

PUBLIC HEALTH & THE BUILT ENVIRONMENT:



HEALTHY COMMUNITIES BY DESIGN

— **CONFERENCE PROGRAM** —

Wednesday, May 7, 2014 | UTSA Downtown Campus



CITY OF SAN ANTONIO
METROPOLITAN HEALTH DISTRICT

WELCOME

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to the 2014 San Antonio Public Health and the Built Environment Conference:

“Healthy Communities by Design”.

Each year, this event brings together designers, builders, financiers, health professionals, academics and community activists who all have one thing in common: the desire to build and live in healthy, vibrant communities. Our charge is to create the vision and make it reality.

Sincerely,

A handwritten signature in red ink, appearing to read 'T Schlenker', written in a cursive style.

Thomas Schlenker MD, MPH
Director, San Antonio Metropolitan Health District.

MORNING AGENDA:

7:30 – 8 a.m. Check in and registration (Buena Vista Foyer)

8 – 8:15 a.m. Opening Remarks – Dr. Thomas Schlenker; Dr. John Murphy, UTSA; Councilwoman Shirley Gonzales (Buena Vista Theatre)

8:15 – 9:30 a.m. Morning Plenary Session – Chuck Marohn, Co-Founder and President, Strong Towns (Buena Vista Theatre)

Keynote Introduction – Theresa De La Haya, SVP, Community Health & Prevention, University Health System

Can communities continue to build the way they have in the past? This session explores the need to rethink our strategic infrastructure investments by considering how we've grown our communities in the past. Several communities from around the country are beginning to enable residents in their communities to have a strong part in creating future environments, focusing in large part on quality of life investments. This session will focus on why communities need to engage their residents in the planning and redevelopment processes.

9:40 – 10:40 a.m. Breakout Session I – Foundations

- **Planning for Health** (Buena Vista Theatre)
- **Feeding Ourselves** (Aula Canaria)
- **Health Equity from a Neighborhood Perspective** (Assembly Room)

10:50 – 11:50 a.m. Breakout Session II – Actions

- **Scratchmade** (Buena Vista Theatre)
- **Economic Gardening: Growing and Supporting Quality Businesses and Jobs** (Aula Canaria)
- **Trailblazer** (Assembly Room)

11:50 a.m. – 12:35 p.m. Networking Lunch (Buena Vista Foyer)

AFTERNOON AGENDA:

12:35 – 12:40 p.m. Opening Remarks – Councilwoman Ivy Taylor (Buena Vista Theatre)

12:40 – 1:35 p.m. Afternoon Plenary Session – John Simmerman, President, Active Towns

Introduction - Laura Esparza, UT Health Science Center – San Antonio, Institute for Health Promotion Research

What are some of the factors that contribute to making the healthiest communities in the country? This session explores the critical factors that those communities possess, both in terms of having a healthy built environment as well as an active living culture among the residents.

1:45 – 2:45 p.m. Breakout Session III – Innovations

- **Reinvisioning Parks and Civic Spaces** (Buena Vista Theatre)
- **SPARK** (Aula Canaria)
- **Designs & Strategies for a Healthy Workplace** (Assembly Room)

2:55 – 3:50 p.m. Focused Session

• **A Developer's Perspective on Health & Quality of Life:** Perry Bigelow, Bigelow Development (Buena Vista Theatre)

Not all developments are run of the mill. This session explores profitable approaches to development which significantly enhance resident's quality of life, while enabling future generations of Texans to raise "free range kids".

• **Public Health & Planning during San Antonio's Formative History:** Steven Land Tillotson, Munoz & Co. (Aula Canaria)

Public health was a significant factor in San Antonio's development patterns during the 18th and 19th centuries. This session identifies how historical considerations of the natural environment and human well-being influenced the formation of the city's urban scale, street connectivity, and access to open space; and explores the relevance of these patterns to the future of San Antonio's growth and quality of life.

4:00 – 5 p.m. Final Panel Discussion (Buena Vista Theatre)

Participants: Pilar Oates, Moderator; Chuck Marohn; John Simmerman; Thomas Schlenker, Rick Tangum, Douglas Melnick



Charles L. Marohn, Jr. PE, AICP - Co-Founder and President, Strong Towns

Charles Marohn - known as “Chuck” to friends and colleagues - is a Professional Engineer (PE) licensed in the State of Minnesota and a member of the American Institute of Certified Planners (AICP). He has a Bachelor’s degree in Civil Engineering from the University of Minnesota’s Institute of Technology and a Masters in Urban and Regional Planning from the University of Minnesota’s Humphrey Institute.

