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

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

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

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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
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.

RECREATIONAL FACILITIES
Teens who live in poor or mostly minority neighborhoods are 50% less likely to have a recreational facility near home.

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.


Active Living Research
www.activelivingresearch.org
Exercise as a Vital Sign

Courtesy of Kaiser Permanente
Rx for Outdoor Activity

Name ____________________________
Date ____________________________

My Schedule (when and where will you play outside this week?)
Weekdays ____________________________
Weekends ____________________________

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:

Parent/Child signature ____________________________
Health Care Provider signature ____________________________
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

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:
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.
Parking: street, limited
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.

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.
AESTHETICS — The park is lightly shaded by trees. Surprisingly little street noise given the park's location. Some noise and litter against the metro rail fence.
60 Minutes or More a Day
Where Kids Live, Learn, and Play

- 92% of youth saw a health care provider last year
- 4.2 million youth attend center-based preschools
- 24 minutes of physical activity are added for youth who walk to school
- 95% of youth are in school for 6-7 hours per day
- Youth are 65% more likely to join organized physical activities when encouraged by their parents

Physical activity is critical for overall health.

STEP IT UP!
EVERYONE CAN HELP
MAKE OUR COMMUNITIES
MORE WALKABLE

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,
time, and work
colleagues.

TRANSPORTATION, LAND USE, & COMMUNITY DESIGNERS:
Design safe and easy places to walk.

WORKSITES:
Implement
workplace policies
and programs to
promote walking.

PARKS AND RECREATIONAL AND FITNESS FACILITIES:
Provide access to
green spaces and
recreation areas.

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.
THE ROLE OF
Parks and Recreation
IN PROMOTING PHYSICAL ACTIVITY

PROPERTY VALUES
Homes near parks can sell for up to
$2,262
more than homes without parks nearby.

RACIAL DISPARITIES
70% & 81%
of African-American
eighborhoods
of Hispanic
neighborhoods
lack recreation facilities, compared
to 38% of white neighborhoods.

TRAILS
A study in Nebraska found that for every
$1 spent on trails, there was almost
$3
in savings in direct medical costs.

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.


Active Living Research
www.activelivingresearch.org
**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**
Move with the Mayor

HEAL

Healthy Eating
Active Living
Cities & Towns Campaign
“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. ★★★
- Every Trail – 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. ★

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

UAS
Audubon

www.neefusa.org/health/children_nature/resources.htm
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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
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