

Prescribing Outdoor Activity: Role of Healthcare Professionals in Creating Healthy Communities

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Winner of



National Healthy Homes Conference
June 21, 2011





National Environmental
Education Foundation

Knowledge to live by

- Private, non-profit organization chartered by Congress
- Provide knowledge to trusted and credible professionals who amplify messages to national audiences to solve everyday environmental problems. Together, we generate lasting positive change

www.neefusa.org



Health & Environment

A National Environmental Education Foundation Program

- Goal: Advance environmental knowledge among health professionals to improve the public's health with a special emphasis on children and underserved populations.
- Through development of national agendas, educational programs, and strategic partnerships, we facilitate the integration of environmental health into health care provider education and practice.

www.neefusa.org/health/index.htm



Environmental Health Initiatives

- **Pediatric Environmental Health Initiative**
 - Pediatric Environmental History Forms
 - Children's Environmental Health Faculty Champions Initiative
- **Pediatric Asthma Initiative**
 - Environmental Management of Pediatric Asthma tools and resources
 - Pediatric Asthma Faculty Champions Initiative
- **Pesticides Initiative**
 - Implementation Plan
 - Competency and Practice Skills Guidelines
- **Children and Nature Initiative**
- **Tools and Resources for Critical Environmental Health Topics**

Children and Nature Initiative



- Preventing serious health conditions that are related to indoor sedentary lifestyle
- Reconnecting children to nature to promote good health, enjoyment and environmental stewardship

Children and Nature Initiative



- Educate pediatric health care providers about prescribing outdoor activities to children
 - Create **Nature Champions** who train other health care providers about prescribing nature
- Link this advice to nature programming at local nature sites in safe and easily accessible outdoor areas
 - Partner with US Fish and Wildlife Service, National Audubon Society, USDA Forest Service and National Park Service



Children and Nature Initiative

- Grounded in science
- Led by an expert Advisory Committee
- Replicates NEEF's Champions model to create Nature Champions
- Train 1,200 of health professionals and reach tens of thousands of families and children within 2 years
- Evidence – based model replicable in other communities



Children's Health and Indoor Sedentary Lifestyle

- Nationwide shift to indoor sedentary lifestyle
- Sedentary indoor lifestyle has contributed to health problems, such as childhood obesity, asthma, attention-deficit/hyperactivity disorder (ADD/ADHD), and vitamin D deficiency^{1,2}

¹ Perrin JM, Bloom SR, Gortmaker SL. The increase of childhood chronic conditions in the United States. *J Am Med Assoc* 2007;297:2755-9

² Mithal DA, Wahl DA, Bonjour JP, Burckhardt P, Dawson-Hughes B, Eisman JA, et al. Global vitamin D status and determinants of hypovitaminosis D. *Osteoporos int* 2009;20:1807-20



Children's Health and Indoor Sedentary Lifestyle

- Growth in electronic media
- No Child Left Behind 2001
 - Increased time for reading and math at the expense of physical education¹
- Demanding schoolwork and extracurricular schedule
- Community Design/Built Environment
 - Dense residential and commercial development, high-volume traffic, lack of green space, safety issues

¹ Dillon S. Schools cut back subjects to push reading and math. New York Times March 26; 2006.



Children's Health and Indoor Sedentary Lifestyle

- Low-income and minority children are often more cut-off from nature due to the “built environment” around them: poor housing conditions, high-volume traffic, and a lack of parks and green space¹
- Obesity and chronic health conditions disproportionately affect low income and minority children

¹ Committee on Environmental Health (2009). *Pediatrics*, 123(6):1591-1598

Children and Media



Growth in electronic media

- 7.5 hours per day spent with all forms of e-media (TV, Internet, chats, games, etc)¹
- Average child watches 3 hours TV daily²
- 21% played videogames >3 hours daily³
- 32% of 2-7 year-olds & 65% of 8-18 year-olds have TVs in bedrooms⁴

¹ Rideout VJ et al. Kaiser Family Foundation Report. 2010

² AAP, Committee Public Ed. *Pediatrics* 2001;107:423-6

³ CDC. Youth risk behavior surveillance 2005. *MMWR* 2006;55:SS-5

⁴ Roberts DF et al. Henry J Kaiser Family Foundation Report, 1999.

