



# Healthy Parks Healthy People In San Francisco's East Bay Area

Presented by East Bay Regional Park District General Manager Robert Doyle 09.05.2018

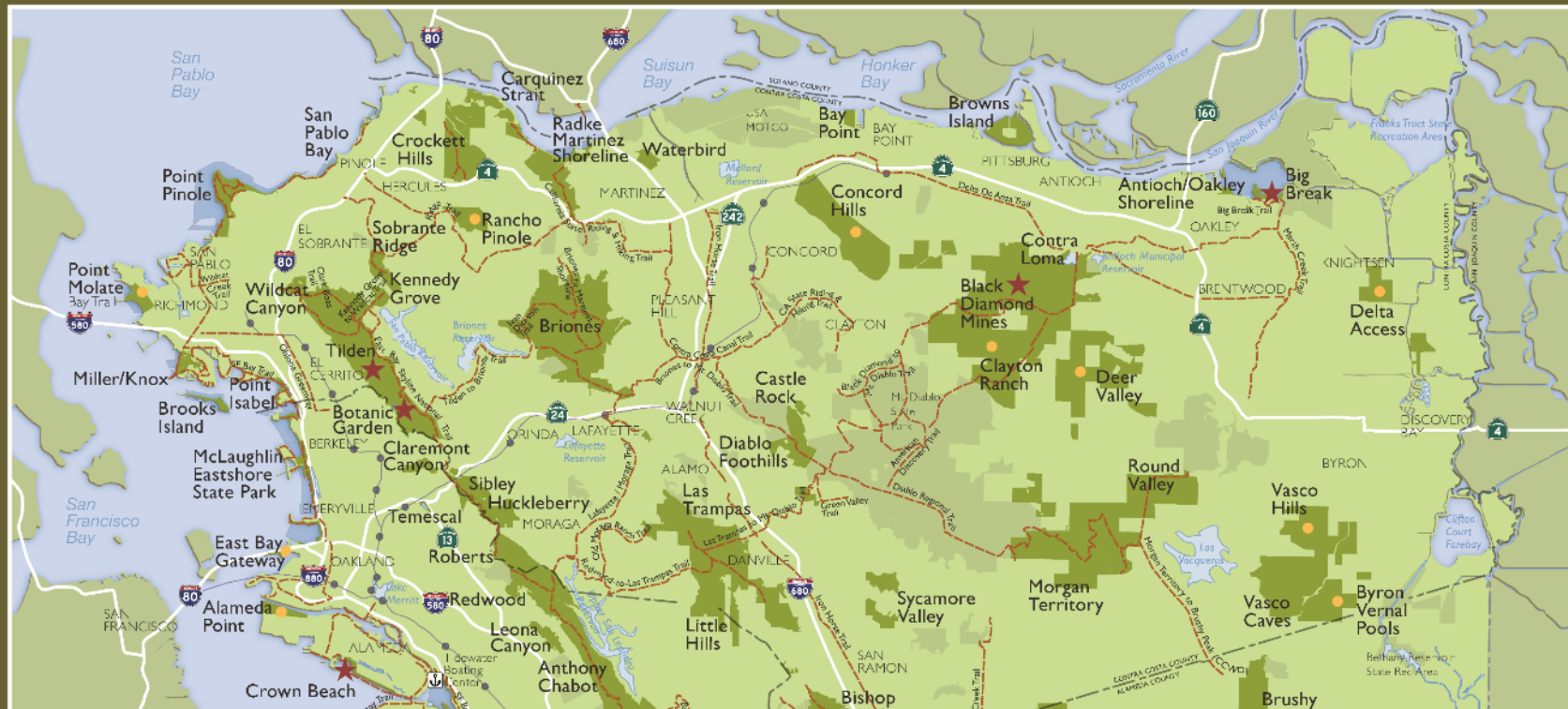
East Bay   
Regional Park District

*Healthy Parks Healthy People*





California



San Francisco Bay

East Bay Regional Park District

Healthy Parks Healthy People

- Regional Parklands
- Parklands Under Development
- Regional Shoreline Water Boundary
- Other Open Space
- EBRPD Visitor Center
- BART Station
- Regional Trails



