

Trails: Making the Healthy Connection



Encouraging outdoor recreation and improving health

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Objectives

This presentation will make the case for considering partnerships with the health community when creating recreation opportunities.

Participants will:

- ❖ Learn the definition of **health** and see the current state of community health.
- ❖ Gain a better understanding of the multitude of healthy **benefits** of trails and parks.
- ❖ Learn ways to engage the health community in **planning**, including the use of the Parks, Trails and Health Workbook tool.
- ❖ Take away ideas for healthy community engagement through a variety of **programming**.
- ❖ Explore examples of tangible **funding** support of parks and trails by health organizations.

What is health?



What is health?

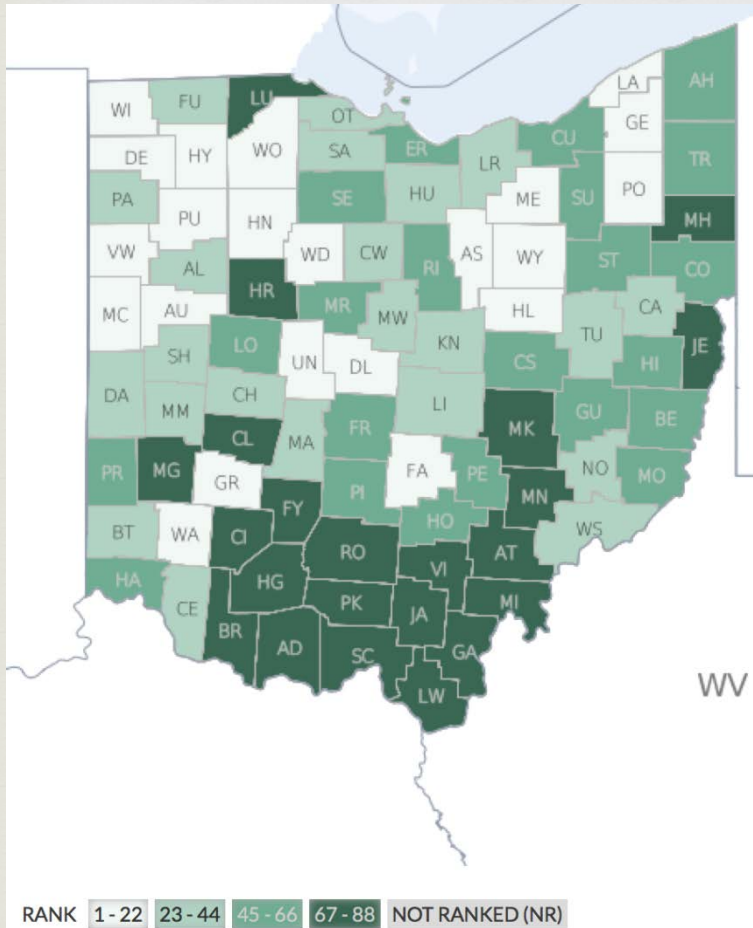


World Health Organization

Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.

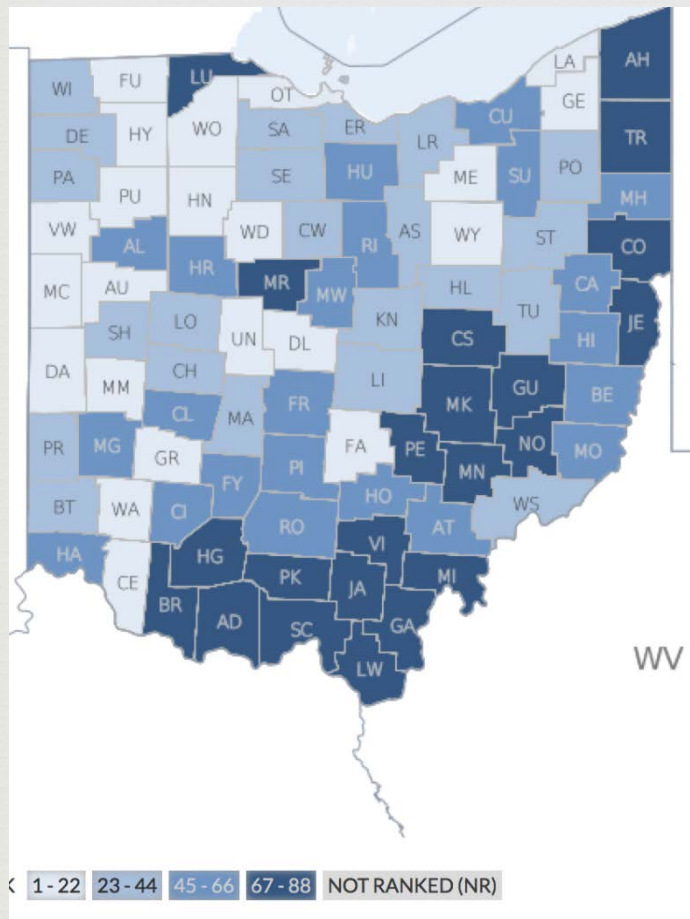
Preamble to the Constitution of the World Health Organization as adopted by the International Health Conference, New York, 19-22 June, 1946 by the representatives of 61 States (Official Records of the World Health Organization, no. 2, p. 100) and entered into force on 7 April 1948.

