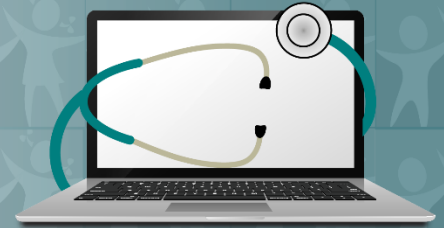




PEHSU NATIONAL CLASSROOM

Pediatric Environmental Health Specialty Units



www.pehsu.net/nationalclassroom.html



Webinars

Series of scientific webinars that provide a forum for discourse on scientific issues.

Live and On-Demand

Case Conferences
Journal Clubs
Grand Rounds

CE Available



Online Courses

Evidence-based online courses on a variety of children's environmental health topics.

Interactive and Self-Paced

CE Available



Resource Catalog

Fact sheets, journal publications, reports, and other resources for parents, community members, patients and healthcare professionals

Topics included:
Air Quality, Pesticides,
Natural Disasters, BPA,
Mold, Lead, Mercury



Shifting Gears: The Built Environment and its Role in Reducing Health Disparities

Lois Wessel, FNP-BC

Mid-Atlantic Center on Children's Health and the Environment (MACCHE)-PEHSU REGION 3

This project was developed in part through the Duke Johnson & Johnson Nurse Leadership Program and the Mid-Atlantic Center for Children's Health and the Environment



This material was supported by the American Academy of Pediatrics (AAP) and funded (in part) by the cooperative agreement FAIN: 1U61TS000237-02 from the Agency for Toxic Substances and Disease Registry (ATSDR).

Acknowledgement: The U.S. Environmental Protection Agency (EPA) supports the PEHSU by providing partial funding to ATSDR under Inter-Agency Agreement number DW-75-95877701. Neither EPA nor ATSDR endorse the purchase of any commercial products or services mentioned in PEHSU publications.

