



# CHAMPION PROVIDER FELLOWSHIP

*A Powerful Approach to Healthier Communities*

**Rachel Borovina, MD**  
**Pediatrician, San Mateo Medical Center**

Funded, in part, by USDA SNAP-Ed, an equal opportunity provider and employer.



# Disclosures

- I have no commercial conflicts of interest to disclose.

# Background

- Clinical Responsibilities:
  - Primary Care Pediatrician in County based outpatient health clinic and “inpatient” care at Hillcrest Juvenile Hall Youth Services Center
- Patient Population:
  - 100% are either insured by MediCal or Uninsured
  - >80% Spanish speaking
  - >34% are overweight or obese
  - 45% of Food Insecure Children Likely Ineligible for Assistance due to gap in cost of living and program eligibility
- Why I became a CPF for San Mateo County:
  - create consistent environments in the community that promote healthy lifestyles
  - insure safe spaces for physical activity
  - promote healthy dietary habits, empowering children to make healthy choices as they continue to grow

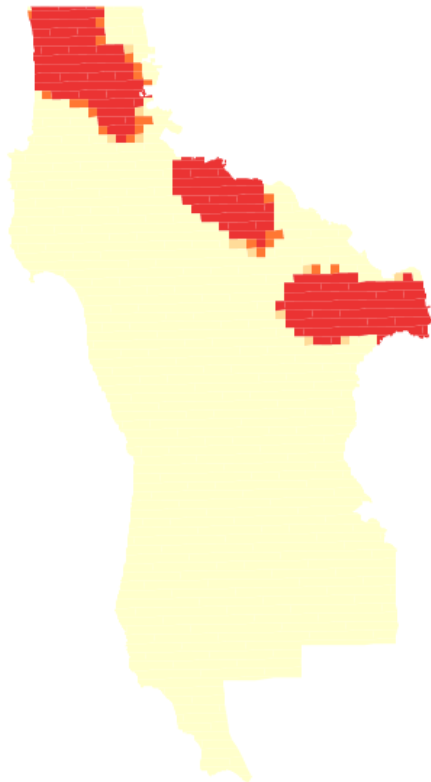
# Issue: Improving Access to Safe Spaces for Physical Activity

- Patients and families consistently cite lack of available, affordable and safe places for their children to exercise and be active as a major barrier in addressing overweight/obesity and related co-morbidities
- San Mateo County Park data suggests non-visitors were more likely to be Asian, Hispanic/Latino, Black, and speak a language other than English at home; have a lower household income; and have lower formal education levels.

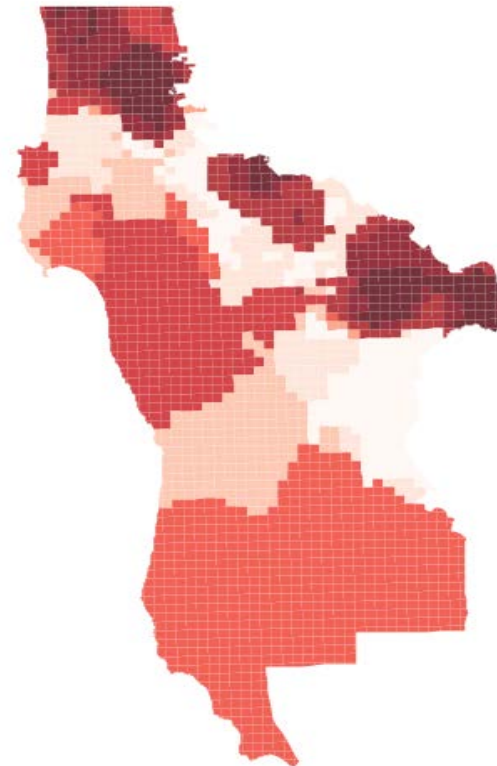
# Issue: Improving Access to Safe Spaces for Physical Activity

## San Mateo County Youth Behavioral Health Hot Spots

Source: San Mateo County Health System, Behavioral Health and Recovery Services, 2017



