

# Healthy Parks Healthy People: Bay Area

*A movement to link the health and park sectors*



**Nooshin Razani, MD MPH**  
*Pediatrician and Senior Health Fellow*

**Kristin Wheeler**  
*Project Manager*

**SF Asthma Task Force**  
**10/10/14**



# Parks benefit public health

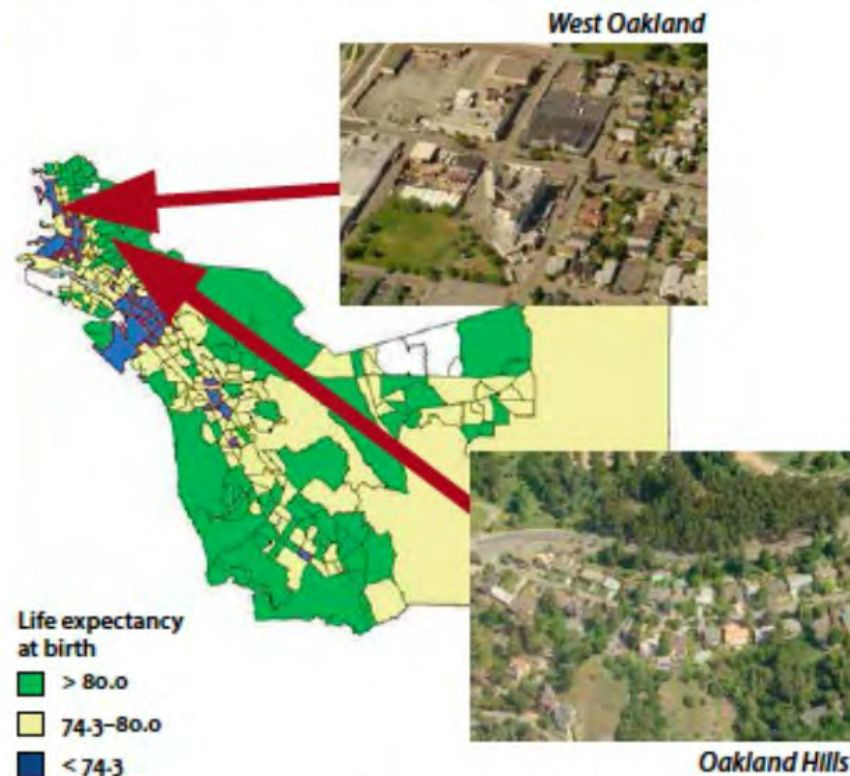


- Nature, community, physical activity (Bedimo-Rung)
- Inequities in access mirror social inequities (Floyd)



# Stress causes health disparities

Figure 17. Life expectancy by census tract, Alameda County, 2000



	West Oakland	Oakland Hills
High school grads	65%	90%
Unemployment	12	4
Poverty	25	7
Home ownership	38	64
Non-White	89	49

Sources: Alameda County Public Health Department, 2008, 2012

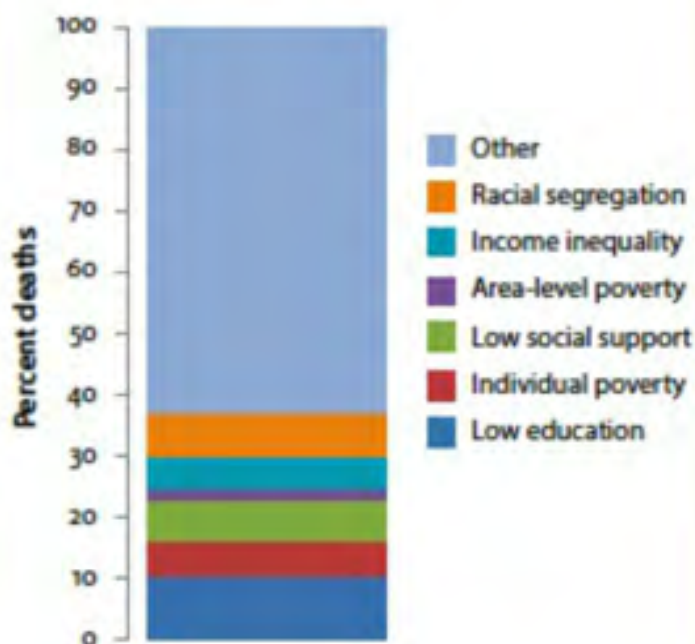
# *Stress relief*





# Social isolation is unhealthy

Figure 16. Estimated deaths attributable to social and environmental factors in the United States, 2000



