



HEALTHY PARKS

HEALTHY PEOPLE

... THE INTERPRETER'S ROLE

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The East Bay Regional Park District spans Alameda and Contra Costa counties east of San Francisco with 112,000+ acres in 65 parks including over 1,200 miles of trails for hiking, biking, horseback riding and nature study.

The Institute at the Golden Gate is a program of the Golden Gate National Parks Conservancy, a nonprofit partner of the National Park Service. Our mission is to contribute to a more sustainable and healthy world by harnessing the power of parks and public lands to advance environmental stewardship and human wellbeing.



Are We Paying Attention?

- Explore Emerging Trends
- Seize Opportunities
- Respond Proactively
- Commit to Excellence



Communities Create Culture!

The Case for Nature

- Health Consequences of Sedentary Living
 - Obesity, Increased BMI, Myopia, etc.
- Health Benefits of Nature
 - Physical, mental, and social
 - Individual, family, and community



Healthy Parks, Healthy People History



- Leaders representing parks, open space, healthcare, and public health agencies in the Bay Area initiated a Healthy Parks, Healthy People collaborative in June 2012.
- The partnership is now comprised of 22 parks, open space, healthcare, and public health agencies spanning six counties.

HPHP: Bay Area Mission

- Improve the health and wellbeing of all Bay Area residents, especially those with high health needs, through regular use and enjoyment of parks.



HPHP: Bay Area Programs



- In June 2013 we will launch a coordinated effort to provide approachable, culturally relevant park programming for communities with high health needs that diverse health partners can prescribe and promote.

HPHP: Across the Region



- Common goals
- Holistic approach
- Multi-Generational
- Engaging
- Valuable

A silhouette of a hiker with a backpack walking away through a forest of tall, thin trees. The scene is backlit by a warm, golden light, likely from a setting or rising sun, creating a strong contrast between the dark figures and the bright sky.

Thank you!