He is the author of *Thoughts on Building Strong Towns* (Volume 1), the primary author of the Strong Towns Blog and the host of the Strong Towns Podcast and *See it Differently TV*.

Chuck grew up on a small farm in Central Minnesota. The oldest of three sons of two elementary school teachers, he graduated from Brainerd High School in 1991. Chuck joined the Minnesota National Guard on his 17th birthday during his junior year of high school and served for nine years. Besides being passionate about planning and small towns, he loves playing music, is an obsessive reader and is a season ticket holder of the Minnesota Twins.

Chuck and his wife live with their two daughters and two Samoyeds just north of Baxter, Minnesota.



John D. Simmerman, MS - President & CEO, Advocates for Healthy Communities, Inc.

Mr. Simmerman has over 25 years of experience in disease prevention and health promotion.

Corporate Wellness - Disease Prevention

For the first 15 years in his career, Mr. Simmerman worked primarily with larger, self insured companies by helping them to decrease employee health care costs and utilization rates through the implementation of effective health promotion programs.

Community Design - Public Health

Mr. Simmerman turned his attention and efforts to the community level, specifically the built environment and its impact on quality of life and public health. He co-founded Advocates for Healthy Communities, Inc. a nationally focused 501(c)(3). It’s mission is to help create communities with inviting and invigorating environments which encourage healthy, active lifestyles. He has a Masters of Science from the University of Michigan - a joint degree program between Kinesiology, Public Health & Business Schools, and a Bachelors of Science - Exercise Science (Kinesiology) from the University of Southern California.

9:40 – 10:40 a.m. • BREAKOUT SESSION I

FOUNDATIONS

PLANNING FOR HEALTH (BUENA VISTA THEATRE)

Moderator: John Dugan, Planning & Community Development Department; Speakers: Peter Bella, Alamo Area Council Of Governments; Christine Vina, VIA Metropolitan Transit; John Osten, Development Services Department; Dr. Azza Kamal, UTSA College of Architecture.

Planning can have a significant impact on public health through affecting people's housing, transportation, access to healthy food, opportunities for physical activity, air and quality, among many other issues. This session will explore the role played by planning in improving public health.

Topics covered: Land Use, Air Quality, Transportation, New Urbanism, Planning Education, Planning Research.

FEEDING OURSELVES (AULA CANARIA)

Moderator: Douglas Melnick, Office of Sustainability; Speakers: Robert Maggiani, National Center for Appropriate Technology; Eric Cooper, San Antonio Food Bank; Katherine Nicely, Austin Sustainable Food Policy Board, Former Member.

Food is a critical part of our built environment. This session explores innovative approaches to increasing access to fresh produce within the context of San Antonio's food system, and Austin's recent experience passing an Urban Farm Ordinance.

Topics covered: Nutrition, Urban Agriculture, Land Use, Urban Farming, Food Systems, Food Access.

HEALTH EQUITY FROM A NEIGHBORHOOD PERSPECTIVE (ASSEMBLY ROOM)

Moderator: Judit Vega, Metro Health; Speakers: Jesse Ramos, St. Timothy – COPS/Metro Alliance; Beth Keel, San Antonio Housing Authority; Marisol Cortez.

Health equity is an often overlooked factor in cities which can have significant

consequences for communities in terms of health, economics, social fabric, & quality of life.

Topics covered: Equity, Community Engagement, Community Development.

John Dugan, AICP is a professional city planner, community and economic developer, and planning educator. He holds a masters degree in city and regional planning from Harvard's Graduate School of Design and Kennedy School of Government. He has directed planning programs in a wide range of local government jurisdictions, including Norfolk, VA, Aurora, CO, Sonoma County, CA, Topeka, KS, Loudoun County, VA, and Oklahoma City, OK, Los Angeles, CA, Fresno, CA, and he is currently Director of Planning and Community Development for the City of San Antonio, TX. He is also currently serving as an adjunct professor on the faculty of the University of Texas at San Antonio.

Mr. Dugan has also directed long range planning for Washington, DC's National Capital Planning Commission, and has served on several operational committees of the American Institute of Certified Planners, and was elected president of the Oklahoma Chapter of the American Planning Association.

Christine Viña has served as the Project Manager for Urban Design at VIA Metropolitan Transit since 2008. In addition to working with consulting planners, architects, and engineers, in advancing design initiatives for VIA's short term and long range capital projects, she manages two new focus areas for the agency – the Arts in Transit and Joint Development programs.