Objectives

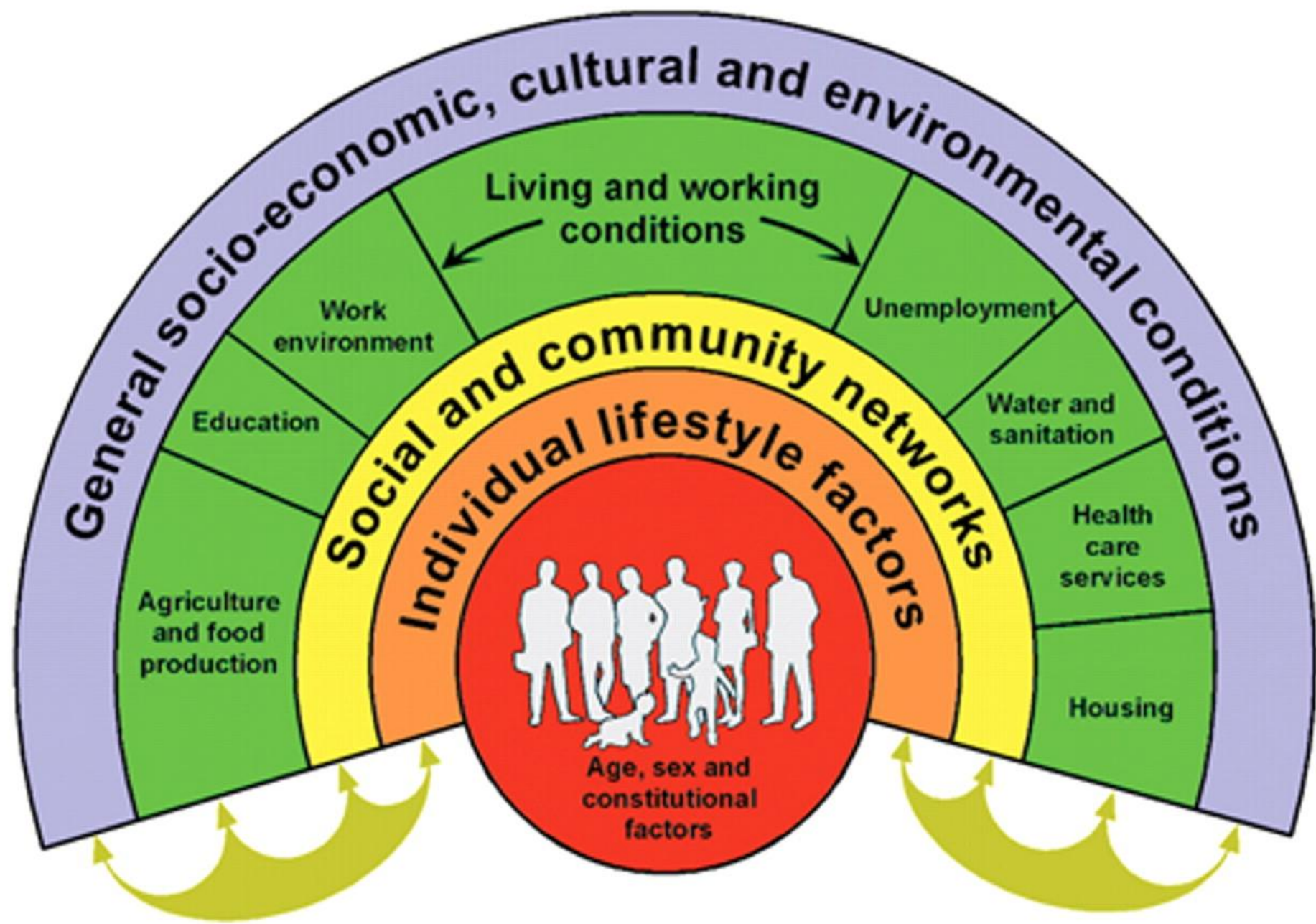
- Increase participants' knowledge of how development and use of the built environment affects population health
- Describe national statistics on health outcomes and disparities
- Discuss successful community development projects regarding the built environment
- Recognize role of environmental public health advocates in Health Impact Assessment plans

The Built Environment and Disparities





Edward Burtynsky











In the past 2 years....



- Decrease physical activity by 11% from 25.3% to 22.6% (adults)
- Obesity increased 7% from 27.6% to 29.6% (adults)
- Diabetes increased 3% from 9.7% to 10% of adults
- Source: America's Health Rankings

THE ROLE OF

Communities

IN PROMOTING PHYSICAL ACTIVITY

WALKABLE COMMUNITIES

People who live in walkable neighborhoods are

2 times

as likely to get enough physical activity as those who don't.

JOINT USE

The number of children who are physically active outside is

84%

higher when schoolyards are kept open for public play.

TRAILS

People who live near trails are

50%

more likely to meet physical activity guidelines.

RECREATIONAL FACILITIES

Teens who live in poor or mostly minority neighborhoods are

50%

less likely to have a recreational facility near home.

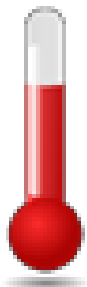
Active Living Research

www.activelivingresearch.org

Sources: TRAILS: Huston S, Evenson K, Bors P, et al. "Neighborhood Environment, Access to Places for Activity, and Leisure-Time Physical Activity in a Diverse North Carolina Population." *American Journal of Health Promotion*, 18(1): 58-69, September/October, 2003. WALKABLE COMMUNITIES: Frank LD, Schmid TL, Sallis JF, Chapman J, Saelens BE. Linking objectively measured physical activity with objectively measured urban form. Findings from SMARTRAQ. *American Journal of Preventive Medicine* 2005; 28(2S2):117-125. JOINT USE: Farley T, Meriwether R, Baker E, Watkins L, Johnson C, Webber L. Safe play spaces to promote physical activity in inner-city children: Results from a pilot study of an environmental intervention. *Am J Pub Health*. 2007;97:1625-1631. RECREATIONAL FACILITIES: Gordon-Larsen P, Nelson MC, Page P, Popkin BM. "Inequality in the Built Environment Underlies Key Health Disparities in Physical Activity and Obesity." *Pediatrics*, 117(2): 417-424, 2006.

