

ANNOUNCING:



LMCTC ALL-STARS



NATIONAL
LEAGUE
of CITIES



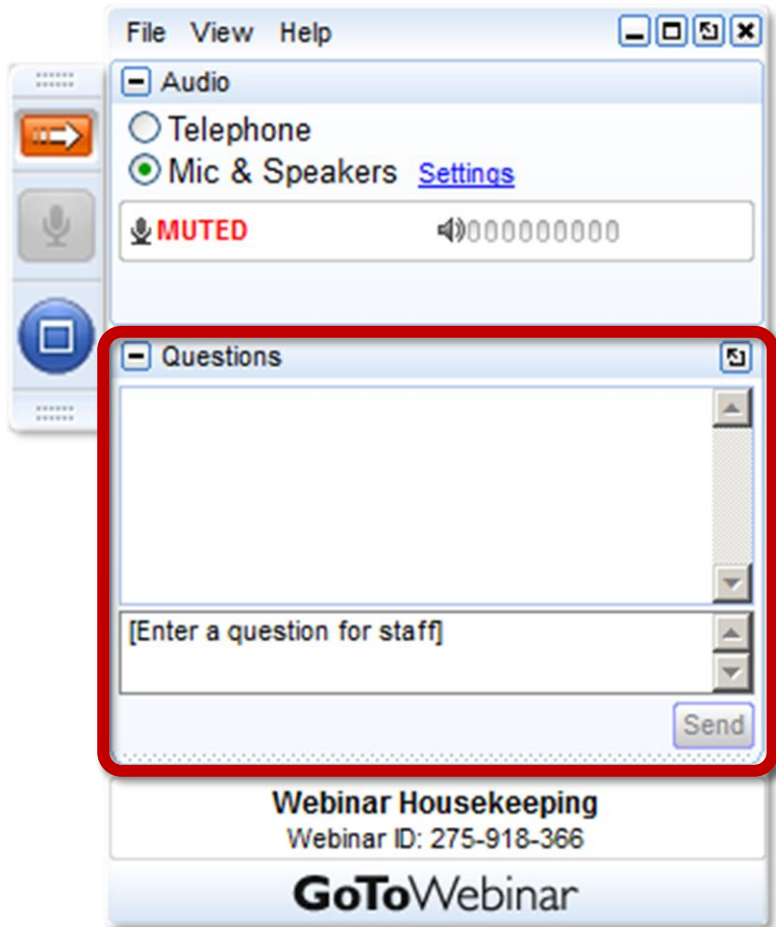
Webinar

May 20, 2015

Agenda

- Welcome
- Update of Numbers
- Creation of All-Star Strategies
- Overview of All-Star Strategies
- Process for Participation
- Q and A

Send us your questions



Your Participation

- Please submit your text questions and comments using the Questions Panel
- Note: Today's presentation is being recorded. Slides and recording will be sent within 48 hours.

Update of Numbers

- Of the 480+ communities participating in LMCTC, **31** cities and counties have completed all five goals.
- Many other cities and counties are just a few medals away from five gold medals.



Why LMCTC All-Stars?

- LMCTC sites who have achieved the five LMCTC goals have expressed interest in taking on more advanced and challenging activities as a next step.
- Keep high-achieving cities and counties both engaged and motivated.
- Move to more challenging, evidence-based strategies.
- Greater focus on policy, which is generally more sustainable.



Identifying the All-Star Strategies

- Process included:
 - ▣ Review of the scientific literature to see what strategies have evidence.
 - ▣ Interviews with cities/counties.
 - ▣ Surveying of cities/counties.
 - ▣ Consulting with subject matter experts from federal gov't and national non-profits.
- Considerations included:
 - ▣ Whether this would be new work for most cities/counties.
 - ▣ If the strategies would be feasible for most city/county sizes.
 - ▣ Whether the strategies aligned with existing national priorities.

General Structure

Only LMCTC sites that have reached gold in all five LMCTC goal areas are eligible to participate.

8

Eight strategies to choose from, each with recommended actions.

4

Cities/counties will choose four strategies to work on, selecting action to take under each strategy.

Definitions:

- Strategy: One of the 8 topic areas
- Action: The specific activity a site is committing to take on within a strategy.
- LMCTC All-Star Candidate: An LMCTC site that has completed their *Strategies and Commitment Form*.
- LMCTC All-Star: An LMCTC site that has successfully completed their 4 commitments.

