

LEADERSHIP FOR HEALTHY COMMUNITY DESIGN

A program of the Regional Institute for Health & Environmental Leadership

The **PURPOSE OF THE PROGRAM** is to improve the health of people and the environment by building the capacity of Colorado communities to lead, plan and execute healthy community design projects.

PROGRAM PARTICIPANTS WILL:

- Build their **leadership skills and capacity**
- Expand their **collaborative leadership** practices
- Learn how to promote and foster **healthy community design** practices
- Strengthen their relationships and **strategic partnerships** across disciplines and jurisdictional lines
- Build their capacity for effective **community engagement**
- Receive personal **coaching** for leadership development
- Receive **technical assistance** for **successful project** development and implementation

The **PROGRAM CURRICULUM** includes the following topics:

- Collaborative Leadership
- Communication Skills
- Inclusive Community & Stakeholder Engagement
- Economic Benefits of Healthy Design
- Exemplary Leadership Practices
- Health Equity and Environmental Justice
- Healthy Community Design Principles & Practices
- Messaging and Framing
- Health in All Policies
- Systems Thinking
- Teamwork

What are Healthy Community Design Principles & Practices?

A collection of principles, tools and strategies that, when applied to built environment projects, can have a positive effect on the health of people and the environment. Examples include:

- Mixed land use and greater land density
- Accessible transit options
- Bicycle and pedestrian infrastructure and connectivity
- Multi-modal transportation
- Affordable housing
- Community centers
- Safe routes to school, play & work
- Green space and parks
- Access to healthy foods

Similar models and sets of principles that are encompassed by Healthy Community Design concepts include Smart Growth, New Urbanism, Green Building, LEED-ND, Sustainable Communities, and the Ahwahnee Principles.



PROGRAM CONTACT

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Collaboration • Engagement • Design

LHCD 2.0 (2017-2018) PROGRAM STRUCTURE

The 12-month long program includes:

- **Four (4) retreat training sessions.** Each session ranges in length from three to four days.
- **Six (6) distance learning sessions** – video conference sessions held monthly between the in-person retreat training sessions.
- **Assignments** between sessions including: reading, online videos, online discussion, webinars, assessments, and project development.
- **A 360° assessment** of personal leadership behaviors practiced by each participant.
- **Action learning projects** – each team implements a project or initiative that applies healthy design principles and practices in their community.
- **Monthly individual peer coaching** – for personal leadership development.
- **Team technical assistance** – each team will work with a healthy and community design expert to support the development and implementation of the team’s leadership project.

Action Learning Projects

Examples of Team action learning projects in the LHCD Class of 2015:

- Conduct a Health Impact Assessment to determine the health benefits and impacts of a Community-wide Eco Pass program.
- As a model for district-wide implementation, pilot a Safe Routes to School program in the neighborhoods surrounding two elementary schools to create safe routes for children to walk and bike between school, home and recreation. Program activities include redesigning the built environment of the neighborhood, and developing a bike safety curriculum that is embedded throughout the school year.

LHCD 2.0 Program Schedule

TIMELINE	ACTIVITY
APRIL-30 JUNE 26, 2017	Applications Due
AUG 16-17-18, 2017	Retreat Session #1 (3 Days)
SEP 2017	Distance Learning Session #1
OCT 24-25-26-27, 2017	Retreat Session 2 (4 Days)
DEC 2017	Distance Learning Session #2
JAN 10-11-12-13, 2018	Retreat Session 3 (4 Days)
FEB, MAR, & APR 2018	Distance Learning Sessions #3, #4 & #5
MAY 2-3-4, 2018	Retreat Session 4 (3 Days)
OCT 2017 – MAY 2018	<i>Peer Coaching, Team Technical Assistance, Project Development & Implementation</i>

PROGRAM PARTICIPANTS

Participants attend in small teams:

- **Three members each.**
- **Self-selected.** Members create their own team and apply.
- **Multi-disciplinary.** Members within each team reflect diverse disciplines, or areas of interest/expertise that relate to healthy community design planning and implementation.
- **Geographically-based.** Each team represents a self-defined geographic region in Colorado.
- **Committed** to working on healthy community design issues within their respective communities.

Application Details at <https://www.rihel.org/leadership-for-healthy-community-design/application/>