

# 2016 FRPA Annual Conference

## Florida's Health – The Role of Parks and Recreation

Julie L. Wei, MD  
August 30<sup>th</sup>, 2016



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*College of Medicine*

**Nemours** Children's Hospital





**“Physical inactivity is a global pandemic responsible for over 5 million deaths annually through its effects on multiple non-communicable diseases”**

- Lancet, 2016 28;387(10034):2207-17

# Adult Obesity in Florida

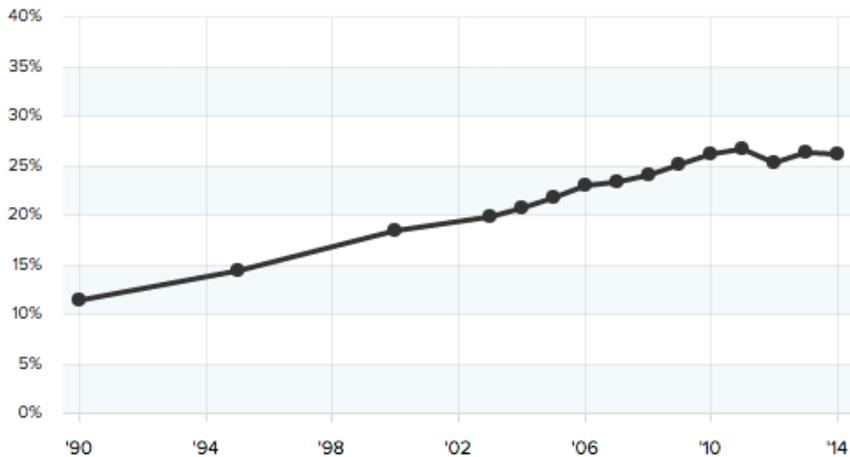
Current adult obesity rate (2014)

# 26.2%

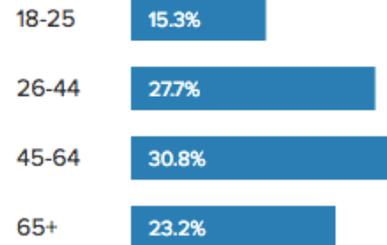
Rank among states (2014)

# 44 /51

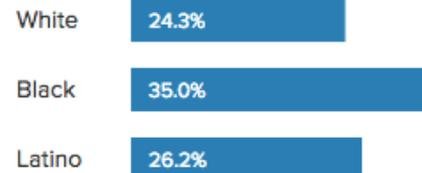
Adult obesity rate in Florida (1990-2014)



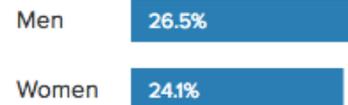
Obesity rate by age (2014)



Obesity rate by race (2014)



Obesity rate by gender (2012)



Source: Trust for America's Health and Robert Wood Johnson Foundation. The State of Obesity 2015 [PDF]. Washington, D.C.: 2015.

# Childhood Obesity in Florida

## 2- to 4-year-olds from low-income families

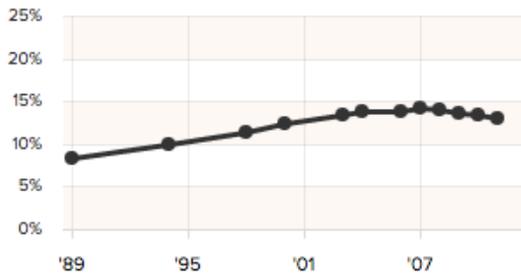
Current obesity rate (2011)

**13.1%**

Rank among states (2011)

**27** /41

Historical rates (1989-2011)



Source: [stateofobesity.org/children24](http://stateofobesity.org/children24)

## 10- to 17-year-olds

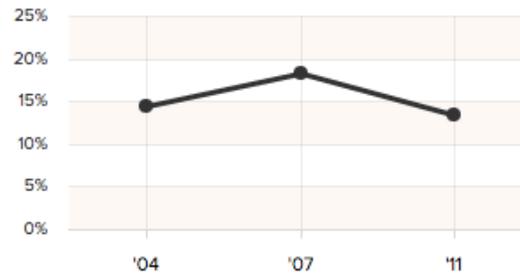
Current obesity rate (2011)

**13.4%**

Rank among states (2011)

**38** /51

Historical rates (2004-2011)



Source: [stateofobesity.org/children1017](http://stateofobesity.org/children1017)