## San Mateo County Youth Need Index Hot Spots



# **Goal of P.S.E Intervention: Connect the Patient's Medical Home to Nature/Outdoor Spaces**

- **Create a ParkRx medical model with parallel system-wide Interventions**
- **Engage providers and staff at Primary Care and BHRS Clinics to “prescribe nature” as part of routine anticipatory guidance**
- **Encourage patients to feel welcome, use and enjoy parks and public lands to benefit their physical and mental health**

# San Mateo County Park Prescription (ParkRx): A Medical Model

- Establish a central resource for information and events for provider, patient and general public use
- Integrate resources within the outpatient EMR
- Encourage the “prescribing” of nature/time outdoors within our primary care clinics and Behavioral Health and Recovery Services programs
- Promote the connection of the patient medical home with nature/outdoors
- Institute “Community” Nature Day for each clinic site
- Expand San Mateo County Health partnerships with local city and county agencies and community groups



# Create a Centralized Resource

## www.smchealth.org/smc-park-rx

The screenshot shows a web browser window with multiple tabs open. The active tab is "SMC Park RX - San Mateo". The address bar shows the URL "https://www.smchealth.org/smc-park-rx". The website header includes navigation links: "About Us", "Contact", "Careers", "Español", and a "Search" button. The San Mateo County Health logo is displayed, along with the tagline "All together better." and a list of services: "HEALTH CARE SERVICES", "LIVE HEALTHY", "FORMS & PERMITS", and "FOR PROVIDERS".

The main content area is titled "SAN MATEO COUNTY PARK RX". It features a left sidebar with a "LIVE HEALTHY" section containing links to "Health Alerts", "Disease & Prevention", "SMC Park RX", "San Mateo County Parks & Events", "City Parks & Recreation in San Mateo County", "Community Partners", "Bay Area Regional Open Spaces", "Emergency Preparedness", "Healthy Environment", "Report a Problem", "Safe Waste Disposal", and "Health Insurance".

The main text on the "SAN MATEO COUNTY PARK RX" page reads: "Improve your health and well-being by spending time outdoors. Everyone should have access to nature and outdoor spaces to play and rest." It then states: "The San Mateo County Park Rx (Park Prescription) program promotes the use and enjoyment of parks and public lands to benefit your physical and mental health." and "San Mateo County Park Rx is part of a national initiative to promote spending time in nature to improve health and well-being."

Under the heading "Time spent in nature benefits your physical health:", there is a bulleted list:

- Reduces blood pressure and headaches
- Promotes overall health and well-being
- Promotes faster healing time
- Lowers Stress

Under the heading "And improves your emotional health:", there is another bulleted list:

- Increases academic performance and productivity
- Improves mood and behavior

The Windows taskbar at the bottom shows the "SMC Park RX - Sa...html" window, the "Search Windows" bar, and various application icons. The system clock indicates the time is 1:05 PM on 11/6/2018.



# SMC Park Rx: Prescribing Nature

- Handout of a “Prescription”
  - Bilingual
  - Tailored to the local spaces nearby clinics
- Embedded into eCW
  - Templates to add to notes or to use as a stand alone visit
  - Screening questions within the HPI
  - “Prescriptions” in the TREATMENT section
  - Consideration of the subtle differences in the Pediatric and Adult Clinic workflow

## PRESCRIPTION:

Spend time in nature 1 hour, twice a week

### Time spent in Nature:

- Benefits your physical health:
  - Reduces blood pressure and headaches
  - Promotes overall health and well-being
  - Faster healing time
  - Lowers stress
- Benefits your emotional health:
  - Increases academic performance and productivity
  - Improves mood and behavior
  - Reduces mental fatigue, anger, and frustration



### Be a role model

#### DO:

- Plan weekly activities to the park for the whole family!
- Enjoy physical activity in green spaces
- Spend time relaxing in nature
- Explore different hiking trails and connect with others
- Include nature into your weekly routine

#### DON'T:

- Feel like you need to be overly active, just sitting in a park can be great for you too!