Children and Media



- Time spent in front of TV or computer = time not spent being physically active
- Estimated 25% loss of play time and 50% loss in an unstructured outdoor activity¹

¹ Juster FT et al. Changing Times of American Youth: 1981-2003. University of Michigan, 2004.



Active vs. Sedentary Lifestyle

- Physical activity reduces risk for
 - Coronary artery disease, HTN
 - Diabetes, osteoporosis, colon cancer
 - Depression, anxiety
- Physical activity in adulthood begins in childhood and active teens become active adults
 - Only 35% of HS students met recommended level of physical activity
 - 40% of adults report no leisure physical activity¹
 - Kids learn by watching their parents

¹ Center for Health Statistics. Health, United States, 2007 with Chartbook on Trends in the Health of Americans. 2007.

Obesity & Related Conditions



- Obesity
 - 17% of children ages 2-19 are obese (BMI \geq 95%ile)¹
 - 32% are overweight (BMI \geq 85%ile)¹
- Childhood obesity predicts adult morbidity
 - 80% of obese youth become obese adults²
- Related conditions
 - Type-2 diabetes, hypertension (HTN)
 - Metabolic syndrome

¹ Ogden CL et al. JAMA 2010;303(3):242-249.

² Whitaker RC et al. NEJM 1997;337:869-73.



Obesity-Related Diseases

- Type 2 diabetes mellitus (DM)
 - Formerly known as **adult-onset** diabetes
 - 3,700 children diagnosed with Type II DM each year¹
 - 1 in 3 children born in 2000 will develop DM if present obesity trends are not reversed²

¹ CDC National diabetes fact sheet 2007

² Narayan KN et al. JAMA 2003;290:1884-90.



Obesity-Related Diseases

- Hypertension
 - BMI <85th %ile: 2.6% of children with HTN
 - BMI ≥95th %ile: 10.7% with HTN¹
- Cardiovascular disease
 - Overweight adolescents are at increased risk of coronary heart disease and early death²

¹ Sorof J et al. *Pediatrics* 2004;113:475-82.

² Ludwig DS. *NEJM* 2007;357:2325-27.

Other Medical Issues



- Asthma
 - Overweight children at increased risk for developing asthma, other respiratory problems¹, asthma hospitalizations²

- Vitamin D Deficiency
 - 9% of US children are vitamin D deficient

- Mental Health – ADD/ADHD
 - 9% of US children are ADD/ADHD³
 - Impairs school performance and socialization; may persist into adulthood

¹ Schachter LM. *Thorax* 2001;56:4-8.

² Bender B et al. *Pediatrics*, 2007;120:805-13.

³ Pastor PN, et al. *Vital Health Stat* 2008;10:237



Health Benefits of Nature

- Restorative/Therapeutic
- Increases physical activity
- Reduces childhood stress
- Coping tool for ADD/ADHD
- Developmental benefits:
 - Social, Cognitive, Emotional,
 - Physical





Time Outdoors & Physical Activity

- Time spent outdoors usually equates to increased physical activity¹
- Study among 10-12 year olds²
 - For every hour spent outside, physical activity increased by 27 minutes/week
 - Prevalence of overweight was 27-41% lower among those spending more time outdoors

¹ Burdette HL, et al. *Arch Pediatr Adol Med* 2004;159:46-50.

² Cleland V, et al. *Int J Obesity* 2008;32:1685-93.



School Grounds & Physical Activity

- “Green School Grounds”
 - Increased students’ activity
 - 50% agreed it increased vigorous activity
 - Grounds supported wider variety of play



Parks & Physical Activity

- Children who lived within 1 km of park with a playground, children were 5 times more likely to have a healthy weight¹
- Children who lived near 1 or more parks within 1/2 mile had higher levels of physical activity²
- Higher levels of physical activity associated with park features such as walking paths, running tracks, playgrounds, basketball courts, streetlights and floodlights²

¹ Potwarka LR, et al. *J Community Health* 2008;33:344-50

² Cohen DA. *Pediatrics* 2006.118,1381-1389.

