

# 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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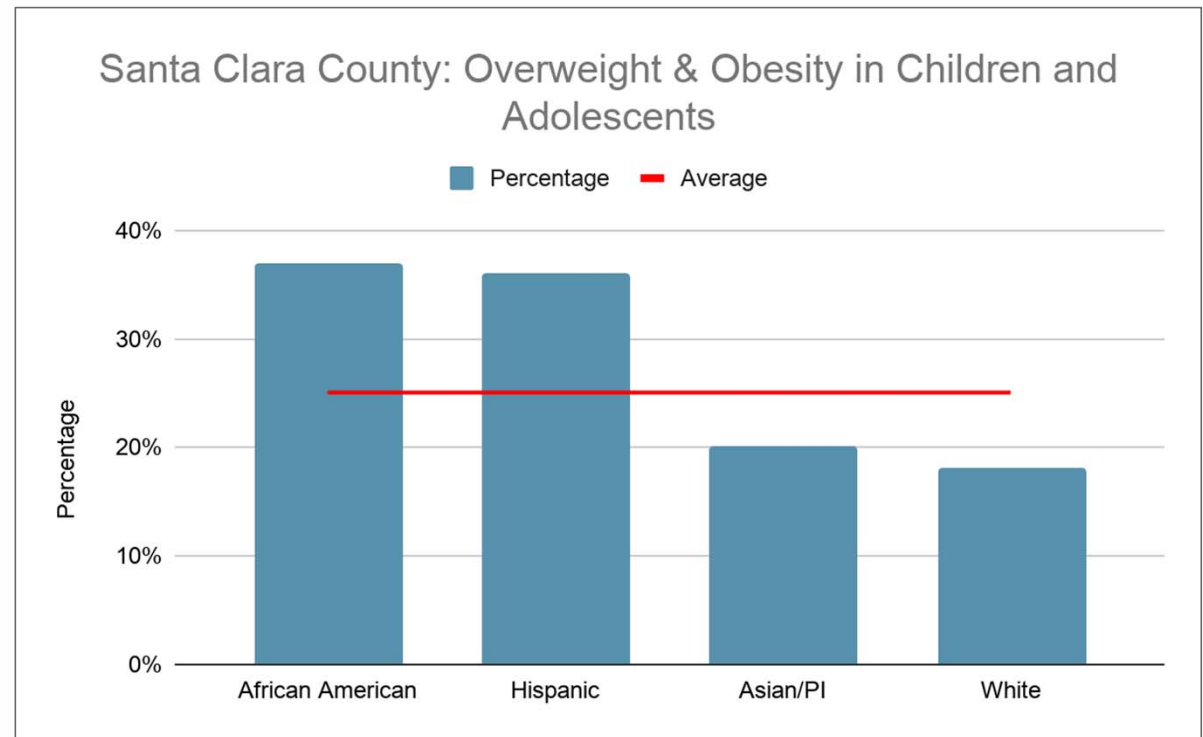
# Introduction



