



## Symposium Report: Executive Summary

*Growing Healthy Children, November 16, 2017*

### About the Let's Move Pittsburgh 2017 Symposium

For Let's Move Pittsburgh's 2017 Symposium, we invited our closest friends and strongest partners across the school, community, childcare and healthcare sectors to gather for a day of discussion on how to create the healthiest generation in Allegheny County.

This year, we used the *World Café* model to bring discussion, brainstorming and action steps to the next level. The *World Café* model combines a casual, café-like environment, several rounds of small group discussion, and the “harvesting” and sharing of the groups ideas after each round of discussion.



The participants spent the day discussing and answering three key questions, seen below, along with the major themes describing the participants' responses. These themes were established by reviewing each and every word of the participants' posts and teasing out the common topics and ideas. Numbers in parentheses denote the number of responses that correspond to that theme.

#### ***What specific strategies do you believe help children and families live healthier lives?***

Promoting healthy choices/a healthy lifestyle (22), food and nutrition education (19), parent involvement (17), cooking classes (14), gardening (10), hands-on lessons (4), and starting small (3)

***What is something that you personally, or your organization, could share with the group?***

Sharing resources/curriculum sharing (11), school gardens (9), exercise classes (5), and cooking and nutrition classes (3)

***What collective actions do you believe we should consider when trying to build a healthier Allegheny County?***

Sharing resources (17), involving the community in decision making (17), networking (11), wellness programs in schools and communities (9), sharing ideas and best practices (8), increasing access to healthy food (8), nutrition education/cooking with kids (6), collaboration (5), funding (5), improving communication (3), exercise/physical activity education (3), gardening (2), sharing unused spaces (2) and creating green spaces (2)

## **Conclusion**

It is clear that our community has valuable, shared visions for actions and tools to help raise a healthier generation. The most popular responses for strategies that work were not surprising: **promoting healthy choices and lifestyles through food and nutrition education, parent involvement, cooking and gardening classes and allowing children to learn through hands-on lessons** were a few examples, but how can we improve community engagement with these strategies? How can we reach even more families with the programs and services we all work so hard to provide in our communities?

We believe the answer lies within the responses to the final question asked at the symposium: what collective actions should we consider when trying to build a healthier Allegheny County? **Sharing our resources, ideas, best practices and unused spaces; involving the community in decision making, networking and collaborating with one another; improving communication between organizations and between parents, teachers, principals and superintendents, developing wellness programs and policies in our schools and communities; improving communities' access to healthy foods; increasing time spent in schools on nutrition and physical education; engaging students with gardening and cooking; creating more green spaces for children and families to spend their time; and working together to secure funding.** The feedback shows that you all know what works, so let's start taking these actions now!

## **What can Let's Move Pittsburgh offer?**

### **More networking opportunities**

Our next Speaker Series will resume later in 2018, so stay tuned for details! Each event in the series will include a speaker or panel of speakers that will discuss a children's health or nutrition topic, along with a networking session. Childcare will be available.

## **New communication channel**

Based on the request from a symposium participant, Let's Move Pittsburgh created a Facebook page for symposium participants to further network and continue the discussion on creating a healthier Allegheny County. You can find the page here:

<https://www.facebook.com/groups/LMPDiscussion/>.

## **Updated resource toolkit**

In 2015, Let's Move Pittsburgh created the *Raise Your Hand for Health Guide*, a resource that compiles all resources and programs available to Allegheny County Schools. The guide is currently available to download on our website, and we plan to update the toolkit to reflect any new programs available this year!

## **Educational space**

Our classroom at the Center for Sustainable Landscapes at Phipps is a great space to host your next community meeting or kid-themed event. Contact one of us to start planning your next event!

## **Resources**

The Let's Move Pittsburgh team has worked hard to develop a curricula around the 5-2-1-0 health initiative that we would be more than happy to share, and we also have free 5-2-1-0 themed resources free to download on our website.

## **Contacts**

Let us share our contacts with you! We have relationships in Homewood, Hazelwood, the Hill, East End and Oakland. Are you trying to work within these communities? Let us help you take the first step!

## **Takeaways**

1. We are stronger together!
2. Let's talk to each other more, and stop trying to reinvent the wheel!
3. Let's share our resources, our contacts, our networks, our programming, what we have all worked so hard on, to increase our overall impact on the children and families of Allegheny County!



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