Strategy I: Bicycle Friendly Community



- *Make structural and/or policy changes to create a more bicycle friendly community.*
- Recommended Actions: Bicycle master plan, bicycle advisory group, Increase mileage of bike plans, safe passing distance ordinance, bicycle parking ordinance, outfit city buses with bike storage racks.

Strategy II: City Design Guidelines

- *Develop and implement city design guidelines that encourage walking and other forms of physical activity.*
- Recommended Actions: Develop and implement city/county design guidelines; revise existing guidelines; incorporate healthy city design into general plan; work with builders or real estate developers on health-focus design.



Strategy III: Slow Zones



- *Implement infrastructure improvements related to establishing/enhancing slow zones near schools, parks, afterschool programs, and recreation centers.*
- Recommended Action: Establish or enhance slow zones and employ traffic calming near schools, parks, afterschool programs and/or recreation centers.

Strategy IV: Healthy Meeting Guidelines

- *Adopt and implement healthy meeting guidelines at city/county meetings or when outside organizations use city/county-owned venues.*
- Recommended Action: A policy addressing foods/beverages purchased using city/county funds, meetings in city/county facilities, and/or including physical activity breaks or components.



Strategy V: Business Recognition Program

- *Develop and implement a local recognition program for area businesses that implement certain wellness policies.*
- Recommended Action: Create a local recognition program for businesses, or provide technical support to businesses if an existing program exists at the regional or state level.

Strategy VI: Farmers' Markets

- *Make policy and/or programmatic changes to expand the number and utilization of farmers' markets.*
- Recommended Actions: Policy changes to expand access to farmers' markets; city/county program support; ensuring accessibility to farmers' markets for low-income populations.



Strategy VII: Community Gardens/Urban Agriculture

- *Develop and implement zoning changes and/or ordinances to promote and increase access to community gardens and urban agriculture.*
- Recommended Actions: Policy changes to support community gardens and urban agriculture; city/county program support; identifying and converting vacant or underutilized lots.



Strategy VIII: Breastfeeding Policies

- *Develop and implement breastfeeding policies for city/county facilities and employees in accordance with, or going beyond state/federal law.*
- Recommended Action: A policy that includes components such as flexible break times for lactation, breastfeeding support groups, lactation rooms in city hall, employee education, private storage areas for expressed milk.

All-Stars Webpage

NATIONAL LEAGUE of CITIES | **NLC** is working in conjunction with *Let's Move! Cities, Towns and Counties* to create healthier communities for healthy kids. **let's move cities towns & counties**