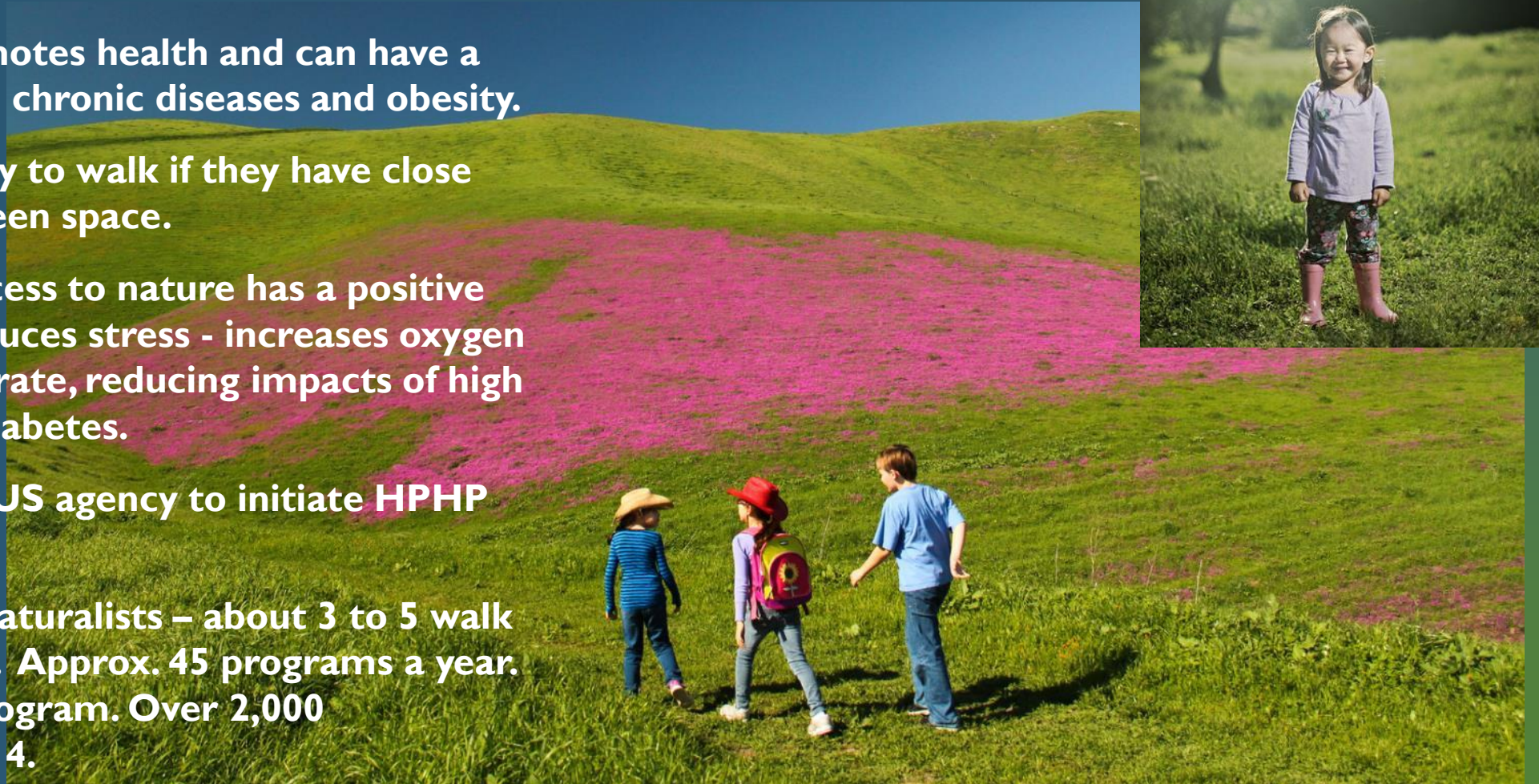
0 10 Miles



United States

# Healthy Parks Healthy People

- More than 1/3 of adults in the U.S. are overweight or obese.
- Physical activity promotes health and can have a substantial impact on chronic diseases and obesity.
- People are more likely to walk if they have close access to parks or green space.
- Studies show that access to nature has a positive impact on health: reduces stress - increases oxygen in-take, lowers heart rate, reducing impacts of high blood pressure and diabetes.
- EBRPD was the first US agency to initiate HPHP programming.
- HPHP Walks led by naturalists – about 3 to 5 walk programs per month. Approx. 45 programs a year. 5 to 10 people per program. Over 2,000 participants since 2014.



# Healthy Parks Healthy People Bay Area

- EBRPD initiated cross-agency and -discipline multi-cultural wellness discussions which gave rise to HPHP Bay Area
- HPHP Bay Area Partners include:
  - 20+ Public Park and Open Space Agencies & Organizations (Local, State, and Federal), including National Park Service
  - Health Organizations/Providers:
    - UC Benioff Children's Hospital Oakland
    - Kaiser Permanente
    - Network for a Healthy California
    - SF Dept. of Public Health
    - Solano County Dept. of Health and Social Services
  - SFSU, Dept. of Recreation and Tourism
  - Point Reyes National Seashore Association
  - URS Corporation

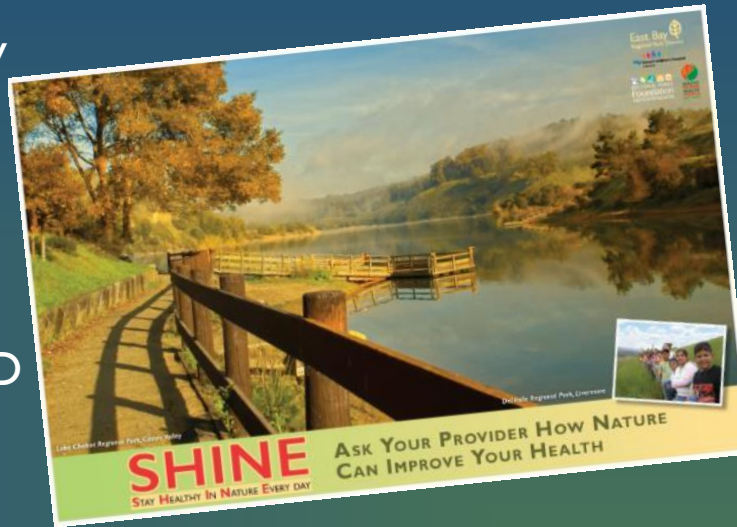


East Bay   
Regional Park District

*Healthy Parks Healthy People*