Prior to VIA, she worked at Capital Metro in Austin, where she served as the TOD Principal Planner, and for several years with the City of San Antonio Planning Department, as a Special Projects Coordinator, where she focused on inner-city neighborhood planning efforts, and writing and reviewing design standards for Neighborhood Conservation Districts. She moved to San Antonio in 1996 to serve as the Executive Director of the Southtown Mainstreet program. A graduate of the Texas Tech University School of Architecture, she spent over ten years of her early career days living, working and playing in the transit-rich, urban environment of Washington, D.C.

John Osten is a Senior Planner at the Development Services Department (DSD) of the City of San Antonio (COSA). He has lectured regionally on a wide range of topics from New Urbanist Planning, Creation of Healthy Communities, Livability and Sustainability. His involvement with planning projects varies from Zoning, Land Use and Comprehensive planning to Transportation/Complete Streets initiatives. He represents COSA on San Antonio/Bexar County Metropolitan Planning Organization's Bicycle Mobility Advisory Committee and is a member of San Antonio's Active Living Council.

Mr. Osten has a graduate degree in Business Administration from the University of the Incarnate Word in San Antonio, TX, and a Bachelors degree in Urban and Regional Planning from the Middle East Technical University in Ankara, Turkey. He is a native of Turkey, growing up in highly walkable environments, and has carried forward a keen interest in walking and biking. He is a member of American Planning Association.

Azza Kamal, PhD is Senior Lecturer in the University of Texas at San Antonio's College of Architecture (architecture.utsa.edu/). She has over 15 years of academic experience, preceded by nine years of architectural practice experience. Her recent research centers on advanced spatial analysis using Geographic Information Systems in housing policy, neighborhood stabilization, and sustainable urbanism; in addition to her expertise in unplanned communities, small towns' development, self-help housing, and urban morphology. Azza holds a PhD in Architecture and urban planning from Cairo University, M.S in Architecture from Texas A&M University, M.S in Architecture from Cairo University, and a B.S. in Architectural Engineering from Cairo University (Egypt).

Judit Vega has a social science and community health work background and has led interdepartmental training regarding health equity as well as Asset Based Community Development training. She has significant experience working across sectors and agencies and involving local residents in the process to enable strong public involvement. As the Neighborhood Health Coordinator she has recently formed a coalition across city departments, nonprofit and faith agencies and organizations that is committed to building grassroots leadership at the neighborhood level to address health equity.

Jesse Ramos is a native San Antonian who has been active in West side neighborhood issues for over 20 years. He has had a long career as a Licensed Vocational Nurse (LVN) certified in Gastroenterology. Now he teaches Vocational Nursing at Career Point College; he has also taught at Kaplan College. Mr. Ramos is a veteran of the US Army, having served honorably as medical support in Bolivia and Guatemala, plus a deployment to Desert Storm. He retired after 14 years of service.

Jesse Ramos joined the COPS/Metro organization about two years ago, as a member of St. Timothy Catholic Church, and has quickly become one of the key leaders. He has the core team of St. Tim have led projects such as park renovations, neighborhood safety, community outreach to public housing, etc. He is married and has four children.

Beth Keel is the Sustainability Initiatives Liaison for the San Antonio Housing Authority (SAHA). She spent her life in the natural world looking for simple ways to understand interconnectedness. She attended Naropa University in Boulder, Colorado for a Bachelor's degree in Interdisciplinary Studies and a Masters Degree in Environmental Leadership. She brings life and university experience to SAHA by looking outside of the box for answers in sustainability, education, and conservation.

Marisol Cortez, Ph.D. works on issues of environmental and social justice as a scholar, community organizer, and creative writer. Originally from San Antonio and rural areas north, she got her start as an activist in local campaigns against the US invasion of Afghanistan. However, it was her involvement in organizing against the construction of the PGA Village that inspired her doctoral research on the cultural politics of waste and environment at the University of California at Davis. After graduating in 2009 with her PhD in Cultural Studies, she returned to San Antonio, where she organized with Southwest Workers Union around local climate and energy issues. In 2010, she received the American Council of Learned Societies New Faculty Fellowship, which enabled her to teach for two years in the American Studies Department at the University of Kansas. While in Lawrence, Kansas, she worked with Native students and professors at Haskell Indian Nations University to halt a highway expansion project and defend indigenous sacred spaces, and she ultimately decided to return home to San Antonio to write and teach as a community-based scholar. Currently, she works at Esperanza Peace and Justice Center, where she coordinates a popular education program that supports local

movements for our right to the city and the rights of nature.

