

**Breakout Session I. Making Healthy Parks, Healthy People a reality:  
Experiences and ideas about making the connections between disciplines**

For this session, we will group people in such a way that there will be a mix of experiences and professions. Each table will consist of 6 people and we'd like one person to record key ideas that arise out of the discussions.

This discussion will be based on what experiences – if any – people have with Healthy Parks/Healthy People or experiences that relate to the two concepts, separately or together. What we seek here is a summary of those experiences and then a brainstorm session about the intersecting relationship between the parks and health sectors. How can park interests integrate with health interests and vice versa? The morning keynotes/plenaries will have generated some ideas to inspire us.

For background: <http://www.hphpcentral.com/> has articles on ideas such as the value of art in parks, traditional knowledge in parks, wellbeing assessment approaches, children and parks, and psychological reactions to green space. While we are upbeat, do not be afraid to question the just-so stories or careless assumptions that can be made by advocates or even in research. We seek a critical analysis as well as suggestions for more fruitful avenues of both research and action.

**Breakout Session II. Making Healthy Parks, Healthy People a reality:  
How to integrate HPHP into communities**

For this session, we will continue the theme of creating groups that represent a mix of experiences and professions. Each table will consist of 6 people and we'd like one person to record key ideas that arise out of the discussions.

Here we seek ideas on how communities might engage with and use the HPHP concept. How, in the face of austerity, might this work? Or should it work – is HPHP viable or a best practice/approach? What is missing? How far should we go with advocacy – do we understand what HPHP entails at a sophisticated level. Of course, participants' experience with HPHP will vary so we appreciate that some will have less understanding personally. It will be important for this meeting to assess the level of experience from session I and how that constrains or frees session II's ideas on community integration.

Once again, <http://www.hphpcentral.com/> has articles that will be helpful for participants.

Sessions I and II should lead to an ability of the conference organizers to put together a short scholarly or professional article about the state of art/science understanding we have in Ontario (as most participants will be from Ontario) and across different sectors. It will be useful to see if Ontario has – as we suspect – a core group of people interested in HPHP for various reasons and to see how our knowledge, experience, and interest stacks us with other jurisdictions.

All participants will be acknowledged in any publication and some participants may wish to be involved as authors.

## Ideas for focused topics for the breakout sessions

While participants can veer from the topics below, the organizers will suggest that we should address many of these issues; we will ask if groups are willing to self-select around these topics.

- urban parks as a stepping stone to provincial park use
- recreation versus conservation, and how to balance both
- wildlife and natural history education (i.e., parks as environmental education hubs)
- parks and exercise ('green exercise', low-footprint vacations, physical health benefit of outdoor recreation)
- parks and relaxation/restoration (stress reduction, physical and psychological health benefits)
- parks and pollution (i.e., indicators of ecosystem health, problems with overuse)
- integrating HPHP into public policy (what's missing; what are the goals)
- motivating park visitors (increasing interest and knowledge)
- parks and climate change (transportation to/from parks, education and awareness with park examples)