


**Skill Building Session I:
Community-Level Physical Activity
Policy Change: "The How To"**

**Leading the Way in Public Health
Nutrition and Physical Activity:
Blazing New Trails**


**Salt Lake City, Utah
June 12-14, 2011**



Produced by the Alabama Department of Public Health Video Communications and Distance Learning Division

**Skill Building Session I:
Community-Level Physical Activity
Policy Change: "The How To"**

**Billings, Montana:
Our Path to Complete Streets**



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Faculty

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RiverStone Health
Billings, Montana**




Billings, Montana

- Southeast Montana
- 104,000 residents
- Medical hub of region




The Alliance

- Nick Wolter, MD, Billings Clinic
- Lil Anderson, RiverStone Health
- Jason Baker, St. Vincent Healthcare



Community Health Assessment

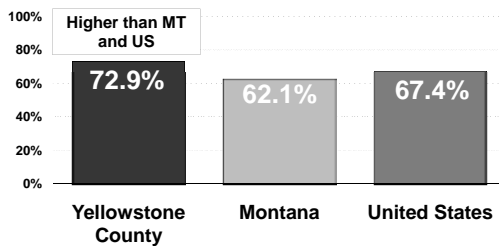
- Completed initially in 2005
 - Again in 2010
- Sponsored by the Alliance
- Randomized telephone survey of Yellowstone County adults
- No single critical health issue emerged
- Referred to hereafter as “CHA”

2005 CHA Results

- Yellowstone County residents are struggling with these modifiable health risks:
 - 89% present one or more cardiovascular disease risk factors
 - 63% are overweight or obese
 - Only 41% meet physical activity recommendations

2010 CHA Results

- 72% are overweight or obese
- This is over a 10% jump in 5 years!



2010 CHA Results



Alliance Response to the CHA

- Action
 - Form the Healthy by Design Advisory Committee
- Vision
 - A community that is Healthy by Design

Alliance Response to the CHA

- Mission
 - Collaborate across sectors to create healthier lifestyles



Healthy by Design Advisory Committee

- Better Billings Foundation
- Big Sky EDA
- Big Sky State Games
- Billings Clinic
- Billings Family YMCA
- Cancer Control Coalition

Healthy by Design Advisory Committee

- Chamber of Commerce/CVB
- City-County Planning Department
- Community health advocates
- League of Women Voters
- McCall Development
- MET Transit

Healthy by Design Advisory Committee

- MSU-Billings
- MSU-Extension Service
- Nutrition for the Future
- RiverStone Health
- Safe Routes to School
- St. Vincent Healthcare
- School Health Advisory Committee

2007 - 2009

- City of Billings Growth Policy - 2007
 - Health Impact Assessment
 - Community Health section



2007 - 2009

- Complete Streets – 2009
 - ACHIEVE grant
 - Nutrition and Physical Activity grant
 - Goal
 - Complete Streets Policy

Healthy by Design Subcommittees

- Community health assessments
- Health impact assessments
- Worksite nutrition
- Recognition program
- Complete Streets

What are "Complete Streets"?

- Designed and operated to enable safe access for all users
- Pedestrians, bicyclists, motorists, and public transportation users of all ages and abilities are able to safely move along and across a complete street

- Source: National Complete Streets Coalition; www.completestreets.org

Complete Streets



Complete Streets



The Education Process

- Trailhead to Health Summit
- Complete Streets Workshop
- Public presentations



Complete Streets Ad Hoc Committee

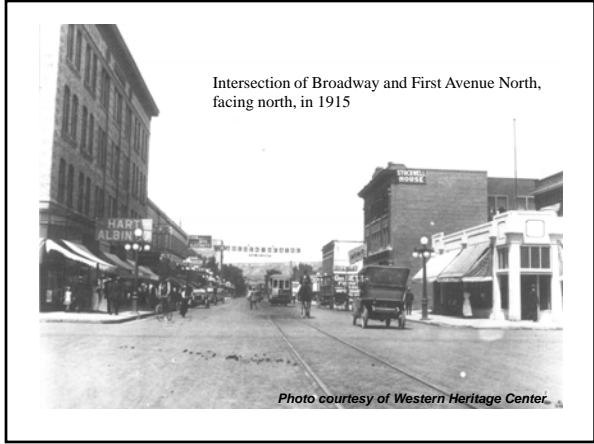
- Chamber of Commerce
- RiverStone Health
- Billings Clinic
- City-County Planning Department
- Public Works
- MET Transit

Complete Streets Ad Hoc Committee

- McCall Development
- Sanderson Stewart
- Billings Association of Realtors
- City Council members
- Billings Bicycle-Pedestrian Advisory Committee



Lessons Learned



Intersection of Broadway and First Avenue North, facing north, in 1915

Photo courtesy of Western Heritage Center.



search ID: jdujn35

"Your Silo or mine?"

***“Nothing great in the world has ever
been accomplished without
passion.”***

George Wilhelm Friedrich Hegel



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