

Park Rx

Parks Prescription Program

Using Visits to Local Parks and Trails to Promote Wellness, Address Health Inequities and Increase Active Lifestyles

SB 5292 (T'wina Nobles, 28th Leg. District)



Agenda

Welcome & Introductions

About Park Rx

Proposed SB 5292

Next Steps

Questions & Discussion







Programs designed with healthcare providers and partners to:

- Improve individual and community health
- Create new stewards and advocates for parks and public lands

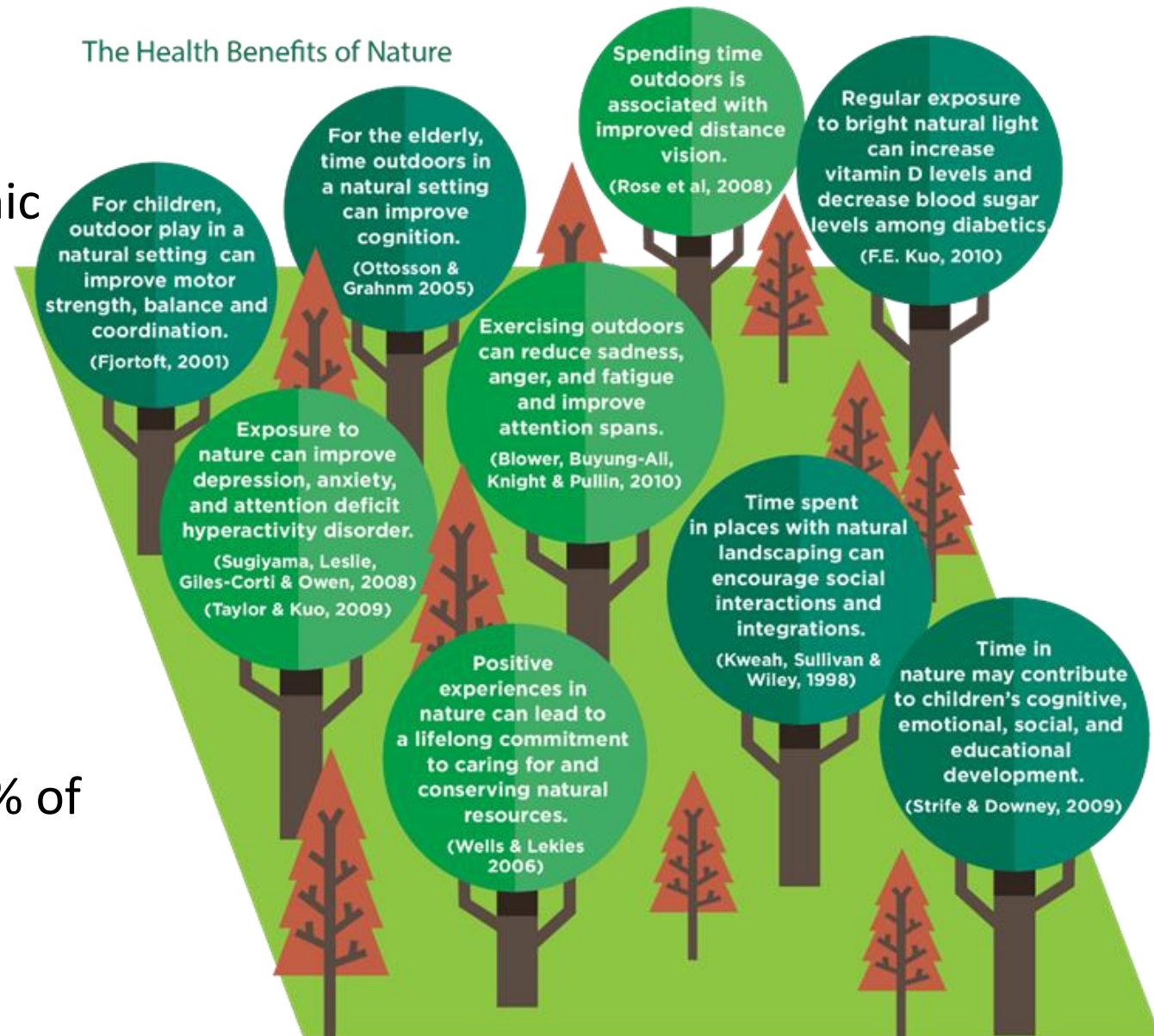
Over 95 programs nationwide in 35 states- including Washington State

- National, State and Local Parks
- NGO's, Health Care, Public Health
- Washington State Parks, Recreation Northwest, Seattle, Chelan, Land Trusts, Chelan County PUD, and others...



The Challenge

- About half of U.S. adults have a chronic health condition
 - 37% are obese
 - 29 million have diabetes
 - 7.6% suffer from depression
- Burden of disease is worse for low income, communities of color
- The average adult spends less than 5% of their time outdoors



Prescribing Parks



Continuum of Park Rx Models & Hybrids



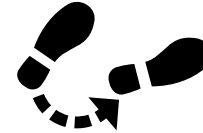
Promoting parks as healthy options

- Marketing and promoting for greater awareness



Low Cost Intervention

- Patient prescribed a park/experience to pursue
- Healthcare provider enters prescription into Park Rx America and copies the info into their EMR
- Patient enters info about their visit
- Healthcare provider & patient review at next appointment



Incentives/Rewards

- Receive points for activities
- Redeem points for rewards



Employer Benefit Programs

- free/reduced access to facilities and programs for covered employees

Community-Wide Benefit Program

- Any community member can be prescribed a no/low cost park, trail, facility or recreation program experience
- Park provider reimbursed by health insurer



About SB 5292

Concerning the use of parks and recreation spaces, trails, and facilities in the design of parks Rx pilot program collaboratively designed with the health care and insurance industry sectors.

