Positioning Parks and Recreation in Public Health

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Outline/Goals

• Identify the five core disciplines of public health.
• Identify key public health documents.
• Describe topic areas relevant to Parks & Recreation in Healthy People 2020.
• Develop appropriate and practical methods to critically assess agency abilities and structures in addressing the health related issues.
Public Health & Public Parks:

- Dr. Anand K. Parekh, Deputy Assistant Secretary for Health, U.S. Department of Health and Human Services
  - “Parks and recreation agencies are playing a natural and growing role in collaborating with health professionals working toward building healthy communities. These partnerships, between park and health professionals, provide an ideal framework for increasing opportunities for physical activity and thereby reducing obesity-related chronic disease. Federal health and wellness programs serve as a catalyst for these connections, fostering the initiation and strengthening of these partnerships and thereby encouraging the promotion of the healthy lifestyles through recreation and access to nutritious foods.”
  (Parks & Recreation, August 1, 2011)

- Lillian Rivera, Administrator of the Miami-Dade County Health Department
  - “This is a wonderful opportunity for our community. With this funding, our community will be able to expand access to fresh fruits and vegetables through community gardens and farms to institutions, promote healthy options in vending machines, promote breast-feeding, invest in activities that promote physical activity, incorporate standards in community-planning designs that encourage physical activity, and enhance the safe routes to school and park programs.”
  (www.cdc.gov/CommunitiesPuttingPreventiontoWork)
Recreation as Health Enhancement

- Organized Recreation Movement
  Boston Sand Gardens (1885)

Physical Culture Movement:

- The Turner Gyms (1857)
  - To combat the “diseases of affluence”
  - The promotion of physical activity
- The German Turnverein (Clubs)
  (McFadden, *Physical Training*, 1900)
Parks as Health Enhancing

• US National Parks (1872)
• “For over 150 years it has been unrecognized that there is a connection between our public lands and public health.”
  - Jonathan Jarvis, Director, National Park Service.

What is Public Health?

• What’s Your Definition?
• American Public Health Association
  “Public health is the practice of preventing disease and promoting good health within groups of people, from small communities to entire countries.”
• Institute of Medicine- Mission of Public Health
  “The fulfillment of society’s interest in assuring the conditions in which people can be healthy”
The Language of Public Health

- Key Concepts
- Core Disciplines

Determinants of Health

- Policy Making
- Social Factors
- Health Services
- Individual Behavior
- Biology and Genetics
- Determinants of Health
Healthy Community Design

- Healthy community design can improve people’s health by:
  - Increasing physical activity;
  - Reducing injury;
  - Increasing access to healthy food;
  - Improving air and water quality;
  - Minimizing the effects of climate change;
  - Decreasing mental health stresses;
  - Strengthening the social fabric of a community; and
  - Providing fair access to livelihood, education, and resources.

(Source: Centers for Disease Control & Prevention, http://www.cdc.gov/healthyplaces/)

Five Core Disciplines of Public Health
Behavioral Science (Health Education)

- WHO Definition of Health (1947):
  - “Health is a state of complete physical, mental, and social wellbeing and not merely the absence of disease and infirmity.”
- A focus on the determinants of health are factors that contribute to a person's current state of health.
  - Genes and biology
  - Health behaviors
  - Social environment or social characteristics
  - Physical environment or total ecology
  - Health services or medical care
- Acknowledging that 80% of deaths are due to preventable causes (McGinnis & Foege, 1993):
  - 50% from unhealthy behaviors
  - 20% from environmental exposures
  - 10% from lack of access to health care services

Biostatistics

- Public health biostatisticians use mathematical and scientific methods to determine the cause of disease and injuries and to identify health trends within communities.
- For instance, it may include estimating the number of deaths from gun violence or determining trends in drunk driving injuries. It may also include (among other tasks):
  - Analyzing the effectiveness of new drugs
  - Analyzing risk factors for different illnesses
  - Planning health care interventions
  - Explaining biological phenomena
Environmental Health

- **Health**: The complete state of physical, mental, and social wellbeing – not just the absence of disease. The four basic determinants of health:
  - Biological factors
  - Medical care
  - Lifestyle
  - Environment

- **Environment**: “All the physical, chemical and biological factors external to a person, and all the related behaviors.” (WHO)

Epidemiology

- An investigative method that relies on Biology, Sociology, Psychology, Ecology & Genetics to detect the cause or source of diseases, disorders, syndromes, conditions, or perils that cause pain, injury illness, disability, or death in human populations or groups and uses the principles of Biostatistics to document the amount of disease in those populations.
  - **Descriptive Epidemiology** – Uses three essential characteristics – Time, Place, and Person to examine disease distribution.
  - **Analytic Epidemiology** – Focuses on three phenomena – Host, Agent, and Environment.
Health Administration

- The broad based public health system to improve population health through prevention, policy and systems change.
- The field of health services administration combines politics, business, and science in managing the human and fiscal resources needed to deliver effective public health services. Specialization can be in planning, organization, policy formulation and analysis, finance, economics, or marketing.
Key Public Health Documents

Healthy People 2020 Mission

- Identify nationwide health improvement priorities.

