   October 2 and 3  
                                   October 1 and 3  
 \$35 One Day     October 1 only  
                                   October 2 only  
                                   October 3 only

Breakout Selections:  
 (PP=People/Partnerships  
 R=Resources, P=Policy)  
 Session I      
 Session II      
 Session III      
 Session IV      
 Session V   

Name \_\_\_\_\_  
 Title \_\_\_\_\_  
 Company/Organization \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State/Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ Fax \_\_\_\_\_  
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**CEU's: .7**

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 700 SW Jackson St., Suite 805, Topeka, KS 66603-3737  
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