American Academy of Pediatrics



- 2006 Policy Statement “Active healthy living: prevention of childhood obesity through increased physical activity”
 - Lifestyle-related physical activity as opposed to aerobics linked to sustained weight loss
 - Infants and toddlers should be allowed outdoor physical activity and unstructured free play and exploration
 - Parents should encourage children to play outside as much as possible

Reduce Childhood Stress



- Study of 337 rural NY children in 3-5 grade
- Nature appeared to act as a buffer to decrease stress in rural children
- Lower levels of stress with increased amount of exposure to natural environments
- The nature exposure effect was especially pronounced for children with the highest levels of stressful events
- Higher nature associated with positive self-worth

Physical Activity in Natural Environments

Systematic Review



- Outdoor exercise brings more positive effects on mental wellbeing than exercising indoors
- 11 trials comparing mental wellbeing after a short walk or run outdoors and indoors
 - 9 of 11 trials showed improved mental wellbeing following outdoor exercise
 - Outdoor exercise associated with revitalization, decreases in tension, confusion, anger, depression, and increased energy
 - Greater intent to repeat outdoor activity

Effects of Nature on ADD/ADHD



Nationwide study examined if “green” settings reduced symptoms of ADHD

- Compared green outdoor after-school/weekend activities to activities in built indoor/outdoor settings
- Findings: “green outdoor activities reduced symptoms significantly more than did activities conducted in other settings, even when matched across all settings”

Effects of Nature on ADD/ADHD



- Study of low income, urban children who relocated to new home with greater natural elements
- The change in the natural environment was a significant predictor of the improvement in their attention score



Effects of Nature on ADD/ADHD

- Children completed a series of puzzles designed to create mental fatigue
- Children with ADHD guided through 20 minute walk in 3 different environments
 - A city park
 - An urban area
 - A residential area
- Children next completed tests of concentration and impulse control
 - Concentration significantly better after a walk in the park, compared to other 2 settings

Nature Aiding Childhood Development



AAP Clinical Report:
Importance of play in a child's
social, emotional, cognitive,
and physical development

- Benefits of play – develop healthier cognition, a more developed imagination, dexterity, emotional strength, and physical strength
- Play builds active healthy children
- Advice for pediatricians: children should get free unstructured play outside



Prescribing Exercise



- Swedish study measured effectiveness of issuing 6300 physical activity referrals over 2 years
 - Half of the patients reached reported increased physical activity at 3 months and 12 months¹
- Program in Spain recruited 4000 physically inactive patients and provided exercise referrals to half
 - 6 months later, patients who received the referrals were more active²

¹ Leijon et al. *Scand J Med Sci Sports* 2009;19:627-36.

² Grandes et al. *Arch Intern Med* 2009;169:694-701

Prescribing Nature



- Ample evidence attributing improved health with physical activity
- Some evidence that nature specifically can improve attention and other psychosocial aspects of health and reduce stress
- Children should be encouraged to play outside
- Health care providers should consider “prescribing” outdoor play for physical and mental health benefits

National Movement



- We Can!
www.nhlbi.nih.gov/health/public/heart/obesity/wecan/
- Exercise is Medicine
www.exerciseismedicine.org
- America's Great Outdoors Initiative
www.doi.gov/americasgreatoutdoors/
- Let's Move
www.letsmove.gov
- Let's Move Outside
www.letsmove.gov/letsmoveoutside.php
- AAP and White House Obesity Initiative
www.aap.org/obesity/whitehouse/
- Healthy Parks Health People 2011
www.nps.gov/public_health/hp/welcome.htm

Children and Nature Initiative Tools & Resources



- Children's Health and Nature Fact Sheet
- Health Care Provider Kits: Prescription Pads, Patient Brochures, Pediatric Environmental History Form in English and Spanish
- Training PowerPoint
- Peer-reviewed Publications
 - Using nature and outdoor activity to improve children's health--McCurdy, Winterbottom, Mehta, Roberts. *Current Problems in Pediatric and Adolescent Health Care* 2010;40
 - Building on Partnerships: Reconnecting Kids With Nature for Health Benefits—Kruger, Nelson, Klein, McCurdy, Pride, Ady. *Health Promotion Practice* (May 2010)
- Webpage with links to Additional Resources

Pediatric Environmental History Screening Forms



Pediatric Environmental History (0-18 Years of Age)

The Screening Environmental History

For all of the questions below, most are often asked about the child's primary residence. Although some questions may specify certain locations, one should always consider all places where the child spends time, such as daycare centers, schools, and relative's houses.