### Here are some ideas...

What to do	Where to go
Hiking	Coyote Point
Meditation	Edgewood Park
Walking	Laurelwood Park
Wildlife viewing	Wunderlich Park
Yoga	Your Local City Park



For more information visit:  
[www.smchealth.org/smc-park-rx](http://www.smchealth.org/smc-park-rx)

## RECETA:

Pase tiempo en la naturaleza 1 hora, dos veces por semana

### Pasar tiempo en la naturaleza:

- Beneficios para su salud física:
  - Reduce la presión arterial y los dolores de cabeza
  - Promueve la salud en general y el bienestar
  - El tiempo para sanar es más rápido
  - Menos estrés
- Beneficios a su salud emocional:
  - Aumenta el rendimiento académico y la productividad
  - Mejora el estado de ánimo y el comportamiento
  - Reduce la fatiga mental, la ira y la frustración



### Sea un ejemplo a seguir

#### Haga:

- ¡Planee actividades semanales al parque para toda la familia!
- Disfrute de hacer sus ejercicios al aire libre
- Pase tiempo relajándose en la naturaleza
- Explore diferentes rutas en el bosque y conéctese con los demás
- Haga que la naturaleza sea parte de su rutina cada semana

#### Evite:

- Pensar que necesita ser demasiado activo. ¡El solo sentarse en un parque también puede ayudarle!

### Aquí tiene unas ideas cuando visite la naturaleza:

Qué hacer	Dónde ir
Caminar en el bosque	Parque Coyote Point
Meditar	Parque Edgewood
Caminar	Parque Laurelwood
Yoga	Parque Wunderlich
Observar las flores, pájaros, animalitos	Un parque local en su ciudad



Para más información visite:  
[www.smchealth.org/smc-park-rx](http://www.smchealth.org/smc-park-rx)

# Resources within eCW (Outpatient EMR):

Addition of comments encouraging and/or “prescribing” time outdoors to the BROWSE function of the TREATMENT section in outpatient progress notes

The screenshot displays the eClinicalWorks (eCW) outpatient EMR interface. The main window shows a patient's progress note for T, TEMPLATES, 48 Y, M. The patient's information includes address (114 TURNPIKE ROAD, WESTBOROUGH, MA), phone (508-836-2700), DOB (01/01/1970), and eHX Status. The progress note includes sections for Assessment (Exercise counseling - Z71.82 (Primary)), Plan (Treatment: Exercise counseling), and Procedures. A treatment window is open, showing a list of keywords and a prescription for exercise counseling. The keywords list includes PCP- Pain Clinic Express, PCP- ParkRx Explore (bilingual), PCP- ParkRx Prescription (bilingual), PCP- PES, PCP- PES Spanish, PCP- PFT, and PCP- PFT Spanish. The prescription text reads: "Prescription: Spend time in nature, 1 hour, twice a week. Visit https://www.smchealth.org/smc-park-rx for more information. Receta: Pase tiempo en la naturaleza, 1 hora dos veces por semana. Visite https://www.smchealth.org/smc-park-rx para mas informacion."

**eClinicalWorks (Borovina, Rachel M, MD)**

File Patient Schedule EMR Billing Reports CCD Fax Tools Community Meaningful Use Lock Help

**eClinicalWorks<sup>10</sup>**

Admin Progress Notes

T, TEMPLATES, 48 Y, M Info Hub Allergies Billing Alert

114 TURNPIKE ROAD  
WESTBOROUGH, MA  
H: 508-836-2700  
DOB: 01/01/1970  
eHX Status:

Wt 01/01/01: 21.98 lbs  
App(L): 12/24/09(50)  
Language: English  
Translator: No

Ins: Self Pay  
Acc Bal: No Access  
Guar: TEMPLATES

CLICK TO EDIT

SECURE NOTES

Medical Summary | OB Summary | CDSS | Alerts | Labs | DI | Procedures | Growth Chart | Imm/T.Inj | Encounters | Pati

SF

Progress Notes Scribe Orders Quick Search

**Physical Examination:**

**Assessment:**

**Assessment:**

- Exercise counseling - Z71.82 (Primary)

**Plan:**

**Treatment:**

**Exercise counseling**

Notes: Prescription: Spend time in nature, 1 hour, twice a week.  
Visit <https://www.smchealth.org/smc-park-rx> for more information.  
Receta: Pase tiempo en la naturaleza, 1 hora dos veces por semana.  
Visite <https://www.smchealth.org/smc-park-rx> para mas informacion.