2016 County Health Rankings: Health Outcomes



- Morbidity
 - Poor or fair health
 - Poor physical health days
 - Poor mental health days
 - Low birthweight
- Mortality/Length of life
 - Premature death

2016 County Health Rankings: Health Factors



- Health behaviors
 - Adult smoking
- Adult obesity
- Food environment index
- Physical inactivity
- Access to exercise opportunities
 - Excessive drinking
 - Alcohol-impaired driving deaths
 - STIs
 - Teen birth rate
- Physical environment
 - Air pollution - Daily fine particulate matter
 - Drinking water violations
 - Severe housing problems
 - Driving alone to work
 - Long commute – driving alone

Factors that Affect Health

*Smallest
Impact*

**Counseling
& Education**

**Clinical
Interventions**

**Long-lasting
Protective Interventions**

Changing the Context
*to make individuals' default
decisions healthy*

Socioeconomic Factors

*Largest
Impact*

Examples

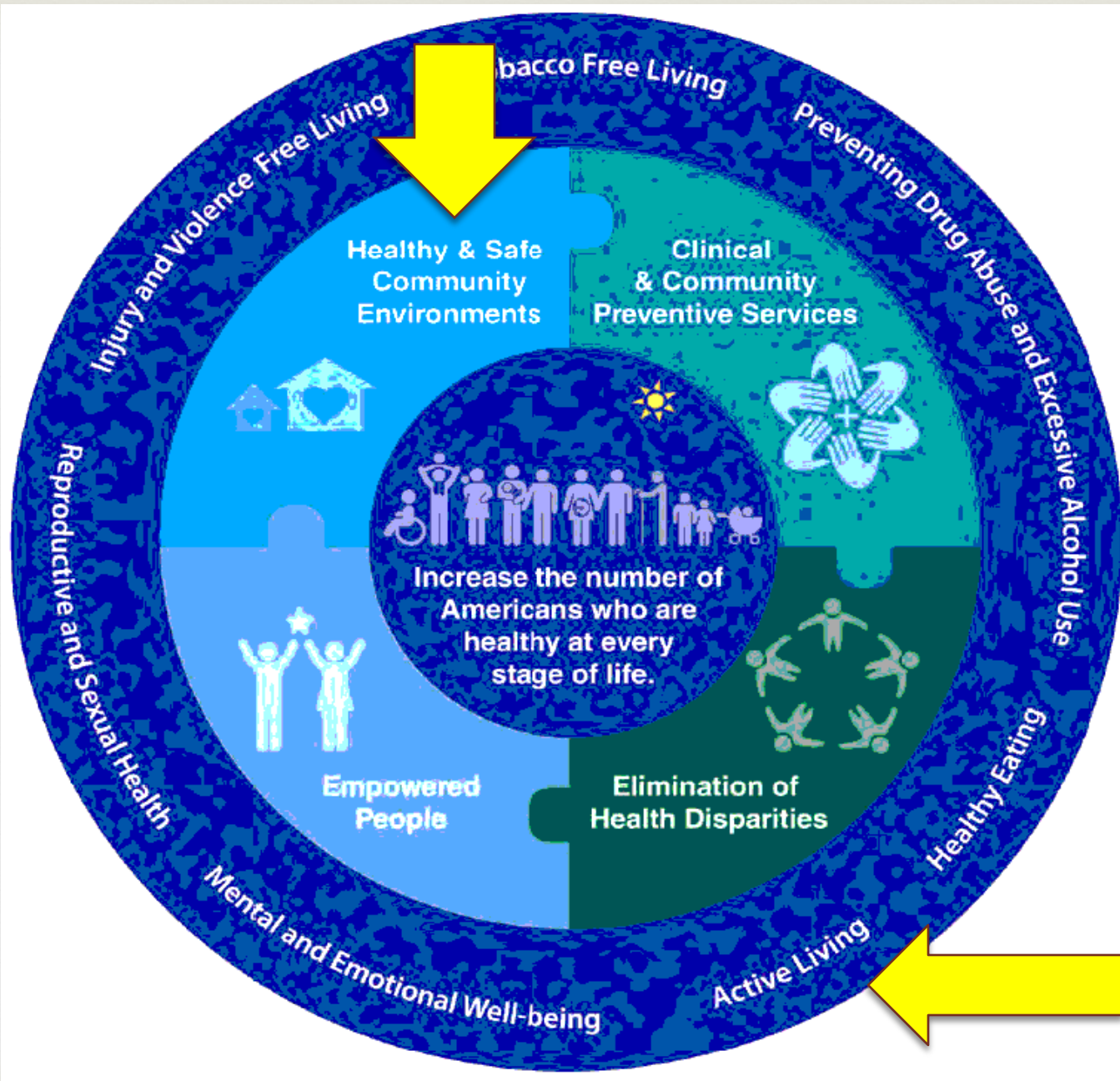
Eat healthy, be
physically active

Rx for high blood
pressure, high
cholesterol, diabetes

Immunizations, brief
intervention, cessation
treatment, colonoscopy

Fluoridation, 0g trans
fat, iodization, smoke-
free laws, tobacco tax

Poverty, education,
housing, inequality





The health of individuals,
populations, and communities
depends on us working together and
thinking differently...

We're not so healthy



What if there was a pill you took one day that lowered your blood pressure, prevented diabetes, improved your mood, protected against depression, increased bone density, prevented fractures, helped you remain independent as an older adult, enhanced your ability to think, and gave you more energy ?