Where does your child live and spend most of his/her time? _____

What are the age, condition, and location of your home? _____

Does anyone in the family smoke? Yes No Not sure

Do you have a carbon monoxide detector? Yes No Not sure

Do you have any indoor furry pets? Yes No Not sure

What type of heating/air system does your home have?
 Radiator Forced air Gas stove Wood stove Other _____

What is the source of your drinking water?
 Well water City water Bottled water

Is your child protected from excessive sun exposure? Yes No Not sure

Is your child exposed to any toxic chemicals of which you are aware? Yes No Not sure

What are the occupations of all adults in the household? _____

Have you tested your home for radon? Yes No Not sure

Does your child watch TV, or use a computer or video game system more than two hours a day? Yes No Not sure

How many times a week does your child have unstructured, free play outside for at least 60 minutes? _____

Do you have any other questions or concerns about your child's home environment or symptoms that may be a result of his or her environment? _____

Follow up/Notes:

The Screening Environmental History is taken in part from the following sources:

- American Academy of Pediatrics Committee on Environmental Health. Pediatric Environmental Health and the End of Lead, Berk SL, Eds. Elk Grove Village, IL: American Academy of Pediatrics; 2003. Chapter 4: How to Take an Environmental History.
- Berk SL. The environmental history asking the right questions. Contemp Pediatr. 1995;3:19-35.
- Frank A, Berk S, Carter W, et al. Case Studies in Environmental Medicine. Agency for Toxic Substances and Disease Registry. Atlanta GA. 1992. Rev. 2000. Taking an Exposure History.



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Historia Pediátrica Ambiental (0-18 Años de Edad)

La Historia Ambiental Exploratoria

Para todas las siguientes preguntas, que generalmente se hacen acerca del lugar de residencia principal del niño. Aunque algunas preguntas pueden especificar sitios determinados, uno siempre debe tomar en cuenta todos los lugares donde el niño pasa el tiempo, tales como guarderías, escuelas y casas de los parientes.

¿Dónde vive su hijo(a) y dónde pasa la mayor parte del tiempo? _____

¿Cuál es la antigüedad, condición y ubicación de su casa? _____

¿Hay algún fumador en la familia? Sí No No está seguro

¿Tiene un detector monóxido de carbono? Sí No No está seguro

¿Tiene alguna mascota peluda dentro de la casa? Sí No No está seguro

¿Qué tipo de calefacción/aire acondicionado tiene en su casa?
 Radiador Aire forzado Estufa a gas Estufa a leña Otro _____

¿Qué fuente de agua potable utiliza?
 Agua de pozo Agua de la ciudad Agua embotellada

¿Protege a su niño(a) de la exposición al sol excesivo? Sí No No está seguro

¿Está su hijo(a) expuesto a algún químico tóxico de que usted sepa? Sí No No está seguro

¿Cuáles son las ocupaciones de los adultos de la casa? _____

¿Ha investigado si su casa está libre de radón? Sí No No está seguro

¿Mira su hijo(a) la TV, o utiliza la computadora o juegos de video más de dos horas al día? Sí No No está seguro

¿Cuántas veces a la semana juega libremente su niño(a) fuera de la casa por lo menos 60 minutos? _____

¿Tiene otras preguntas o preocupaciones acerca del ambiente hogareño del niño(a), o síntomas que pueden ser resultado del medio ambiente? _____

Seguimiento/Notas:

La Historia Ambiental Exploratoria está tomada en parte del los siguientes fuentes:

- American Academy of Pediatrics Committee on Environmental Health. Pediatric Environmental Health and the End of Lead, Berk SL, Eds. Elk Grove Village, IL: American Academy of Pediatrics; 2003. Chapter 4: How to Take an Environmental History.
- Berk SL. The environmental history asking the right questions. Contemp Pediatr. 1995;3:19-35.
- Frank A, Berk S, Carter W, et al. Case Studies in Environmental Medicine. Agency for Toxic Substances and Disease Registry. Atlanta GA. 1992. Rev. 2000. Taking an Exposure History.