# UC Benioff Children's Hospital Partnership Programs

- **SHINE (Stay Healthy In Nature each day)** - Model Parks RX program in the Bay Area with UC Benioff Children's Hospital Oakland brings hundreds of families with chronically ill children to the parks.
- **Oakland Children's Hospital** painted clinic rooms with murals of specific EBRPD parks - creating a visual reminder of the relationship between parks and health and providing a relaxing environment to give some of the benefits of being outside to children in a stressful (hospital) location.





East Bay  
Regional Park District  
www.ebparks.org



Healthy Parks  
Healthy People

## First Saturday Program in the Park!

FREE

**1st Saturday of Every Month from 1:00 - 4:30pm  
Transportation & Lunch Included!**

	<ul style="list-style-type: none"> <li>Jan 3rd Crab Cove Visitor Center</li> <li>Feb 7th Crab Cove Visitor Center</li> <li>Mar 7th MLK Regional Shoreline</li> <li>Apr 4th Crab Cove Visitor Center</li> <li>May 2nd Crab Cove Visitor Center</li> <li>Jun 6th Temescal Regional Recreation Area</li> <li>Jul 4th Crab Cove Visitor Center</li> <li>Aug 1st Crab Cove Visitor Center</li> <li>Sep 5th Redwood Regional Park</li> <li>Oct 3rd Crab Cove Visitor Center</li> <li>Nov 7th Crab Cove Visitor Center</li> <li>Dec 5th Lake Chabot Regional Park</li> </ul>	
---	---	---



**E**njoy an afternoon in the park! Sign up for this **FREE Healthy Parks Healthy People** program with transportation and lunch included! You and your family will be picked up at the Oakland Children's Hospital Primary Care Clinic and bus to one of the East Bay Re-gional Park District's Parks for an active and educational program.