**Procedures:**

**Immunizations:**

**Therapeutic Injections:**

**Diagnostic Imaging:**

**Lab Reports:**

**Procedure Orders:**

**Preventive Medicine:**

Send Print Fax Record Lock Details Scan Templates Claim

Treatment (T, TEMPLATES - 01/01/2001 09:00 AM, FU 15)

Pt. Info Encounter Physical Hub

Rx Cur Rx Add Remove Education Formulary Pop Up

Exercise counseling Others

Comme Name Strength Formul Take Route Frequenc Duration Dispi Refill Auth AWP Stop Da

Labs Browse ... Diagnostic Imaging Browse ... Procedures Browse ...

Notes Clinical Notes Browse ... Spell chk Clr Outgoing Referral eClniSense Add Info New Action

**Keywords**

KeyWords Find pcp\_p Delimiter Spell check Clear

PCP- Pain Clinic Express  
PCP- ParkRx Explore (bilingual)  
PCP- ParkRx Prescription (bilingual)  
PCP- PES  
PCP- PES Spanish  
PCP- PFT  
PCP- PFT Spanish

Prescription: Spend time in nature, 1 hour, twice a week. Visit <https://www.smchealth.org/smc-park-rx> for more information. Receta: Pase tiempo en la naturaleza, 1 hora dos veces por semana. Visite <https://www.smchealth.org/smc-park-rx> para mas informacion.

< Prev Next > New

Prescription: Spend time in nature, 1 hour, twice a week. Visit <https://www.smchealth.org/smc-park-rx>

1:13 PM 11/6/2018

**CHAMPION PROVIDER FELLOWSHIP**

# Resources within eCW (Outpatient EMR): ParkRX Info **Progress Note** Templates designed to be merged with any existing progress note or template note.

The screenshot displays the eClinicalWorks (eCW) interface. The main window shows a patient's progress note for a 48-year-old male. The patient's information includes: 114 TURNPIKE ROAD, WESTBOROUGH, MA 01581-836-2700, DOB: 01/01/1970, eHX Status: [icon]. The note is titled "T, TEMPLATES, 48 Y, M" and includes sections for "Allergies", "Billing Alert", "CLICK TO EDIT", and "SECURE NOTES". The "Objective" section includes "Vitals:", "Past Results:", "Examination:", and "Physical Examination:". The "Assessment" section includes "Assessment:" and "Exercise counseling - Z71.82 (Primary)". The "Plan" section includes "Treatment:", "Exercise counseling", and "Notes: Prescription: Spend time in nature, 1 hour, twice a week. Visit https://www.smchealth.org/smc-park-rx for more information. Receta: Pase tiempo en la naturaleza, 1 hora dos veces por semana. Visite https://www.smchealth.org/smc-park-rx para mas informacion." The "Procedures:" section includes "Immunizations:", "Therapeutic Injections:", and "Diagnostic Imaging:". The "Template List" window is open, showing a list of templates with columns for "Name" and "Access". The "Template Categories" window is also open, showing a list of categories with columns for "ICD-9", "ICD-10", and "Description".

**Template List**

Name	Access
*ICC_RN_POS Quantiferon_RN	Public
*PCP-DRC w/provider visit	Public
*PCP_BMI	Public
*PCP_Breast	Public
*PCP_CDP-Breast/PAP/HPV over	Public
*PCP_Colon CA_Screening	Public
*PCP_Colonoscopy	Public
*PCP_ParkRx_Group Visit	Public
*PCP_ParkRx_Info	Public
*PCP_Pelvic/HPV over 30	Public
*PCP_Plan B_EVH	Public
*PCP_TB_MD class 2	Public
*PCP_Teleterm_EVH	Public
NV_Hospital_Discharge_F/U	Public

**Template Categories**

ICD-9	ICD-10	Description
B20	A08.0	Acquired immune deficiency syndrome
E78.5	E78.5	Hyperlipidemia
465.9	J06.9	Upper respiratory infection NOS
J45.901	J45.901	Asthma with acute exacerbation
Z30.430	Z30.430	Encounter for insertion of intrauterine contraceptive device
I25.89	I25.89	Other specified forms of chronic ischemic heart disease
I10	I10	Benign essential hypertension
	Z00.0	Encounter for routine child health examination with



# Resources within eCW (Outpatient EMR):

## ParkRX **Group Visit** TEMPLATE designed to be a stand alone template for group visits with providers, health educators, diabetes educators, nutritionists and any other healthcare team members

The screenshot displays the eClinicalWorks (eCW) Outpatient EMR interface. The main window shows a patient's progress notes for "T, TEMPLATES, 48 Y, M". The patient's information includes: 114 TURNPIKE ROAD, WESTBOROUGH, MA 01581-2300, DOB: 01/01/1970, eHX Status: [Redacted]. The patient's account number is 8663, and the encounter date is 01/01/2001, provided by Rachel Marie Borovina, MD.