Douglas Melnick, AICP, CNU-A, was named the City's first Chief Sustainability Officer (CSO) in March 2014. As the City's CSO, Doug is responsible for the overall leadership of the Office of Sustainability, as well as the City's sustainability efforts & environmental policy. Doug is a dedicated public servant who believes that leadership is about vision, cooperation and creating a work environment that challenges and empowers all staff to create and problem solve to plan for the future.

Mr. Melnick came to us from the City of Albany, New York where he served as the Director of Planning and concurrently as the Director of the Mayor's Office of Energy & Sustainability. Mr. Melnick is currently pursuing Graduate Studies in Urban Planning from the State University of New York at Albany, Graduate Studies in Environmental Studies from Antioch New England Graduate School, and holds a Bachelor of Arts in English from the State University of New York at Albany.

Robert Maggiani is a Sustainable Agriculture Specialist in the Southwest Regional Office of the National Center for Appropriate Technology (NCAT). He was an organic vegetable farmer in South Texas and Mexico in the 1970's and 1980's before joining the Texas Department of Agriculture (TDA) as a Direct Marketing Specialist in 1985. In 1991 Robert became the Chief of Marketing in the San Antonio Regional Office where he served in that position for the next 20 years and developed extensive contacts in Texas with individual producers, retailers, wholesalers, restaurants and specialty crop trade associations. Robert has a BBA and MS degrees from the University of Texas in Austin.

Katherine Avalos Nicely, MsCRP, LEED Green Associate is a Former Sustainable Food Policy Board member for the City of Austin. For over a decade, Mrs. Nicely has master planned thousands of acres of conservation developments, university campuses and mixed-use projects both nationally and internationally. Mrs. Nicely brings her expertise in land use planning, community development, public policy and sustainability to any project she works on. Mrs. Nicely chaired the Code and Metrics working group of the Sustainable Food Policy Board in the City of Austin which spearheaded the updates to the City of Austin's urban farm code. The working group presented recommendations to improve upon the existing code in a way that meets the needs of the community, farmers, and regulators in the interest of healthy, safe, and sustainable food system for the City of Austin. She

received her Master of Science in Community and Regional Planning (MsCRP) from the University of Texas at Austin School of Architecture and her Bachelor of Architecture from the Pontificia Universidad Católica del Ecuador in Quito-Ecuador.

Peter Bella is currently the Natural Resource Director for the Alamo Area Council of Governments (AACOG) in San Antonio. He has been with AACOG for over fifteen years. As Natural Resource Director he provides strategic planning targeting air quality improvements within the 13-county AACOG region of south central Texas. He is also a member of the AACOG Air Improvement Resources (AIR) Technical Committee. The AIR Committee is responsible for local air quality policy development in the AACOG/Greater San Antonio region as required to meet federal standards for ground-level ozone.

Eric Cooper is the President and CEO of the San Antonio Food Bank, the largest hunger-relief organization in Southwest Texas. Through a network of more than 530 nonprofit agencies and a myriad of distribution programs, the San Antonio Food Bank provides more than 57 million pounds of food and grocery items to needy Texans in a 16 county service area. In 2001, the San Antonio Food Bank selected Eric to become the youngest Executive Director in the history of the organization; followed by Board appointment to President and CEO in 2011. During his 12 year tenure, the San Antonio Food Bank has grown to more than 160 employees, increased food distribution from 10 million pounds to more than 54 million pounds last year, increased the number and impact of its programs, and was awarded Food Bank of the Year in 2007 by Feeding America.

10:50 – 11:50 a.m. • BREAKOUT SESSION II

ACTIONS

SCRATCHMADE (BUENA VISTA THEATRE)

Moderator: Monica Garza, YMCA; Speakers: Erika Ragsdale, City of Hutto; Justin Golbabai, City of Austin.

All over the country, people are changing their landscapes with little more than basic raw ingredients. This session explores how San Antonio and Austin are inspiring residents to see public space differently and providing the tools needed to affect public improvements.

Topics covered: Community Engagement, Infrastructure, Lighter Quicker Cheaper, Community Development.

ECONOMIC GARDENING: GROWING AND SUPPORTING QUALITY BUSINESSES AND JOBS (AULA CANARIA)

Moderator: Councilwoman Ivy Taylor; Speakers: Elizabeth Sobel-Blum, Federal Reserve Bank of Dallas; Gene Bowman, Alamo Academies; Adrian Gonzalez, ACCION Texas.