Vital Signs?

Exercise as a Vital Sign



Courtesy of Kaiser Permanente

R_x for Outdoor Activity

Name _____

Date _____

My Schedule *(when and where will you play outside this week?)*

Weekdays _____

Weekends _____

Parent/Child signature

Health Care Provider signature

Go Outside and:

- Play!
- Visit a park, forest, wildlife refuge, fish hatchery, playground, or nature center
- Take a walk around the block
- Ride bikes (wear a helmet!), go bird watching, or just explore.

Comments:





National Park RX Day
April 24, 2016

ParkRX.org
Anne_o'neill@nps.gov

Photo courtesy of NPS

Jesup Blair Local Park

National Park Service



PARK GRADES:

Cleanliness: A

Accessibility: A

Activity Level: High

Blair Road & Georgia Avenue, Silver Spring, MD 20912



Things to Do!

Play basketball or soccer!

SPORTS AMENITIES: Basketball Court, Soccer Field, Trail, Playground, Open Space. Two tennis courts are in fair condition and include a practice wall. One half basketball court and one full basketball court are both in good condition.

PLAYGROUND: Clean playground in great condition

PATH Difficulty Rating: Easy (one foot)

Asphalt Path (> 4 ft wide, Trail network combines to create an approximately 1/2 mile loop. long) has a Flat/Gentle slope.

Paths are clean and in good condition. There is lighting, benches/rest areas. Trail is partially shaded. Hiking/walking/running/jogging allowed, bicycling allowed

Park Information

Restrooms: Restrooms not available

Drinking fountains: Drinking fountains available

SIZE – Larger than football field, Larger than one football field in size open space

SAFETY – Lighting, Emergency Call Boxes, Perceived to be safe in daytime, Park is heavily trafficked because of its location adjacent to Montgomery College.

PARK EXTRAS – Benches, picnic tables and trashcans available. Map and information available at www.montgomeryparks.org.

AESTHETICS – The park is lightly shaded by trees. Surprisingly little street noise given the park's location. Some noise and litter against the metrorail fence.



CONTACT INFORMATION:

HOURS:

The park is open for general use from sunrise to sunset. The basketball courts remain lit until 11pm.

Pets: Allowed, On Leash

GETTING THERE:

M Metro: Exit Silver Spring station to the south and turn left onto East-West Highway. Turn right onto Georgia Avenue. The park will be on your left.

Bus: Metrobus #70 & 79, stop Georgia Ave and Blair Rd is located at the park's western edge.

P Parking: street, limited

Accessibility: Park trails, benches and courts are accessible.

Playground surface is wood chips. The picnic area is in lawn and the benches are not ADA compliant.

SPECIAL FEATURES:

The Hillandale recreation building in the middle of the park is available for rent.



