

Healthy Parks Healthy: Bay Area

A regional collaboration that works



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The Institute at the Golden Gate is a program of the Golden Gate National Parks Conservancy, a nonprofit partner of the National Park Service. Our mission is to contribute to a more sustainable and healthy world by harnessing the power of parks and public lands to advance environmental stewardship and human wellbeing.



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The Case for Nature

- Physical Benefits
 - ↑ Vitamin D
 - ↑ Physical Activity
 - ↓ Myopia
- Mental Benefits
 - ↓ ADHD
 - ↓ PTSD/Trauma Symptoms
 - ↓ Stress Symptoms
- Social Benefits
 - ↑ Social Cohesion
- Community Benefits
 - ↑ Environmental Stewards



Healthy Parks, Healthy People History



- Formed in 2012 the collaborative consists of over 40 parks, health, and community agencies spanning nine counties.
- The collaborative was formed and is advancing based on the ***collective impact*** model.
- Our mission is to improve the health and wellbeing of all Bay Area residents, especially those with high health needs, through regular use and enjoyment of parks.

HPHP: Bay Area Programs



- In June 2013 we launched a coordinated effort to provide *free, approachable, culturally relevant* park programming for communities with high health needs that diverse health partners can prescribe and promote.

Collaborative Successes

- Over **100 First Saturday programs** have been put on in over **35 different park locations**
- On average, First Saturday programs engage over **75 new park users** each month
- The youngest first time park goer has been **6 months** and the oldest first time park goer has been **87 years young**
- By 2016 all nine Bay Area counties will be 'prescribing' HPHP programs to the highest health need residents



Lessons Learned

1. Prevention starts outside the clinic walls.
2. Parks can be reliable health resources.
3. Community leaders are essential in helping align parks and health.
4. Clinicians are looking for a “warm handoff.”
5. Alliances and programming will influence systems change and policy development.

Thank you!

For more information visit: instituteatgoldengate.org
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