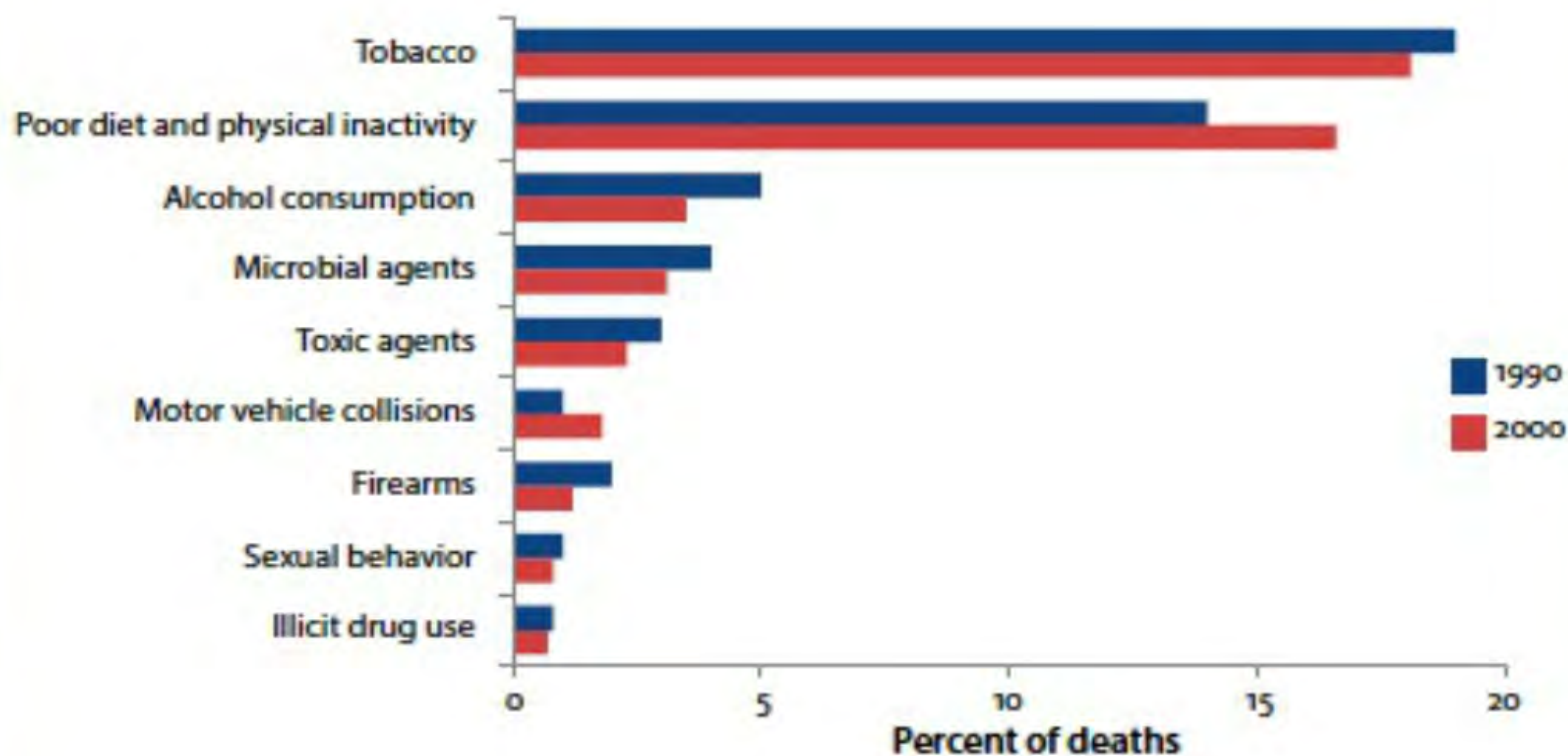
Source: Galea, Tracy, et al., 2011

# *Quality time with friends, family, community*



# Physical Inactivity is Unhealthy

Figure 9. Leading attributable causes of death, United States: 1990, 2000



Source: Based on Mokdad, Marks, Stroup, and Gerberding, 2004



# *Physical Activity*





# Parks, nature, and asthma



Improved air quality, vitamin D, decreased obesity, decreased stress/anxiety

Lovasi et al

# Barriers to spending time in nature

- Lack of time
- Lack of access
- Lack of familiarity





# Access to nature varies by race, ethnicity, socio-economic status

- Focus groups with > 100 people of color in SF
- Participants identify physical, mental, and spiritual benefits of access to nature
- Express frustration with, and tend to avoid nature parks because of:
  - Limited physical access
  - Subtle or overt racism
  - General exclusion from the culture of parks as reasons why they avoid these public spaces
- Local spaces may be perceived unsafe due to traffic, crime, community violence, environmental pollutants

# Positive associations with nature:

- Family
- Community
- Healing
- Spirituality
- BBQ!
- Health



# Who gets a park referral?



Remember: stress, social isolation, physical inactivity.  
Think about the family and the community.

# How do you give a park referral?



*The strategy we recommend in talking to patients can be remembered using the mnemonic*

