

# *The Institute for Local Government's 5th Annual Luncheon Symposium*

*Offered in conjunction with the League of California Cities  
2009 Annual Conference*



## Local Leaders Creating Healthy Neighborhoods for All

**Keynote Speaker:**  
**Robert S. Ogilvie, Ph.D.**  
Program Director, Planning for Healthy Places  
Public Health Law & Policy

**Thursday  
September 17  
2009**

**San Jose  
Convention Center**

Symposium support provided by:

**The California Endowment**

See reverse for registration and other information

The Institute for Local Government presents...

## *Local Leaders Creating Healthy Neighborhoods for All*

How neighborhoods are planned and built has a profound influence on public health. Local officials are discovering that the link between health and the built environment presents both challenges and opportunities:

- **53 percent of Californians fail to meet recommended guidelines for physical activity.** Better community planning and design can help make walking, biking and other forms of physical activity a regular part of daily life for residents of all ages and backgrounds. For example, locating parks within walking distance increases the likelihood that people will exercise by 25 percent.
- **Californians on average have four times more fast food restaurants than grocery or produce stores in their neighborhoods.** Communities that increase access to healthier foods enjoy lower rates of obesity, diabetes, heart disease and other serious nutrition-related health conditions according to a number of scientific studies.
- **While unhealthy environments affect everyone, they place an especially heavy burden on children, the elderly, and residents of lower income communities,** all of whom suffer greater rates of accident and disease that can be traced, in part, to how communities are designed. Local communities have learned that they can take a variety of steps to improve health outcomes for these more vulnerable populations.

Dr. Robert S. Ogilvie, program director of Planning for Healthy Places at Public Health Law & Policy (PHLP), will present a dynamic perspective on the ways that cities can use planning, economic development, redevelopment and other tools to create healthier neighborhoods for all their residents.

### TO REGISTER

- **To register by mail or online** for this timely presentation please visit [www.ca-ilg.org/events](http://www.ca-ilg.org/events). There is a \$45 fee to attend this special Symposium (which includes lunch). If you have questions or need assistance, please contact Carmen Pereira at [cpereira@ca-ilg.org](mailto:cpereira@ca-ilg.org).
- **If you have already registered for the Annual Conference** but wish to attend the Symposium, you can also go to [www.cacities.org/events](http://www.cacities.org/events) to register. Just mark the box for the ILG Symposium when registering.
- **After August 25<sup>th</sup>**, registrations will be handled directly by the Institute for Local Government. Contact Carmen Pereira at [cpereira@ca-ilg.org](mailto:cpereira@ca-ilg.org) or 916.658.8208.

Institute Luncheon Symposium and Follow-on Session	Date, Time and Place
Institute Luncheon Symposium: <b>Local Leaders Creating Healthy Neighborhoods for All</b>  Featured Speaker: Dr. Robert S. Ogilvie, program director of Planning for Healthy Places at Public Health Law & Policy	Thursday, September 17, 2009 11:15 a.m. – 12:45 p.m. San Jose Marriott San Jose Ballroom (adjacent to the San Jose Convention Center)
Follow-on Workshop: <b>Local Strategies for Creating Healthy Communities</b>  Leading practitioners from local government, planning, philanthropy and community organizations will provide strategies and tools cities can use to incorporate concerns related to health, physical activity and access to healthy foods to create healthier and more vibrant communities.	Thursday, September 17, 2009 1:30 p.m. – 2:30 p.m. San Jose Marriott San Jose Ballroom (adjacent to the San Jose Convention Center)