DCPARKRX.ORG

FQHC-Unity

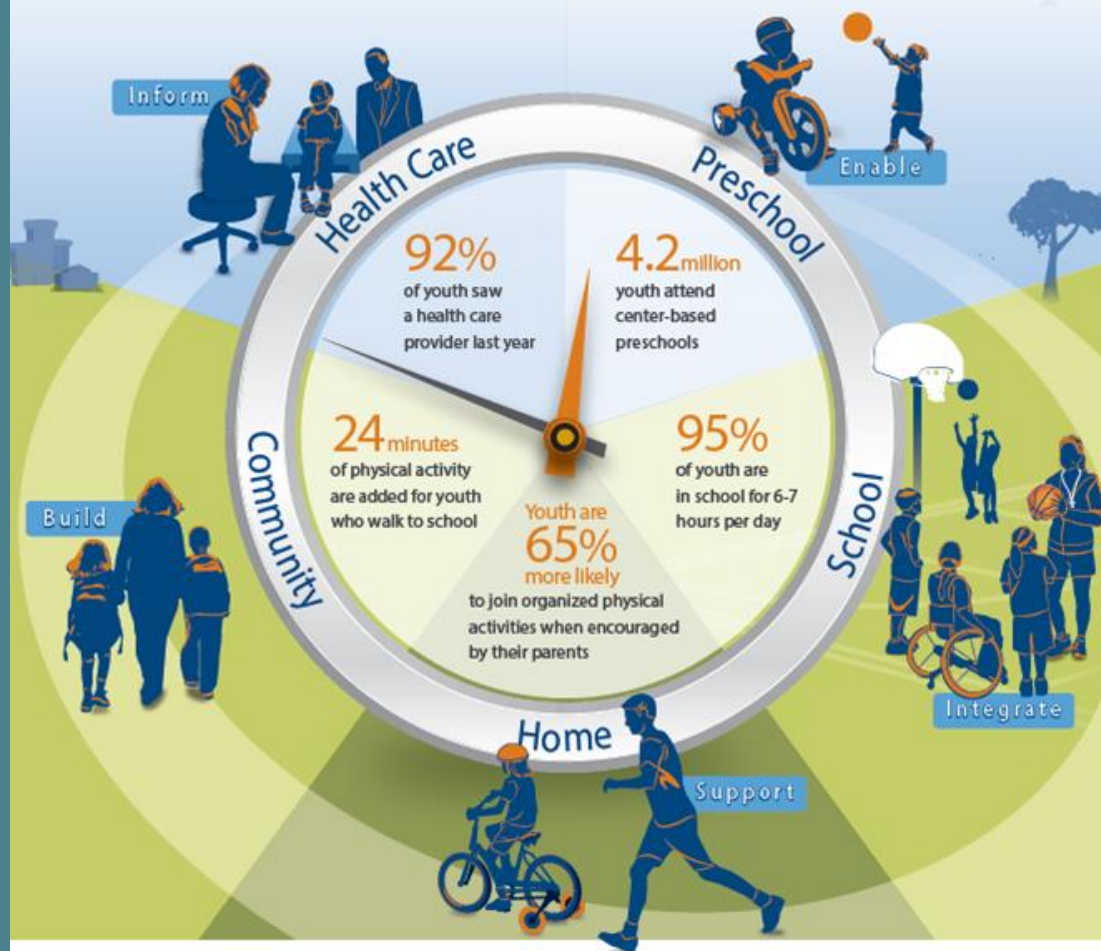
NPS

NEEF



60 Minutes or More a Day

Where Kids Live, Learn, and Play



Physical activity is critical for overall health.

Learn more: www.health.gov/paguidelines



Sources: Synder T, Dillow S. Digest of education statistics 2010. Washington, DC: National Center for Education Statistics, Institute of Education Sciences, US Department of Education; 2011. Federal Interagency Forum on Child and Family Statistics. America's children in brief: key national indicators of well-being, 2006. Washington, DC: US Government Printing Office; 2006. Sirend JR, Riner WF, Molver KL, Pate RR. Physical activity and active commuting to elementary school. Med Sci Sports Exerc. 2005;37(12):2062-9. J Pediatr. 1991;118(2):215-9. Bloom B, Cohen RA, Freeman G. Summary health statistics for U.S. children: National Health Interview Survey, 2011. Vital Health Stat 10. 2012 Dec;254(1-148). Helzlsouer CD, Merkin SL, Duke J, et al. Correlates of physical activity in a national sample of children aged 9-13 years. Prev Med. 2006;42(4):254-60.

STEP IT UP!

EVERYONE CAN HELP
MAKE OUR COMMUNITIES
MORE WALKABLE

WORKSITES:

Implement workplace policies and programs to promote walking.

