

Health Starts In Parks



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Escambia County Health Department
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Protect yourself from hepatitis A.



Get vaccinated.



Wash your hands.

Prevention

- **Vaccination**

Walk-in hepatitis A vaccine

8am-3:45pm M-F

1295 West Fairfield Drive

- **Handwashing**

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PLAY

- Adults
 - Stimulate mental/brain function
 - Boost creativity
 - Reduce stress
- Kids
 - Motor skill and physical development

PHYSICAL ACTIVITY

- Reduce risk of chronic disease
- Promote healthier body weight

NATURE

- 5 Benefits DOH Article: (1) More active, (2) More relaxed, (3) Increased concentration, (4) Decreased risk for heart disease & HTN, (5) Increased Vitamin D production
- Studies: Impacts BP, HR, stress hormone production, immune function
- 120 minutes/week in nature => the likelihood of reporting good health or high well-being
- Even adding a plant to a room can reduce stress and anxiety

Reduces screen time

SOCIAL CONNECTION

Parks provide a ready space for social connection

Limited barriers to interaction

Noted in blue zones and other studies/observations as important to longevity

Parks and Well Being



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The presence of urban green spaces can encourage positive social interactions that cultivate social cohesion in ways that enhance health and well-being.

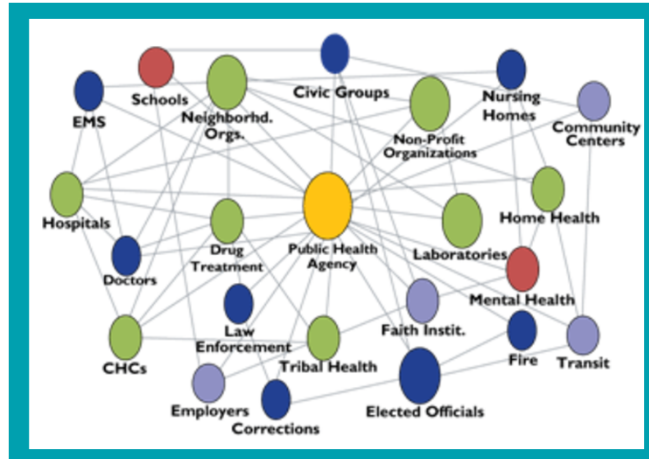
Urban green spaces have also been linked to positive health behaviors and outcomes including increased physical activity and social engagement.

UAB Study = 20 Minutes in urban park improved reported emotional well-being

Cornell study = 10-20 minutes in nature = happier, less stressed

These principles relate directly to Escambia County's current Community Health Assessment and Improvement Plan (2020-2023) which establish and focus on priorities: Diabetes, Behavioral Health, MCH

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The public health system is comprised of much more than just the health department and health care systems.

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Central Park picture & story

- Water supply reservoir from aqueduct system (response to cholera epidemic, 1832) – permitted growth
- Need for “breathing spaces” to ease congestion of the growing NY City
- At the time disease was believed to be caused by bad air and the park would allow for air purification (miasma theory of disease)

Public Health 1800s = communicable disease; safety

Public Health 1900s = epidemiological transition; population-based interventions; chronic disease

Public Health in 21st Century = PH 3.0; strategic partnerships, design and built environment to support health equity and wellness for all by addressing the Social Determinants of Health (upstream approach).

Think creatively -- Where are the opportunities for parks in the new world of public health?

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If our collective mission is to increase health opportunities for all people at all stages of life, we need to take a Health in All Policies approach.

Health in All Policies is a collaborative approach to improving the health of all people by incorporating health considerations into decision-making across sectors and policy areas.

Health is influenced by the social, physical, and economic environments, collectively referred to as the “social determinants of health.”

At its core, HIAP is an approach to addressing the social determinants of health that are the key drivers of health outcomes and health inequities.

This concept supports improved health outcomes and health equity through collaboration between public health practitioners and those nontraditional partners who have influence over the social determinants of health.