Would you ask your doctor to prescribe it?

Using parks and trails can do that!

❧ So let's look at ways we can work together....

Poor Health In America



- ❧ Obesity and related complications*
- ❧ High blood pressure*
- ❧ Coronary heart disease*
- ❧ ADHD in children*
- ❧ Diabetes and related complications*
- ❧ **Extreme** stress levels*

- ❧ One of the answers...parks and trails!*

Healthy Benefits: Parks and Trails



- ❧ Obesity - more physical activity*
- ❧ High blood pressure improves in green space*
- ❧ Coronary heart disease - mental and physical well-being improve outdoors*
- ❧ ADHD in children – improved focus and better cognitive development in parks and nature*
- ❧ Diabetes – better sugar control*
- ❧ **Extreme** stress levels – time in nature lowers depression and stress*
- ❧ Parks and trails...an underutilized tool in health and healthcare.*

As a society, we are just beginning to
focus on the fact that the
health of the environment,
the health of our parks, and
human health are interconnected;
each cannot thrive without the others.

Healthy Parks Healthy People US
National Park Service

More Healthy Benefits of Parks and Trails



- ❧ Create destinations and venues for physical activity
- ❧ Reconnect children to nature
- ❧ Foster future stewards and participants
- ❧ Improve mental health – reduce stress
- ❧ Build community interaction
- ❧ Physical rehabilitation
- ❧ Improved quality of life
- ❧ Economic development



Planning and Health



Some tools...

