

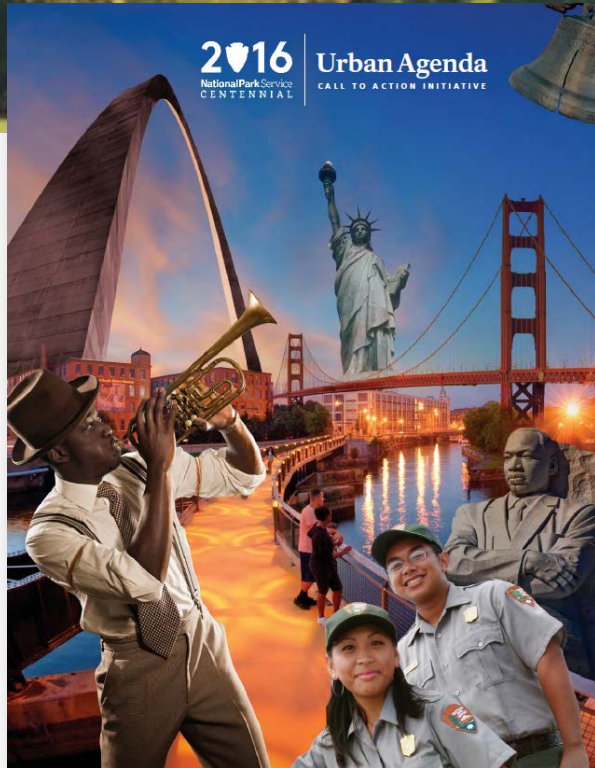


Urban Agenda

Call to Action Initiative

NPS Urban Agenda

Principles



- 1 Be Relevant to All Americans
- 2 Activate “ONE NPS”
- 3 Nurture a Culture of Collaboration

Urban Matters Webinar

Healthy Parks
Healthy People

October 1, 2015

CAPT Sara B. Newman, DrPH, MCP
Director, NPS Office of Public Health

Diana Allen, MCRP
Chief, Health Promotion/Healthy Parks Healthy People
NPS Office of Public Health

Urban Matters and Health



Urban Matters and Health



At the end of the 19th century, it was not uncommon for dead animals to lie on the streets for weeks. (New York City)

Urban Matters and Health





National Park Service
Office of Public Health

Protection Prevention Promotion

The NPS Office of Public Health delivers the highest quality professional public health services to enhance the health and wellbeing of visitors who come to enjoy our parks.



The Surgeon General's Call To Action on Walking and Walkable Communities



Some facts:

80% of Americans live in urban areas

1 of 2 adults has a chronic disease

50% of Adults and 1/3 of HS Students do not meet physical fitness guidelines

The National Park Service
is a member of
the U.S. Surgeon General's
National Prevention Council





Parks & Public Health

- Being in nature can improve your mood.
 - Having access to parks can increase physical activity and combat obesity.
 - Parks and their health benefits can be enjoyed by anyone regardless of who you are and where you come from.
-

- Contact with nature improves all people's physical, mental and spiritual health.
- Parks foster social connections which are vital to community cohesion and contribute to social wellbeing.
- For children, parks foster active play, which is associated with physical, cognitive and social benefits.
- For adolescents, parks improve mental and social health during what is often a challenging time of life.
- Park use is linked to physical and mental health benefits among adults, especially older adults.



Healthy Parks Healthy People

Healthy Parks Healthy People is a holistic approach to promoting health of people, the health of ecosystems, and sustainability of the planet



“Go-to resources”
for healthy living



www.nps.gov/hphp

Healthy Parks Healthy People

Healthy Parks Healthy People is a global movement that harnesses the power of parks and public lands in contributing to the health of people and the planet.

Healthy Parks Healthy People promotes the fact that all parks – urban and wildland are cornerstones of people’s physical, mental, and spiritual health, and social well-being.



**LOVE THE
OUTDOORS**
MAKE IT YOUR HABITAT

Healthy Parks

Park Health Resources

Park health resources are park programs, facilities, and environments (natural and cultural) that convey demonstrable and often distinctive physical, mental, and social health benefits.





