

# Park Prescription Policy



## PROPOSED POLICY:

“Decrease cholesterol and high blood pressure through exercise and healthy eating.”



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## PROPOSED STRATEGY:



“Work with County Regional Parks and City of Sacramento Parks Departments to partner with other Park Agencies, the Sierra Sacramento Valley Medical Society and other members of the medical community to implement a Parks Prescription program to promote the increased use of parks in the 15 zip codes.”



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## Zip Codes-Agency

95660 – NH &  
ACRPD

95673 – RL/ELV  
RPD

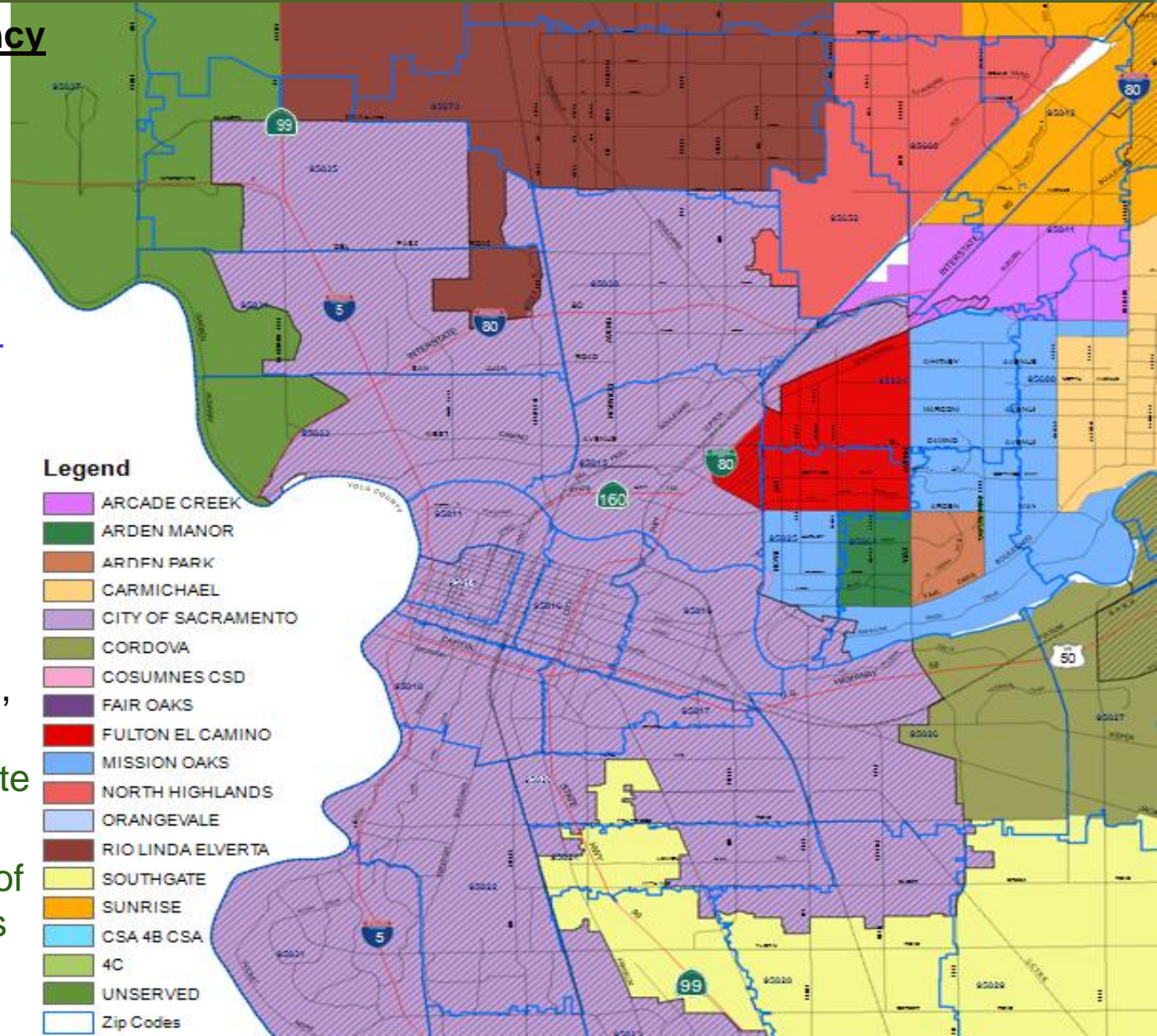
95815 & 95821 –  
FEc RPD

95838, 95811,  
95814, 95817 –  
City of Sacto

95841 – AC &  
Sunrise RPD

95820, 95822-24,  
95828 – City of  
Sacto & Southgate  
RPD

95832 – County of  
Sac & Cosumnes  
CSD



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## WHAT is a Park Prescription ?



DEA# SERSALUDABLE

LIC. #4ASacramentoSaludable

**OLIVIA KASIRYE, M.D.**

Oficial de Salud, Condado de Sacramento  
Condado de Sacramento

NOMBRE: Residente del Condado de Sacramento AGE: Todo

Dirección: Su parque mas cercano



1. Camine 30 minutos al día,
2. Monte su bicicleta 30 minutos al día,
3. Haga su actividad fisica favorita por 30 minutos

Label

Relleno: Continuado

No acepte sustituciones: Olivia Kasirye M.D.

Para asegurarse de la marca de la receta y para encontrar el parque usted, vea la página web: [www.YourSacParks.com](http://www.YourSacParks.com)

**justwalk**  
a WALK with a  
DOC program

FOR: \_\_\_\_\_ DATE: \_\_\_\_\_



### DIRECTIONS

Join a local physician and other healthcare professionals for a walk in the park. This free walking program is open to anyone interested in taking steps for their heart health. Lace up a pair of comfortable shoes and enjoy the fresh air, good company and the opportunity to get fit and have fun.

For more information, meeting times and locations, visit us at [walkwithadoc.org](http://walkwithadoc.org) or sign up to receive a weekly e-newsletter at [contact@walkwithadoc.org](mailto:contact@walkwithadoc.org).

Visit Walk with a Doc on the web at:  