❧ *The Health Impact Assessment*

❧ *Eastside Greenway HIA*

❧ *Parks, Trails and Health Workbook*

❧ *Richwood Lake Park Trail*

Health Impact Assessment

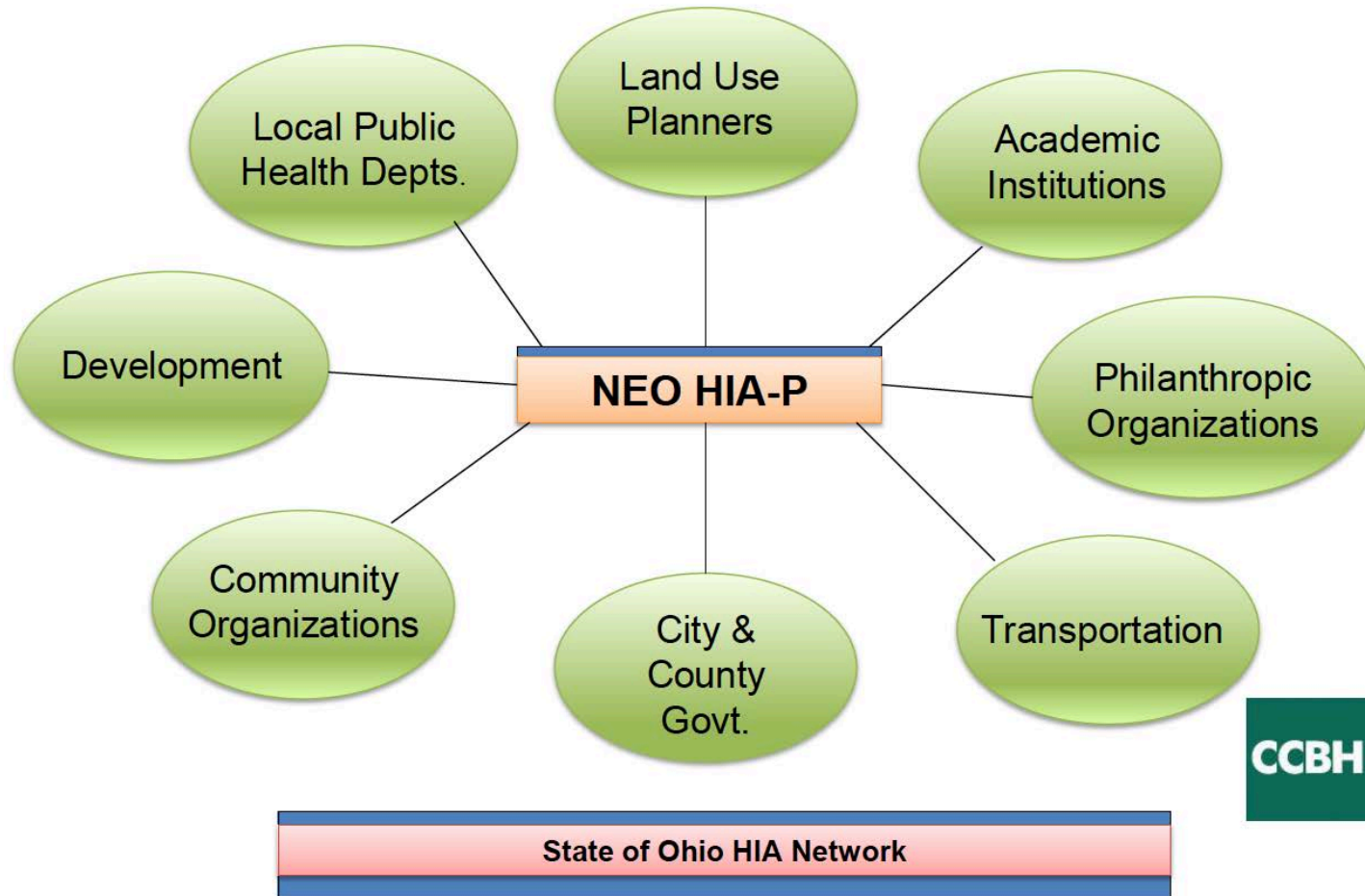


“Health and Equity in All Policies”

A collaborative approach to improving the health of all people by incorporating health considerations into decision-making across sectors and policy areas.

The goal is to ensure that all decision-makers are informed about the HEALTH, EQUITY, and SUSTAINABILITY consequences of various policy options during decision making processes.

Growth of a Local HIA Network



Eastside Greenway HIA Goals

- Create opportunities for all by influencing plan design, construction and future programming.
- Build capacity for Health Impact Assessment.
- Enhance voice, engagement and empowerment of community residents.
- Influence systems changes that consider health and equity in land use decision making.
- Foster cross municipality collaborations to inform and influence local land use decision making.
- Advance a “Health and Equity in All Policies” approach to decision making.