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Esta historia ambiental exploratoria está diseñada para captar las exposiciones ambientales más comunes de los niños. La historia ambiental exploratoria puede ser aplicada regularmente durante los exámenes rutinarios del niño, así como también para evaluar si las exposiciones ambientales juegan un papel en la sintomatología del niño. Si un niño tiene una respuesta positiva a una o más de las preguntas, el proveedor de salud primaria puede considerar hacer más preguntas, irse a ver a las Categorías y Preguntas Adicionales para Complementar la Historia Ambiental Exploratoria, disponible en http://www.neefusa.org/pdf/AdditionalHQ_QUESTIONS_SP.pdf.

Prescription for Outdoor Activity



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

Comments: _____



R_x para la Actividad al Aire Libre

Nombre _____
Fecha _____

Mi horario (¿cuándo y dónde jugará al aire libre esta semana?)

Los días de la semana _____
Los fines de semana _____

Firma de madre/padre o hijo/a _____
Firma del Proveedor de Cuidado Médico _____

Vaya afuera y:

- ¡Juega!
- Visite un refugio nacional de vida silvestre, un criadero nacional de peces, un parque, un patio de recreo, o un centro de naturaleza
- Dé un paseo por el vecindario
- Ande en bicicleta (¡use un casco!), observe las aves o simplemente explore.

Comentarios: _____



Patient Brochure



Nature is all around you.
It's in your neighborhood, in a tree, park, or school yard or even in your backyard!

Where to Go in Your Area:

Place label listing local nature sites in your area here

To find a national wildlife refuge, national fish hatchery, park, playground, or nature center near you, go to:
www.neefusa.org/health/children_nature.htm



The National Environmental Education Foundation encourages parents and caregivers to create opportunities for children to play outside in a natural environment or in a safe neighborhood space. Together we can teach them how to appreciate the environment and protect their health!

To learn more, visit:
www.neefusa.org/health/children_nature.htm



Photos from the National Audubon Society and iStockphoto



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

Patient Brochure



La naturaleza le rodea.

Está en su vecindario, en un árbol, un parque, o el patio de la escuela—¡aún en su patio trasero!

Dónde Puede Ir en Su Área:

Place label listing local nature sites in your area here

Para buscar un refugio nacional de vida silvestre, un criadero nacional de peces, un parque, un patio de recreo, o un centro de naturaleza cerca de usted, visite:
www.neefusa.org/health/children_nature.htm



La National Environmental Education Foundation anima a los padres y cuidadores a que creen oportunidades para que los niños juegen al aire libre en un ambiente natural o en una parte segura del vecindario. ¡Juntos, podemos enseñarles a apreciar el ambiente y cuidar la salud!


Para aprender más, visite:
www.neefusa.org/health/children_nature.htm



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

Children's Health and Nature Fact Sheet






Health & Environment
A National Environmental Education Foundation Program

FACT SHEET CHILDREN'S HEALTH AND NATURE

Current State of Children's Health

Our children may be the first generation at risk of having a shorter lifespan than their parents [1]. Sedentary lifestyle and physical inactivity have contributed greatly to the numerous health problems plaguing today's children. Chronic conditions such as childhood obesity, asthma, attention-deficit disorder, and vitamin D deficiency have all increased over the past few decades [2, 3]. These conditions may lead to pulmonary, cardiovascular, and mental health problems in adulthood, and disadvantaged children are most at risk. Low-income and minority children are often more cut-off from nature due to the "built environment" around them: poor housing conditions, high-volume traffic, and a lack of parks and green space [4]. Outdoor activity in the natural environment has taken a back seat to television, video games, the computer, and a demanding schoolwork and extracurricular schedule. While losing contact with the natural environment, today's youth are missing key opportunities for physical activity, stress reduction, attention restoration, and healthy development.



Childhood Obesity

The national prevalence of childhood obesity grew significantly, from 14.8% in 2003 to 16.4% in 2007.¹ The combined prevalence of overweight and obesity among U.S. children ranges from a low of 23% in Utah and Minnesota to a high of 44% in Mississippi [5]. According to the Institute of Medicine, childhood obesity has doubled over the past 30 years for preschoolers and adolescents, and more than tripled for children aged 6 to 11 years old [6].

Disparities in childhood obesity are also rising. The prevalence of combined overweight and obesity in children living in poverty increased from 39.8% in 2003 to 44.8% in 2007 compared with children living in higher income households (22.9% in 2003, 22.2% in 2007). In Hispanic children, prevalence of childhood overweight and obesity rose from 37.7% in 2003 to 41% in 2007, compared with non-Hispanic children (29.5% in 2003, 29.8% in 2007). Prevalence of overweight and obesity was 41.1% for Black children in 2007, compared to 26.8% in white children [5].

