

BREAKOUT GROUP PROCESS

Area Experts

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Health Literacy & Culture

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Nutrition & Food Access

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Physical Activity

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Urban Form & the Built Environment

Breakout Group Process

Part 1: Introductions (10 Minutes)

1. Check to make sure that there are no quorums at tables, if so, please shift tables.
2. Go around the table and give your first name and affiliation and identify:
 - a. One thing from the presentations that surprised you
 - b. A trend or pattern you see in this issue
 - c. One connection *your* board, commission, department or organization may have to this issue
3. Identify a "scribe."

Part 2: (25 Minutes)

a (10 min) Based on what your group has shared, brainstorm strategies that might promote healthy weight in children. Focus on **what the city can do as a municipal government** (through a policy or action) to address this issue

If you get stuck...

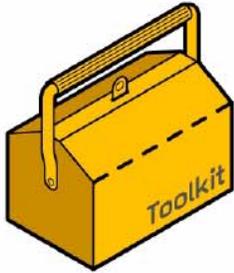
See the **IDEA TOOLKIT** in your packet, or ask the Area Expert in your topic.

b (3 min) Choose one strategy to focus on. If there is division, take a quick vote.

c (10 min) List at least 3 logical next steps toward this goal.

d (2 min) List at least one board or commission that might be able to bring this strategy forward

Idea Toolkit



About the Strategies: Austin/Travis County Department of Health and Human Services held a series of strategic planning meetings. A subsequent Town Hall Meeting was held to obtain public input on ideas stemming from the strategic planning meetings. An online survey was also developed and distributed to obtain additional feedback. 503 responses were collected. The following list refers to two high-level community needs that came out of this process, with a set of possible solutions. Use these statements as launching points for discussion.

Community Need: Improve the nutrition environment in Austin/Travis County, especially in areas with high health disparities related to overweight, diabetes, or cardiovascular health.

Possible Solutions: Increase the number of neighborhoods in Austin/Travis County with access to a grocery store or market selling high-quality, fresh fruits and vegetables within 1 mile of homes.

Increase the number of community gardens and/or farmers markets in Austin/Travis County.

Increase the number of organizations adopting a policy that requires at least 50% of food and beverages sold onsite to be healthy choices.

Decrease the availability of unhealthy foods on or near public school campuses, or at public school sponsored events.

Increase the number of restaurants in Austin/Travis County that provide healthy menu options and label those options accordingly.

Increase the number of available public transit service lines that offer regularly scheduled, reliable transportation from underserved residential areas to grocery stores or farmers' Assure that all Travis County food retailers and farmer's markets accept paper and electronic SNAP and WIC benefits.

Community Need: Improve the physical activity environment in Austin/Travis County, especially in areas with high health disparities related to overweight, diabetes, or cardiovascular health.

Possible Solutions: Increase the number of schools with external infrastructure and resources to support children safely walking and bicycling to school.

Increase the number of and/or improve the safety and amenities of parks, trails, playgrounds, bike paths, or recreation centers located within one mile of residential areas.

Increase the number of public schools in Austin/Travis County that keep their outdoor facilities open to the public after school hours for fitness and recreation.

Increase the number of planned pedestrian/bicyclist and recreation infrastructure provisions included in new development and redevelopment plans.

Austin/Travis County HHSD

Obesity Prevention Initiative

Focus Group Findings – August 2010

- Participants, including children, are aware of what a healthy diet is and the importance and benefits of physical activity. People understand the health risks of obesity.
- Many participants, especially Hispanics, expressed concern about preservatives and hormones in food.
- Many expressed a lack of knowledge about how to prepare and eat healthy meals.
- Time is one of the greatest challenges; many work long hours and have extremely busy schedules. They don't know how to include exercise and healthy eating in their lifestyles.
- Bring parks, lighting, events, healthy foods, into communities. Participants want a sense of community but don't currently have it.
- Many said they can't afford gym fees, Boys and Girls Club fees, exercise equipment or healthy foods. Several described typical meals of affordable starches like rice or pasta.
- As children get older, parents lose control over what children will eat and don't want to waste money on food they don't eat.
- Parents are concerned that students don't get enough physical activity.
- Some parents expressed concern that school food is not healthy – "chicken nuggets and pizza." – while others noted positive changes in food served at school.

Focus Group Participant Recommendations to City of Austin:

1. Keep PARD pools open longer during the year.
2. Partner with schools so public can use school grounds for fitness/recreation.
3. Increase lighting and security at local parks.
4. Make water in vending machines less expensive than soda.
5. Promote recreation facilities the City already has.
6. Make fresh fruits and vegetables more accessible and affordable.
7. Increase the amount of physical activity children get at school.
8. Provide incentives to people who maintain a healthy weight.

Dove Springs Focus group results, November 19, 2010

Below are excerpts from a focus group conducted by Dr. Patricia Wilson's and Dr. Talia McCray's graduate students.

Middle School group

Healthy means daily fruits and vegetables. Here we need more places to exercise. Unhealthy means not being active and not eating right, eating too many carbs and hi calorie food.

Healthy means eating from the food pyramid. Unhealthy means fast food and not enough exercise (less than 30 minutes a day). I get 30 minutes a day just in PE.

I would say healthy means an hour or more of exercise a day. I get 2 hours a day because I'm in soccer. And also on Saturday and Sunday I play outside with my dogs and flip on our trampoline for 15-20 minutes. I play soccer every day after school. I don't like to be inside. There are lots of fast food restaurants around here so I burn the calories on the track.

Definitely weight is related to health. The body stores extra as fat.

Canned vegetables aren't as healthy as organic ones, but organic ones are more expensive. Fast food is cheapest and easiest of all.

Yes, fast food is cheapest and easiest of all. Wheat bread costs more than white bread.

But wheat bread has less chemicals added.

We need less greasy places to eat. Reduce the number of fast food restaurants. I would like to see more healthy organic and vegetarian places to eat, like the one on Chicon (Mr. Natural). They know how to make healthy food taste good!

We need deli's, but we have to cross I35 to get to them. So most people just walk to Sonic which is which is mostly grease and bread. HEB isn't close enough.

There's an open field between the rec center and the neighborhood . It needs to be made back into a soccer field. Put goals there.

The Rec center should have leagues for 12 and up. Right now they stop at 12.