The logo for CCBH (Community Change Builders Hub) is a dark green square with the letters "CCBH" in white, bold, sans-serif font.

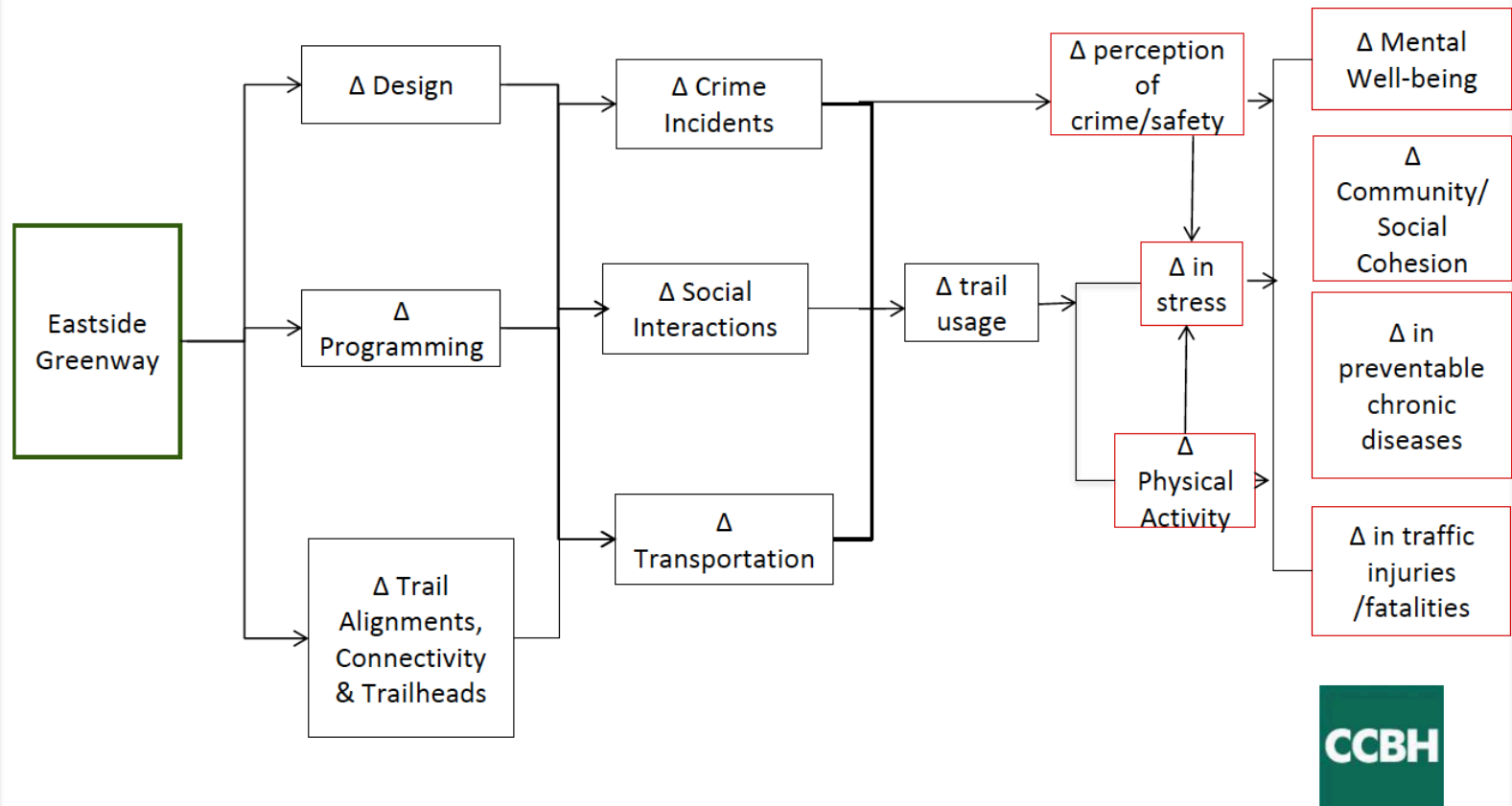
East Side Greenway – Overarching

Project

Immediate Outcomes

Changes in priority determinants

Long-term
Health outcomes

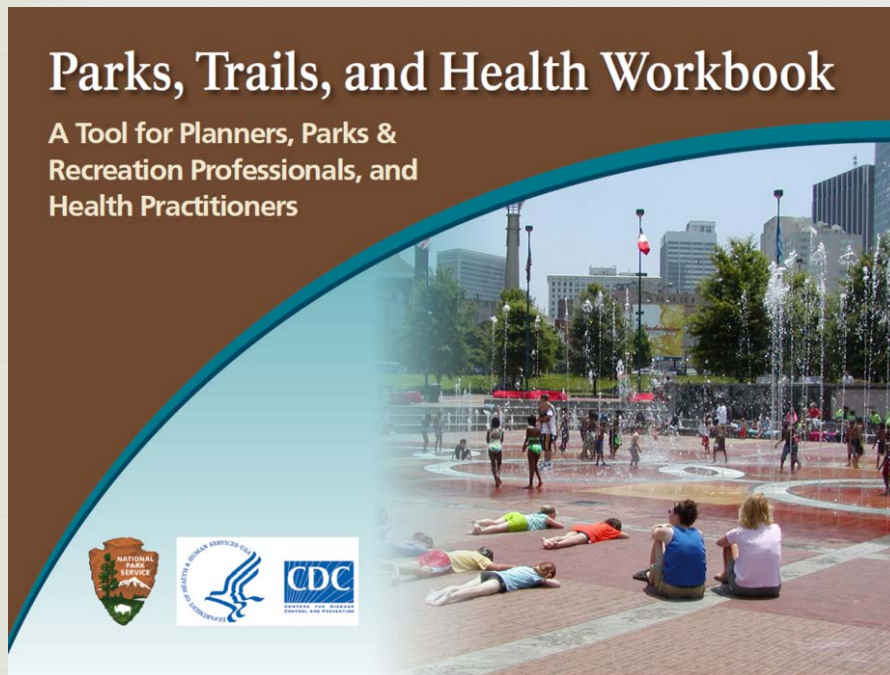


Active Transportation Recommendations

- Bike safety ordinance to increase penalties for motorists who endanger cyclists or block bike lanes.
- Extend biking and pedestrian facilities on “Euclid Corridor” through the ESG planning area.
- Increase biking infrastructure – separated lanes, divided paths, bicycle boulevards, parking, and improved crossings.
- Advocate for increased funding to increase trail facilities.
- Partner with Complete and Green streets initiatives to leverage funding and increase biking and walking trails.
- Create and promote an “ESG guide” for biking and walking (transit and recreation).