**FIND COMMUNITY
IN NATURE**
GATHER IN THE PARK

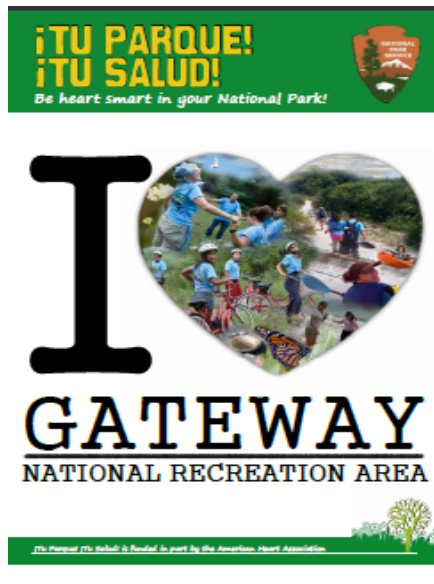
Healthy People



Yoga, Tai Chi, ZUMBA



Concerts, Festivals, Summer Treks



Healthy People





HEALTHY FOODS
EAT WELL AND PROSPER

Healthy Foods

Petrified Forest National Park's Restaurant
Serves Locally Grown Produce

[Petrified Forest National Park](#)



Healthy Parks and Healthy Foods



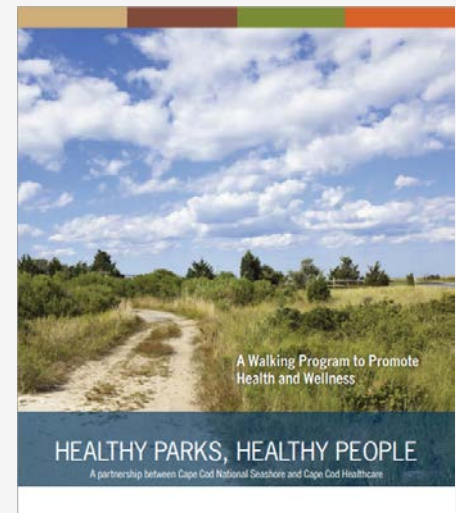
Grand Canyon El Tovar Dining- Xanterra



**TAKE A SPOONFUL
OF HEALTH**
RENEW IN THE PARK

Healthy Partnerships

Park Prescriptions

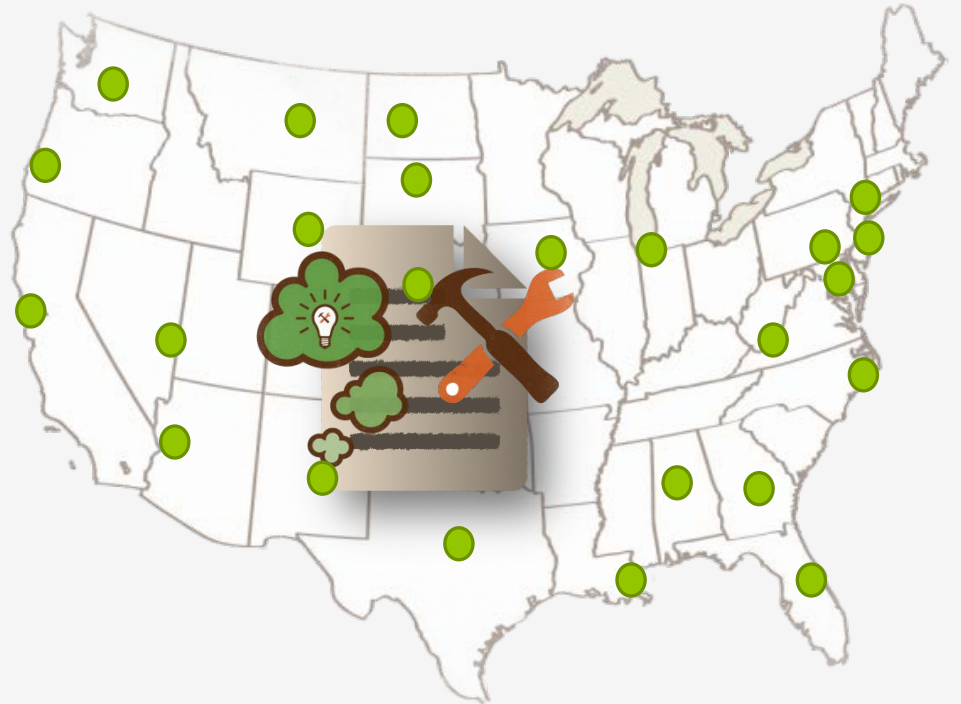


Have Fun Outdoors and Win Prizes

Kids in Parks is an expanding network of family-friendly outdoor adventures called TRACK Trails. Each TRACK Trail features self-guided brochures and signs that turn your visit into a fun and exciting outdoor experience. Best of all, you can earn **THINGS** for tracking your adventures!

