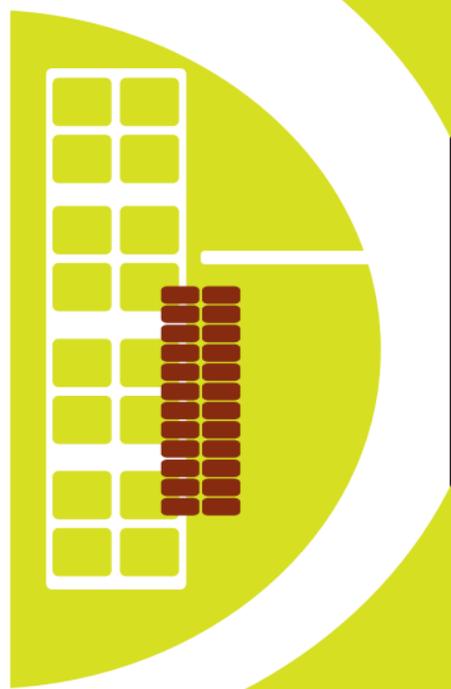


# FITCITY BOSTON 2013 SUMMIT

Boston Society of Architects, 290 Congress Street #200, Boston, MA 02210

Monday, May 6, 2013, 9:00 am - 5:00 pm



# Fit City History

Across the United States, preventable chronic health conditions – obesity, Type 2 diabetes, heart disease, stroke, and asthma – have great and growing human and economic costs. Black, Latino and other communities of color, as well as vulnerable populations, are disproportionately affected. Even here in Boston, one of the healthiest cities in America, more than half of our adult residents are obese or overweight, and in some of our low-income neighborhoods of color that burden is closer to two-thirds. For asthma, the hospitalization rate for Black children under age 5 is four times the rate of White children.

These health problems cannot be solved by public health or health care alone. Solutions are embedded in community design, social policies, and resource distribution that impact the choices people have and make every day. How our communities are designed and developed directly determine opportunities for physical activity, access to healthy, affordable food, healthy housing, and clean air.

Under the leadership of Mayor Thomas M. Menino, Boston has made great strides to promote health and health equity. Yet the urgent need to take further action remains.

Fit City Boston is a call to action – a convening of local and national experts, stakeholders, and residents to examine how the built environment impacts our health and to craft strategies that harness the potential of our urban environment to transform Boston into the healthiest city in America.

Practitioners from many fields – planners, architects, site designers, developers, investors, public officials, academics and advocates – have come together to set a vision and plan for transforming Boston into the healthiest city in America. The Fit City Boston initiative strives to:

- Create a space and structure for the many practitioners and stakeholders who share responsibility for developing Boston's built environment to come together to build on the best examples of work already underway.
- Promote the exchange of next-level ideas for building healthier, more sustainable and more equitable urban environments in Boston with positive economic development and business synergies
- Develop a plan to take best practices to scale, institutionalize proven ideas, and set a big picture vision for future work.

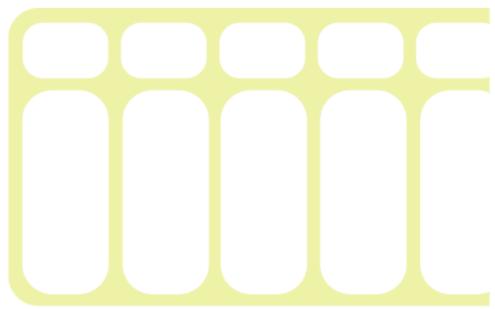
Boston is home to many of the world's leading health institutions and leaders in design, planning and development, as well as a revitalized harbor and world-class parks system. Working together, we can raise Boston to the next level in promoting public health and health equity by ensuring all of our communities are designed so that all residents can achieve their optimal health.

# Fit City Boston Summit *Agenda*

## Desired Outcomes

- Establish a deeper understanding of the benefits of environments built for active living and supporting vibrant and healthy lives.
- Uncover the extraordinary assets (e.g. existing architecture, thought leaders and initiatives) already present in the Boston Metro region.
- Gain inspiration and insight from leading innovators, practitioners and leaders.
- Engage in cross sector / multi-field dialogue with peers.
- Identify key actions, collaborations, and practice innovations to promote health and active living in the built environment and to accelerate the rate of transformation.

