

Public Health 101 for Park Agencies

Implementing Healthy Parks, Healthy People

Prescribing Parks & Nature for Communities with High-Rates of Chronic Disease



UCSF

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Public Health: Health and social disparities

1. High prevalence of physical inactivity, mental illness, and social isolation among the 7 million people in Bay Area. *Parks and nature can prevent important chronic diseases. Reaching a significant proportion of the population is critical for public health and public parks.*
2. Communities with poor health outcomes have low utilization of parks. *Health officials and park leaders share goals of improving the environment and reaching underrepresented communities to promote wellness.*

Healthcare System and Practices

3. Many people with health issues visit their primary care provider; including adults with chronic disease, children and their parents, older adults, pregnant women. *Park agencies can reach people with chronic and acute health problems through healthcare systems.*
4. In most counties, low-income patients (e.g., insured by Medicaid) are cared for by only a few healthcare organizations (e.g., Federally Qualified Health Centers (FQHC)). *By working with the county health system and a few nonprofit healthcare organizations, park agencies can reach most low-income patients.*
5. Each primary care visit is busy, particularly for complex patients: 12–20 minutes/visit (3-5 patients/hr) to address patient concerns, follow-up previous issues, screening questions, physical exam, tests, counseling, and prescription. *Parks and nature-related counseling must be brief with clear added value.*
6. Health education pamphlets and posters are not frequently changed in busy, under-resourced clinics serving low-income patients. *Parks-related pamphlets and posters should be impactful for a long time.*

Public Health, Healthcare & Parks Co-Implementation

7. 6Cs: Collaboration and cross-sector contributions create commitment and change. *Health leaders appreciate the opportunity to develop health interventions with park agencies.*
8. Educate and empower communities (residents & patients) *about physical and mental health benefits.*
 - Physical– physical activity, obesity, cardiovascular, diabetes, Vitamin D, myopia, life expectancy
 - Mental – improve mood, stress, sense of wellness, depression, anxiety
9. Intervention through Parks and Health Collaboration:

Collaborations and Partnerships Health organizations	Interventions Clear, simple, and consistent
<ul style="list-style-type: none">• Public health departments (county, state, federal)• Health insurance: County managed care health plans; privately insured• Healthcare systems and hospitals• Medical societies & non-profit organizations• Community-based organizations• Medical groups, group practices	<ul style="list-style-type: none">• Consistency & culturally-relevant park programs• Clinic poster and “prescription pamphlet”• Instructions for health organizations to distribute to health care providers• Instructions for clinics (copies, posting, updating materials) and healthcare providers (counseling)

10. Evaluation for short, intermediate, and long-term outcomes is critical for program improvement and expansion. *Parks prescriptions might improve: clinician practice (in screening/counseling for physical inactivity, mental illness, and social isolation), healthcare systems, park programs, patient behavior, and health outcomes.*

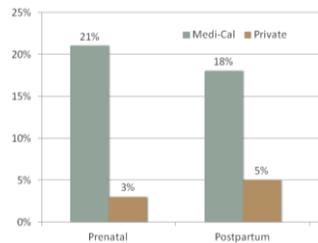
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6 Public Health Frameworks: References for Healthy Parks, Healthy People Proposals

Healthy People 2020

10-year U.S. objectives for improving specific health indicators. www.healthypeople.gov



State & Counties have similar indicators. :

Postpartum and prenatal depression is 3 - 7 times more likely in women insured with Medicaid.

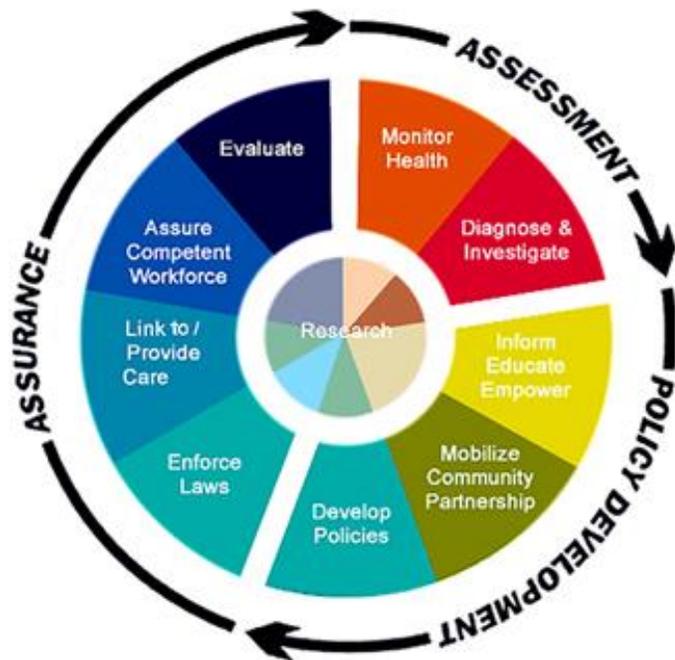
The Community Guide

www.thecommunityguide.org/pa

The Guide to Community Preventive Services is a free resource to help you choose programs and policies to improve health and prevent disease in your community.

10 Essential Public Health Services

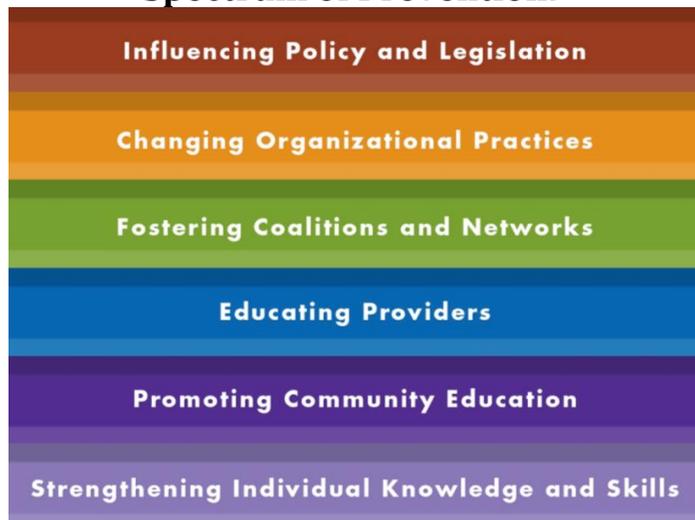
<http://www.cdc.gov/nphpsp/essentialServices.html>



National Prevention Strategy



Spectrum of Prevention:



Robert Wood Johnson Foundation

