



# LEVERAGING A MORE LIVABLE SA

## HEALTH & THE BUILT ENVIRONMENT

— CONFERENCE PROGRAM —

November 13, 2015 Henry B. Gonzalez Convention Center



CITY OF SAN ANTONIO  
METROPOLITAN HEALTH DISTRICT



# WELCOME



Welcome to the 2015 Health and the Built Environment Conference! Under the leadership of Metro Health and with strong support from our sponsors we can look forward to a day of learning, debate and problem-solving focused on improving our community. Now more than ever San Antonio offers opportunities for healthy lifestyles and our public policies are increasingly aligned to enhance quality of life, our local environment and our economy—but there is still much work to be done. The root cause of concerns ranging from air quality to obesity can be traced to San Antonio’s physical footprint, and finding solutions can seem a daunting task.

Today’s conference will provide not only the practical information but also the inspiration to keep us moving in the right direction. Even more importantly, we are creating a network of like-minded advocates and professionals who understand that design of the built environment is critical to our success as a growing, diverse and vibrant city. We must collaborate today to plan for and become the kind of city our children will want to call home.

This third annual conference will help us better understand the links between topics as varied as our changing demographics, technological innovation, and mental health approaches. Most fundamentally, it will remind us that we must work together to implement infrastructure and programmatic solutions that have multiple benefits in areas as diverse as small business growth, public safety and the adequacy of our water resources.

Thank you for attending today and for committing your time and talent to these challenges!

A handwritten signature in black ink that reads "Ivy R. Taylor".

Mayor Ivy R. Taylor

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# AGENDA

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## MORNING

**7:15 – 7:45 a.m.** – Registration & Breakfast (Room 103)

**7:45 – 8 a.m.** – Opening Remarks (Room 103)

Mayor Ivy R. Taylor

Vincent Nathan, PhD, MPH, Metro Health

**8 – 9 a.m.** – Vision Zero: A Resident's Perspective (Room 103)

Introduction by Councilwoman Shirley Gonzales

Cathy Tuttle, Executive Director, Seattle Greenways

**9:10 – 10:10 a.m.** – Breakout Session I:

Planning for a Healthy Tomorrow (Room 103)

Food and the Built Environment: Inspiring Change at All Levels  
(Room 102)

**10:20 – 11:20 a.m.** – Breakout Session II:

Affordable Neighborhoods (Room 103)

Leveraging Authentic Livability in All Neighborhoods (Room 102)

Bats, Birds, Bees & Trees (Room 101)

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# AFTERNOON

**11:20 a.m.** – Lunch (Room 103)

**11:45 a.m. – 12 noon** – Mayor Ivy R. Taylor (Room 103)

**12 noon – 12:40 p.m.** – Vibrant Downtown: Vibrant Workforce (Room 103)

Graham Weston, Chairman of Rackspace and Co-Founder of  
Weston Urban & 80/20 Foundation

Robert Rivard, Founder of the Rivard Report

**12:50 – 1:50 p.m.** – Livable & Affordable Neighborhoods: A Real Estate Developer's Perspective (Room 103)

Robert Chapman, Founding and Managing Director, Traditional  
Neighborhood Development Partners, LLC.

**2 – 3 p.m.** – Breakout Session III:

The New Urban Techover (Room 103)

Lean, Green Past • Lean, Green Future (Room 102)

Built for Wellness: Mentally/Emotionally/Spiritually (Room 101)

**3:10 – 4 p.m.** – Grand Finale:

Roadmapping Success in the Built Environment (Room 103)

# CATHY TUTTLE

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**8 – 9 a.m.**

## **Vision Zero: A Resident's Perspective** **ROOM 103**

Cathy Tuttle  
Executive Director, Seattle Greenways

The healthiest, most livable communities in the country are those with a history of strong resident advocacy and connectedness between residents and government agencies. This session explores how San Antonio can take the Vision Zero campaign seriously through all stakeholders in the city, and create a lasting impact for future generations to enjoy a built environment that is conducive to health. *Topics covered: Public Safety, Transportation, Active Living, Community Engagement, Quality of Life.*



Cathy Tuttle builds relationships between city government officials, non-profits, and Seattle Neighborhood Greenway's extensive coalition of volunteers in order to plan, advocate, and activate a safe and comfortable street network for all. She is a thought

leader in safe streets and has published papers on bicycle and pedestrian design and safety issues.

