

Philadelphia Healthier Generation Summit

On Tuesday, May 6, 2014 over 70 teachers, principals, Out-of-School Time (OST) staff, executive directors, and stakeholders gathered for the Philadelphia Healthier Generation Summit, hosted by the Alliance for a Healthier Generation. The Summit was organized by Sara Couppas, Healthy School Program Manager, and Lauren Puzen, Healthy Out-of-School Time Manager.

Participants were on the edge of their seats at the Lenfest Center in North Philadelphia, as Mickey Kommins, Principal and Alliance National Ambassador, shared the challenges and successes of Anne Frank School to create a healthier environment for its students. He was followed by 16-year-old Kaseir Archie, an Alliance Youth Ambassador, who shared his story of engaging youth in healthy living. These personal stories motivated participants to get on their feet and kick-off the day with the Fit for a Healthier Generation Zumba video.

Once energized, participants were fully ready for the 3 educational workshops. The first, "Staff Wellness: in Schools and OST," educated participants on how to engage staff to build healthier environments at their schools and sites. They were able to identify the importance of staff role modeling, gain methods on how to get staff involved in their mission, and learn how to improve staff health. The second, "Youth and Family Engagement," invited participants to reflect on what they are currently doing to engage youth and families at their sites. Additionally, they identified ways to build awareness among youth and families and gained tips, resources, and best practices on how to engage and garner their support. The third, "Let's Celebrate," allowed participants to learn what others are doing successfully at their sites to encourage healthy eating and physical activity. The workshop increased knowledge of how celebrating success can help enhance and sustain momentum in making healthy changes.

At the Healthy Resource Café, a breakout session focused on resource sharing, some great community partners brought resources to share with schools and out-of-school time sites. Participants were able to connect with the following organizations:

- [Playworks](http://www.playworks.org); Marjorie Nightingale, mnightingale@playworks.org.
- [Boys & Girls Clubs of Philadelphia](http://www.bgcbp.org); Libby Lescalleet, lescalleetl@bgcphil.org.
- Health Promotion Council; Robin Rifkin, rrifkin@phmc.org; Lauren Williams, lwilliams@phmc.org.
- Eat Right Now; Muffin Friedman; jfriedman@philasd.org.
- PHILADELPHIA HEALTH INITIATIVE: Weigh In Guide; Alexis Skoufalos, alexis.skoufalos@jefferson.edu.
- Urban Nutrition Initiative; Julie Lenard, juliel@urbannutrition.org.

Additionally, participants had the opportunity to hear from leaders in health in the Philadelphia area. Nancy Peter, from the Out-of-School Time Resource Center at the University of Pennsylvania, facilitated a discussion with the following panelists: Amanda Wagner, Philadelphia Department Public Health, Betty-Anne Creighton, School District of Philadelphia, Kacy Conley, Pennsylvania Statewide Afternoon Youth Development Network, Kaseir Archie, Alliance for a Healthier Generation, Youth Ambassador, and Staci Stills, Philadelphia Parks and Recreation.

The Summit received glowing reviews. Participants loved the physical activities, saying they are "a great resource and something easy to bring back to our

sites." Participants also said they liked the networking and were able to connect with others, share ideas, and find some great resource partners to work with. Many participants benefitted from the speakers, and the discussion panel. Said one participant, "hearing what others are doing and how it worked helped to build confidence in what we are doing." All participants left with new ideas to implement and a renewed sense of motivation to increase their involvement with the Healthy Schools Program and Healthy Out-of-School Time Initiative.

Since the Summit, the Alliance staff has been invited to be a part of the steering committee for the Philadelphia Health Initiative, and participants have also reached out to Alliance National Ambassador Mickey Kommins. Alliance staff have also received requests for additional trainings, access to online resources, and Fit for a Healthier Generation videos.

Most importantly, Summit participants were motivated to empower their staff to implement more healthy changes at their sites. Some great examples of success include: a Healthy Out-Of-School Time site purchased over 500 water bottles to increase water intake among their youth, a school principal started using the Fit for Healthier Generation videos with staff and students, and multiple schools are designing a plan to achieve the Alliance's national recognition standards.

Lauren Puzen, MSW, MPH

*Healthy Out-of-School Time Manager,
Philadelphia*

Alliance for a Healthier Generation

Lauren.Puzen@healthiergeneration.org