## **EXPLORE :**

**EX**periences

**P**hysical and mental health

**L**imitations

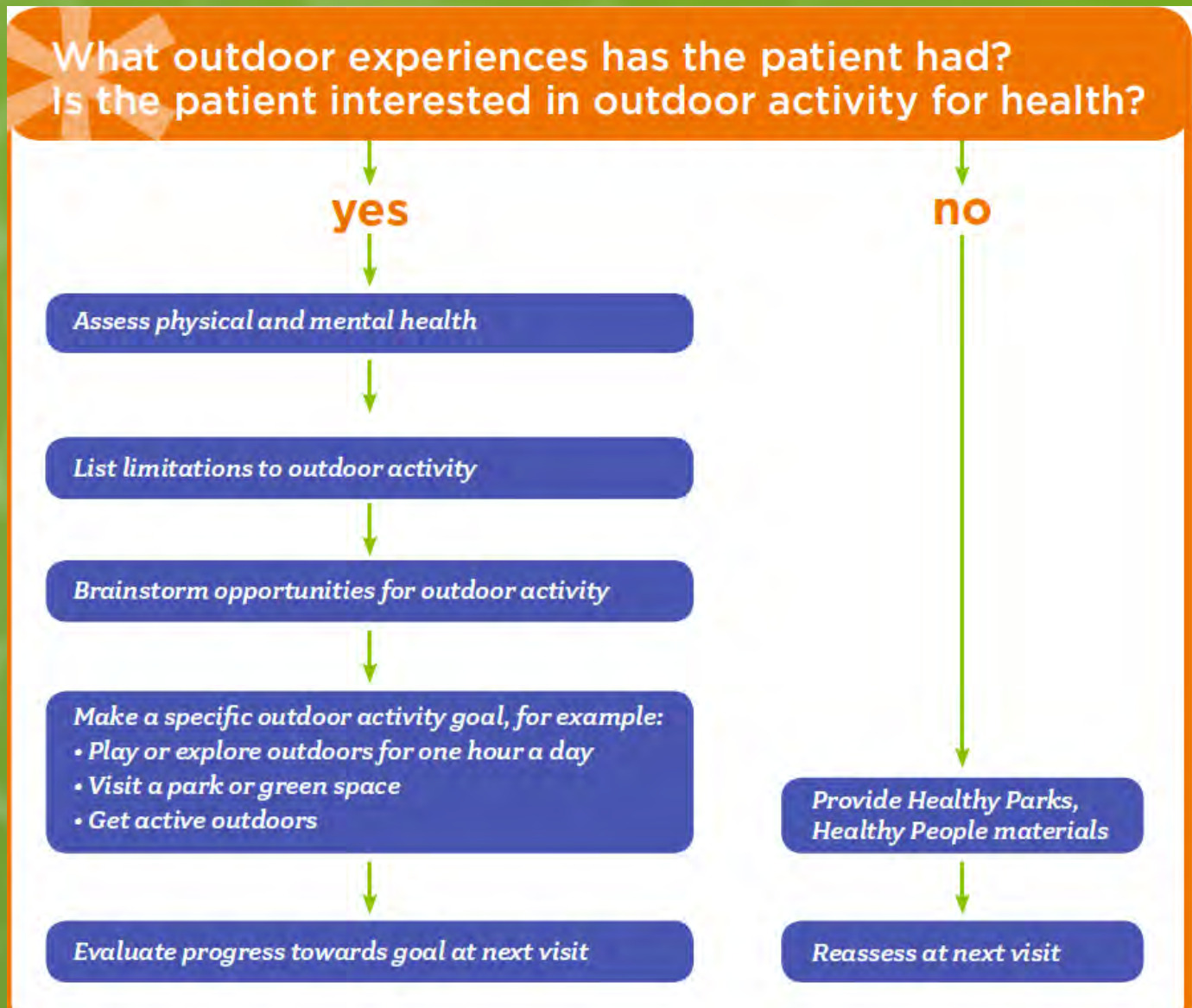
**O**pportunities

**R**esolution

**E**valuate



# Talk about it



# Be Prepared!

- Dress comfortably in loose clothing
- Prepare for the elements
  - Talk about it: do they have appropriate shoes, jackets
  - can they afford to get dirty?
  - Sunscreen, hats
- Prepare for hunger and thirst
- Prepare for asthma and allergies
- Use common sense about safety



Don't have time to talk about it?  
Use the HPHP tools!



healthy **PARKS**  
healthy **PEOPLE**

**Take a Walk in the Park**  
with SF Rec and Park

GOLDEN GATE PARK | LAKE MERCED | MCLAREN PARK | HERON'S HEAD PARK

Free Trail Walks On Saturdays

[sfrecpark.org](http://sfrecpark.org)

San Francisco Recreation & Parks logo (top left), Healthy Parks Healthy People Bay Area logo (top right), and social media icons for Facebook, Twitter, and YouTube (bottom right).

# What is HPHP?



- A healthy nature walk, every Saturday, same place, same time
- Naturalist-guided
- For families and communities
- A great way to be introduced to SF nature and to get healthy