Sponsors:

Nobles, Cleveland, Das, Keiser, Lovelett, Nguyen, Randall, Salomon, Stanford, Van De Wege, Wilson, C.

1 AN ACT Relating to the use of parks and recreation spaces,
2 trails, and facilities in the design of parks Rx pilot program
3 collaboratively designed with the health care and insurance industry
4 sectors; creating new sections; and providing an expiration date.

5 BE IT ENACTED BY THE LEGISLATURE OF THE STATE OF WASHINGTON:

6 NEW SECTION. Sec. 1. (1) The legislature finds that one of the
7 best and most cost-effective ways for the residents of Washington
8 state to achieve physical and mental health, and to prevent costly
9 diseases and conditions such as diabetes, obesity, heart disease, and
10 other coronary conditions is to get regular exercise and physical
11 activity. In fact, as part of a study done for the recreation and
12 conservation office on the benefits of trail-based activities, the
13 University of Washington conducted a literature review of over 100
14 studies that identify evidence of a close linkage between health
15 benefits and being outdoors. The literature review further found that
16 the health benefits of nature "may be particularly impactful for the
17 12.2 percent who have incomes below the poverty level."

18 (2) The legislature further finds that for all residents, public
19 parks and trails, recreation programs, and open spaces offer
20 equitable, no-cost, or low-cost options for all people to be active

About SB 5292

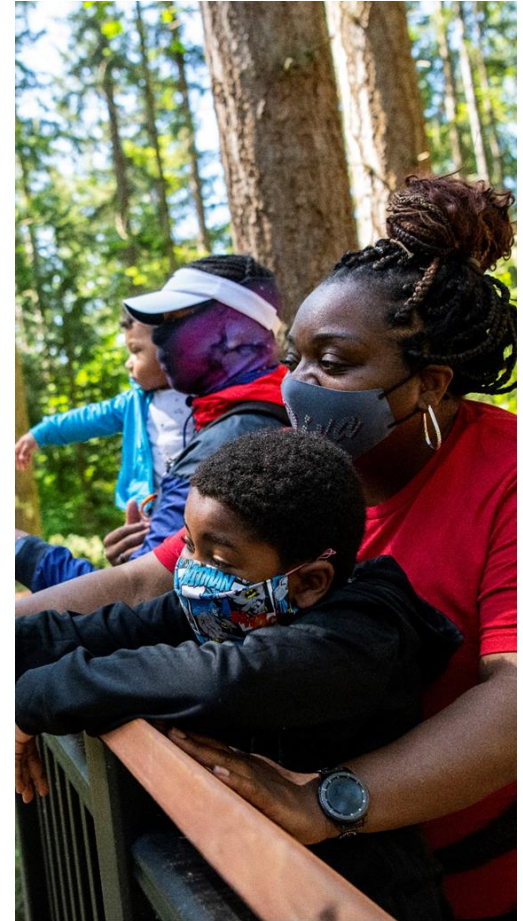
- **Establishes a task force to design a Park Rx health & wellness pilot program**
 - Puget Sound Area
 - Eastern Washington
 - Southwest Washington
- **Members to include:**
 - Secretary of Health/Designee- serve as Chair
 - 2 Rep's- Park and Rec (WRPA)
 - 2 Rep's- Health care providers & community health workers rep's
 - 2 Rep's- Drug-free health care professions (Chiro's & Physical Therapists)
 - 2 Rep's- Hospital & health systems rep's (WSHA)
 - 2 Rep's- Local Public Health rep's (WSALPHO)
 - 2 Rep's- Health carriers (AWHCP)
- **Bi-Monthly convenings Aug 1, 2021 – June, 2022**
- **Report Findings/Recommendations to Governor & Legislature by Sept 1, 2022**
- **Not to exceed \$200,000**

Advisory Councils to be formed in each region- up to 16 members each



About SB 5292

- **Duties of Task Force, include:**
 - Focused emphasis on diverse communities and where systematic inequities and discrimination have negatively affected health outcomes;
 - Model agreements; incentives to create wellness programs; employee discounts on health insurance for participating
 - Recommend public-private partnership approaches to fund the implementation of the pilot program



Next Steps

Friday, February 15th
Senate Rules Committee- 2nd Reading

ParkRx  

Name: _____

Rx *Nature time in your favorite park*

Recommended Dosage: _____ minutes per day, _____ days per week
**The goal is to work your way up to 150 minutes of physical activity a week for adults and at least 60 minutes every day for kids*

Recommended Activities: _____

Signature: _____ Refills: UNLIMITED

Date: _____

Side Effects: *May cause laughter, happiness and improved health & wellness*

For more information & park locations:
Parks.NHCgov.com/ParkRx 

Questions/Discussions



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