## Agenda



### ■ 9:00 Welcome & Intros

Fort Point Room

*Mike Davis*, President, Boston Society of Architects

*Monte Roulier*, President, Community Initiatives

*Allison Bauer*, Program Director, Health and Wellness,  
The Boston Foundation

### ■ 9:20 Keynote Speaker

Fort Point Room

Introduced by *Mike Davis*, President,  
Boston Society of Architects

*Dr. John D. Spengler*, Professor, Department of  
Environmental Health, Harvard School of Public Health

### ■ 10:20 Facilitated Physical Activity/Break

Fort Point Room

### ■ 10:45 Respondent Panel & Small Group Dialogues

Fort Point Room

·*Barbara Ferrer*, Executive Director,  
Boston Public Health Commission

·*Kairos Shen*, Chief Planner,  
Boston Redevelopment Authority

·*Thomas Tinlin*, Commissioner,  
Boston Transportation Department

·*Toni Pollak*, Commissioner,  
Parks and Recreation Department

·*Mike Davis*, President, Boston Society of Architects



■ 12:00 Lunch  
Gallery

Participants are also encouraged to enjoy 15-minute walk around the Waterfront District.

■ 1:00 Mayoral Remarks

Fort Point Room

Introduced by Barbara Ferrer,  
Boston Public Health Commission

Honorable Thomas M. Menino, Mayor, City of Boston

■ 1:15 Fit City Hot Topics

Fort Point Room

Sitting Ourselves to Death

Robin Guenther, FAIA, Principal, Perkins+Will

Is sitting the new smoking? Many Americans sit more than 9 hours a day in their workplace and schools—more than they sleep. The answer isn't necessarily the gym, but in how we move throughout the day. How will we reinvent the places we work and learn to contribute to health and wellbeing?

Parking, Community Health and the  
Opportunity for Great Places

Mark Chase, Parking and Transportation Demand Management Consultant, Nelson Nygaard Consulting Associates and Lecturer, Tufts University

Parking is one of those things we only think about when we can't find a space. How our parking regulations are set up greatly affect our physical and emotional health. Well-crafted parking policies not only affect how we get to a location (perhaps not driving at all), but how far we will be willing to walk to our location from a parking space. Mark's talk will highlight how parking policies impact physical activity and how parking solutions can be catalysts for physical activity and good urban design.

Measures: How Do We Know It's Working?

Ann Lusk, PhD, Research Scientist,  
Harvard School of Public Health

The combination of the Metabolic Equivalent of Task (MET) Route, cycle track, social cycle track, and cyclist type present a new way to measure physical activity. Anne will describe how each are measured in the cross section and as minutes in streets and buildings. The result will be a quantifiable measure of walkers and bicyclists using those built environments.

## Dance Everyday! Dance, Fitness and Urban Culture

**Kenneth Bailey**, Sector Organizing and Strategy Lead, Design Studio for Social Intervention

Basketball, tennis and baseball courts are ubiquitous in any given town or city. In fact, to not find easily accessible courts for basketball, baseball or other sports would be strange. But what other activities do people enjoy that could also use public courts? Dance perhaps? Dance Court asks the question, what if dance courts were part of the ubiquitous landscape? What would you like to see in them? And how would they work?

## Moving to Learn

**Laura Wernick**, AIA, Senior Principal, HMFH Architects

Did you know that movement helps us learn? Not only is general fitness an asset to learning but moving itself helps cement our learning and memories. This discussion will talk about how movement engages our brains and how both architects and educators are incorporating opportunities for movement in schools today.

## Circle The City: Open Streets, Open Parks

**Jessica Parsons**, Circle The City Project Manager, Emerald Necklace Conservancy

**Jhana Senxian**, Founder and Chief Executive Officer, Sustainability Guild International

From Bogotá to New York, cities around the world are reclaiming public space for community building, physical fitness and sustainable design. In Boston, Circle The City Open Streets events transform streets into car-free corridors of activity that connect people to parks. The Sustainability Guild leads community-driven interventions in public space that become living labs for sustainable design and demonstration, including upcycling, vertical gardening, and explorations in small-scale modular eco-building. Celebrating opportunities for innovation, beautification and programming of urban open space, these projects work together toward a healthy, vibrant Boston.