Parks, Trails & Health Workbook



WORKBOOK AT A GLANCE

1. Community Health Profile

Stakeholders ~ Demographics ~ Health Data ~ Economic Data

2. Site Assessment

Existing Conditions ~ Safety ~ Access

3. Site Planning

Design ~ Equity ~ Programming

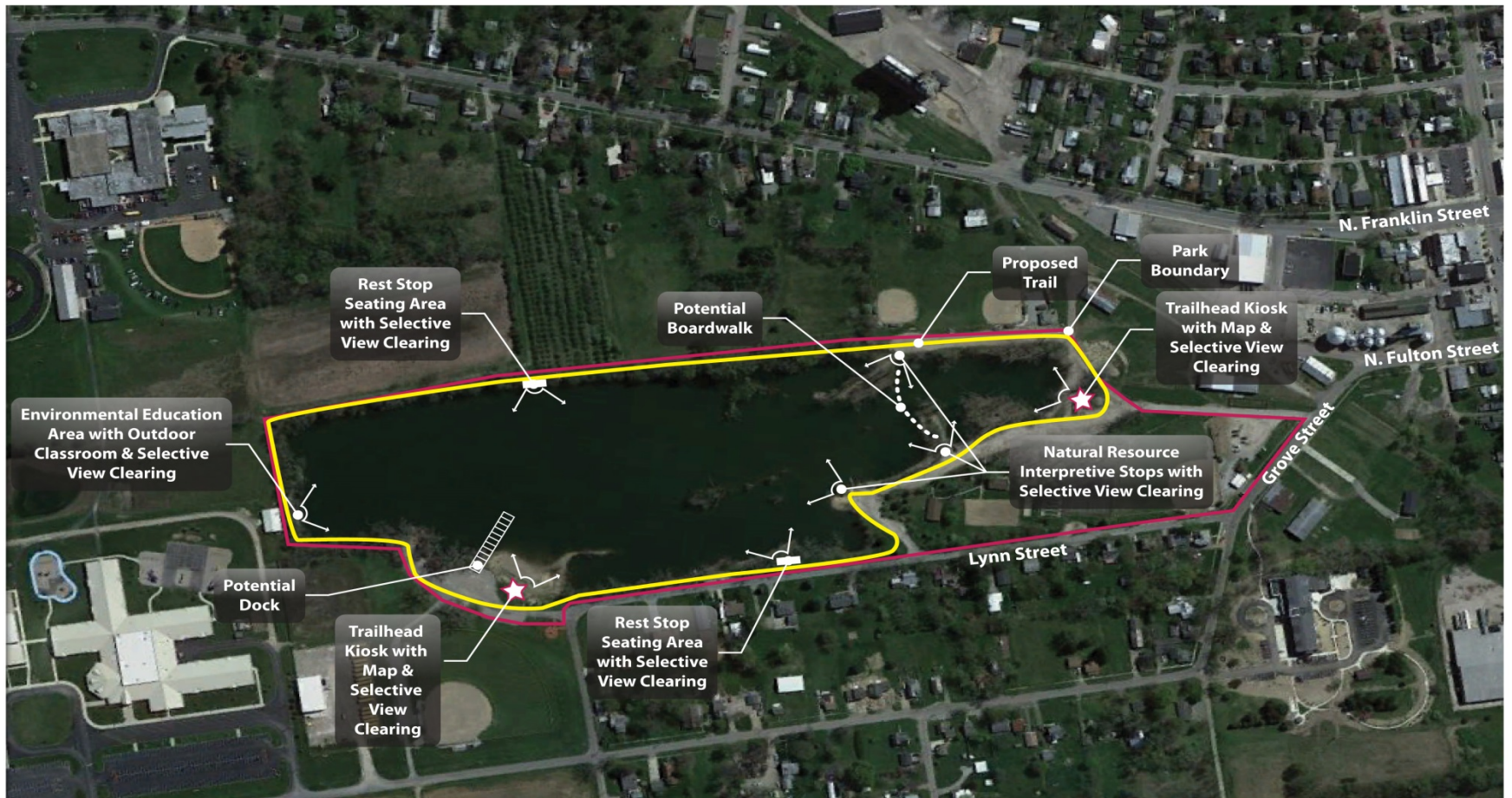
4. Park & Trail System Planning

Comprehensive planning ~ Context & Layout

5. Monitoring and Evaluation

Pre & Post Project Evaluations ~ health impacts ~ attitude and behavior changes

Richwood Lake Park Trail



LAKEWOOD PARK PROPOSED TRAIL & AMENITIES



Using the PT&HW



Community Health Survey

How often do you currently visit the park?

36% once a week or more

Do you walk through the park to get to schools?

90% NO

Do you currently use the park to exercise?

47% NO

Do you walk around the lake?

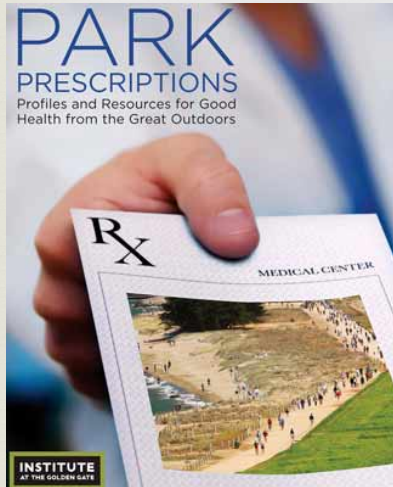
39%yes

Major Takeaways



- ✓ Met goals of increased **health partner** collaboration
- ✓ **Useful, educational, and well-worth the effort**
- ✓ Prompted **continued research** and community health assessments
- ✓ Data will **inform** additional future trail, park, and community plans
- ✓ **Different uses** based on different project scope, timeline, and community profile

Programming



Increase Energy - Lower Stress

Prescription TRAILS Rx for Health:
Get Up and Get Moving!

Congratulations on deciding to increase your physical activity!
Here is the plan we discussed to start you on your way.

