

# Healthy Parks and Healthy People 2015

## A Conference and Workshop

### General Information & Draft Agenda

We have updated the titles of presentations - 23/04/15

Sponsored By:

Centre for Applied Sciences in Ontario Protected Areas (CASIOPA)

Ontario Ministry of Natural Resources & Forestry

University of Waterloo - Centre for Ecosystem Resilience & Adaptation (ERA)

University of Waterloo - Department of Environment & Resource Studies (ERS)

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## Wednesday May 6 & Thursday May 7 2015

### at the University of Waterloo Federation Hall Conference Centre

“Healthy Parks, Healthy People” is a research agenda but most importantly it is action – an action that is going on around the world. Healthy Parks, Healthy People is eponymous – it is indeed about integrated approaches to better health of humans and their environmentally protected areas. Join us in Waterloo Ontario for one of the first Canadian conferences about this important approach. Attendees will include everyone from professionals and students from private, government, NGO, and academic sectors interested in expert advice, participatory discussions, and submitting contributed presentations. We have terrific speakers, including:



Diana Allen  
Chief, US National Parks  
Service Healthy Parks Healthy  
People National Program



Bill Killburn  
Royal Botanical Gardens  
& Manager of the Back to  
Nature Network

- **Audience.** We intend this conference to appeal to a broad audience of professionals and students from private, government, NGO, and academic sectors interested in expert advice, roundtable participation, and contributing presentations to the thorny problem of concurrent management and motivating people to visit parks and protected areas that improve human health and maintain ecological integrity.
- **Registration is Online.** For Day 1, all meals and nutrition breaks are included. For Day 2, all breaks and meals are included, *except dinner*. Fees & Accommodation information is via the registration link: <https://www.regonline.ca/Register/Checkin.aspx?EventID=1672303>
- **Reaching the University of Waterloo** by foot, bike, bus, car, train, or plane is easy:
  - <https://uwaterloo.ca/about/how-find-us/maps-and-directions>
  - <http://www.regionofwaterloo.ca/en/gettingAround/To-and-From-the-Region.asp>

## Wednesday May 6. Making Healthy People, Healthy Parks A Reality.

0800-0855	Registration and Breakfast
0855-0900	<b>Introductory Remarks</b>
0900-1000	Keynote: Bill Kilburn Royal Botanical Gardens & Manager of the Back to Nature Network
1000-1030	Discussion with Bill Kilburn
1030-1100	<b>Refreshment/Networking Break</b>
1100-1200	Plenary: Catherine McAllister, University of Waterloo Where have all the children gone? Community, Nature and the Child Friendly City
1200-1300	<b>Lunch Break</b>
1300-1330	Keynote: Paul Eagles, University of Waterloo & WCPA HHP at the World Parks Congress – Ideas for Our Breakout Sessions
1300-1400	Breakout Sessions I. Making Healthy Parks, Healthy People a reality: Experiences and ideas about making the connections between disciplines
1430-1500	<b>Refreshment/Networking Break</b>
1500-1630	Breakout Sessions II. Making Healthy Parks, Healthy People a reality: How to integrate HHP into communities
1630-1800	<b>Brief Announcements as Needed + Free time (pre-dinner)</b>
1800-onward	<b>Dinner at Conference Venue</b> <b>After Dinner Libations Elsewhere</b>

We wanted to spend the afternoon giving all attendees the chance to interact with our speakers – and most of our day 2 speakers will be here already as well. And we wanted people to get a chance to speak their minds about what issues within HHP interest them. We'll facilitate the sessions – the number of breakout groups will depend on final registration but we plan to keep the groups small enough to ensure all voices are heard. We'd like to turn these discussions into both actions once the conference is over and also a reflective publication on what issues our attendees saw as being important and how to solve them within the context of the subjects of the two breakout sessions.

## Thursday May 7. Research & Reflections on Healthy People, Healthy Parks

0800-0855	Registration and Breakfast
0855-0900	<b>Introductory Remarks by Organizing Committee Delegate</b>
0900-1000	Keynote: Diana Allen Chief, US National Parks Service Healthy Parks Healthy People National Program Parks at Hand for a Healthy Future
1000-1030	Panel Discussion on Healthy Parks, Healthy People
1030-1100	<b>Refreshment/Networking Break</b>
1100-1200	Plenary: Lisa Nisbet, Trent University The Nature Connection and Psychological Well-Being
1200-1300	<b>Lunch Break</b>
1300-1400	Plenary: Robert Orland, Orland Conservation Parkland Securement: Connecting People & Places for Healthy, Green Communities
1400-1445	Plenary: Scott Mitchell, Canadian Mental Health Association Ontario How 'Mood Walks' Promotes Healthy Lifestyles and Quality of Life for HPHP
1445-1515	<b>Refreshment &amp; Networking Break</b>
1515-1700	Symposium: What 'Healthy Parks & Healthy People' Means: Planning & Assessment Approaches for Ecology, Economy & Society  Chris Lemieux, Wilfrid Laurier University 1515-1535 Krystyn Tully, Lake Ontario Waterkeeper 1535-1555 Neluka Leanage, groundSHIFT/modemaps Inc. 1555-1615 Sondra Eger, University of Waterloo 1615-1635 Jody Andruszkiewicz/Steve Murphy, University of Waterloo 1635-1655
1700-1800	<b>Free time (pre-dinner)</b>
1800-onward	<b>Dinner at various venues around Waterloo</b>