# Parks Need Health Care Partnerships

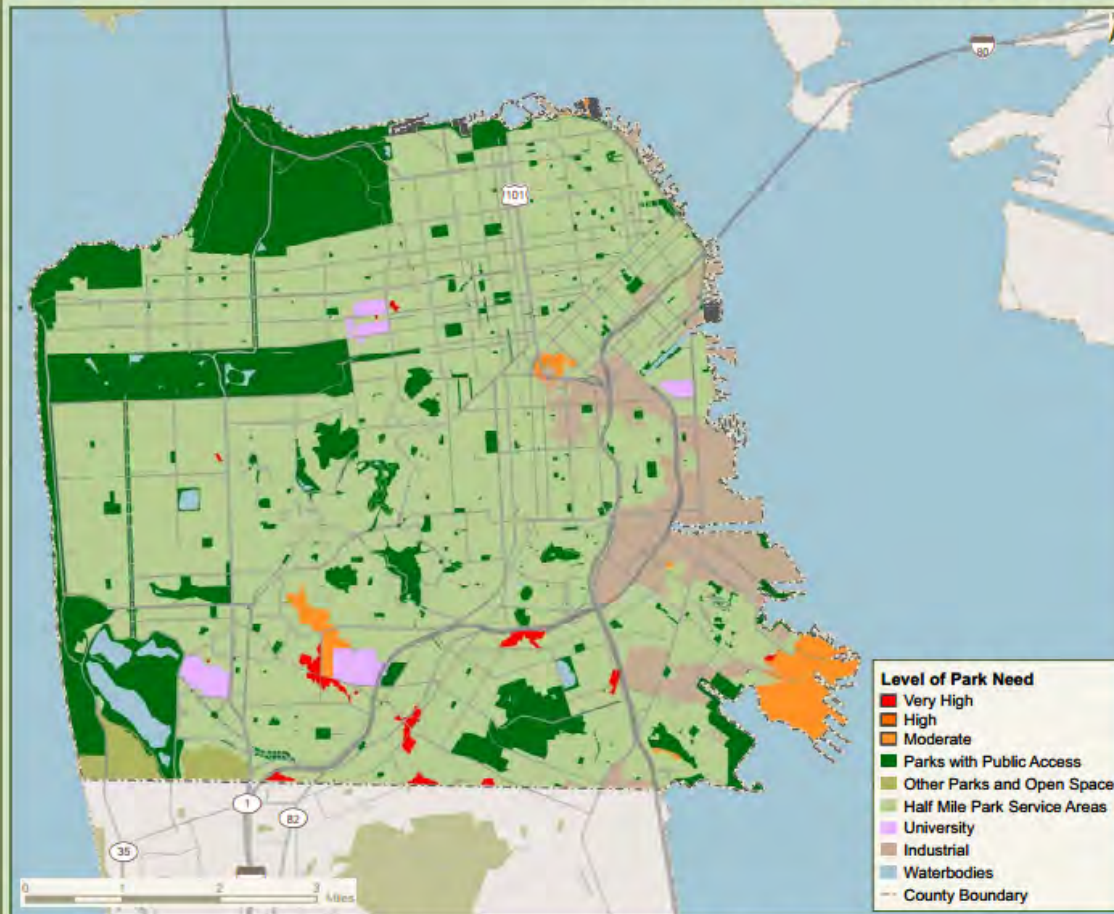
- Per capita visits to state and national parks in the United States have decreased each year since 1987 (*Pergams, 2008*)
- Direct nature experiences lead to emotional attachment to natural settings
- “Wild nature activity” before age 11 is the most direct route to environmental stewardship as an adult (*Davis, 2011*)



Photo courtesy of the National Park Service



# THE TRUST FOR PUBLIC LAND 2014 PARKSCORE® index SAN FRANCISCO, CALIFORNIA



The Trust for Public Land ParkScore® index analyzes public access to existing parks and open space. The analysis incorporates a two-step approach: 1) determines where there are gaps in park availability, and 2) constructs a demographic profile to identify gaps with the most urgent need for parkland. Park gaps are based on a dynamic 1/2 mile service area (10 minute walking distance) for all parks. In this analysis, service areas use the street network to determine walkable distance - streets such as highways, freeways, and interstates are considered barriers.

Demographic profiles are based on 2013 Forecast block groups provided by Esri to determine park need for percentage of population age 19 and younger,

percentage of households with income less than 75% of city median income (San Francisco less than \$50,000), and population density (people per acre).