Tuttle has a PhD in Urban Design and Planning from the University of Washington and a certificate from Portland State University in Bicycle Facilities Planning and Design. She received the highest individual award from Sustainable Seattle in 2011 and the Sustainable PATH Foundation Pathbreaker Award in 2012. In addition, she has served on the Seattle Mayor's School Road Safety Task Force and Seattle Public Schools Traffic Safety Committee. In 2007, Tuttle started Cascade Bicycle Club's first "easy" ride series called Spokespeople Rides. She is a ride leader, and has trained over 20 ride leaders who develop monthly "easy" bicycle rides for all ages and abilities.





# BREAKOUT SESSION I

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**9:10 – 10:10 a.m.**

## **Planning for a Healthy Tomorrow ROOM 103**

Explores “SA Tomorrow” – San Antonio’s comprehensive, multi-modal transportation and sustainability plan for the future; specifically focusing on the aspects that are critical in improving public health. *Topics covered: Land Use, Air Quality, Transportation, New Urbanism, Planning Education, Planning Research, Sustainability.*

John Dugan - Moderator  
Terry Bellamy; Doug Melnick

## **Food and the Built Environment: Inspiring Change at All Levels ROOM 102**

The role a local government can play in ensuring a healthy and sustainable food system; challenging participants to inspire change in all food environments. *Topics covered: Nutrition, Urban Agriculture, Land Use, Urban Farming, Food System, Food Access.*

Councilwoman Shirley Gonzales - Moderator  
Edwin Marty; Dr. Julie La Barba

# BREAKOUT SESSION II

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**10:20 – 11:20 a.m.**

## **Affordable Neighborhoods** **ROOM 103**

Looking beyond affordable housing strategies in order to address the root challenge – affordable living for all residents in livable neighborhoods. *Topics covered: Equity, Affordable Housing, Community Development, Social Determinants of Health.*

Judit Vega – Moderator; Carol Rodriguez; Christopher Lazaro

## **Leveraging Authentic Livability in All Neighborhoods** **ROOM 102**

Livable communities have proven to be ideal built environments to facilitate health for all residents. This session explores livability from a range of perspectives. *Topics covered: Quality of Life, Active Living.*

Peggy Brimhall – Moderator; John Simmerman; Nicolas Rivard

## **Bats, Birds, Bees & Trees** **ROOM 101**

Biophilia and leveraging biological systems to improve our physical, mental and emotional health. *Topics covered: Landscape Architecture, Sustainability, Food System, Mental Health.*

Carol Warkoczewski – Moderator; Judit Green; David Mahler; Mark Bird





# LUNCH PRESENTATION

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**11:45 a.m. – 12:40 p.m.**

**Mayor Ivy R. Taylor**  
**ROOM 103**

Mayor Ivy R. Taylor will present the afternoon remarks.

**Vibrant Downtown: Vibrant Workforce**  
**ROOM 103**

Discusses the importance of building a downtown that is ped-bike friendly and a live-work environment that is essential for all residents of San Antonio. *Topics covered: Worksite Wellness, Transportation, New Urbanism, Quality of Life, Active Living, Infrastructure.*

A conversation between Robert Rivard and Graham Weston.

# ROBERT CHAPMA

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**12:50 – 1:50 p.m.**

**Livable & Affordable Neighborhoods:  
A Real Estate Developer's Perspective  
ROOM 103**

Robert L Chapman, III  
Traditional Neighborhood Development Partners, LLC.