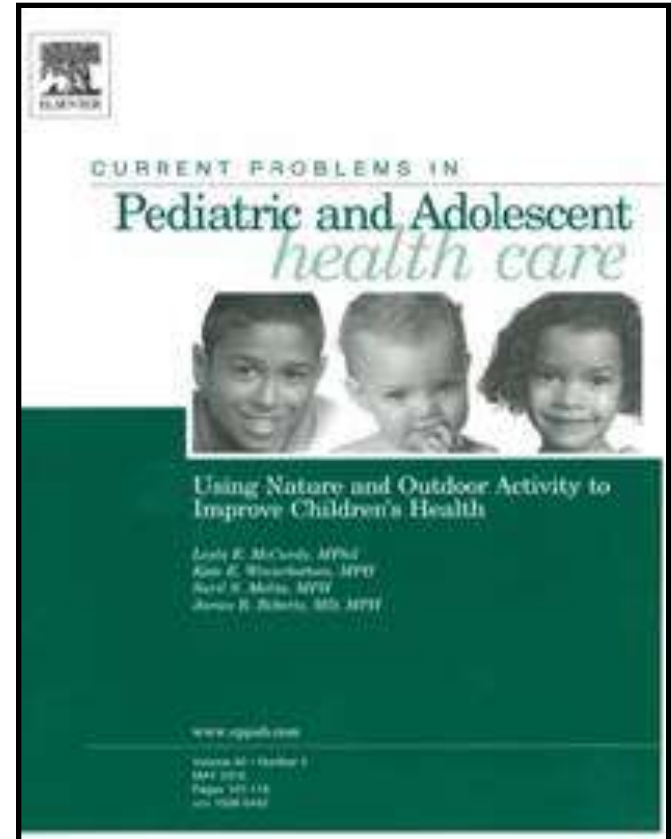
¹Overweight = BMI ≥ 25th percentile and 5-9th percentile, childhood obesity = BMI ≥ 95th percentile. BMI = Body mass index, calculated using the formula: weight (lb) ÷ (height (in))² × 703. To calculate BMI, visit <http://www.nceh.nih.gov/education/calculator.asp>

- Summarizes key scientific studies on the health benefits of nature for children

Review Article



Using Nature and Outdoor Activity to Improve Children's Health--McCurdy, Winterbottom, Mehta, Roberts.
Current Problems in Pediatric and Adolescent Health Care 2010;5:102-117.





Children and Nature Initiative Nationwide













Nature Sites

- Tracking Nature Prescriptions
- Club Card & Incentives Program

 **Junior Ranger
Nature Explorer
Club Log** 

Dates I have explored **Nature** at a National Park...

(Ask a Park Ranger where you can stamp your card and receive a club reward)

Evaluation



Medical Centers:

- Tracking # prescriptions given out by health care providers

Nature Sites:

- Tracking # prescriptions turned in to Nature Sites and return visitation

Research Studies led by Nature Champions and Faculty:

- Evaluating health outcomes



Contact Information

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www.neefusa.org



National Environmental
Education Foundation

Knowledge to live by

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“Get Up and Get Moving”



Prescription Trails is....



Goal: A program designed to give all health care professionals **tools** to increase walking/wheelchair rolling on suggested routes, targeting and promoting healthy lifestyles for families and **pets too.**

1. .



Parks and Public Lands Must Help Solve the Problem



- The epidemics that result from an indoor, sedentary lifestyle requires action from all sectors of society. Parks and public lands are an underutilized healthcare resource that can and must be used to help solve the problem

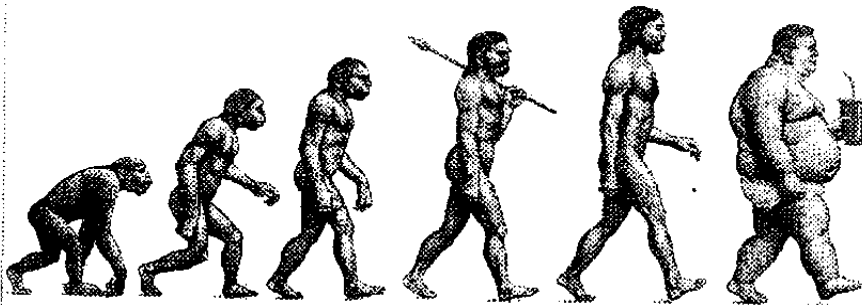


Shape of things TODAY...