PARKS AND RECREATIONAL AND FITNESS FACILITIES:

Provide access to green spaces and recreation areas.

MEDIA:

Spread the word about walking and creating safe and easy places to walk.

SCHOOLS:

Implement safe routes to school and daily physical education programs.

INDIVIDUALS & FAMILIES:

Walk with friends, family, and work colleagues.

TRANSPORTATION, LAND USE, & COMMUNITY DESIGNERS:

Design safe and easy places to walk.

PUBLIC HEALTH:

Provide information to plan, implement, and evaluate walking programs.

HEALTH CARE PROFESSIONALS:

Talk to patients about physical activity.

VOLUNTEER & NONPROFIT ORGANIZATIONS:

Offer free or low-cost community walking programs.



Step it up! Help make your community more walkable. Learn how by visiting
www.SurgeonGeneral.gov

THE ROLE OF

Parks and Recreation

IN PROMOTING PHYSICAL ACTIVITY

RACIAL DISPARITIES

70% & 81%

of African-American neighborhoods of Hispanic neighborhoods

lack recreation facilities, compared to 38% of white neighborhoods.

PROPERTY VALUES

Homes near parks can sell for up to

\$2,262

more than homes without parks nearby.

OPEN SPACE

Youths in neighborhoods with 7 recreational facilities were

26% more likely to be active
5 times per week than those in areas without facilities.

TRAILS

A study in Nebraska found that for every \$1 spent on trails, there was almost

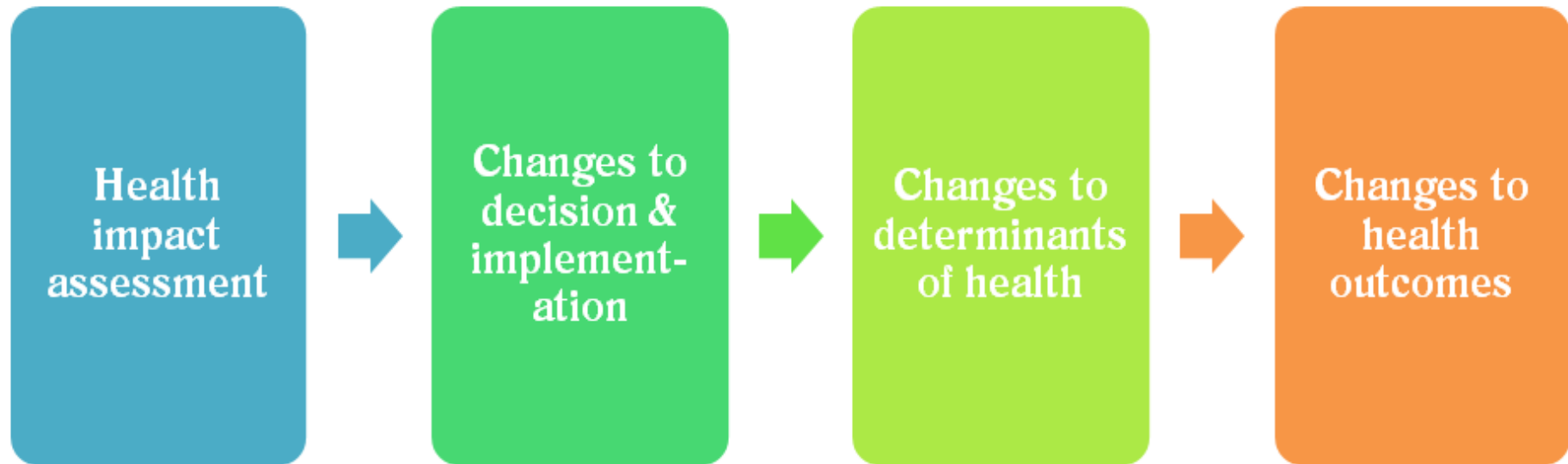
\$3 in savings in direct medical costs.