- Increase public awareness and understanding of the determinants of health, disease, and disability and the opportunities for progress.

- Provide measurable objectives and goals that are applicable at the national, State, and local levels.

- [http://www.healthypeople.gov](http://www.healthypeople.gov)
Healthy People 2020 Mission (continued)

- Engage multiple sectors to take actions to strengthen policies and improve practices that are driven by the best available evidence and knowledge.

- Identify critical research, evaluation, and data collection needs.

Involving Non-Health Sectors To Address Determinants of Health

- Healthy People 2020 will emphasize involving sectors outside health, including:
  
  Education  
  Housing  
  Environment  
  Transportation  
  Labor  
  Agriculture
### Healthy People 2020 Topic Areas

1. Access to Health Services
2. Adolescent Health*
3. Arthritis, Osteoporosis, and Chronic Back Conditions
4. Blood Disorders and Blood Safety*
5. Cancer
6. Chronic Kidney Disease
7. Dementias, Including Alzheimer’s Disease*
8. Diabetes
9. Disability and Health
10. Early and Middle Childhood*
11. Educational and Community-Based Programs
12. Environmental Health
13. Family Planning
14. Food Safety

* New Topic Area for 2020

### Healthy People 2020 Topic Areas (continued)

15. Genomics*
16. Global Health*
17. Healthcare-Associated Infections*
18. Health Communication and Health Information Technology
19. Health-Related Quality of Life*
20. Hearing and Other Sensory or Communication Disorders
21. Heart Disease and Stroke
22. HIV
23. Immunization and Infectious Diseases
24. Injury and Violence Prevention
25. Lesbian, Gay, Bisexual and Transgender Health Issues*
26. Maternal, Infant and Child Health
27. Medical Product Safety
28. Mental Health and Mental Disorders

* New Topic Area for 2020
## Healthy People 2020 Topic Areas (continued)

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* New Topic Area for 2020

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## Small Group Discussion

Topic areas relevant to Parks & Recreation in Healthy People 2020

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2/24/14
The Precede-Proceed Model of Intervention

A PUBLIC HEALTH APPROACH TO PROGRAM DESIGN

Precede-Proceed Model

• Program/Intervention Planning Model
• Assumes an ecological approach
  • The ecological approach to health program planning recognizes that any serious effort to improve the health status and quality of life of a population must take into account the powerful role played by the ecosystem and its subsystems such as family, organizations, community, culture and physical environment. (Green and Kreuter, p. 2)
Phase 1: Social Analysis & Assessment

- “Subjectively defined problems or priorities of individuals or communities”
- What are the community’s wants and needs?
- What outcome does the community find most important? i.e. Addressing homelessness / racial inequality / environmental protection / increasing recreational and cultural opportunities…
Phase 2: Epidemiological Assessment

- **Vital health indicators** such as: disability, fitness, mortality, obesity, chronic disease
- **Environmental determinants** such as: access and availability of economic, physical, social resources
- **Behavioral factors** such as: consumption patterns, compliance with regs.,
- **Genetic factors** such as: genetic causes, environmental interaction, or genetic predispositions.

Phase 3: Educational & Ecological Assessment

- Consider:
  - **Predisposing factors** - intellectual and emotional “givens” that tend to make individuals more or less likely to adopt healthful or risky behaviors
  - **Reinforcing factors** - internal and external conditions directly related to the issue that help people adopt and maintain behavior (healthy or unhealthy)
  - **Enabling factors** - internal and external conditions directly related to the issue that help people adopt and maintain behavior.
Phase 4: Administrative & policy assessment and intervention alignment

- Identifying “best practices” and other sources of guidance for intervention design (community guide)
- Administrative, regulation, and policy issues that can influence the implementation of the program or intervention.
Exercise:

1. Identify a health issue relevant to your community & agency

Step 2

- What are the vital indicators that might be related to your issue?
- What environmental determinants may contribute to the issue?
- What behaviors or lifestyles contribute to the issue
Step 3

• What are the predisposing factors such as: knowledge, attitudes, beliefs about the issue
• What are the reinforcing factors such as attitudes and behaviors of key stakeholders? (peers, national leaders, parents, etc)
• What are the enabling factors such as availability and accessibility of services; laws and regulations; enforcement, etc

Step 4

• What program components and interventions are needed to affect change identified?
• What policy, organizational and administrative capabilities are needed to address issue?