Park Prescriptions: A Countywide Update
Park Rx: To improve the health and wellbeing of all Marin residents with high health needs through regular enjoyment and use of parks by empowering providers to prescribe parks as a preventative healthcare strategy.
HISTORY: Why did we start this work?

- Healthy Eating Active Living
- Proven elsewhere
- High health needs locally
- Willing partners
PROGRAMS AND PARTNERS

• Marin City
  o Marin City Health and Wellness Center
  o Marin City CSD
  o Marin County Health and Human Services
  o Marin County Parks
  o Marin City residents
  o Trust for Public Land
  o Institute at the Golden Gate

• San Rafael and Novato
  o Marin Community Clinics
  o City of San Rafael
  o Marin County Health and Human Services
  o Marin County Parks
  o SF Marin Food Bank
  o Health Hubs
  o Institute at the Golden Gate
*All numbers are estimates of the financial value of partnership contributions*
Marin City Facts

- Families Living in Poverty: 24%
- Life Expectancy: 78.6 years
- Adult Obesity: 60%
- Childhood Obesity: 38.9%
Patient visit
Chart flagged or self-referral
Health Educator (HE) meets patient for Care Plan and activity referral
HE follows up before 1st outing
HE may attend outing with patient
HE follows up after outing
Regular follow up to monitor changes in health and behavior

**Characteristics of Park Outings:**
- Convenient to get to
- Inviting and reliable
- Accommodate ability level of the patient
- Provide opportunities for regular engagement
- Hosted by partners, health educator, contractors
• 16% decreased BMI by an average of 0.94
• 14.5% decreased blood pressure by an average of 12/4.5
• 7% decreased PHQ-9 by an average of 6 (9 questions)
MCC Facts

Families Living in Poverty: 55%

Adult Obesity: 36%

Childhood Obesity: 28%
National Park Prescriptions Day
April 23, 2017
WHAT'S NEXT?

- Scaling up with technology
- Reducing staff burden by streamlining the prescription process
Thank You