

Neighborhood Suggestions from Summit V

At Children's Optimal Health Summit V, participants divided into geographic area groups based upon neighborhoods where their organizations are already providing services. As a table, each group engaged in a 'turn the curve' exercise and, using the COH neighborhood drill down and asset maps to guide their discussion, they began to answer the question of, *What are the best ideas for effective change in this neighborhood, and what is our action plan for getting there?*

Each table then brainstormed their action plan and included at least one 'Off the Wall' idea and one 'No/Low Cost' idea. The combined ideas from each neighborhood were combined and are listed below:

Quail Creek/St. John's

No/Low Cost Idea:

- Create soccer fields at community informants (churches, family resource centers, parent support specialists)
- Schools increase CATCH type activities at school events

Off the Wall Idea:

- Nutrition units for games
- Health indicator on school report cards

Action Plan:

- Health messages – ministries teach food
- Health Library databases – teens, education
- Extra credit for nutrition
- Active service programs – mandated by Travis County Judges – get judge to assign principal community service
- Agencies to do more in after school programs on health and fitness (cooking classes, shopping filed trips, etc)
- Family Resource Centers & Parent Support Specialists to offer more parent education on healthy behaviors

Dove Springs

No/Low Cost Idea:

- Use hikes @McKinney Trails – integrate into school curriculum
- Survey among students – where do your mothers buy food? Do literacy education/nutrition classes there

Off the Wall Idea:

- Change rules about what snack and food are allowed in schools

Action Plan:

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- Marathon kids for young mothers
- Have “Mommie & Me” 30 walk around the block together when walking the kids to school
- Partner Onion Creek Neighborhood Assoc. with Dove Springs N.A.
- Inventory and complete sidewalks between WM Canon and/or Stassney & groceries/schools/parks/etc.
- Turn environment stores into “mini Fiestas” and give incentives to Fiesta
- Have a girl/boy scouts east of I-35
- Farmers markets east of I-35 that are affordable
- Support facilities in making recreation centers more available
- Support agencies that are already providing services – River City Youth Foundation
- Schools: morning/afternoon announcement: take a break to stretch/exercise
- Collaboration between supermarket @ center of Dove Springs to provide reasonably priced foods
- Competition between classrooms: pts for being caught being healthy. Work with local businesses for incentives
- Share data at PTA meetings
- AISD Policy: students can not take foods of minimal nutritional value on campus
 - Send notes home if children have chips, soda that are informative and educational about the caloric intake, BMI, obesity rates, and what these habits can lead to. Make sure they also encourage good behavior

East Central

No/Low Cost Idea:

- Healthy foods at football games
- Healthy food fundraisers at schools
- Cooking demos with healthy HEB products utilize HEB “combo locos”
- Promote in AISD folder day
- Utilize gyms already in place
- Neighborhood walk programs – large baby boomer population getting ready to retire = large volunteer population

Off the Wall Idea:

- Zoning that restricts density of fast food
- Volunteers for group taxis to grocery stores
- Utilize HEB Buddy products for kids discounts for buying HEB products

Action Plan:

- Marathon kids for young mothers
- Partner with Onion Creek Neighborhood Assoc. with Dove Springs N.A.
- Inventory and complete sidewalks between WM Canon and/or Stassney & groceries/schools/parks/etc.
- Put alarm button/emergency call button in parks – “call boxes”

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- Neighborhood associations create “shifts” when adults are present to create sense of safety
- UT Kinesiology students do projects – in parks and get people familiar and comfortable with them
- Austin Parks Foundations – have COA adopt an east side park to enrich it – lighting etc.
- APD: have places where officers frequent near parks.
- Heart House – do they have an East location? If not they should and emphasize health and nutrition