

# Work-In-Progress Presentation



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Marin County  
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# Intro

- About Me:
  - Regional Medical Director, Family Medicine
  - Marin Community Clinics, FQHC serving 38000 primarily LatinX population

# Background

Marin county is one of the most affluent counties of the state with some of the worst health disparities.

Canal district has a population of ~11000

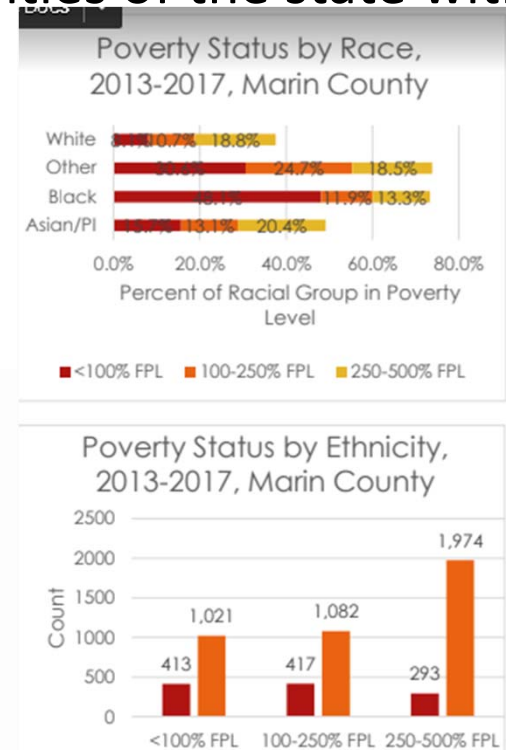
Younger population relative to Marin County

28%>60 years of age

1 Park in the Canal

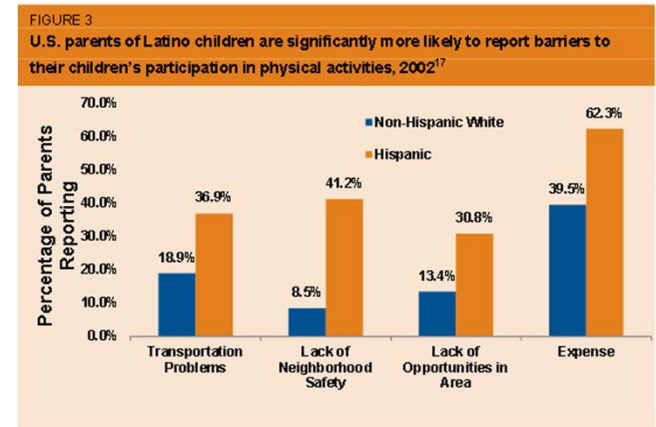
36% obese

57% living in poverty



# Overview

- Big picture: Increase the use of Marin County parks by identifying transportation barriers and establishing dedicated park routes
- Transportation to parks challenging for both our Canal population and our elder population
- Identify Senior housing
- Identify other local parks near Canal
- Review prior transportation routes to identify if these could be re-established



Note: All differences significant at  $P < 0.05$ .  
Data source: Youth Media Campaign Longitudinal Survey 2002.

# Partnership

- Health Equity Initiative to look at disparities
- Key strategy of increasing use of parks “Parks RX” to help combat obesity with attention to youth (sending them home with an rx)
- Collaboration with Marin transit to test a transportation app (2019)
- Started to look at timing of bus routes (late 2019-2020)
- Hiring of a new program manager for wellness at DPH (Late 2019)

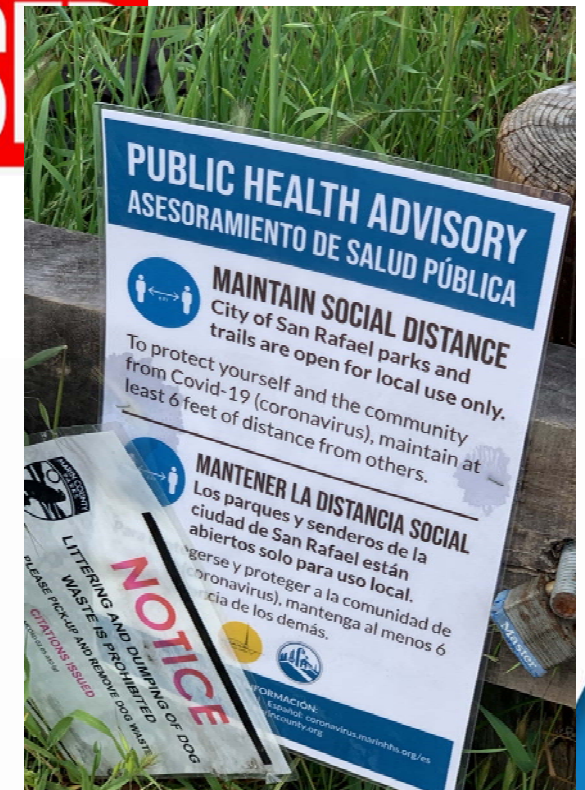
# COVID-19: Opportunities & Challenges

- **CHALLENGES**

- Public transportation limited
- Initially parks closed
- Most staff at DPH transitioned into DSW roles for testing

- **OPPORTUNITIES**

- Identified a Park's Ambassador
- Developed walkingpodcasts
- Online calendars with activities to perform at the park



# Take the Family Route!

Open with Google Docs



## You Can:



**Feel Better**  
*Have more energy*



**Be Stronger**  
*Improve heart health*



**Connect Together**  
*Decrease loneliness*



**Live Longer**



## Get started:

- Engage in at least 30 minutes of activity, once a week
- Set long term goals: \_\_minutes, \_\_days a week
- Increase time in nature with the following:



Meditate or read



Walk or Tai Chi



Dance or exercise



Ride a bike

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# Next Steps

- Next steps that you foresee
- Engaging schools to prescribe Parks RX
- Revisit bus routes and re-establish park route
- Create scavenger hunt to re-engage families



# Keep the Conversation Going

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Thank You