“Healthy Communities” are those in which people and their communities thrive and are resilient. In healthy communities, health is recognized as an asset and individuals’ and communities’ financial balance sheets are strong. This session will focus on how to cultivate successful models of entrepreneurship and workforce development—the elements of strong financial balance sheets.

Topics covered: Economic Development, Community Development, Public Health, Community Engagement.

TRAILBLAZER (ASSEMBLY ROOM)

Moderator: Bert Pickell, Speakers; Dante Jones, Dante’s Roll Models; Edward Garcia, SATX Pedal Power; Laura Zapata, Burbank Bicycle Club; Estrella Hernandez, We Walk App.

These local movers & shakers are making waves in the neighborhoods they live &

work in by promoting creative ways to live active lifestyles.

Topics covered: Community Engagement, Active Living.

Bert Pickell is San Antonio’s premier walking advocate, having devoted more than 40 years to fitness walking as a competitive Racewalker, multi-level coach, National certified track official, and experienced event coordinator. As director of San Antonio Walks, an initiative developed by the Mayor’s Fitness Council, Bert encourages all communities and organizations to participate in walking. Currently there are 205 registered walking clubs and close to 3000 walkers throughout San Antonio enrolled. A retired 30-yr Chief Master Sergeant in the USAF and a 10-yr stage IV tonsil cancer survivor, Bert partners with the city’s Youth and Senior Ambassadors and works to increase event training opportunities with a unique partnership with Fleet Feet San Antonio and through his all-encompassing event calendar projected on FitCitySA.

Dante Jones’ career as a cryptologic technician for the US Navy led him to San Antonio in 1996. From 1997 – 2007, Dante volunteered to lead the Navy command’s Drug Education For Youth (D.E.F.Y) program, mentoring 350 youths on the importance of teamwork, self-confidence, and living drug free. After D.E.F.Y his volunteering continued at Urban Connection San Antonio housed in the Lincoln Heights Courts. Here he was reminded of the life skills and lessons he learned on the long bike rides with his father and saw an opportunity to fill the void of male role models in the community. R.O.L.L. Models had their first official meeting in 2009 and is currently rolling strong.

Edward Garcia III was born and raised in the Westside of San Antonio. Edward loves his community tremendously. Wanting to bring community, families, outdoors and healthy-active lifestyles together, he created SATX Pedal Power. SATX Pedal Power helps power outdoor movies, blend smoothies and create bicycle spin art, promoting families to get outdoors, meet their neighbors and show what we can do by simply pedaling a bike! ~ Keep Calm and Pedal On.

Laura Zapata has been teaching and coaching for 14 years. She is the Head Girls Basketball Coach at Burbank High School and teaches PE. She recently implemented a bike unit into her PE curriculum to motivate her students to increase outdoor physical activity. The bike unit sparked such a great interest among her students that it was extended to the community for afterschool rides. With the

recent expansion of the Mission Reach trails and help from organizations like the MPO, UTHSCSA and SAMHD, Coach Zapata was able to start the Burbank “Cycle Dawgs” Bike Club. They kicked off their first official Bike Rally on September 14, 2013 with over 200 people in attendance.

Estrella Hernandez: “After I learned that the lifespan of my generation is projected to be shorter than that of our parents because of health issues, I knew I had to do something about it.”

Eighth grade San Antonio native Estrella Hernandez is a Youth Ambassador of the Mayor’s Fitness Council. She has joined the fight against obesity by developing a mobile gaming app to engage young people in fitness, local culture and rewards. The beta version of WeWalk was released on March 31st, 2014 at the city’s Síclovía. She will pursue funding for a full version following results of the beta test.

Special thanks to SA2020, H-E-B, the 80/20 Foundation, The Mayor’s Fitness Council, FPO Marketing and Sweb Development.

Elizabeth Sobel Blum, senior community development advisor at the Federal Reserve Bank of Dallas, leads the Dallas Fed’s work in “healthy communities”—those in which individuals and their communities thrive and are resilient. Through research, publications, events and coalition-building, Sobel Blum helps advance discussion about creating and supporting healthy opportunities for all so that healthy becomes the norm. Sobel Blum’s associated areas of focus include workforce development, small business and entrepreneurship, housing and community development finance. She earned an MBA from the University of Texas at Dallas, an MA from American University and a BA from Northwestern University.

Gene Bowman was named as Executive Director of the Alamo Academies on 6 February 2006. Before coming to this position, he served for 28 years in the Air Force, retiring as a colonel from Lackland Air Force Base as the Inspector General. He had a diverse career during his Air Force tenure from being a T-37 Instructor Pilot at Randolph Air Force Base, leading a cadet squadron at the Air Force Academy in Colorado Springs, being a staff officer at the Pentagon and directing a division at Pacific Headquarters at Hickam Air Force Base, Hawaii. He is a graduate of the United States Air Force Academy and earned his Masters in Management from Webster’s University at St. Louis, MO.