<http://www.ssvms.org/Programs/WalkWithADoc.aspx>

### SPECIAL INSTRUCTIONS

Dosage:	Refills:
30 Minutes	Daily

\_\_\_\_\_  
Signature



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## Why Parks ?



1. Free and easy to access. Many already have walking paths, trails, community gardens, & farmer's markets.
2. Promote the prescription of outdoor physical activity & healthy eating to prevent or treat health problems. Partner with non-profits and the community.
3. Park Prescriptions provides and improves communication and connection with Medical providers & strengthens the healthcare & local parks system.
4. Encourage park visitors to increase time enjoying physical activity and gives Physicians new tools to improve patients health.



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## CDC Weight of the Nation Conference 2012



### Solving the Weight of the Nation

“A message heard throughout the conference was that local park and recreation agencies are critical in helping solve the obesity epidemic, making positive impacts in communities nationwide.”

INSTITUTE OF MEDICINE  
OF THE NATIONAL ACADEMIES

Advising the nation • Improving health



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EPA's "America's Children and the Environment-third edition  
(January 2013)



“Green environments that contain a greater number of natural environments and features such as parks, trees, and nature trails, may contribute to increased levels of physical activity in children that can **reduce rates of obesity.**”



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## ...and parks offer even more ! Mental Health

Just five minutes of exercise in a park, working in a backyard garden, on a nature trail, or other green space will benefit mental health. Every green environment improved both self-esteem and mood; the presence of water generated greater effects.

(Source: Barton J and Pretty J. 2010. What is the Best Dose of Nature and Green Exercise for Improving Mental Health? A Multi-Study Analysis. *Environmental Science and Technology* DOI: 10.1021/es903183r)



## No Smoking in City Parks

## Healthy Food Access Farmer's Markets & Community Gardens