- **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

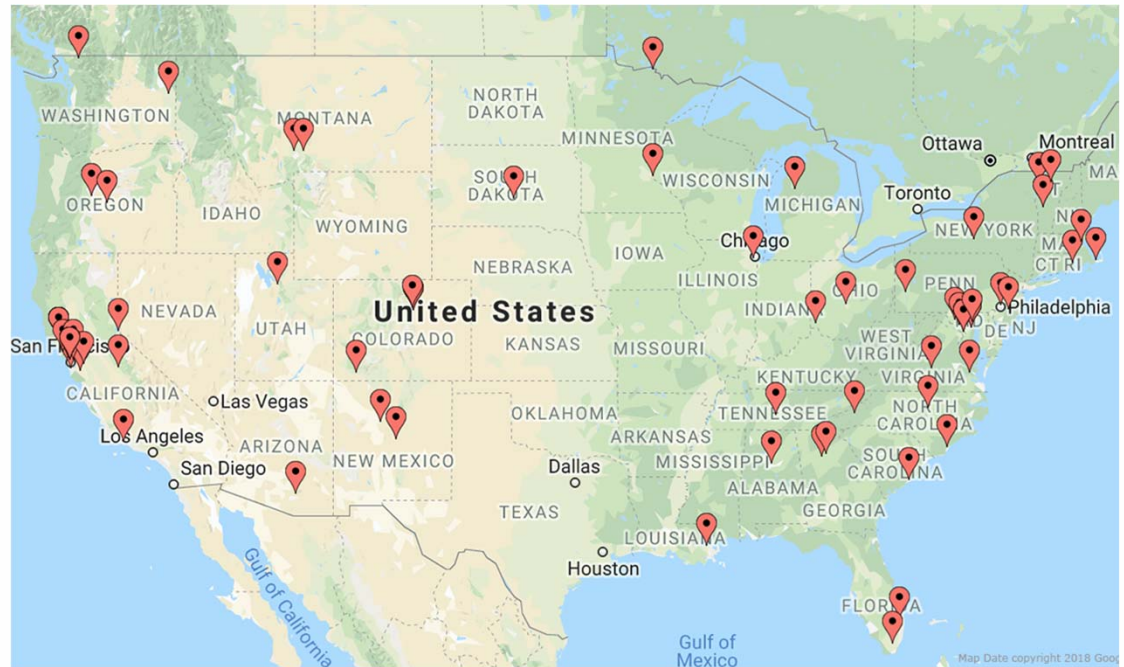


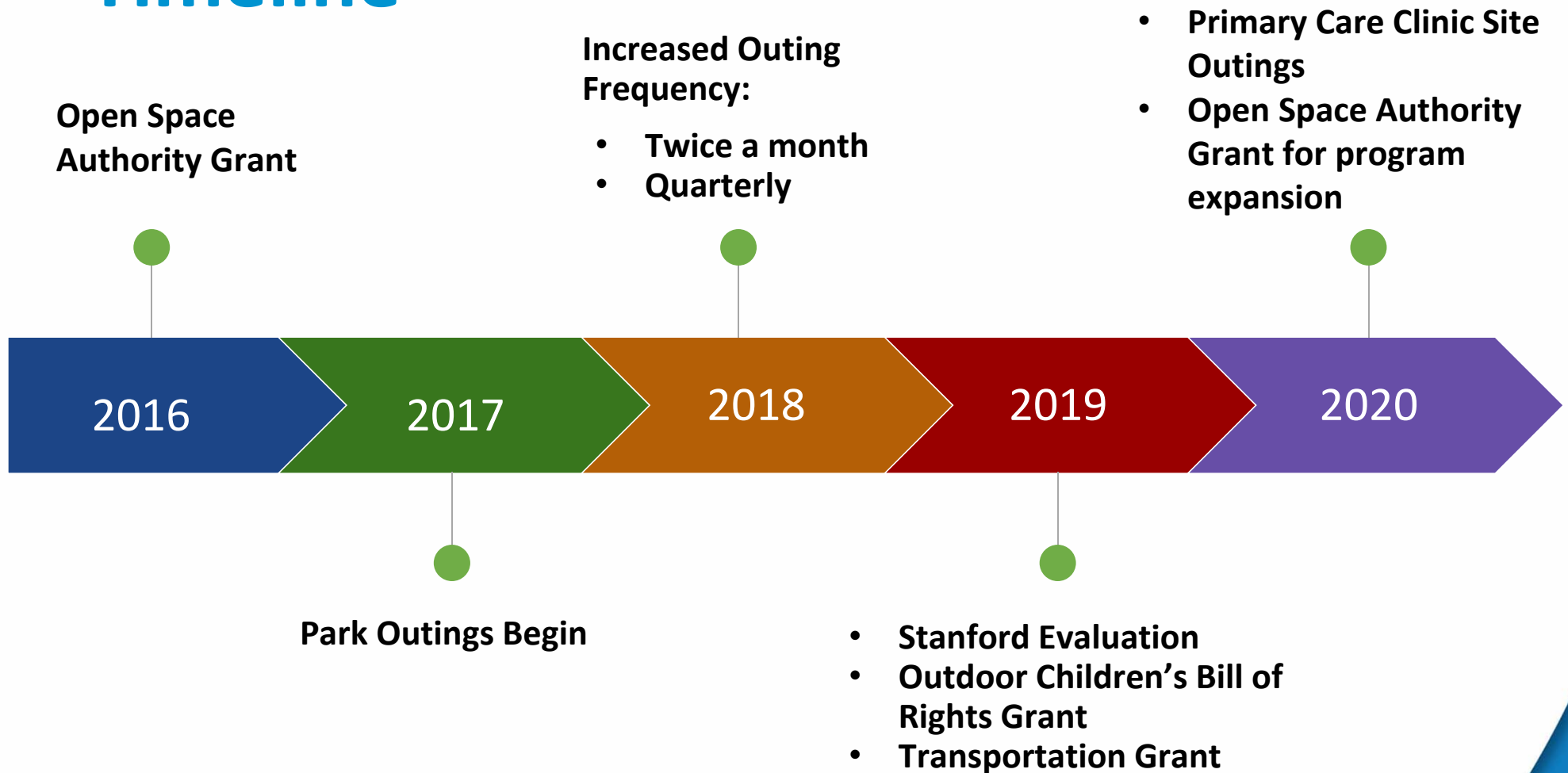
Photo source: Institute at Golden Gate Park Prescription Programs

# 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



# 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





# 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 & programing
  - 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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