Adrian G. Gonzalez is the Executive Vice President of the Texas Market and Large Loan Division with Accion Texas, Inc. He has 29 years of commercial banking experience with community banks, primarily in the commercial lending area and as senior management. He has underwritten and facilitated commercial loans up to \$20 million including all types of working capital, asset acquisition, real estate acquisition, development and construction loans. He has managed and made recommendations for investment of excess bank liquidity into the moderate 7 figures.

Responsibilities include management of all micro loan production for the State of Texas and creation and management of the Large Loan Division which processes, underwrites and manages all loans exceeding \$100,000 for the entire eight state Accion Texas market, including the SBA 7a Community Advantage loan product. Adrian obtained his BBA in Finance from the University of Texas at Austin 1981.

Monica Garza is the Director of Community Wellness for the YMCA of Greater San Antonio, where she works towards advancing healthy living in the San Antonio community. Monica is the lead organizer of Síclovía, an event that provides a fun-filled day of health and physical activity to over 70,000 attendees of all ages. She also oversees the Y’s Corporate Membership Sales and Senior Programs. Prior to her current position, she served as Executive Director of the D.R. Semmes YMCA. She is a graduate of Texas A&M University, has served as President of EWI of San Antonio, completed the Hispanic Chamber of Commerce Alexander Briseno Leadership Development Program and has spoken at the Open Streets Summit in Los Angeles. In 2013 she was selected as a San Antonio Business Journal “40 Under 40” Rising Star.

Erika Ragsdale has led several low-budget, high-impact projects in and around Austin, in both her capacities as community advocate and local government employee. She recognized her love for walkable, mixed-use communities while living in downtown San Marcos and attending Texas State University. Now the Senior Planner for the City of Hutto, she is an active member of the Congress for the New Urbanism, and was named the 2013 Planner of the Year by the Central Texas chapter of the American Planning Association.

Justin Golbabai serves as the Program Manager for the City of Austin’s Neighborhood Partnering Program. He hold a Bachelors of Arts in Economics

and Sociology from the University of Notre Dame and a Masters in Public Administration with a concentration in Local Government/City Management from the University of Kansas. Driven by the question “What environment best facilitates human flourishing?”, Justin’s career has taken him to unique places – from the halls of British Parliament, to a shelter for immigrants and refugees, to work as a city and neighborhood planner. Despite winning the 2010 Punniest of Show at the O’Henry World Pun-Off Championships, he considers his greatest accomplishment marrying the woman of his dreams and raising their newborn son.

1:45 – 2:45 p.m. • BREAKOUT SESSION III

INNOVATION

REINVISIONING PARKS & CIVIC SPACES (BUENA VISTA)

Moderator: Colleen Swain, Center City Development Office; Speakers: Andres Andujar, HemisFair Park Area Redevelopment Corporation; Laura Esparza, UTHSCSA Institute for Health Promotion Research.

Civic spaces which promotes health and wellness, stimulates the sense of vibrancy and uniqueness of individual places, and accommodates all generations is critical for all cities. This session examines what is going on in San Antonio and what we can learn from other communities in the U.S. and around the world.

Topics covered: Placemaking, Active Living, Quality of Life.

SPARK (AULA CANARIA)

Moderator: Taeg Nishimoto, UTSA; Speakers: Kathleen Ownby, SPARK Houston; George Block, SA Sports.

This session outlays the multiple benefits of Houston & San Antonio's SPARK School Park programs and how they are changing the local landscapes in these cities.

Topics covered: Schools, Neighborhood, Community Engagement, Parks.

DESIGNS & STRATEGIES FOR A HEALTHY WORKPLACE (ASSEMBLY ROOM)

Moderator: Jeff Skelton, Humana; Speakers: John Simmerman; Active Towns, Judy Zimmerman, RVK Architects.

This session will focus on designing the workplace to encourage healthy behavior and to develop a culture based on employee wellbeing.

Topics covered: Worksite wellness, Economic Development, Architecture.