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ALL-STARS

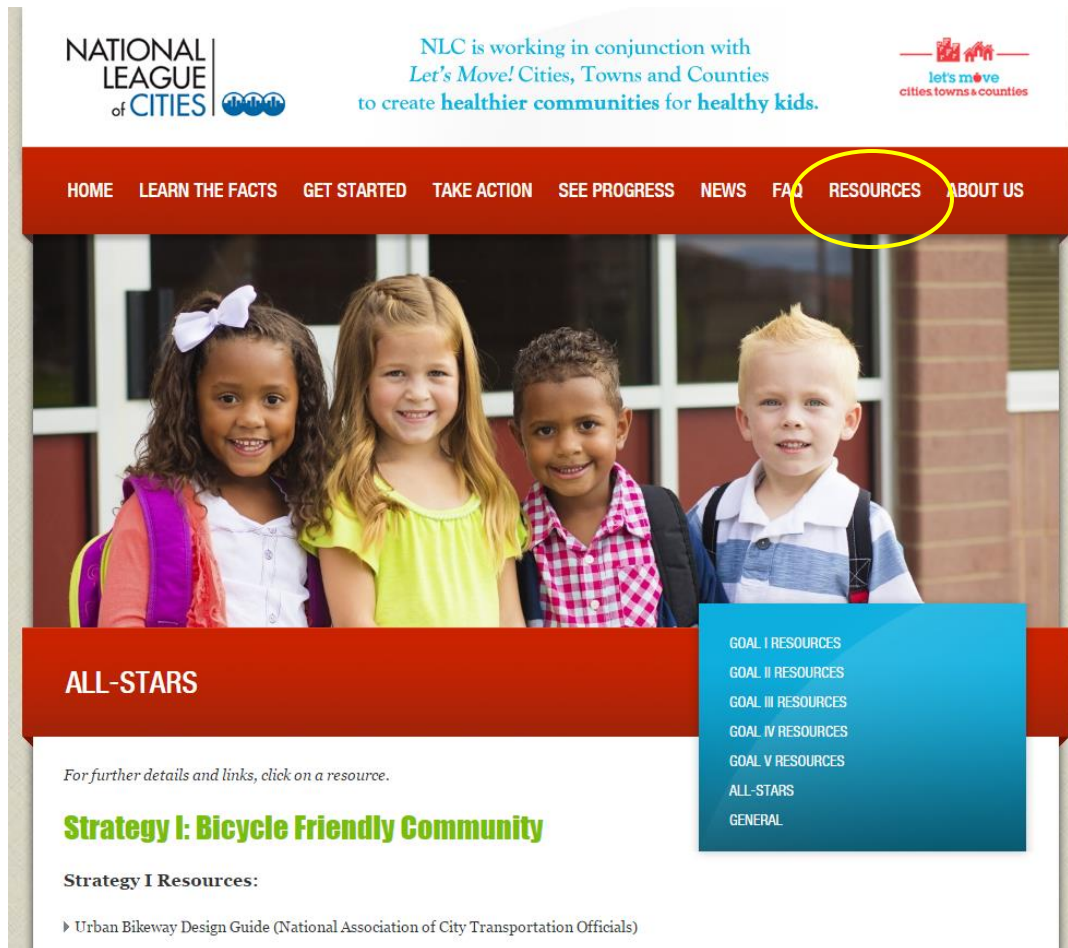
Let's Move! Cities, Towns and Counties (LMCTC) has seen incredible success over the past few years with over 30 cities and counties achieving gold medals in all five LMCTC goals. Many other participating communities anticipate reaching this designation in the next year.

Increasingly, LMCTC communities have expressed interest in taking on more advanced and challenging activities as a next step after completing the five LMCTC goals. As a result, the National League of Cities (NLC) and the U.S. Department of Health and Human Services (HHS) have developed eight new strategies, called **LMCTC All-Star Strategies**. These strategies were developed through a review of the scientific literature and discussions with cities and subject matter experts from a variety of federal and nonprofit partner organizations.

Only LMCTC sites that have reached gold in all five LMCTC goal areas are eligible to pursue these All-Star Strategies.

www.HealthyCommunitiesHealthyFuture.org/All-Stars

Resources and City Examples



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For further details and links, click on a resource.

Strategy I: Bicycle Friendly Community

Strategy I Resources:

- ▶ Urban Bikeway Design Guide (National Association of City Transportation Officials)

GOAL I RESOURCES
GOAL II RESOURCES
GOAL III RESOURCES
GOAL IV RESOURCES
GOAL V RESOURCES
ALL-STARS
GENERAL

<http://www.HealthyCommunitiesHealthyFuture.org/View-Resources/All-Stars/>

Process for Participation

- Cities/counties complete and submit *Sign Up Form*, indicating they want to pursue All-Star Strategies.



Process for Participation (Cont.)

- Cities/counties complete and submit the *Strategies and Commitments Form*, committing their four strategies and specific actions.
- NLC reviews and approves the *Strategies and Commitment Form*.

Once *Sign Up Form* and *Strategies and Commitments Form* are submitted and approved = LMCTC All-Star Candidate

Process for Participation (Cont.)

- NLC and subject matter experts provide technical assistance.
- Cities/counties report progress using the *Reporting Form*. Documentation of work is required.
- LMCTC All-Star Candidate becomes an LMCTC All-Star when four commitments are complete.

Questions?



A screenshot of a GoToWebinar interface. The top window is titled "Audio" and has a menu bar with "File", "View", and "Help". It contains radio buttons for "Telephone" and "Mic & Speakers" (which is selected). Below the radio buttons is a "MUTED" indicator with a microphone icon and a volume slider set to 0. The bottom window is titled "Questions" and is highlighted with a red border. It contains a text input field with the placeholder text "[Enter a question for staff]" and a "Send" button. At the bottom of the interface, it displays "Webinar Housekeeping", "Webinar ID: 275-918-366", and the "GoToWebinar" logo.

THANK YOU!



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