The majority of the built environment is formed through the private sector. This session looks at the realities of the built environment from a holistic perspective to ask a simple question: "How can we leverage a more livable and affordable city?" *Topics covered: Affordable Housing, New Urbanism, Development Finance.*



Bob Chapman is founder and managing director of Traditional Neighborhood Development Partners, LLC, of Durham, NC, which develops walkable mixed-use neighborhoods. He is also the founder of: Cygnex, LLC, a Winter Haven, FL private investment

fund; TND Capital Management, LLC, which acquires and redevelops downtown properties; and The Southlake Development Group and Southlake Utilities, Inc., of Clermont, FL. Southlake's Cagan Crossings is a walkable new-urbanist development approved for 8,000 housing units, located three miles west of Walt Disney World. Other projects include Trinity Heights for Duke University, the Village at Hendrix for Hendrix College, Legacy Park for Harding University, and Winmore in Chapel Hill, N.C.

Chapman has served as chair of the North Carolina Smart Growth Alliance; chair and founding member of National Town Builders Association; and as member of the board of the Congress for the New Urbanism. In addition, he is a founding member of the advisory board for the program in Real Estate Development and Urbanism at the University of Miami and a member of the city advisory board of Mechanics and Farmers Bank in Durham, NC.

# BREAKOUT SESSION III

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**2 – 3 p.m.**

## **The New Urban Techover**

### **ROOM 103**

How urban environments are being transformed by technology and what this means for the future. *Topics covered: Technology, Transportation, Entrepreneurship.*

Mitch Hagney – Moderator; Peter French; Steven Quintanilla;  
Councilman Roberto C. Treviño

## **Lean, Green Past • Lean, Green Future**

### **ROOM 102**

Explores San Antonio's past and future in terms of local food, economic empowerment, and a low environmental footprint. *Topics covered: Infrastructure, Lighter Quicker Cheaper, Entrepreneurship, Placemaking.*

Steven Nivin, PhD – Moderator; Steven Land Tillotson; Jeff Crane

## **Built for Wellness: Mentally/Emotionally/Spiritually**

### **ROOM 101**

Mental health is a significant factor in almost every health condition, including diabetes, cancer and even asthma. This session explores how mental health connects to the built environment in San Antonio and what we can do about it. *Topics covered: Mental Health, Public Health, Community Engagement, Architecture, Social Determinants of Health.*

Bryan Bayles – Moderator; Terry Mauldin; Carlos Cruz



# GRAND FINALE

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**3:10 – 4 p.m.**

## **Road Mapping Success in the Built Environment** ROOM 103

Join a versatile array of panelists from across the country to dive into what next steps can help drive success in San Antonio. *Topics covered: Transportation, Community Engagement, Affordable Housing, New Urbanism, Community Resilience, Entrepreneurship, Social Determinants of Health.*

Robert Rivard – Moderator; Cathy Tuttle; Robert Chapman; Adolph Delgado; Peter French



# MEET OUR



**Ivy R. Taylor** was elected Mayor of San Antonio on June 13, 2015. Prior to that, she was appointed to the office of Mayor in July, 2014, to fulfill Julian Castro's unexpired term. She had served as the District 2 City Council Representative for a total of five years beginning with her election in June, 2009. During her tenure on the City Council and as Mayor, she has remained focused on balanced growth throughout our city and targeted investment in areas

where opportunities have been limited. She led the effort to bring over \$50million in federal funding for revitalization of San Antonio's Eastside. Mayor Taylor obtained a Master's Degree in City and Regional Planning from the University of North Carolina at Chapel Hill in 1998. In 1992, she received a Bachelor's Degree from Yale University.



**Roberto C. Treviño** serves as Councilman for District 1 in San Antonio. He has 20 years of professional experience in architecture and construction management. His work frequently draws upon the time-honored traditions of vernacular architecture, reinterpreting them to evoke a presence that is timeless. This allows for every project to be unique to its situation and distinguished as part of a historical continuum. Councilman Treviño promotes a meaningful connection to our community through years of cultivated relationships and values.