## High school students

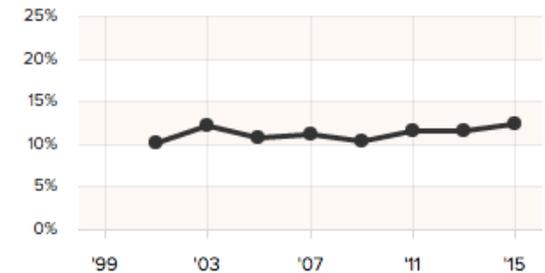
Current obesity rate (2015)

**12.3%**

Rank among states (2015)

**27** /43

Historical rates (1999-2015)



Source: [stateofobesity.org/high-school-obesity](http://stateofobesity.org/high-school-obesity)

# What Does It Take to be Healthy?

- Mindset, attitude, belief, action-oriented, commitment
- Understand why it's important to be healthy
  - So we can experience everything longer and better: Love, family, life, gratitude, awareness, compassion, helping others...
  - Being “FIT” = good physical shape + great energy capacity
  - Four components
    - strong *physical, emotional, mental, and spiritual*
  - HEPA (healthy eating/physical activities)
- **NATURE!!!!**
- Collaboration (Government, private sector, schools, health systems, parents, insurance companies, farms, food suppliers, architects.....)

WHY AMERICA NEEDS MORE  
CITY PARKS AND OPEN SPACE

# THE BENEFITS OF PARKS





Enter keyword

- Membership ▾
- Knowledge Center ▾
- Conferences and Meetings ▾
- AICP Certification ▾
- Policy and Advocacy ▾
- Career Center ▾

## Knowledge Center

- APA e-Learning
- Publications
- Planning Advisory Service
- Applied Research**
  - Current Research Projects
  - Completed Projects
  - Green Communities Center
  - Hazards Planning Center
  - Planning and Community Health Center

Home > Knowledge Center > Applied Research > City Parks Forum >

# Improve Public Health

07  
CITY PARKS FORUM  
BRIEFING PAPERS

How cities use parks to...

Improve Public Health

# Parks and Impact on Health

- 2014 data from 44 U.S. cities
  - Relationship between urban park quantity, quality, accessibility, and self-reported scores on the Gallup-Healthways Wellbeing Index (WBI)
    - 5 domains of wellbeing: physical, community, social, financial, and purpose
    - ***Park quantity was strongest predictor of well being***
    - Quality and accessibility also positively associated
  - Expansive park networks linked to multiple aspects of well being and positively impact urban quality of life

Public Parks and Wellbeing in Urban Areas of the United States. Larson et al.  
PLoS One, 2016;7:11(4)