**SIGN UP AT THE PRIMARY CARE CLINIC'S FRONT DESK**

Oakland Children's Hospital  
Primary Care Clinic  
5220 Claremont Ave, Oakland  
Phone: (510) 428-3885 ext. 5663

# Kaiser & RPF Partnership Wellness Programs

- **Multicultural Wellness Walks** - Monthly lunch hikes led by EBRPD naturalist and health instructor. 6 walks per year with 80 to 150 participants per walk. Over 3,200 have participated in walks since 2013. (Kaiser & RPF funded.)
- **Trails Challenge** - Thousands of people participate each year in this self-guided hiking program. Participants receive a t-shirt, and people who complete the challenge receive a pin. (Kaiser & RPF funded.)
- **KHOC (Kids Healthy Outdoor Challenge)** - 3<sup>rd</sup> grade students visit parks as part of science and nature curriculum / they are also introduced to California Children's Outdoor Bill Of Rights. Over 11,000 participants since 2013. (RPF funded.)



**Redwood Regional Park**

### Multicultural Wellness Walk

Join us for a leisurely community walk on the Stream trail, surrounded by towering coast redwoods. Learn about the history of this 1,830 acre-park, the logging industry and the fruit orchards. Enjoy the serenity of this park and the many varieties of evergreens, chaparral, and grasslands.

**When:** Saturday, Aug 25th, 2018  
**Time:** 9:00am - 12:30pm  
**Where:** Redwood Regional Park  
7867 Redwood Road  
Oakland, CA 94619  
**Meet at:** Owl / Quail Picnic Area

*Healthy Lunch Provided!*

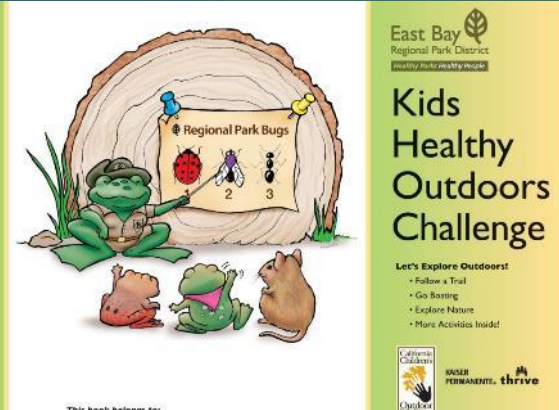
RSVP to Laura Heywood by Wednesday, August 22nd, 2018  
510-544-2200 or lheywood@ebparks.org

Logos: Healthy Parks Healthy People Bay Area, thrive, Kaiser Permanente, East Bay Regional Park District, www.ebparks.org



**A Free Hiking Program**

2018 **TRAILS CHALLENGE** 25<sup>TH</sup> ANNIVERSARY  
East Bay Regional Park District