Taeg Nishimoto is from Tokyo, Japan. He is a graduate from Waseda University in Tokyo and, Graduate School of Architecture at Cornell University, where he received Master of Architecture degree. He worked in Architectenburo Herman Hertzberger in Amsterdam and Kunihiko Hayakawa and Associates in Tokyo. From 1985 to 2001, he had his own award-winning practice in New York City, Taeg Nishimoto + Allied Architects, while teaching design studios at Columbia University's Graduate School of Architecture, Planning and Preservation and Pratt Institute. He is a licensed architect in Japan and the state of New York. His built and unbuilt, and installation work has been widely published, including GA Houses, l'ARCA, and Architectural Record. His theoretical project is also in the permanent collection of FRAC Centre in France. In 2001, he joined Texas A&M University as a tenured associate professor where he was promoted to full professor. Since 2007, he has been at the University of Texas at San Antonio as a full professor in the College of Architecture and served as associate dean until 2013.

Kathleen Ownby is the Executive Director for the SPARK School Park program. She has worked with corporate and community leaders since 1988 to raise more than \$16 million for the renovation of Houston – area school parks. Besides fundraising, her role as executive director includes selecting park sites, talking to community groups, monitoring park construction and coordinating funding and budgets. There are 200+ schools located in twelve Houston/Harris county area school districts that have worked with SPARK.

George Block has for the past two years simultaneously served as Board Chair for both Voices for Children – San Antonio and San Antonio Sports. His primary duty with both organizations was to lead the search for a new CEO. Both searches were successful, with Voices for Children recruiting Dr. Kathy Fletcher from the UT Health Science Center San Antonio (UTHSCSA) and San Antonio Sports recruiting the former Executive Vice-President of the NBA's San Antonio Spurs, Russ Bookbinder.

Prior to his dual-chairman service, Mr. Block was COO, then CEO of Haven for Hope, San Antonio's transformational homeless center. Under Mr. Block's leadership, Haven developed its In-House Recovery Program (IHMP), a self-contained recovery and rehab program for homeless men and women. Based on that model, he initiated the development of a Mental Health Dorm, where homeless patients could receive daylong, outpatient mental health treatment and support.

The bulk of Block's career was spent in education and athletics, where he had a Hall of Fame career. As the Director of Aquatics and Assistant Director of Athletics for the Northside School District he developed the Northside Aquatic Center into an internationally recognized center for athlete development.

Colleen Swain currently serves the City of San Antonio as Assistant Director for the Center City Development & Operations Department. Since 2012, Swain oversees real estate development projects to assure that center city initiatives are successfully achieved. As Assistant Director, Swain is also responsible for developing and promoting various placemaking initiatives in the center city. Most recently, Swain led a coordinated effort that successfully revitalized historic Travis Park into a multi-functional urban park. This innovative project impacted the physical appearance and quality of life of downtown, making it a stronger and healthier center city for locals, workers, and visitors alike. Swain previously spearheaded the development of the Downtown Mobile Food Truck Pilot Program, the implementation of Better Block, and the development of the Alamo Plaza Concept Plan, Travis Park Concept Plan, and the Downtown Retail Study. In addition to her 13 years of public service, Swain has almost 10 years of non-profit and private sector experience in marketing, public relations, special events, and retail development. Swain holds a Bachelor of Arts in Communication from Texas A&M and a Masters in Public Administration from the University of Texas San Antonio.

Andrés Andujar was selected by the HPARC Board to serve as CEO in 2011. He now oversees all visioning, planning, development, construction, management, maintenance, and financing at Hemisfair. Andrés, a Colombian-native, has participated in the development of numerous properties throughout his career in structural engineering, design, and construction management.

Andrés received his Bachelor's Degree in Architectural Engineering from the University of Texas at Austin in 1980. In addition to his work revitalizing Hemisfair, he helped develop a vision and coined River North for an area north of downtown San Antonio surrounding the Museum Reach of the Riverwalk extension, resulting in a 400-acre urban rezoning and the creation of a Tax Increment Reinvestment Zone. For that volunteer effort, Andrés was given an honorary title from the American Institute of Architects – San Antonio, named one of San Antonio's Visionaries, and Downtowner of the Year by the Downtown Alliance.

Laura Esparza has a bachelors degree from Trinity University in Latin American Studies and a masters degree from UTSA in Kinesiology and Health with concentrations in exercise science and health promotion. She currently works as a project coordinator at the Institute for Health Promotion Research at the University of Texas Health Science Center at San Antonio. Her projects involve collaborating with communities to develop and evaluate programs that promote healthy lifestyles, including physical activity. Laura also applies her professional experience and personal interest in physical activity promotion by serving as the Vice Chair of the Active Living Council of San Antonio.