The progress notes section shows the following details:

- Subjective:**
  - Chief Complaint(s):** \*PCP\_ParkRx\_Group Visit
  - HPI:** \*Provider note: Patient presents to clinic for ParkRX San Mateo Group visit to improve the health and well being through the use and of parks and public lands.
  - Diet/Exercise:** Parks/Nature/Outdoor Time (outside school and work) Time spent each week in nature/outdoors :.
  - Readiness for Change Assessment:** Parental/ Patient level of Motivation and Goals: Are you concerned about your or child's unhealthy habits? : Are you thinking of making lifestyle changes? : Readiness Assessment: Completed
  - Mood Screening:** PHQ-2 Little interest or pleasure in doing things : Feeling down depressed or hopeless :
- Current Medication:**
- Medical History:**
- Allergies/Intolerance:**

The right-hand pane shows a "Template List" window with a table of templates and their access levels:

Name	Access
*ICC_RN_POS Quantiferon_RN	Public
*PCP-DRC w/provider visit	Public
*PCP_BMI	Public
*PCP_Breast	Public
*PCP_CDP-Breast/PAP/HPV over	Public
*PCP_Colon CA Screening	Public
*PCP_Colonoscopy	Public
*PCP_ParkRx_Group Visit	Public
*PCP_ParkRx_Info	Public
*PCP_Pelvic/HPV over 30	Public
*PCP_Plan B_EVH	Public
*PCP_TB_MD class 2	Public
*PCP_Telederm_EVH	Public
NV_Hospital_Discharge_F/U	Public

The bottom of the screen shows the Windows taskbar with various applications open, including eCW, and the system clock indicating 1:29 PM on 11/6/2018.

# Resources within eCW (Outpatient EMR):

## Incorporated into all Well Child Visit Templates for patients 2 years and older screening for time spent outdoors AND “prescribing nature”

eClinicalWorks (Borovina, Rachel M, MD)

File Patient Schedule EMR Billing Reports CCD Fax Tools Community Meaningful Use Lock Help

**eClinicalWorks<sup>10</sup>**

Admin Practice

Resource Schedule... Borovina, Rachel M, MD Office Visits PEDI NV Teal Progress Notes Telephone/Web... Labs/Imaging Out of Office Visits Lookup Encounter

**Progress Notes**

T, TEMPLATES, 48 Y, M Info Hub Allergies Billing Alert

114 TURNPIKE ROAD WESTBOROUGH, MA H:508-836-2700 DOB:01/01/1970 eHX Status:

Medical Summary | OB Summary | CDSS | Alerts | Labs | DI | Procedures | Growth Chart | Imm/T.Inj | Encounters | Patient

SF

Progress Notes Scribe Orders Quick Search

Account Number: 8663 Encounter Date: 05/08/2001 Provider: Jimmark Ventura Abenojar, MD

**Subjective:**

**Chief Complaint(s):**

- 3 Year Well Child Visit
- ASK IF RECEIVING WIC SERVICES. Vision and Hearing Billing

**HPI:**

\*\*Pedi RN/MSA/LVN Note

Reason for visit: .

\*\*CHDP/Nutrition, Health and Safety

CHDP/Dietary Assessment (BF 2-18) CHDP Nutrition 2-18yrs :. 5210/BMI Action plan discussed :. CHDP/Oral Health Screen (BF 6-17)

Brushes teeth twice daily: ., Flosses daily: ., Has a dental home: :. CHDP/TB screen (BF) Screen completed as follows: CHDP/School

Name of School :. Voiding (urine) toilet trained. Stool (bowel movement) no concerns. Sleep no problems reported, regular bedtime .