Active Living Research

www.activelivingresearch.org

Sources: RACIAL DISPARITIES: Moore LV, Diez Roux AV, Evenson KR, et al. "Availability of Recreational Resources in Minority and Low Socioeconomic Status Areas." *American Journal of Preventive Medicine*, 34(1): 16-22, 2008. PROPERTY VALUES: Bolitzer B and Netusil N. "The Impact of Open Spaces on Property Values in Portland, Oregon." *Journal of Environmental Management*, 59(3): 185-193, July 2000. OPEN SPACE: Gordon-Larsen P, Nelson M, Page P, et al. "Inequality in the Built Environment Underlies Key Health Disparities in Physical Activity and Obesity." *Pediatrics*, 117(2): 417-424, 2006. TRAILS: Wang G, Macera CA, Scudder-Soucie B, et al. "A cost-benefit analysis of physical activity using bike/pedestrian trails." *Health Promotion Practice*, 6(2): 174-179, 2005.

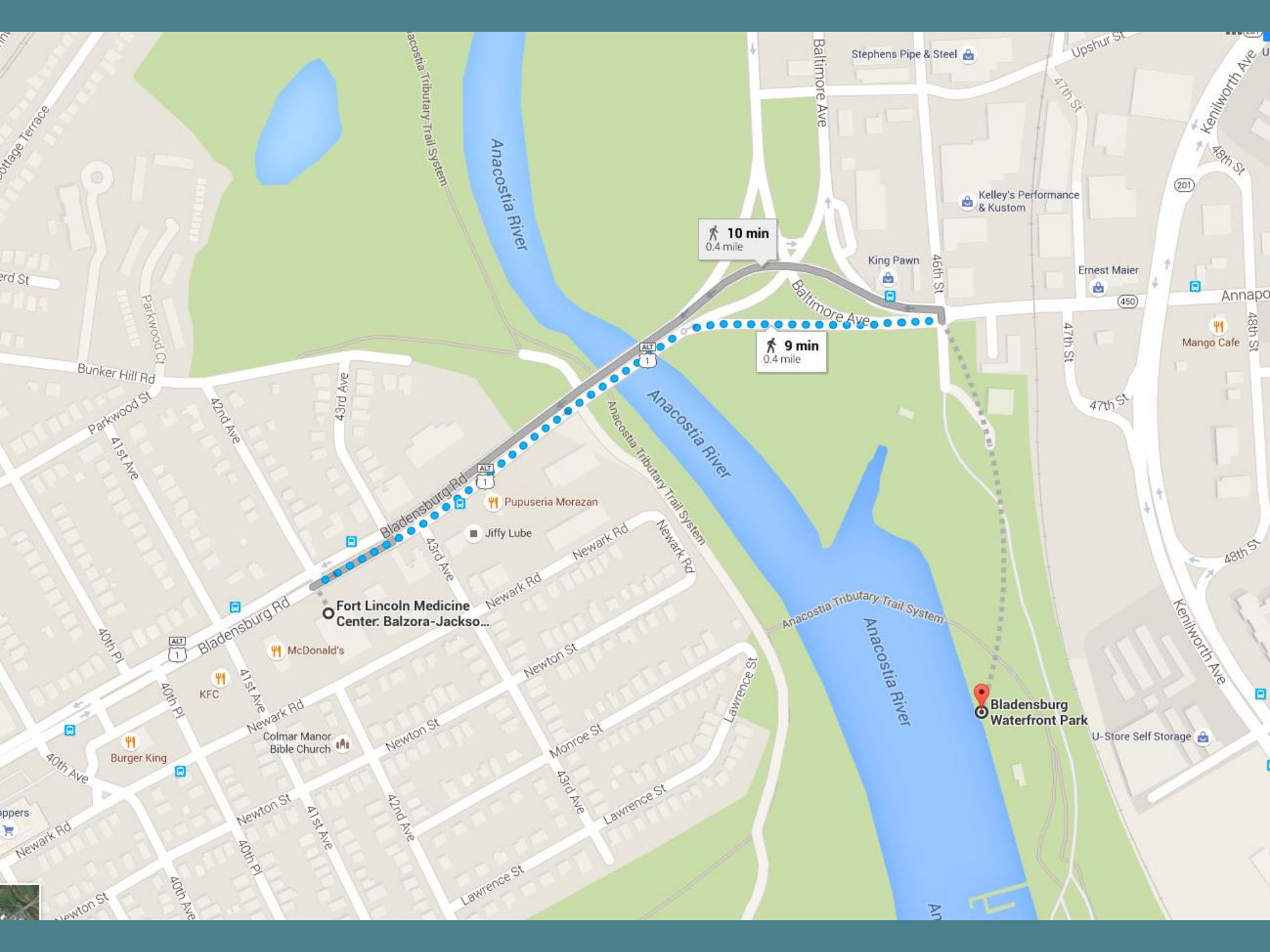
Health Impact Assessment



- **HIA** is a process that helps evaluate the potential health effects of a plan, project or policy before it is built or implemented. An **HIA** can provide recommendations to increase positive health outcomes and minimize adverse health outcomes.
- **Clinicians should be involved in the process**

Local Park and Planning Activities









Hyattsville, MD

Move with the Mayor



- HEAL



“Walk with a Doc”





Apps for Outdoor Activity

Get into Nature for Better Health!

10 Free Apps

Ideas on where to go and what to do!

Explore!

- **Oh, Ranger! Park Finder** – Find a nearby public land! Includes forests, refuges, parks, and more. ♦★
- **Chimani** – Your travel guide, map, audio tour, and a whole lot more for parks around the country. ♦★



Get Fit!

- **Every Body Walk!** – Acts as a pedometer to track time and distance on your walks, calculates calories burned, and saves your progress. ♦★