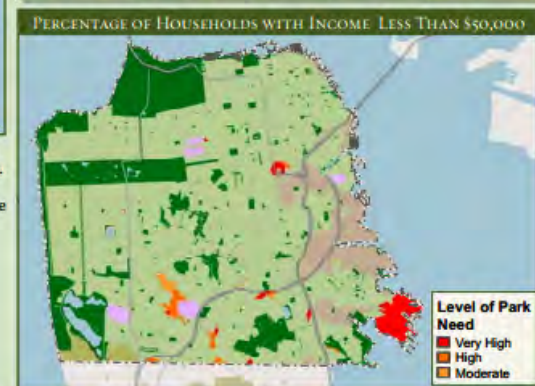
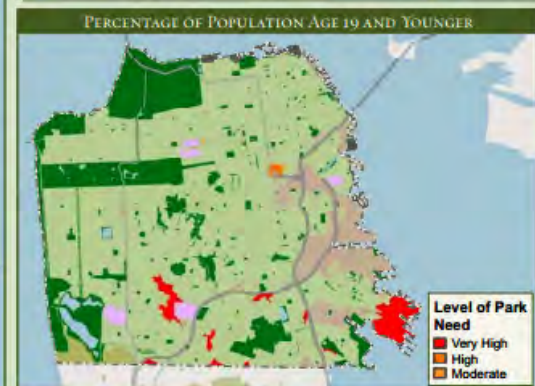
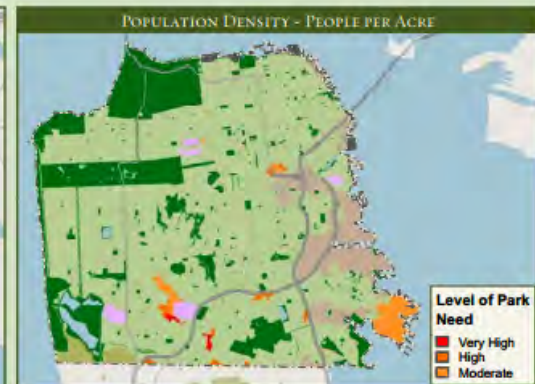
The combined level of park need result shown on the large map combines the three demographic profile results and assigns the following weights:

- 50% = population density (people per acre)
- 25% = percentage of population age 19 and younger
- 25% = percentage of households with income less than \$50,000

Areas in dark red show a very high need for parks.

Special thanks to the following data providers: City of San Francisco, Esri.

Information on this map is provided for purposes of discussion and visualization only. Map created by The Trust for Public Land on April 28, 2014. TPL, The Trust for Public Land, and The Trust for Public Land logo are trademarks of The Trust for Public Land. Copyright © 2014 The Trust for Public Land. [www.tpl.org](http://www.tpl.org)



# San Francisco Parks



- Park acreage: 5,685 acres
- People served per park acre: 145
- Oldest park: Portsmouth Square, est. 1847
- Largest park: Golden Gate Park, 1,027 acres
- Most-visited park: Golden Gate Park
- % of residents within ½ mile: 98%



