

# 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:

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

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.*

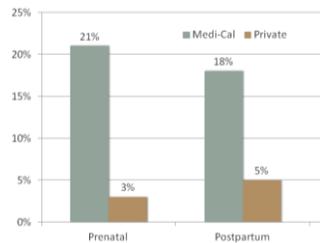
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## 6 Public Health Frameworks: References for Healthy Parks, Healthy People Proposals

### Healthy People 2020

10-year U.S. objectives for improving specific health indicators. [www.healthypeople.gov](http://www.healthypeople.gov)



State & Counties have similar indicators. :

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

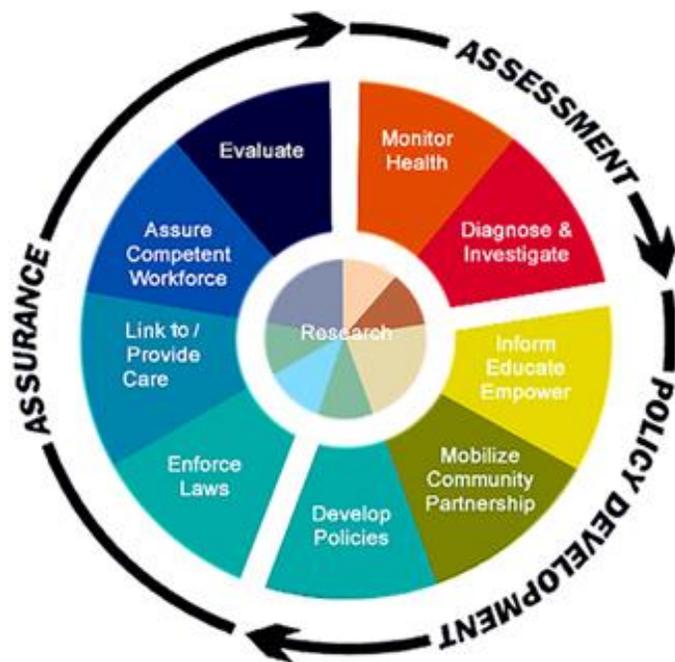
### The Community Guide

[www.thecommunityguide.org/pa](http://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