**Shirley Gonzales** serves as Councilwoman for District 5 in San Antonio. She has been working in her family-owned business, Bill's Pawn Shop and Jewelry Store, for 20 years and today acts as CEO. She enjoys being a strong leader in supporting educational institutions and organizations making a difference in her district. Councilwoman Gonzales is currently appointed to the MPO Bicycle Mobility Advisory Committee and MPO Transportation Policy Board. She received both a bachelor and master's degree from the School of Business at St. Mary's University.

# R SPEAKERS



**Graham Weston** is one of the founders of Rackspace and serves as Chairman of the Board. He is active in the development of new options for urban living, entrepreneurship, and entertainment in downtown San Antonio. He also helped launch the mayor's SA2020 initiative, and created Geekdom which provides a co-working space downtown, mentorship and funding for tech startups. Weston also funds the 80/20 Foundation, which invests in programs to encourage entrepreneurship, technology education, and development in downtown San Antonio. Weston was named a "Best Boss" by Fortune Small Business magazine and was recognized as regional Entrepreneur of the Year by Ernst & Young.



**Terry L. Bellamy** is the Assistant Director for Transportation Planning & Traffic for the City of San Antonio. He is an experienced senior public administrator possessing over 30 years of advocating for green planning solutions, implementing innovative economic development practices and developing best practices in public policy. Bellamy provides leadership on the City's 2040 Multimodal Transportation Plan "SA Tomorrow," where he aims to improve transportation in and around San Antonio. He currently serves on the San Antonio Mobility Coalition Executive Committee, VIA Metropolitan Transit Advisory Committee, and is Vice Chair of the Alamo Area Metropolitan Planning Organization's Technical Advisory Committee.



**Mark C. Bird** serves as the City of San Antonio Arborist, AKA the city's tall tree hugger. He has been a professional arborist for over 30 years, the last 11 years with the City. Bird implements the tree and landscape ordinances to preserve and plant trees in our community. He also educates about the proper care and maintenance of trees to preserve the value and benefits that trees provide, like canopy coverage and food security. Bird loves talking trees through events like Arbor Day, the Jammin' Jams Fruit Tree Adoption, and Bilingual Tree Worker Training, to name a few.

# MEET OUR



**Jeff Crane** earned his PhD in history at Washington State University. His scholarship has focused on river development, protest against dams, impacts on salmon and other fisheries, and river restoration efforts. Currently, his work is focused on urban farming, the greening of cities, and climate change. He is the Associate Dean of the College of Humanities, Arts, and Social Sciences at UIW, and serves on the board of Green Spaces Alliance. Crane has published three

books: *The Environment in American History: Essays on the History of American Environmentalism*, *Finding the River: An Environmental History of the Elwha*, and *The Environment in American History: Nature and the Formation of the United States*.



**Carlos Cruz**, AIA, NCARB, LEED AP, a project architect for Debra J. Dockery Architect, P.C., focuses on public and community-based architecture. Cruz has been a co-chair for the Committee on the Environment for the American Institute of Architects local chapter for the past three years. He currently serves on the Texas Society of Architects Sustainable Committee which focuses on sustainable awareness at the state level. Cruz received his Master of Architecture degree from the University of Miami and taught design at the School of Architecture. He has a keen interest in designing healthy buildings that benefit the

end users and the community.



**Adolph J. Delgado** is a lecturer at UTSA, where he teaches courses on epidemiology, community health, and data management in health. He earned his BA in Psychology and an MS in Health and Kinesiology, with a focus on clinical health psychology, health disparities, program planning and evaluation, and quantitative methods. His current research focuses on understanding the effects of resilience on risky-behavior among U.S. servicemen and sexual minorities. Delgado has published manuscripts on the effectiveness of digitally-immersed classrooms and on HIV/STI prevention among sexual subgroups. He

also serves as a member of the Mayor's Fitness Council, Public Policy Division.

