



May, 2004

Creating Opportunities for Everyday Activity

New Look for Our Program's New Name

This year, we are adopting a new look for our program based on feedback we received from many of you — our key partners.

As many of you know, the *Physical Activity and Health Initiative*, the primary physical activity program of the California Department of Health Services, has become the **California Center for Physical Activity**.

With our new name comes a new logo. Feedback on our logo indicates it reflects our work to promote everyday physical activity among this state's diverse population as well as our efforts to create more walk and bike-friendly communities through innovative partnerships. The **Center** has a strong tradition of carrying out its work through strategic partnerships. We will continue this program strategy in the years to come.



An article published in the September 2003 issue of the *American Journal of Public Health* cites our partnerships with California Walks, California Bicycle Coalition, Local Government Commission, and Rails-to-Trails Conservancy as a powerful way to achieve more walkable and bikeable communities that encourage increased everyday physical activity.

The **Center** looks forward to continuing our work with you and finding new ways to partner together in the near future to improve the public's health.

Anne Seeley: A Shining Star Who Continues to Shine



The passing of Anne Seeley, our Active Community Environments Coordinator, has saddened so many of us, yet it is with thankful hearts that we continue to see her shine through the work of the many people she touched in community after community.

Anne passed away on March 28th after a valiant struggle with sarcoma. Anne served as our Active Community Environments Coordinator for seven years. Steven Hooker, Ph.D., Director of the Prevention Research Center at the University of South Carolina's Arnold School of Public Health, calls Anne "a true pioneer in the area of active living."

"Anne was relentless in her efforts to increase public health's involvement in national and state transportation, land use, trail building, and park and recreation priorities," said Dr. Hooker, who supervised Anne when he served as chief of our program. "Under Anne's vision and leadership, California Walks, the Healthy Transportation Network, California Safe Routes to School, and California Walk to School Day Headquarters were established and continue to flourish today."

"Anne is deeply missed," added Lisa Cirill, Acting Chief of our program, "yet her colleagues and partners will honor her dedication and passion for making communities safer, healthier and more walkable by continuing her work. We will strive to bring her truly inspired vision to fruition."



Anne's Legacy Continues Through Walkable Community Workshops

One of the projects that Anne envisioned and initiated with funds from the California Department of Transportation is *Walkable Community Workshops*.

The **California Center for Physical Activity** is developing a cadre of California-based trainers on ways to make a community more walkable through a partnership with Odyssey, a non-profit organization promoting transportation choices, and Charles Gandy, an expert in liveable communities.

Seven Walkable Community Workshops trainers were competitively selected from a pool of 24. The new trainers will join Charles Gandy in leading *Walkable Community Workshops* in eight communities: Alameda, Berkeley, East Los Angeles, Eureka, Pueblo Nuevo, San Diego, San Jose, and Santa Monica.

Each Walkable Community Workshop will bring together residents, elected officials, city managers, land use planners, transportation engineers, and public health staff to discuss strategies for improving the community's walkability and identify ways to implement those changes.

For more information, contact **Lisa Cirill**, Acting Chief of the **Center**, at lcirill@dhs.ca.gov or (916) 552-9943.



The Walkable Community Workshop Trainers are: (Back Row left to right) Lucy Bullard, Andy Hamilton, Ryan Snyder, Wendi Kallins, Manal Aboelata (Front Row left to right) David Parisi, Charles Gandy (expert trainer) and Paul Zykofsky

Kick-off for Healthy Transportation Network

The Healthy Transportation Network (another one of Anne's visionary projects) kicks-off this month in Riverside with a meeting with the Riverside mayor, a San Bernardino city council member, other area electeds, and state and county public health department representatives.

The Riverside meeting will be the first of many to be held throughout the state in the upcoming years to provide local electeds and city managers with the Healthy Transportation Network's resources and technical assistance.

The **California Center for Physical Activity** received Federal Highway Administration, Transportation Improvement Program funds through the California Department of Transportation to develop the Healthy Transportation Network. The Healthy Transportation Network capitalizes on a strong partnership between the **Center** and the State and Local Injury Control Section of the California Department of Health Services, Local Government Commission, California Bicycle Coalition, and Rails-to-Trails Conservancy, California Field Office.

Formative research conducted on behalf of this project indicates that elected officials statewide are eager to make their streets safer and more accessible for pedestrians and bicyclists, however, they need reliable information and resources to do so.

To address the needs of local elected officials, the Healthy Transportation Network is developing a web site, www.healthytransportation.net, that will serve as an interactive portal for elected officials and city managers seeking tools and resources such as case studies. The Healthy Transportation Network will also offer follow-up technical assistance from expert partners. For more information, contact **Jeffery Rosenhall**, the **Center's** Healthy Transportation Network Project Coordinator, at jrosenha@dhs.ca.gov or (916) 552-9885

Walkable Neighborhoods for Seniors Symposium June 21st in Sacramento

The **California Center for Physical Activity** will host a half-day symposium on its Walkable Neighborhoods for Seniors project on June 21st from 1 - 4 p.m. at the California Department of Health Services Auditorium, 1500 Capitol Avenue, Sacramento. There is no cost to attend.

The symposium will highlight the accomplishments and lessons learned of the Oakland, Los Angeles and Sacramento Walkable Neighborhoods for Seniors projects.

The Walkable Neighborhoods for Seniors project convened local coalitions comprised of residents, community leaders, public health, local government, land use planners and transportation engineers to identify personal and environmental barriers to walking by older adults and determine potential environmental and policy solutions that would improve pedestrian safety and increase walking among seniors.

The coalitions conducted workshops that trained older adults, agency representatives and policy makers on how to make their communities safer and more walkable. Older adult neighborhood walking groups have also been established.

To attend the symposium, **R.S.V.P. by June 1st** to Dawnetta Carper, the Center's Program Assistant, at dcarper@dhs.ca.gov or (916) 552-9874. Seating is on a first-come, first-served basis.



California Center for Physical Activity Announces Its First Statewide Conference

The **California Center for Physical Activity** will hold its first conference on public health and physical activity promotion November 17-18, 2004, in Sacramento.

This two-day conference will highlight physical activity programs, partnerships, and policies. National, state and local experts will share successful strategies to encourage everyday physical activity through environmental and policy changes, state and local programming, and advocacy efforts.

This conference is designed for local public health professionals, health promotion advocates, and key physical activity stakeholders.

Conference registration will begin August 15, 2004, on the **California Center for Physical Activity** website — www.caphysicalactivity.com. Registration fee is \$50.00 per attendee and a limited number of registration scholarships will be available. Please register as early as possible, space is limited. We hope to see you there.

For more information on the California Center for Physical Activity, visit us on the web at www.caphysicalactivity.com or contact Cyndi Guerra Walter, the Center's Marketing Manager and Newsletter Editor, at cguerra@dhs.ca.gov or (916) 552-9980.