

# Working together for an Active South Australia



A forum for organisations and individuals with an interest in supporting physical activity

Strategies for creating active, walkable and connected communities

## Program

Friday 20 November 2015

9.30am–3.30pm (registration from 9.15am)

Adelaide Pavilion Veale Gardens

Corner South Terrace and Peacock Road

Parkview Room



## Move More, Sit Less!

9.15am Registrations open

9.30am Forum Welcome

Ms Rachel McKay, Director of Health, Heart Foundation SA

9.40am Overview of the Heart Foundation's 'Blueprint for an Active Australia'

Melanie Smith, Partnership and Linkage, Heart Foundation SA

10.00am Creating active and connected communities

Mark Fenton, US based international health, planning and transport consultant

11.00am Morning tea

11.30 Addressing social inequities in physical activity and sedentary behaviours

Dr. Kylie Ball, Centre for Physical Activity and Nutrition, Deakin University

12.30 Mobilising communities - pushing through the barriers

Fraser Keegan, State Manager OPAL SA Health

1.00pm Lunch

1.30pm The Call to Action on Walking and Walkable communities in the US

Mark Fenton, US based international health, planning and transport consultant

2.00pm Q & A. 'A conversation with the presenters'

2.45pm Alignment of organisation priorities with the Heart Foundation's 'Blueprint for an Active Australia'

Presentations by Active Ageing Australia, ACHPER SA, Walking SA, & Heart Foundation Walking

3.00pm Priorities for Blueprint Implementation in South Australia

Mapping existing effort, identifying next steps and opportunities for collective action

3.25pm Closing address and next steps

Rachel McKay, Director of Health, Heart Foundation SA

## This forum, the first of series of collaborative events, will focus on:

- A framework for action: the Heart Foundation's 'Blueprint for an Active Australia'
- Creating active and connected communities through walking and active travel
- The call to action on walking and walkable communities in the US and the lessons learned
- Addressing social inequities in physical activity and sedentary behaviours
- Mobilising communities



## Guest speakers

### **Mark Fenton, US based international health, planning and transport consultant**

*Creating active and connected communities. International examples and experiences. A call to action on walking and walkable communities in the US and the lessons learned.*

Mark is a vocal advocate for non-motorized transportation and public-policy initiatives to encourage more walking, bicycling and transit use. He is adjunct associate professor at Tufts University's Friedman School of Nutrition Science and Policy in the US and former host of the "America's Walking" television series. Mark chaired the Transportation, Land Use and Community Design committee of the US National Physical Activity Plan. He has authored a number of books, co-developed the University of North Carolina's Safe Routes to School training curriculum and facilitated the National Center for Bicycling and Walking DC walkable community workshop series.



Mark Fenton

### **Dr. Kylie Ball, Centre for Physical Activity and Nutrition, Deakin University**

*Addressing social inequities in physical activity and sedentary behaviours. Understanding and identifying actions for addressing social determinants.*

Kylie is a NHMRC Principal Research Fellow in the Centre for Physical Activity and Nutrition at Deakin University. Kylie leads a program of research focused on addressing socioeconomic inequalities in diet, physical activity and obesity and is particularly interested in understanding and modifying the behavioural, social and environmental determinants of body weight and weight-related behaviours, especially amongst women and those experiencing socioeconomic disadvantage.



Dr. Kylie Ball

### **Fraser Keegan, Obesity Prevention and Lifestyle (OPAL) Program SA Health**

*Mobilising communities - pushing through the barriers. Can one small step lead to a giant leap? A model for action.*

Fraser is the current State Manager of OPAL and has worked in the areas of recreation and sport, education and training, and public health via a range of strategic and operational positions. Most recently he was the Manager of the Marion OPAL site and prior to that was the Manager of the state-wide be active program. These and other roles have provided him with experience in local program delivery as well as state-level policy contexts. He is a passionate advocate for children's wellbeing and sees the critical importance of increasing physical activity across the community.



Fraser Keegan

For further information please email Melanie Smith, Partnership and Linkage Heart Foundation SA on [Melanie.Smith@heartfoundation.org.au](mailto:Melanie.Smith@heartfoundation.org.au) or call **08 8224 2816**

To find out more about the work of the Heart Foundation please visit [heartfoundation.org.au](http://heartfoundation.org.au)  
Join our Healthy By Design network [healthybydesignsa.com.au](http://healthybydesignsa.com.au) to support active living and be inspired.

