

Works-In-Progress Presentation #2

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Santa Clara County, Cohort 3

JUNTOS: The Santa Clara County Park Prescription Initiative

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Santa Clara County
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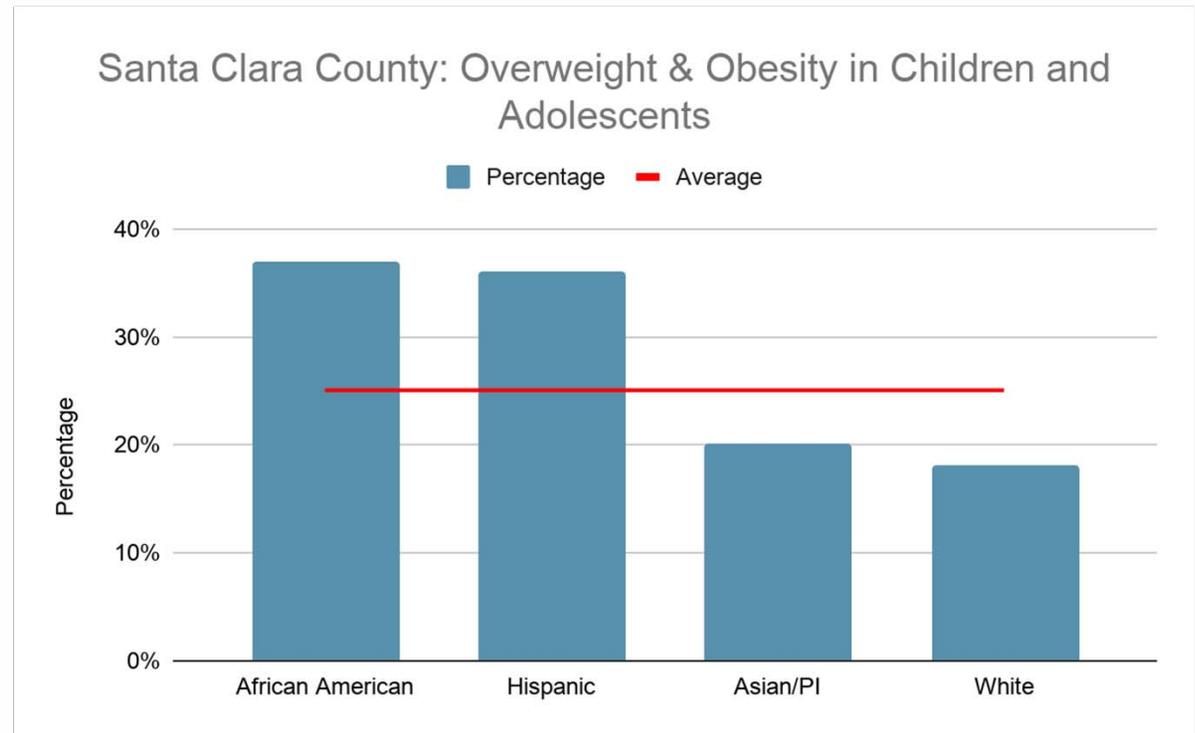
Introduction



- **Pediatrician**
- **Children's Hospital Oakland**
- **Santa Clara Valley Medical Center**
- **Pediatric Healthy Lifestyles Center (PHLC)**
- **Pediatric Director of JUNTOS**

Background

- **Access to nature in safe parks & green spaces is a social determinant of health which leads to health inequities for children of color**
- **Inadequate physical activity contributes to increased risk of obesity and overweight**



Graph source: Santa Clara County Public Health Department 2007-2008 California Healthy Kids Survey

PSE Intervention: Structured Physical Activity (Park Rx)

- **Park Prescription movement**
 - **Health Parks, Healthy People (HPPH)**
- **Collaboration between**
 - **Healthcare providers**
 - **Park agencies**
 - **Community organizations**