The shape of things to come

The Economist December 13, 2003





Health Care Objective



- To help patients adopt regular walking as a life long activity (individuals/families/pets)
- Reasons for the health care professional communicating this message
- Need Tools to convey message



Prescription English and Spanish



Increase Energy - Lower Stress



R_x for Health: Get Up and Get Moving!

Congratulations on deciding to increase your physical activity!
Below 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.

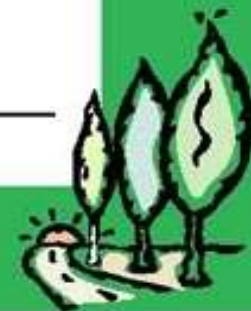
Provider Signature

Sleep Better

Walk the Dog



Enjoy the Outdoors



Park Assessment Tool Includes



- Grade level – 1, 2 or 3
- Dog friendly
- Lighting
- Restrooms
- Benches
- Safety
- Slope
- Shade
- Parking
- Cross Streets
- Bus route
- Play equipment
- Visibility
- And more...

Web Site



Prescription Trails

Get Up and Get Moving!

The Albuquerque Prescription Trails Pilot Program provides prescriptions for walking and wheelchair rolling and a walking guide that suggests routes in our community.

This guide will help you find some of the best park and trail walking paths in Albuquerque and Bernalillo County's South Valley.

ALBUQUERQUE Prescription TRAILS
GET UP AND GET MOVING!

Click to learn more about a Prescription Trail:

Contributors to the Walking Trails Maps and Guide

Walking Guide



Tiguex paths:
all Grade 1



■■■■■■■■	Grade 1
■■■■■■	Grade 2
●●●●●●	Grade 3

Grade 1 = Fully accessible to all users:

A flat, paved pathway located in or around a park that is suitable for wheelchairs.



Prescription Trails Walking Guide



- **1. Inner Loop**
- **Trail Distance:** .3 mile
- **Difficulty:** Grade 1
- **Steps:** 635
- **Trail Surface:** 8 foot wide concrete
- **Grade:** Fully accessible to all users; a flat, paved pathway located in or around a park that is suitable for wheelchairs.



Walking Guide



- **2. Outer Loop**

- **Trail Distance:** .5 miles

Difficulty: Grade 1

Steps: 1050

Trail Surface: 8 foot wide concrete

Grade: Fully accessible to all users; a flat, paved pathway located in or around a park that is suitable for wheelchairs.

- **Attractions**

- Play areas , Basketball courts , Grass fields

- Picnic tables



One Health



- Another emerging health focus area is termed **One Health**. One Health is a visionary health initiative, first endorsed by the American Veterinary Medical Association (AVMA) in 2007, which is based on the premise that the health of all species and our environment is inextricably interconnected and should be addressed as one.
- American Veterinarian Medical Association (AVMA)



Prescription English and Spanish



R_x for Health: *Get Up and Get Moving!*

Congratulations on increasing your pet's physical activity!

Below is the plan we discussed to start you and your pet 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.

Provider Signature



Canine and Human Health Issues



- **If your dog is fat - you're not getting enough exercise**
- **Top 5 reasons why your dog is a great workout partner:**
 - They're never late for a workout session
 - They never weasel out of exercising
 - They do not care what you are wearing, how bad your hair looks...
 - They don't waste time talking
 - They don't need to change into their exercise fur

● Adapted from Taos Spa and Tennis Club



Make the Link

Health, Lifestyle, Environment

- Rethink design of outdoor recreation areas - parks and trails
- Design a healthy environment - cradle to cradle concept
- Health of individuals is inseparable from the health of communities
- Design must be responsible and convenient...