Judy Zimmerman is a Managing Principal for RVK Architects and heads their Interior Design Department. She prides herself on being well-grounded and attributes this to the values she received from her church and especially from the experiences of being raised on the family farm in Iowa.

Judy attended Iowa State University where she earned her Bachelor of Arts degree in Interior Design and previously served on their Advisory Board. She also attended St. Philip's College where she received training in computer aided design. Judy is a Registered Interior Designer in Texas and is certified by the National Council for Interior Design Qualifications. She has practiced Interior Design since 1986, when she joined RVK.

Perry Bigelow is the founder of Bigelow Development and Bigelow Homes, which received the most historic and prestigious award in the American housing industry from Professional Builder magazine in 2005. Each year Professional Builder chooses one builder in the United States as its "Builder of the Year" who most represents replicable ideas that can be emulated by other builders. Bigelow Homes was selected for "Doing Good by Doing Right".

Perry was "Energy Builder of the Year" for eight consecutive years from the Chicago Sun Times. He has been featured twice on public television's "This Old House". Bigelow Homes is currently developing HomeTown in Aurora, IL; a spiritually, culturally and environmentally sustainable community of 1,300 homes located in nine neighborhoods. His desire to respectfully use God's gift of the earth is the foundation of his business philosophy.

Perry received a B. A. in Mathematics from Taylor University and a B. S. in Civil

Engineering from Illinois Institute of Technology. He earned a Master of Business Administration from Ohio State University. He has been a member of the Board of Directors of the Energy Environmental Building Association and an Adjunct Professor, Housing and Urban Development, Eastern University Graduate School of Business.

Steven Land Tillotson, architect and partner at Muñoz & Company, engages cultural phenomena with the revelatory nature of place in the design of new architecture, historic preservation and site sensitive planning. He has produced a variety of award winning civic and institutional projects throughout Texas and is an ardent investigator of San Antonio's urban process

Mr. Tillotson has been an advocate for sustainable and context-sensitive development and community revitalization in San Antonio and South Texas for over 3 decades. He has conducted community workshops and charettes for the AIA Environmental Design Charette, Avenidas del Rio, Lone Star Brewery, Medina River, Mitchell Lake Wetlands, the City South Community Plan, and the Ford Foundation Five-Points Living Communities Workshop. Mr. Tillotson is currently engaged in the restoration of San Pedro Creek (located on San Antonio's west side), to re-imagine the 1.5 mile "drainage ditch" as a linear urban park, and to re-establish historical and environmental context while addressing flood control issues.

Pilar Oates, B.A., M.A. has over 20 years experience in health and human services. Her community health practice is grounded in the sociological understanding of the upstream influences of health-related behaviors and neighborhood contexts on health outcomes. She has extensive experience in non-profit management, with strong competencies in strategic planning, organizational development, executive leadership development, coalition building and grant making. Ms. Oates was a founding director and served as Executive Director of the Methodist Healthcare Ministries (MHM) of South Texas, Inc., a faith-based, not-for-profit organization dedicated to providing medical and health-related human services to low-income families and the uninsured of 72 counties of South Texas.. Ms.Oates received her B.A. and M.A. degrees from the University of Texas at San Antonio with concentrations in sociology, psychology, and bicultural – bilingual studies.

Dr. Richard Tangum is the Director for the Center for Urban and Regional Planning Research at the University of Texas at San Antonio. He is a registered architect and urban and regional planner with more than 40 years extensive and varied experience in architecture, urban and regional planning, housing, urban design, and economic development. As a program and project director and researcher, he has been involved in the development of master plans for institutions, cities, districts, and neighborhoods in Europe, North and Central America, and Africa. He has directed studies within communities that address housing needs, commercial corridor and downtown district revitalization, pedestrian and traffic movement, and land utilization. As a Professor of Architecture and Planning, he has taught graduate and undergraduate courses in urban and regional planning, housing and neighborhood planning, urban and regional sustainability, and urban design. His research focuses on affordable housing, sustainable community design and planning, and regional development. Dr. Tangum holds two patents for an affordable housing building system.

Dr. Tangum earned a Bachelor of Architecture from Texas Tech University, a Master of Architecture in Environmental Systems from Virginia Tech University, and a Doctor of Environmental Design from Texas A&M University.

Jeff Skelton is a Health Solutions Sales Executive for Humana where he helps employer groups develop and implement integrated strategies to improve the well-being of their employees. He has over 15 years of experience helping both individuals and groups to understand and breakthrough the barriers to good health.

He serves on the Board of Directors for San Antonio Sports and is Vice Chair of the San Antonio Mayors Fitness Council.

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