SIGN UP FOR FREE

- 1** SIGN UP & FIND an adventure
- 2** GO for an adventure
- 3** TRACK your adventure and GET prizes



Health Ambassadors

DC Park Prescription:

Fighting Chronic Disease with Nature

Robert Zarr, MD, MPH, FAAP



Chronic Disease Burden



- 100 million Americans currently suffer from a chronic disease (coronary heart disease, stroke, high blood pressure, Type 2 diabetes, and mental health conditions)
- Overweight and obesity contribute to chronic disease
- Chronic disease results in decreased quality of life and, ultimately, in premature death.
- Spending time in natural environments increases physical activity, hence decreases the risk obesity.

DC Park Rx is a Community Health Initiative whose mission is to prescribe parks to prevent and treat chronic disease and promote wellness

National Park Service
U.S. Department of the Interior



THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON, DC



National Environmental
Education Foundation
Knowledge to live by



HHS.gov

What have we accomplished?

- Developed standardized park rating tool
- Recruited volunteers/students to rate parks
- Mapped and rated >342 parks
- Developed **Park Pages** searchable database linked to EMR
- **DC Park Rx** launched at Unity Health Care on 7-1-13 (>750 Rx prescribed)
- Researched changes in behavior and attitude

ENTER ZIP CODE:

OR CHOOSE ZIP CODE:

[20001](#) [20002](#) [20003](#) [20004](#) [20005](#) [20006](#) [20007](#) [20008](#) [20009](#)
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[20746](#) [20812](#) [20815](#) [20816](#) [20912](#) [22211](#) [22306](#) [22309](#)

INCLUDE PARKS WITHIN RADIUS (MILES):

☒ 0 (match zip code) ☐ .5 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Park Rx Search »

[Clear Results](#)

Petworth Recreation Center

DC Department of Parks and Recreation



PARK GRADES:

Cleanliness: A

Accessibility: A

Exercise Level: A

801 Taylor Street, NW

CONTACT INFORMATION:
(202) 576-6850

HOURS:

Dawn to Dusk
Some areas open only:
Mon-Fri 3:30pm - 9 pm
Sat 10 - 4 pm.

Spray Park is open during the summer Mon-Sun 12-8pm

Pets: Allowed on leash,
fenced dog park available

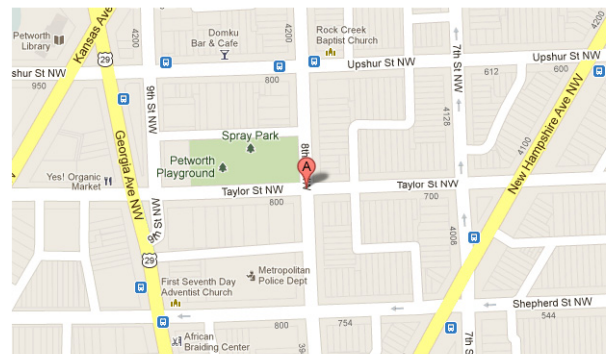
GETTING THERE:

Metro: Georgia Ave/
Petworth (Green/Yellow), walk 4
blocks north on Georgia Ave,
then make right onto Taylor St

Bus: 60, 62, 63, 64, 70, 71,
79, H8- Stop at Georgia Ave/
Petworth Metro and follow metro
directions. OR
62- Stop at New Hampshire and
Taylor St, make left onto Taylor
St

Parking: Limited street
parking available

Handicap access: Yes



Things to Do!

* play frisbee * soccer * basketball * **Spray Park** *
* walk your dog * have a picnic *

SPORTS AMENITIES: 2 large basketball courts and an open multipurpose sports field. Facilities are well-kept.

PLAYGROUND: 2 extremely clean playgrounds in excellent condition. Clean and vibrantly-colored playground for younger children.

PATH: Difficulty Rating: Easy

- Concrete ½ mile-long path through park with a gentle slope
- Paths are extremely clean and well-kept with several benches available

Park Information

Restrooms are very clean, functioning, and unlocked.