If we are going to be successful as a community in advancing improvements in individual health [and] in closing health disparities, we need to be thinking across silos and across sectors.

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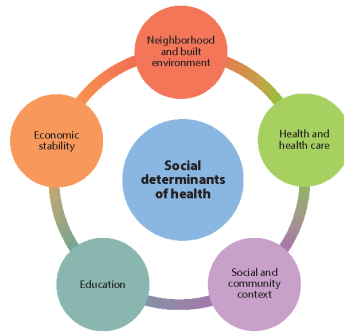
While clinical care is vitally important, only a small portion (15–20%) of overall health and longevity can be attributed to clinical care. Social, physical, and economic environments and conditions, collectively referred to as the “social determinants of health,” have a far greater impact on how long and how well people live than medical care.

The social determinants of health are key drivers of health inequities, which are persistent in the United States. Health inequities are differences in health “that are a result of systemic, avoidable and unjust social and economic policies and practices that create barriers to opportunity.

Health Equity – connecting people to what they need to achieve their optimal level of health

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Annu. Rev. Public Health 2016.37:185-204.
Access provided by Morehouse School of MI



Each of these five determinant areas reflects a number of critical components/key issues that make up the underlying factors in the arena of social determinants of health.

Economic stability

- Poverty
- Employment
- Food security
- Housing stability

Education

- High school graduation
- Enrollment in higher education
- Language and literacy
- Early childhood education and development

Social and community context

- Social cohesion
- Civic participation
- Perceptions of discrimination and equity
- Incarceration/institutionalization

Health and health care

- Access to health care
- Access to primary care
- Health literacy

Neighborhood and built environment

- Access to healthy foods
- Quality of housing
- Crime and violence
- Environmental conditions

Figure 1

Social determinants of health graph and chart. Adapted from Reference 103.

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Social Determinants of Health (SDOH) refers to how the conditions in which a people are born, live, work, and age influences their health (why your zip code can impact your health more than your genetic code)

SDOH can include

- Economic stability
- Employment
- Food Insecurity
- Housing Instability
- Poverty
- Education
- Early Childhood Education and Development
- Enrollment in Higher Education
- High School Graduation
- Language and Literacy
- Social and Community Context
- Civic Participation
- Discrimination
- Incarceration
- Social Cohesion
- Health and Healthcare

- Access to Healthcare
- Access to Primary Care
- Health Literacy
- Neighborhood and Built Environment
- Access to Foods that Support Healthy Eating Patterns
- Crime and Violence
- Environmental Conditions
- Quality of Housing

BUILT ENVIRONMENT, TRANSIT/CONNECTION TO RESOURCES are key areas that impact health and which parks and recreation may have a keystone opportunity to impact these factors and reduce inequities.

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Parks and recreation has a significant role to play in shaping our neighborhoods and the built environment. Quality park and recreational spaces that are accessible, properly designed with community input and well-programmed have been shown to reduce area crime and violence.

Parks and green space improve air, water and environmental conditions in communities. At the same time, parks and recreation promotes access to physical activity opportunities for people to move more and provide access to healthy foods through meal programs, farmers markets and community gardens. Research demonstrates over and over again that people who live near and spend time in parks are more physically active, have improved mental and social health, are more productive and have improved focus.

Social and Community Context

Parks and recreation has an exceptional ability to bring people together. The biggest benefit of parks and recreation is the socialization that it provides. They are public spaces and places, open and welcoming to all. They provide an opportunity for people from different walks of life to connect through shared experiences. They also provide an opportunity for civic engagement and participation. Parks and recreation is a driving force of social cohesion in all communities.

While these are just a few examples of how parks and recreation can address the social determinants of health, the opportunities are endless. Examples might include establishing partnerships with healthcare providers, referring patients to chronic disease interventions,

providing Supplemental Nutrition Assistance Program (SNAP) enrollment assistance at park and recreation sites, installing green stormwater infrastructure in parks to mitigate flooding and improve water quality, and establishing policies that ensure these resources are being invested in the communities that need them most.

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So, let's start a conversation about how we can improve it.