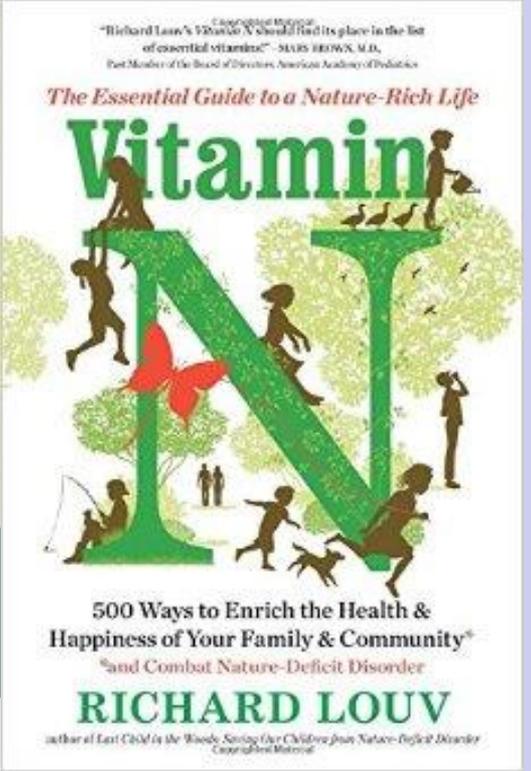
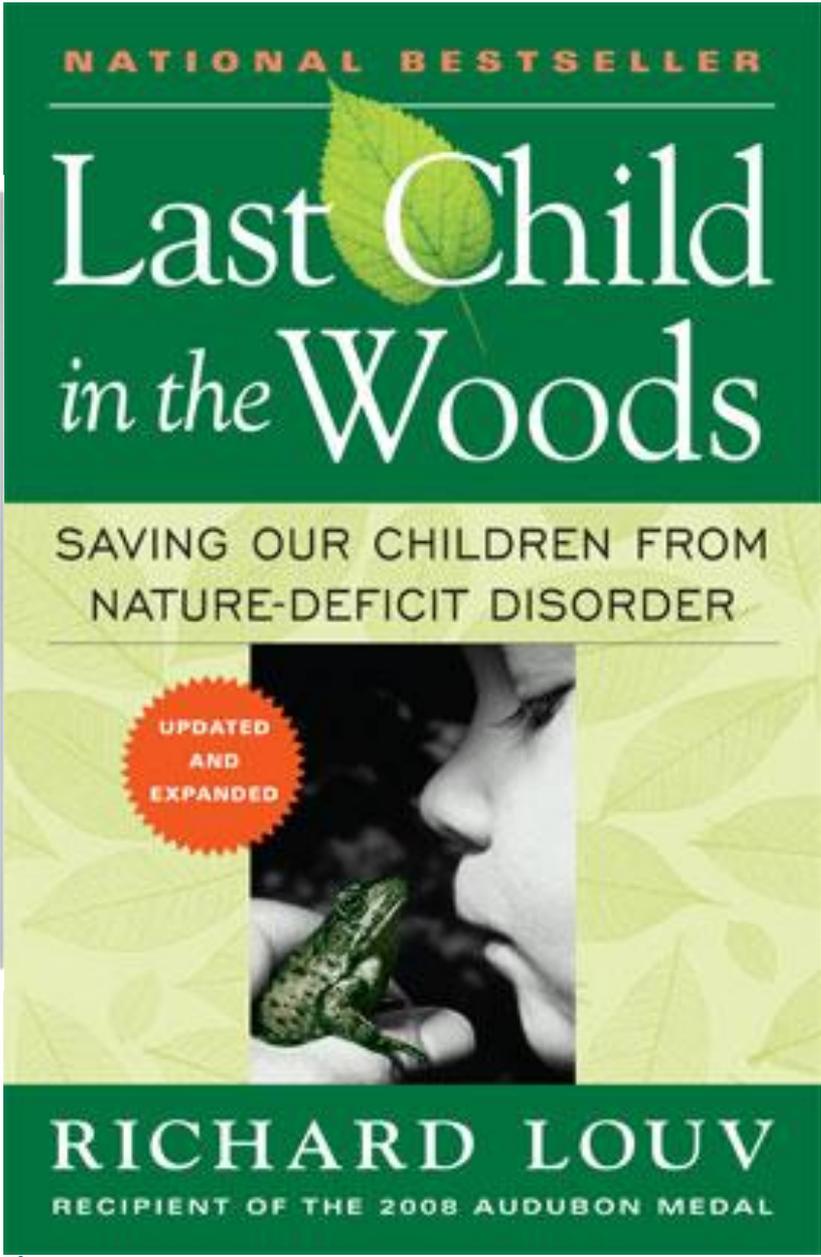
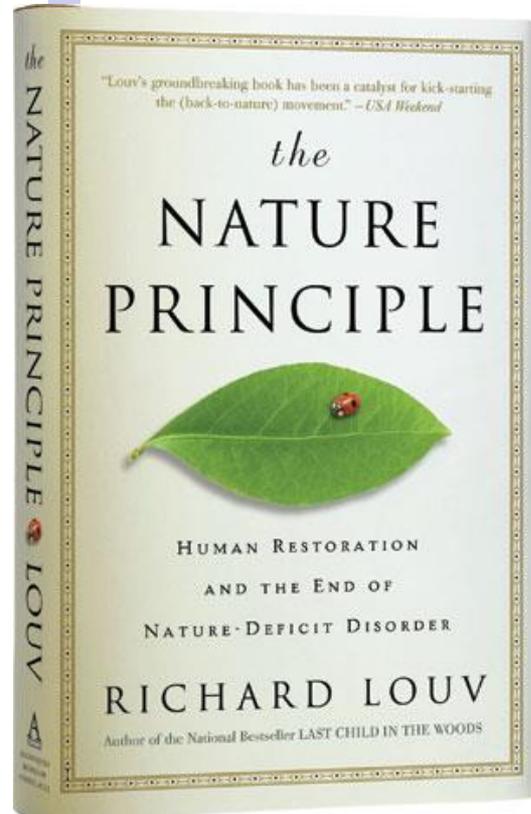
# Nutrition and Healthy Illiteracy

- What are all the “....ologists” and “...ology”s?
  - Urology, neurology, nephrology.....
  - Ophthalmology, Otolaryngology, Orthopedics, Orthodontics
  - Clinic versus hospital
  - Primary physician versus specialists
  - Surgeons vs non-surgeons”
- What is the nutrition food label?
- What are we eating and drinking?
  - Fructose, sucrose, sucralose, lactulose...
  - Real sugar, fake sugar, natural substitute,
  - Organic???