- **EveryTrail** – Follow guides or document your own walk, bike, or hike outdoors; everywhere from forest trails to city neighborhoods. ♦★

Discover!

- **Project Noah** – Document local wildlife as a citizen scientist! Users can go on missions to help gather data for real research projects. ♦★
- **What's Invasive** – Learn to recognize and report invasive species, sending your coordinates and notes to invasive specialists. ♦★
- **Creek Watch** – Monitor your local watershed. Report observations to local water control boards to help keep our streams clean. ★

♦ Compatible with Android ★ Compatible with iPhone

Have Fun!

- **The Hidden Park** – Local parks become magical fantasy lands where kids can run around for an adventure. ★
- **Seek 'n Spell** – Run through the park gathering virtual letters to spell words and gain points! Great for young kids, solo, or group play. ♦★

Be Safe!

- **First Aid: American Red Cross** – Instructions to guide you through common first-aid scenarios. ♦★

Additional Resources:

**Children & Nature Initiative:
Rx for Outdoor Activity**
Learn about connecting with nature for better health.
neefusa.org/health/children_nature



Discover the Forest

Get ideas of where to go, what to do, and how to make the most of your trip to the forest.
www.discovertheforest.org

Hands on the Land

Network of field classrooms and resources to help connect with public lands and waterways.
www.handsontheland.org

Recreation.gov

Discover America's public lands. Search for places and activities near you.
www.recreation.gov



National Environmental
Education Foundation
Knowledge to live by



Audubon

Lois Wessel,
RN, FNP-BC

wessel@georgetown.edu

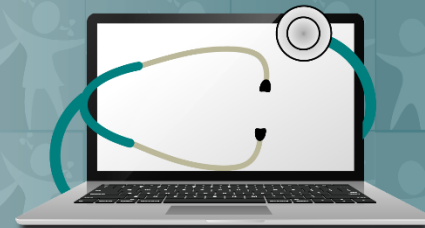
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