# R SPEAKERS



**John Dugan** is a professional city planner, community and economic developer, and planning educator. He is currently Director of Planning and Community Development for the City of San Antonio. Dugan has taught several graduate city planning and public administration programs at a variety of universities, and currently serves as adjunct Professor of Planning at UTSA. He is an active member of the International Economic Development Council, Urban Land Institute, National Trust for Historic Preservation, and America/China City Alliance. Dugan holds a master's degree in city and regional planning from Harvard's Graduate School of Design and Kennedy School of Government.



**Peter French** is a social entrepreneur with a career that includes real estate development, placemaking, public-private partnerships, and strategic planning work. He served as past President of Café Commerce, a one-stop entrepreneurship and small business resource center in San Antonio, and is currently the Director of Operations for the 2,200 acre mixed-use Plum Creek Development in Kyle. French is the founder of FreeFlow Research, a nonprofit organization designed to remove barriers and create opportunities for international innovators, entrepreneurs, and investors. He is a graduate of Trinity University and an avid photographer.



**Judit Green**, an Urban Wildlife Biologist with Texas Parks & Wildlife Department for the past 21 years, conducts outreach and offers technical guidance on natural resource projects that benefit wildlife, landscapes, and water. She co-founded the first chapter of Texas Master Naturalists™ in San Antonio in 1996 and still serves as advisor to the Alamo Area Chapter. She's also a contributing author and photographer for the *Texas Wildscapes: Gardening for Wildlife* book. She partners with Texas Children in Nature which promotes the website called [NatureRocksTexas.org](http://NatureRocksTexas.org), linking families to local outdoor events.

# MEET OUR



**Dr. Julie La Barba**, having grown up in an Italian produce family, she learned to appreciate food at an early age. This fostered her professional commitment to children nutrition, and resulted in targeted advocacy for public health education and research. Now the Medical Director of CHEF (Culinary Health Education for Families) at the Children's Hospital of San Antonio, she aims to empower families to make delicious, satisfying meals with affordable ingredients. La Barba runs a study coupling increased access to fruits and vegetables with nutrition education and cooking classes for low-income pregnant women. She is a board certified pediatrician.



**Christopher Lazaro** serves as Planning Coordinator for the City of San Antonio's REnewSA initiative. His areas of expertise include housing policy, community development, and transportation planning. Chris earned a master's degree in Urban Planning from Texas A&M University and holds a BS in Psychology from the University of Maryland. He currently lives in San Antonio's Beacon Hill area.



**David Mahler** is the ecologist for Environmental Survey Consulting, a company that specializes in site analysis, seed harvesting, habitat restoration, restoration landscaping, naturalistic rockwork, wetland and pond construction, and park and trail design and construction. His deep experience in landscaping with native plants is grounded in his knowledge of restoration ecology. Mahler initiated projects at Wild Basin Preserve back in 1982 which utilized his techniques and equipment for harvesting high-diversity seed mixes. He is also a founding board member of the Society for Ecological Restoration and has designed/installed several habitat display areas at the Lady Bird Johnson Wildflower Center.



**Terri Mauldin** is the Executive Director for the Down Syndrome Association of South Texas (DSASTX). She previously worked as a Special Events Manager at the Juvenile Diabetes Research Foundation and in banking for 23 years. She also served on the Board of Directors for the Brighton Center. Mauldin enjoys marketing, fundraising, event planning and advocating for individuals with special needs. She graduated from Our Lady of the Lake University with a bachelor's degree in Marketing and is currently completing her master's degree studies in Nonprofit Management.

# SPEAKERS



**Edwin Marty** is currently the Food Policy Manager for the City of Austin's Office of Sustainability. Edwin earned a BA in Anthropology from the University of Oregon and completed an "Apprenticeship in Agroecology" from the University of California. He went on to work on sustainable farming projects around the world, and was a garden writer for Southern Living magazine. Marty was the founder and director of a non-profit called Jones Valley Teaching Farm and the director of the non-profit, EAT South. He has consulted on numerous urban farm projects around the country, helped establish the Alabama Sustainable Agriculture Network, and co-authored a book called *Breaking Through Concrete*.