Nutrition Facts	
Serving Size 1 can	
Servings Per Container 1	
Amount Per Serving	
Calories 140	
	% Daily Value*
Total Fat 0g	0%
Sodium 45mg	2%
Total Carbohydrate 39g	13%
Sugars 39g	
Protein 0g	
Not a significant source of fat calories, saturated fat, trans fat, cholesterol, fiber, vitamin A, vitamin C, calcium and iron.	
*Percent Daily Values are based on a 2,000 calorie diet	

# Barriers and Challenges

- Technological sensory overload & “addiction”
- Natural sensory deprivation
- Changes in fundamental “values” and priorities
- Emphasis on medical diagnoses & treatments
- Physicians and healthcare providers are themselves are in high degree of burnout



# The Most Natural Treatment of All: Green Spaces and ADHD

Written by Stephanie Watson

Medically Reviewed by Tim Legg PhD, PMHNP-BC, GNP-BC, CARN-AP, MCHES on March 23, 2016



SHARE

For the estimated [6.4 million](#) children living with ADHD, it may be a struggle for them to sit still, control their impulses, or pay attention. Lack of focus may turn school into a major obstacle.

Treatment for ADHD generally involves stimulant medications, such as Adderall, Concerta, or Focalin. Therapy may also be prescribed to combat impulsive and hyperactive behaviors. However, not every child responds to the standard treatment for ADHD. Prescription drugs may also be costly and have side effects.

It's sometimes hard to pinpoint the right treatment for kids with ADHD. However, researchers have been exploring alternative options that work alone or in combination with medication and therapy.

[Researchers](#) are now finding that being outdoors for just a few minutes each day may help kids with ADHD manage their symptoms.

healthline

Have you or someone in your family been diagnosed with ADHD?

Yes

No

Not sure



# AMERICA'S BEST STATE PARKS



**FLORIDA STATE PARKS**  
*...the Real Florida<sup>sm</sup>*



PHYS ED

## How Walking in Nature Changes the Brain

By GRETCHEN REYNOLDS JULY 22, 2015 5:44 AM 401 Comments





# What Children are Eating/Drinking

- Too much sugary beverages, not enough water
  - Juices, pouched drinks, fruit punch, lemonade, sports drinks, soda, sweet tea, “frappucino”, yogurt drinks/tubes
- Too much dairy
  - AAP guidelines not being discussed by pediatricians and parents are unaware
- Not enough vegetables/fruit
- Refined sugars/snacks
- Adolescents skip breakfast, even lunch, then binge
- Eating/drinking before bed

# How We are Trained As Physicians

- Chief complaint, HPI, medical/surgical hx, social hx,
- Physical exam
- Labs, imaging, test results
- Provide differential diagnoses
- Discuss treatment options (medication and/or surgery)
- ***Never taught to ask about diet/dietary habits as a key component of assessing health and disease!***
- ***Never taught to ask about degree of physical activity***
- ***Never taught about science behind HEPA, nature, and their impact on health***

# We Need More than Medications and Surgeries!

- Medications should work if the patients **HAVE** the conditions for which the medications are prescribed
- If medications are not helping....
  - Patient does not have the assumed conditions for which prescriptions were written for
  - Inadequate dose?
  - Individual patient factors – poor response to treatment
  - Medication is ineffective – bad medication
- Surgery may be necessary, it may "cure" illness but it doesn't promise long term health



# Physical Activity Instead of Devices

- Walk, run, play, jump rope, swim, bike, “Just Dance”
- YMCA
- School sports teams & individual sports
- Physical education in schools
- Limits on screen & electronics time
- Ask about access to green space
- Courageous conversation about physical activities for the parents and entire family
- **NO DEVICES** at least one hour before bed



# Achieving Optimal Health...

- Healthier eating/drinking habits
- Increase nutrition and health literacy
- Increase physical activity in nature/outdoor/green space
- Utilize FPRA facilities/programs
- Incorporate outdoor into our lives
  - School gardens
  - Hospital/medical center - gardens
  - Partnerships – YMCA & FRPA
  - Disruption/Novel ideas/applications for health care makeover
- Help families *UNDERSTAND WHY HEPA* is the most cost effective prevention and treatment for many illnesses
- INSPIRE patients/families to develop new routine/habits



Nemours<sup>®</sup> Children's Health System



Your child. Our promise.