**East Bay Regional Park District**  
Healthy Parks Healthy People

### Kids Healthy Outdoor Challenge

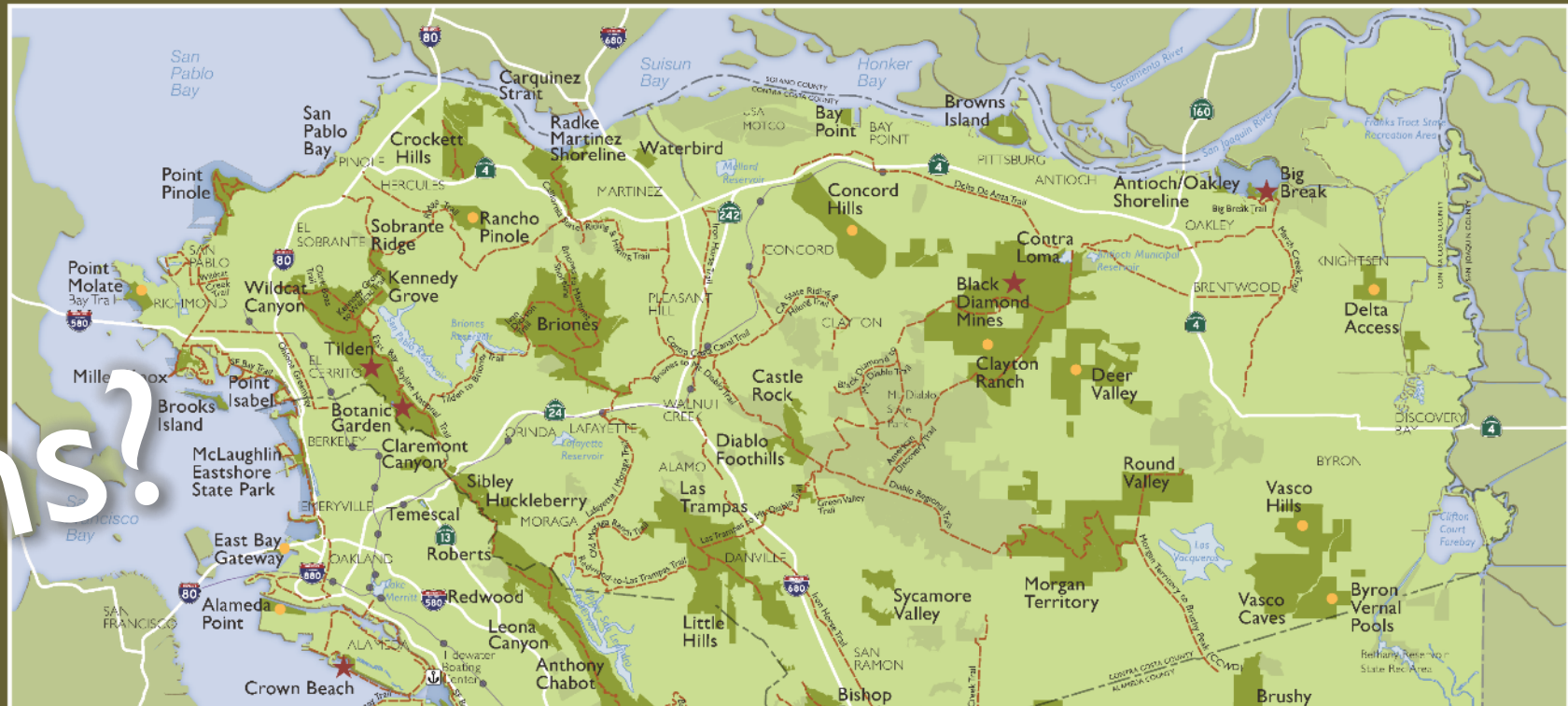
Let's Explore Outdoors!

- Follow a Trail
- Go Bugging
- Explore Nature
- Make Activities Inside!

Logos: Children's Outdoor Bill of Rights, Kaiser Permanente, thrive, East Bay Regional Park District



# Questions?



## San Francisco Bay

**East Bay Regional Park District**  
Healthy Parks Healthy People

- Regional Parklands
- Parklands Under Development
- Regional Shoreline Water Boundary
- Other Open Space
- EBRPD Visitor Center
- BART Station
- Regional Trails

0 10 Miles

A detailed map of the East Bay Regional Park District area, showing various regional parklands, trails, and visitor centers. The map includes labels for cities like San Francisco, Oakland, Alameda, and Fremont, as well as specific parklands such as Sibley Huckleberry, Lake Chabot, and Mission Peak. Major highways like I-80, I-580, and I-680 are also shown.



# Healthy Parks Healthy People In San Francisco's East Bay Area

Presented by East Bay Regional Park District General Manager Robert Doyle 09.05.2018

East Bay   
Regional Park District

*Healthy Parks Healthy People*