**Douglas Melnick**, AICP, CNU-A, named San Antonio's first Chief Sustainability Officer in 2014, is responsible for the overall leadership of the City's sustainability efforts and environmental policy. Previously in Albany, NY, he served as the Director of Planning, the Director of the Mayor's Office of Energy & Sustainability, the Executive Director of the Albany County Land Conservancy, and as an Urban Planner with the Capital District Community Gardens. Melnick is currently pursuing graduate studies in Urban Planning from the State University of New York at Albany, Graduate Studies in Environmental Studies from Antioch New England Graduate School, and holds a BA in English from the State University of New York at Albany.



**Steven Quintanilla** is a San Antonio native and MIT graduate. He's co-founder of Space Cadet, a startup that creates a digital marketplace for those who own and want to use space through the sharing economy. He has crowd-funded for community real estate transactions at MassVenture and mentored numerous startups. Quintanilla spent time in Boston and Austin before settling in San Antonio to start building companies.



**Nicolas Rivard** helps people use design to solve problems. He graduated from the University of Texas and Harvard, and has worked with communities in Argentina, India, Kenya, Mexico, Rwanda, and the US. He coauthors *Urban Literacy*, a Rivard Report series explaining how cities work. Rivard currently serves as a participatory designer at Overland Partners.

# MEET OUR SPEAKERS

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**Carol Rodriguez**, Chief Program Officer for the National Association for Latino Community Asset Builders (NALCAB), manages programmatic work including equitable neighborhood development, small business development and family financial capability. Rodriguez guides the NALCAB Colegio: A Fellowship for Leaders in Community and Economic Development, and previously served as Executive Director of the Community Leadership Institute. She

is a certified Technology of Participation facilitator, and a founder and advisory board director for Conjunto Heritage Taller. Rodriguez was appointed to serve on the San Antonio Housing Commission to Protect and Preserve Dynamic and Diverse Neighborhoods. She has a bachelor's degree in Social Work from South-west Texas State University.



**John Simmerman** is president and CEO of Advocates for Healthy Communities, Inc. He has over 25 years of experience in disease prevention and health promotion. Early in his career, he worked with larger, self-insured companies to decrease employee health care costs and utilization rates through health promotion programs. Simmerman then turned his efforts toward the built environment and its impact on quality of life and public health. He co-founded

the non-profit, Advocates for Healthy Communities, whose mission is to help create communities which encourage healthy, active lifestyles. He is a graduate of University of Michigan and University of Southern California.



**Steven Land Tillotson**, architect and partner at Muñoz & Company, engages cultural phenomena with the revelatory nature of place in the design of new architecture, historic preservation and site-sensitive planning. He has produced a variety of award winning civic and institutional projects throughout Texas, and is an ardent investigator of San Antonio's urban process. Tillotson has been an advocate for sustainable and context-sensitive development and community

revitalization in South Texas for over 3 decades. He is currently engaged in the restoration of San Pedro Creek to re-imagine the 1.5 mile "drainage ditch" as a linear urban park.



# THANK YOU

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Thank you for attending the 2015 San Antonio Health and the Built Environment Conference. This event has brought together people who care about how San Antonio is constructed – from the streets to the trees to the parks to the design of healthy and affordable living spaces. We are very fortunate in San Antonio to have designers, builders, financiers, health professionals, academics and community advocates who all share this desire to build and live in these healthy, vibrant communities.

Today's presentations have brought to light the important matters of how to get to where we need to go. Now, it is up to us to work collectively to make these communities a reality.

A handwritten signature in black ink, appearing to read 'Vincent R. Nathan'.

**Vincent R. Nathan, PhD, MPH**

Interim Health Director

San Antonio Metropolitan Health District





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# A SPECIAL THANKS

*To all those who helped develop  
this year's conference:*

Mayor Ivy R. Taylor  
Peter French  
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