# Healthy Parks, Healthy People: Bay Area



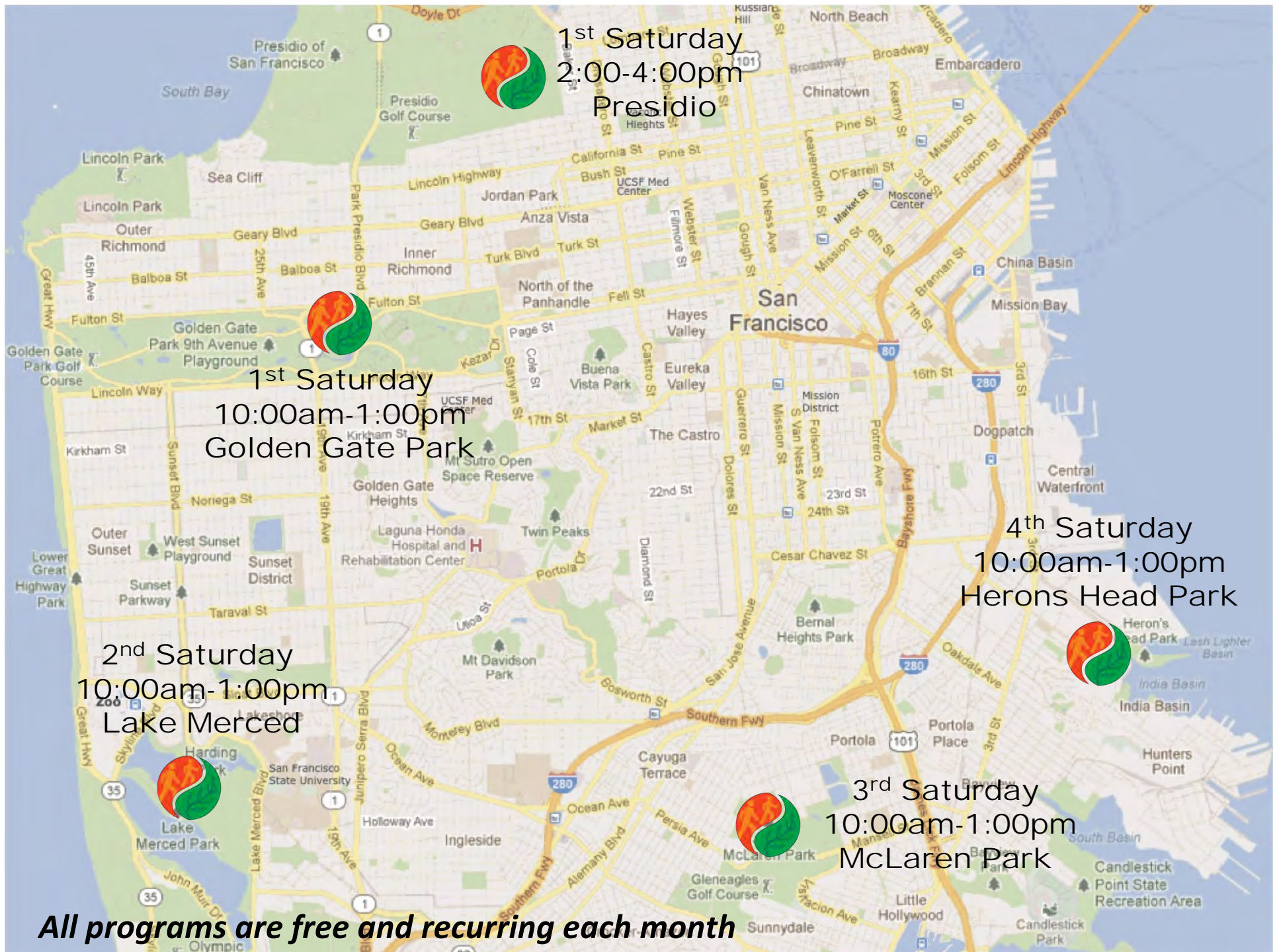
- Formed in 2012 the collaborative consists of over 40 parks, health, and community agencies spanning nine counties.
- The collaborative was formed and is advancing based on the ***collective impact*** model.
- Our mission is to improve the health and wellbeing of all Bay Area residents, especially those with high health needs, through regular use and enjoyment of parks.

# HPHP: Bay Area Program Criteria

- In June 2013 we launched a coordinated effort to provide *free, approachable, culturally relevant* park programming for communities with high health needs that diverse health partners can prescribe and promote.







1<sup>st</sup> Saturday  
2:00-4:00pm  
Presidio

1<sup>st</sup> Saturday  
10:00am-1:00pm  
Golden Gate Park

2<sup>nd</sup> Saturday  
10:00am-1:00pm  
Lake Merced

4<sup>th</sup> Saturday  
10:00am-1:00pm  
Herons Head Park

3<sup>rd</sup> Saturday  
10:00am-1:00pm  
McLaren Park

***All programs are free and recurring each month***

# Your patients want more nature?

- Transit and trails: [transitandtrails.org](http://transitandtrails.org)
- SF Rec & Parks Department: [sfrecpark.org](http://sfrecpark.org)
- SF Parks Alliance: [sfparksalliance.org](http://sfparksalliance.org)
- The Presidio, Urban National Park: [presidio.gov](http://presidio.gov)
- Golden Gate National Recreation Area: [nps.gov/goga](http://nps.gov/goga)



# Thank you and see you in the parks!

For more information visit: [hphpbayarea.org](http://hphpbayarea.org) or contact:  
Kristin Wheeler, [kwheeler@parksconservancy.org](mailto:kwheeler@parksconservancy.org), 415-561-3553  
or Nooshin Razani, MD MPH at [nrazani@mail.cho.org](mailto:nrazani@mail.cho.org)

