



## Advancing Obesity Solutions through Investments in the Built Environment

Workshop  
Roundtable on Obesity Solutions

September 12, 2017  
The National Academy of Sciences Building  
2101 Constitution Avenue, NW Washington, DC  
Lecture Room

### **Workshop Goals**

The overall goals of the 1-day workshop are to improve understanding of the roles built environment policies and practices play in the prevention and treatment of obesity and to identify promising strategies in multiple sectors that can be scaled up to create more healthful and equitable environments. Built environment topics to be considered include urban planning and design, transportation systems, parks and recreation, and food systems.

The workshop will:

- introduce attendees to evidence-based principles of designing built environments to support health and reduce risk of obesity.
- describe examples of successful multi-sector strategies (policies, programs, projects and public investments) that are creating health-promoting built environments.
- discuss approaches for ensuring that built environment strategies improve health equity and environmental justice.
- discuss strategies by which promising, effective, and equitable built environment strategies to improve health can be scaled up and institutionalized.
- discuss who should be involved and what are next steps?

8:30 AM **Welcome and Setting the Stage**, James Sallis, University of California, San Diego

8:45 AM **SESSION 1: Built Environments, Obesity, and Health Overview**  
Moderator: Governor Parris Glendening, Smart Growth America

Rodrigo Reis, Washington University in St. Louis

Karen Glanz, University of Pennsylvania

Daniel Rodríguez, University of California, Berkeley

9:30 AM **MODERATED DISCUSSION**

10:00 AM **PHYSICAL ACTIVITY BREAK**

10:30 AM **SESSION 2: Progress in Improving Built Environments—Examples from Communities and Cities**

Moderator: Bill Purcell, former Mayor of Nashville, Tennessee

Cathy Costakis, Montana State University

Michelle Nance, Centralina Council of Governments

Leslie Meehan, Tennessee Department of Health

11:30 AM **MODERATED DISCUSSION**

12:00 PM **LUNCH**

1:00 PM **SESSION 3: Challenging and Promising Strategies for Achieving Equitably Healthy Environments**

Moderator: Shiriki Kumanyika, Drexel University

James Siegal, KaBOOM!

Kimi Watkins-Tartt, Alameda County Public Health Department

Sara Hammerschmidt, Urban Land Institute

Shai Lauros, LISC (Local Initiatives Support Corporation)

3:00 PM **PHYSICAL ACTIVITY BREAK**

3:30 PM **SESSION 4: Open Discussion of Next Steps**

Moderator: Monica Hobbs Vinluan, Robert Wood Johnson Foundation

TBD

4:30 PM **ADJOURN**

Established in 2014, the Roundtable on Obesity Solutions engages leadership from multiple sectors to solve the obesity crisis. More than one third of adults and 17 percent of children and adolescents are obese. Cautious estimates suggest that obesity now accounts for almost 10 percent of the national health care budget. Until the epidemic is reversed, obesity will continue to drive rates of chronic diseases and their associated medical costs. Through meetings, public workshops, background papers, and innovation collaboratives, the Roundtable fosters an ongoing dialogue on critical and emerging issues in obesity prevention, treatment, and weight maintenance. The Roundtable provides a trusted venue for enhancing and accelerating discussion, development, and implementation of multi-sector collaborations, and policy, environmental, and behavioral initiatives that will increase physical activity; reduce sedentary behavior; and improve the healthfulness of foods and beverages consumed to reduce the prevalence and adverse consequences of obesity and eliminate obesity-related health disparities.

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**<http://nationalacademies.org/obesitysolutions>**