Activities reading books with child daily, . Environmental Safety Assessment See Staying Healthy Questionnaire. Lead Exposure (BF 1-4)

2 year lead result reviewed Normal, Lead Exposure? No concerns.

\*\*Interval History

Concerns/Questions none . Interim Illness none .

\*\*Developmental/School Readiness

Development (BF 3) Usually understandable? Yes, Toilet trained during day? Yes, Can help dress or feed self? Yes, Names objects? Yes, Imaginative play? Yes, Has a conversation with 2-3 sentences? Yes, Copies Circle Yes. School Readiness (BF 3) Behavioral problems? No, Reads to child daily? Yes Reach Out and Read Book given.

\*\*Psychosocial

Psychosocial (BF 3) Feel Safe at Home (Domestic Violence Screen) Yes. Family Changes? None. Sibling Relationships: .

Send Print Fax Record Lock Details Scan Templates Claim Letters Ink

**HPI Notes**

Free-form Structured

CHDP/Dietary Assessment (BF 2-18)

Name	Value	Notes
CHDP Nutrition 2-18yrs	Evaluated	
(5) Fruits and Vegetable Porti		
(2) Hours of Screen Time (re		
(1) Hours of Physical Activity		
(0) Sugary Beverages		
(P) Parks/Nature/Outdoors (c		
*****		
Weight Status (enter in probl	0 minutes per week	
5210 Assessment:	1-30 minutes per week	
5210/BMI Action plan discuss	30-60 minutes per week	
Vitamin supplementation?	1-2 hours per week	
Iron Rich Foods Discussed	> 2 hours	

Add Cancel

Close

Next >

221 Asymptomatic human immunodeficiency virus (HIV) infection status

B20 Acquired immune deficiency syndrome

E78.5 Hyperlipidemia

465.9 Upper respiratory infection NOS

J45.901 Asthma with acute exacerbation

Z30.430 Encounter for insertion of intrauterine contraceptive device

I25.89 Other specified forms of chronic ischemic heart disease

I10 Benign essential hypertension

Z00.121 Encounter for routine child health examination with

Search Windows

1:36 PM 11/6/2018

**CHAMPION PROVIDER FELLOWSHIP**



# Resources within eCW (Outpatient EMR):

## All pediatric well child visits for 2 yrs old-Young Adult

### After Visit Summaries include a “prescription” for nature

The screenshot displays the eClinicalWorks (eCW) Outpatient EMR interface. The main window shows the 'Progress Notes' for a patient named T. TEMPLATES, 48 Y, M. The patient's information includes address (114 TURNPIKE ROAD, WESTBOROUGH, MA), date of birth (01/01/1970), and account number (8663). The visit summary window is open, showing the 'Allergies' section (N.K.D.A.) and the 'Notes' section. The 'Notes' section contains a 'Prescription' section, which is circled in red. The prescription text is: 'Prescription: Spend time in nature, 1 hour, twice a week. Visit <https://www.smchealth.org/smc-park-rx> for more information.' Below the prescription, there is a Spanish translation: 'Receta: Pase tiempo en la naturaleza, 1 hora dos veces por semana. Visite <https://www.smchealth.org/smc-park-rx> para mas informacion.' The visit summary also includes sections for 'HEALTHY STEPS EVERYDAY' and 'PASOS SALUDABLES DIARIOS', both listing various health and lifestyle recommendations. The interface includes a sidebar with navigation options like 'Admin', 'Practice', 'Resource Sche...', 'Office Visits', 'Progress Notes', 'Telephone/Web...', 'Labs/Imaging', 'Out of Office Vi...', 'Lookup Encount...', 'Registry', 'Referrals', 'Messages', 'Documents', and 'Billing'. The bottom of the screen shows the Windows taskbar with various application icons.

eClinicalWorks (Borovina, Rachel M, MD)

File Patient Schedule EMR Billing Reports CCD Fax Tools Community Meaningful Use Lock Help

eClinicalWorks<sup>10</sup>

Admin Practice

Resource Sche... Borovina, Rache... Office Visits PEDI NV Teal Progress Notes Telephone/Web... Labs/Imaging Out of Office Vi... Lookup Encount... Registry Referrals Messages Documents Billing

Progress Notes

T, TEMPLATES, 48 Y, M Info Hub Allergies Billing Alert

Medical Summary | OB Summary | CDSS | Alerts

SF

Progress Notes Scribe Orders

Account Number: 8663 Encounter Date: 05/08/2001 Provider:

Subjective:

Chief Complaint(s):

- 3 Year Well Child Visit
- ASK IF RECEIVING WIC SERVICES.