Date: _____

Start with: _____ minutes _____ days per week

Gradually increase to: _____ minutes _____ days per week

Where: _____

We will review this plan at your next visit.

_____ Health Care Provider Signature

Enjoy the Outdoors
Copyright © 2010 New Mexico Health Care Takes On Diabetes

Sleep Better *Walk the Dog*



www.walkwithadoc.org



children & nature NETWORK
Nature Play Prescription

Dr. _____

Name: _____ Date: _____

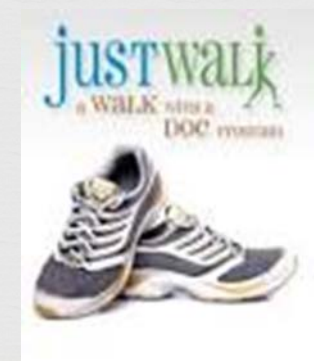
Your Healthcare Provider encourages you to:

- Go outside and play in nature.
- Limit your "Screen Time" to no more than 60 mins each day.
- Read stories about nature. (Or have someone read them to you.)

Signed: _____

Provider: _____

Parent/Child: _____



Healthy Steps



- ❧ 10,000 steps daily
- ❧ Competitive - prizes
- ❧ Corporate challenge – employee wellness
- ❧ Programming on the Towpath Trail



Hiking Spree/Challenge



- ❧ Choose 8 trails from 12 choices
- ❧ Various lengths and difficulties
- ❧ Time frame Sept 1 – Nov 30
- ❧ Events and volunteers on weekends
- ❧ Earn a hiking staff first year and small shield
- ❧ Collect a shield every year you complete
- ❧ AND Spree for All – easier shorter trails for all skill levels, especially accessible.



Big Events

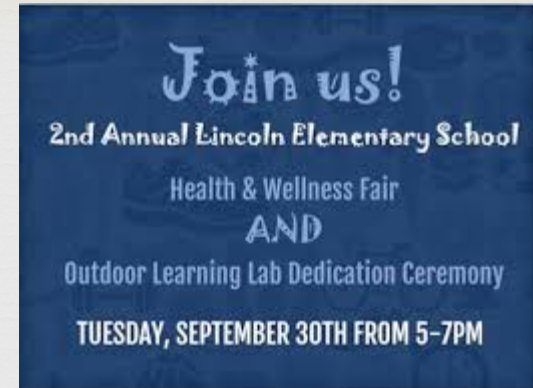


- ❧ Alzheimers Memory Walk
- ❧ Cancer -Relay for Life
- ❧ Walkathons
- ❧ Runs and Marathons
- ❧ Walk & Roll/Cyclovia



Healthy Outdoor Recreation Fair

- ❧ Health Organizations
- ❧ Biking and Hiking Groups
- ❧ Disc Golf
- ❧ YMCA
- ❧ Activities/Games
- ❧ Highlight trails and programs
- ❧ Healthy food/farmers market



Combine

- ❧ Kick off to Spree – Outdoor rec/health Fair
- ❧ Park Rx – Walk with a Doc
- ❧ Walk with a Doc – Healthy Steps
- ❧ Walk and Roll – Big Event Walk
- ❧ Healthy selfies! With any event!

Support and Funding



- ❧ Interact for Health
- ❧ Local Health Departments
- ❧ Greenville Hospital System
Swamp Rabbit Tram Trail
- ❧ Sunflower Foundation: Health
Care for Kansans
- ❧ Creating Healthy Communities
- ❧ Hospital Community Benefit
Plan



Potential Partners



- ❧ Health Departments
- ❧ Hospitals
- ❧ Pediatricians
- ❧ Senior Centers
- ❧ Cardiac and Orthopedic Rehab Facilities
- ❧ Parks and Rec Depts
- ❧ Healthy Food Stores
- ❧ Health Insurance Companies
- ❧ Boy/girl scouts, 4H, other youth groups
- ❧ Churches
- ❧ Schools

Who else?

Resources



- ❧ American Trails
- ❧ Healthy Parks Healthy People
- ❧ Active Living by Design
- ❧ APHA

Your thoughts...



- ❧ Are you incorporating health into your planning?
- ❧ What programs or activities do you know about with a health focus?
- ❧ Creative health funding?
- ❧ Health Partners?
- ❧ Other ideas? Comments about what you saw?

Get out, get healthy!



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