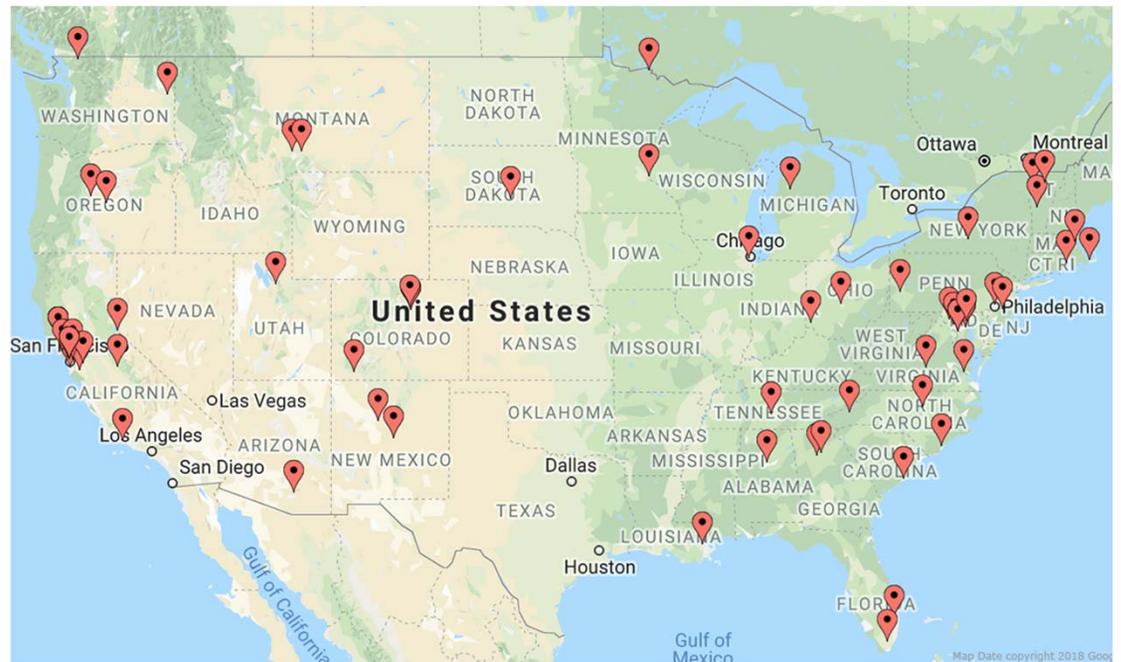


Photo source: Institute at Golden Gate Park Prescription Programs

Santa Clara County Park Rx Collaborative

- **Tripartite collaboration between Public Health, County Parks and Valley Medical Center clinics**
- **Designed to overcome barriers to park access:**
 - **Coordinated transportation**
 - **Bilingual services**
 - **Frequent organized walks & activities**
 - **Clinician attendance**
 - **Staff consistency**
 - **Creating a welcoming environment**



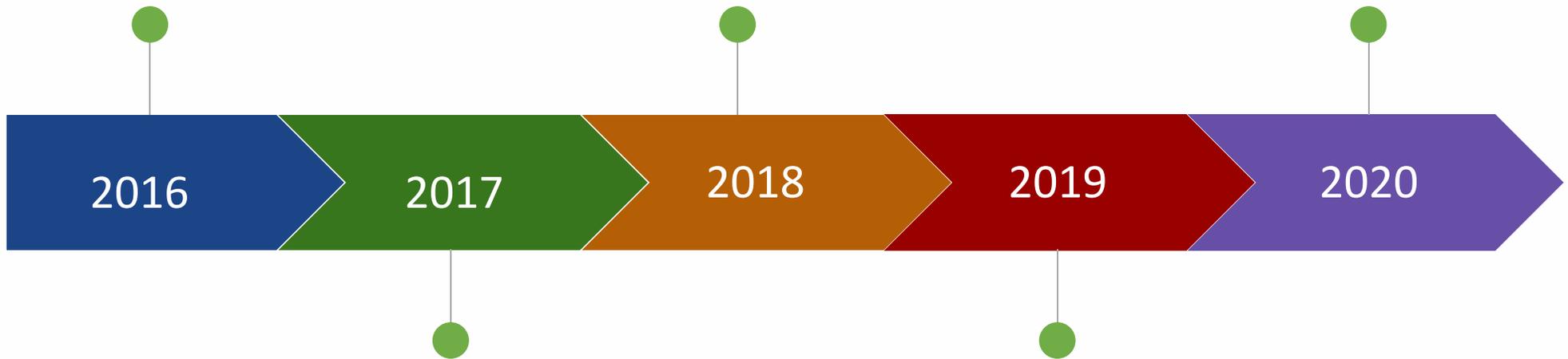
Timeline

Open Space
Authority Grant

Increased Outing
Frequency:

- Twice a month
- Quarterly

- Primary Care Clinic Site Outings
- Open Space Authority Grant for program expansion



Park Outings Begin

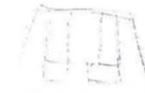
- Stanford Evaluation
- Outdoor Children's Bill of Rights Grant
- Transportation Grant

Stanford Program Evaluation

- Focus groups & follow-up calls:
 - Caregivers
 - Children
- Consistently showed themes of
 - Unique nature experiences
 - Stress reduction
 - Increased social connectedness
 - Increased time for family
 - Chance to meet new people

"You distract yourself, you're not as stressed anymore or anything like that, because it's beautiful to meet more people and we learn from everyone."

"I feel more motivated because you see a lot of people participating."



"It's like therapy, going outside."

"We learn from new people and you get to know new people and experience something new and beautiful."

Opportunities & Challenges Since COVID-19



CHALLENGES

- Park closures
- Staff not available
- Fear of COVID exposure
- COVID fatigue



OPPORTUNITIES

- Connecting with families virtually
- Trauma-informed Gardening & Cooking classes
- Collaboration with other Bay Area Park Rx programs

Next Steps

- **Children's Outdoor Bill of Rights**
 - Community input
 - Lever to implement policy & system level changes
 - Address social inequities to increase access to green spaces

- **JUNTOS Program Expansion**
 - Increased access & programming
 - EMR Integration of nature screening
 - Connect families to community partners
 - Peer-to-Peer programs



Thank You



Special thanks to Michelle Wexler for her leadership and support of the JUNTOS Initiative.

***“A single twig breaks, but the bundle of twigs is strong.”
-Tecumseh***

Keep the Conversation Going



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<https://tinyurl.com/JUNTOSInitiative>