Drinking fountains are available and clean.

SIZE Small but with open space

SAFETY Park is well-lit and safe during the daytime

PARK EXTRAS Benches, picnic tables, and trash cans. Employee present and educational programs available.

AESTHETICS The park is very sunny with mild street noise.

SPECIAL FEATURES: Water sprinkler spray park- fun for kids in the summer!



Results of Park Rx Research:

1. increase in the number of children who visit a public park in DC
2. increase in the number of parents who believe that physical activity affects the health of their child
3. increase in the number of parents who said their provider discussed the importance of physical activity
4. increase in the number of parents who said their provider recommends their child spend time at parks
5. **22 more minutes per week on physical activity**
6. **6 more days per year at a park for at least 30 minutes**

Why are these results relevant?

DC Park Rx is a low-cost intervention that utilizes a known, generally trusted, and accessible resource – parks – to influence positive health outcomes by way of the provider-patient relationship in the health care setting

Next steps...

- ◆ Programmatic expansion
- ◆ Enhancement of search functionality of database
- ◆ Creation of iphone and android apps
- ◆ Research of biometrics

Glimpse into the future:

& [DC Park Rx Website](#)

Robert Zarr, MD, MPH, FAAP
Staff Pediatrician, Unity Health Care, Inc.
Adjunct Faculty, Children's National
Medical Center
Adjunct Faculty, George Washington
University School of Medicine
President, Physicians for a National
Health Program
Founder and Director, DC Park Rx
RLZARR@YAHOO.COM

Doctor's Orders: **Get Outside!**

A National Park partnership to promote community wellness and children's health in Greater New Orleans

EXPERIENCE YOUR AMERICA

Jean Lafitte National Historical Park and Preserve

New Orleans Jazz National Historical Park



EXPERIENCE YOUR AMERICA

Louisiana Health Issues



- The prevalence for Type II diabetes in the state is over 30% (6th highest in the nation)
- Orleans and Jefferson Parish have obesity rates of almost 30%.
- Louisiana children have high risk behavior indices such as television viewing hours, consumption of sugary beverages, and family eating habits.



NEEF Nature Champions and National Park Foundation (NPF) Support



2012– Active Trails NPF Grant for Health Practitioner Engagement at the Barataria Preserve with Tulane Prevention Research Center



2013– National Environmental Education Foundation “Nature Champion” Training for Children and Nature program with pediatric staff from LSU, Tulane, Ocshner, and West Jeff Medical Center



2013– Ticket to Ride NPF Grant for Transportation from LaSalle Clinic to national park programs. Developed in partnership with Drs. Matt Calzetta, Jim Stier and Mary Younger of Tulane Pediatrics Program



2012, 2013 and 2014– Better Health BaYOU!



Active Trails/Better Health BaYOU!

- Annual Fall Event
- Health and Nutritional Consultation
- Dancing and Music
- Jazz Yoga under the trees
- Ranger-led Nature Walks



Park Prescriptions—Ticket to Ride



Getting to “HAPPI”

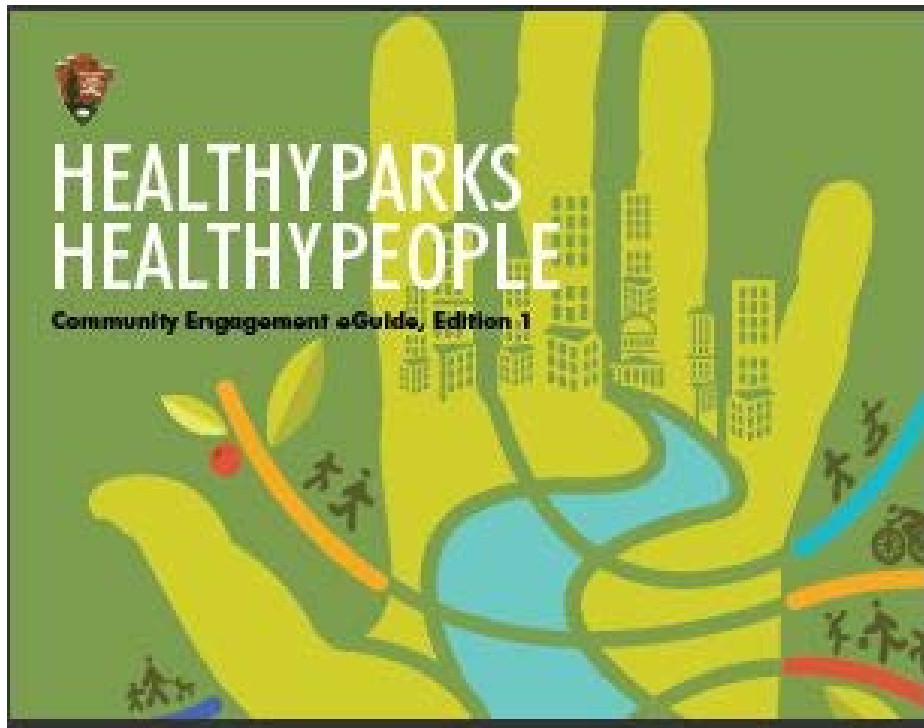
- **H**ealthy foods and compostable paper products
- **A**ttending doctor on each trip
- **P**ark Prescription (w/ upcoming activities)
- **P**arents, guardians and friends
- **I**nteresting things to do