Community Participation



- Understand community needs
- Understand changing lifestyles
- Understand the impact of chronic disease
 - Disease burden and cost

Physical activity starts in childhood

- Continues in adulthood
- Impacts socialization – free play, natural environment

Understand health benefits

- Helps to elevate mood
- Aids in recovery



Healthy Communities



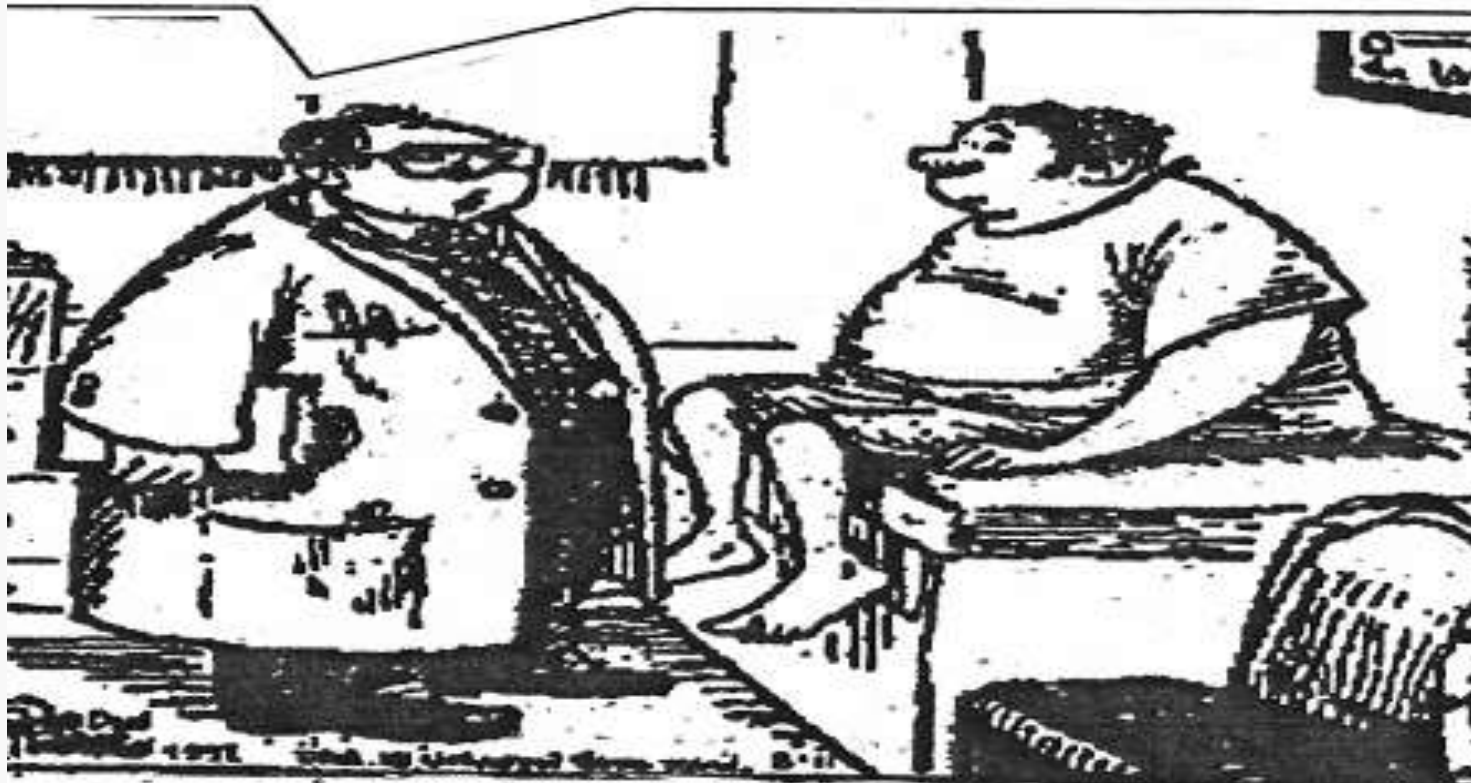
- Get health care professionals involved
 - to help message government officials
 - Environment – clean air, water, land
- What can we do to break the routine and get outdoors
- How do we spend less and achieve more?



Doctor and Patient



I want you to quit smoking and lose forty pounds. Then I want you to come back and tell me how the heck you did it.



Contact Information



Charm Lindblad
New Mexico Health Care
Takes On Diabetes

CLind48535@aol.com

www.nmtod.org

505-796-9121

Prescription Trails Program

www.prescriptiontrailsnm.org