## Physical Activity for All Abilities

**Valerie Fletcher**, Executive Director, Institute for Human Centered Design

Life in the 21st century reaps the benefits of the advances of science in the 20th. We survive more and live on average 30 years longer than 100 years ago. Wide diversity of ability and age are the new normal but we've yet to reframe that it means for everyone to thrive. Valerie will share strategies from across the nation and the globe that illustrate the potential for healthier cities with social capital for everyone.



■ 2:20 Break/Transition

■ 2:30 Track Dialogues

Please join one of seven tracks to discuss how the innovations highlighted in the Hot Topic series can be brought to scale in Boston. Group assignment and meeting location will be provided at registration.

Workspaces (Robin Guenther)

Transportation (Mark Chase)

Measures (Anne Lusk)

Health Equity (Kenneth Bailey)

Schools (Laura Wernick)

Green Spaces (Jessica Parson and Jhana Senxian)

Universal Design (Valerie Fletcher)

■ 3:30 Break/Transition

■ 3:45 Large Group: Working Together Identify Key Next Steps

Fort Point Room

Monte Roulier, Co-Founder and President,  
Community Initiatives

■ 4:30 Final Reflections & Path Forward

Fort Point Room

Monte Roulier, Co-Founder and President,  
Community Initiatives

■ 4:45 Adjourn

Notes/Inspirations



## Dr. John Spengler, PhD – Keynote Speaker

John Spengler is the Akira Yamaguchi Professor of Environmental Health and Human Habitation and Director of the Center for Health and the Global Environment at the Harvard School of Public Health, and Director of the Sustainability and Environmental Management Program at the Harvard Extension School. He has conducted research in the areas of personal monitoring, air pollution health effects, indoor air pollution, and a variety of environmental sustainability issues. He collaborated with the Boston Housing Authority, the Boston Public Health Commission, tenant associations, and fellow researchers at Boston and Tufts universities, in a childhood asthma intervention study that led to important policy changes to reduce allergens, pesticides and second-hand smoke in public housing. Spengler chaired the committee on Harvard Sustainability Principles; he served on Harvard's Greenhouse Gases Taskforce to develop the University's carbon reduction goals and strategies; and currently he is a member of Harvard's Greenhouse Gases Executive Committee. He has served on several National Academies' committees, including the NRC committee on "Green Schools: Attributes for Health and Learning" (Chair) and the IOM committee on "Effect of Climate Change on Indoor Air Quality and Public Health" (Chair), and has been an advisor to the World Health Organization on indoor air pollution, personal exposure and air pollution epidemiology. In 2003, Spengler received a Heinz Award for the Environment; in 2007, he received the Air & Waste Management Association Lyman Ripperton Environmental Educator Award; and in 2008, he was honored with the Max von Pettenkofer Award for distinguished contributions in indoor air science from the International Society of Indoor Air Quality & Climate's Academy of Fellows.

## Monte Roulier- Event Facilitator

Monte Roulier is the Co-Founder and President of Community Initiatives (CI), an organization dedicated to building healthy and whole communities. As a consultant, coach, and facilitator he has helped hundreds of communities and a wide range of organizations, collaborations, and national initiatives to develop change strategies resulting in improved health and well-being. Roulier and the CI team are actively engaged in several national initiatives aimed at shaping the policies and the environments that lead to healthier people and places. These efforts included work with the Centers for Disease Control and Prevention (CDC), the Robert Wood Johnson Foundation, Audubon, and the YMCA. The CI team brings a breadth of expertise to these initiatives in areas that include: collaborative leadership, collation and strategy development, sustainability planning and peer learning. He also helps lead curation of [www.communitycommons.org](http://www.communitycommons.org). Prior to CI, Monte was Director of Client Education & Consulting Services for Quality Data Management (healthcare quality improvement). He co-lead development of Workforce Engage™, a web-based employee engagement measurement system. As National Civic League Senior Community Advisor, Monte directed the nationally recognized Healthy Communities Program. Roulier was also President of Services Adventures, Inc.- guiding international specialist and volunteers on conservation and service projects, and helping initiate micro-credit banking in Tajikistan. He currently lives in Fort Collins, CO with his wife and three kids.

## Acknowledgements

Special thanks to the partners who made this event possible!

## Our Sponsors



## The Fit City Boston Steering Committee

Boston Parks and Recreation Department

Boston Public Health Commission

Boston Redevelopment Authority

Boston Transportation Department

Boston Society of Landscape Architects

Boston Society of Architects

Enterprise Community Partners

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