By providing safe, reliable transportation



Jean Lafitte and New Orleans Jazz Featured in 2014 Case Study

HPHP eguide



- New Orleans Metropolitan Area offers many opportunities for innovation
- Parks offer resources to engage in and help combat urban social challenges
- Multiple ways medical professionals, educational institutions and fitness organizations can partner with National Parks.



Lessons Learned

- These are new audiences, 90-95% who had never been to a national park. It is hard to reach these visitors and KEEP them engaged.
- Value of providing transport.
- If they weren't getting bused in, they probably wouldn't come. It is well worth the money.
- Value of the Doctor's Orders from a physician they trust. The whole idea of the prescription lends legitimacy. But only 12 doctors have been trained so far! Doctors are also a new group that park rangers don't usually interface with.
- Value of combining education and recreational activities. We are moving them quickly along the spectrum from appreciation to understanding. Learn by doing.
- Importance of community building and peer support in tackling something new. People are freaked out the first time they see large wildlife like an alligator or a living history re-enactor shooting a musket if they are not used to national parks – this is not something they would ever run across in their daily lives.
- It may be less about reaching multiple patients, more about family support for the willing and interested patients. How do we hold their hand and make it as easy as possible? Could supporters donate rewards for multiple visits?

Acknowledgements

National Park Service Staff

Lance Hatten, *Superintendent*

Joe Llewellyn, *Assistant Superintendent*

Nigel Fields, *Chief of Interpretation*

Consuelo Comotto, *Administrative Officer*

Dan Morris, *Supervisory Budget Analyst*

Matt Hampsey, *Supervisory Park Ranger*

Stacy Lafayette, *Park Ranger*

Allyn Rodriguez, *Park Ranger*

Amber Nichols, *Student Intern*

Rachel Williams, *Seasonal Park Guide*

Sarah Katz, *Seasonal Park Guide*

Tulane Medical Center

Mary Younger

Jim Stier

Matthew Calzetta

National Park Foundation

Leyla McCurdy and the **National
Environmental Education Foundation**



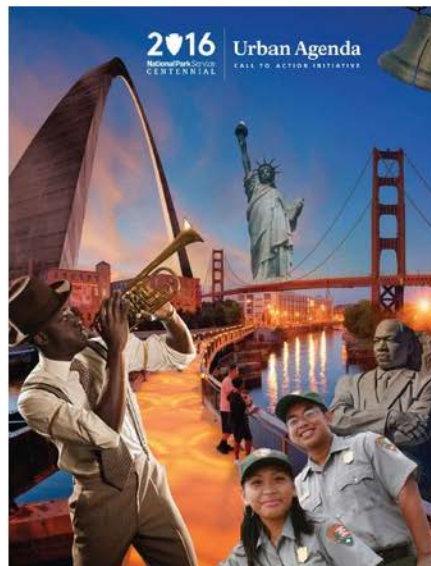
Urban Matters: Building An Urban Network



Follow us on Twitter

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Stay up to date on the latest stories and news from parks and cities across the country.



The Urban Agenda

Read the Urban Agenda to find out how you can activate the three principles in your park or program.



The Urban Center

www.nps.gov/urban

Visit the Urban Parks and Programs website. Get to know the Urban Fellows & join the Urban Matters National Network.