PROPOSED POLICY:

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

“County Regional Parks and City of Sacramento Parks Departments will work with other Park Agencies and the Medical community to increase the use of parks in the 15 zip codes through the Parks Prescription program.”
Park Prescription Policy

**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
Park Prescription Policy

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.
“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.”
Park Prescription Policy

…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.

No Smoking in City Parks

Healthy Food Access - Farmer’s Markets & Community Gardens