HPI:

\*Pedi RN/MSA/LVN Note

Reason for visit: .:

\*\*CHDP/Nutrition, Health and Safety

CHDP/Dietary Assessment (BF 2-18)

Brushes teeth twice daily: .:, Flosses daily:

Name of School .: Voiding (urine) toilet train

Activities reading books with child daily, . E

2 year lead result reviewed Normal, Lead Ex

\*\*Interval History

Concerns/Questions none . Interim

\*\*Developmental/School Readiness

Development (BF 3) Usually understandable? Yes, Toilet trained during day? Yes, Can help dress or feed self? Yes, Names objects? Yes, Imaginative play? Yes, Has a conversation with 2-3 sentences? Yes, Copies Circle Yes. School Readiness (BF 3) Behavioral problems? No, Reads to child daily? Yes Reach Out and Read Book given.

\*\*Psychosocial

Psychosocial (BF 3) Feel Safe at Home (Domestic Violence Screen) Yes. Family Changes? None. Sibling Relationships .:

Send Print Fax Record Lock Details Scan Templates Claim Letters Ink

Visit Summary

Allergies

- N.K.D.A.

Notes:

Prescription: Spend time in nature, 1 hour, twice a week  
Visit <https://www.smchealth.org/smc-park-rx> for more information.

Receta: Pase tiempo en la naturaleza, 1 hora dos veces por semana.  
Visite <https://www.smchealth.org/smc-park-rx> para mas informacion.

HEALTHY STEPS EVERYDAY

5 or more portions of fruits and vegetables everyday,  
2 hours or less of tv, computer, video games everyday,  
1 hour or more of physical activity everyday,  
0 Drink NO juice or soda everyday, more water and milk,

PASOS SALUDABLES DIARIOS

5 o mas porciones diarias de frutas y verduras  
2 horas o menos diarios de television, computadora y videojuegos  
1 hora o mas diaria de actividad fisica  
0 bebidas dulces diarios, mas agua y leche

Important resources for you and your family/Recursos importantes para usted y su familia:

1. 24-hour Nurse Advice Line/Linea de Consejeria con la Enfermera: 1-833-846-8773 (TTY 1-800-735-

# SMC Park Rx:

## Promote the connection of the patient medical home with nature/outdoors

- Visual Cues (Posters, information) available for clinics
- Walk with the Doc
- County Park Events
- Ranger Group visits HLC





# SMC Park Rx: Community Nature Day for Clinic Region

- Clinic Site Promotion
- Transportation from a location central to our patient community
- Programming provided by SMCo Park Rangers, POST and Friends of Parks
- Incentives

**April 20<sup>th</sup>: Huddart Park**

# Lessons Learned

- **Be Flexible**
- **Insure your LHD Team includes both NEOP and Policy and Planning members**
- **Look at the first year as getting a “seat at the table”**
- **Take advantage of the Media Trainings**
- **Do not underestimate the power our “expertise” carries in the community**

# Acknowledgements

- Entire CPF Team with special thanks to Dr. Fernandez, Alana Pfeffinger, Jessica Davidman, Paula Hamilton
- SMC NEOP: Gloria Cauhich-Gonzalez
- PHD: Justin Watkins
- SMMC and SMC Health System Leadership Teams: Dr. Janet Chaikind and Dr. Scott Morrow
- SMCo Parks: Ranger Katherine Wright
- SMMC Pediatric Clinic Staff and Providers
- Community Partners: Dr. Sharon DiPierro (and CPF co-fellow!), Friends of Wunderlich and Huddart



# CHAMPION PROVIDER FELLOWSHIP

A Powerful Approach to Healthier Communities

**Rachel Borovina**

**[rborovina@smcgov.org](mailto:rborovina@smcgov.org)**

**<https://www.smchealth.org/smc-park-rx>**

**[championprovider.ucsf.edu](http://championprovider.ucsf.edu)**

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