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# HEALTHYPARKSHEALTHYPEOPLE

## HPHP: Bay Area November 2016 Newsletter

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### Highlights

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*Participants posing for a photo after their Bollywood dance HPHP program at Martial Cottle Park. Image courtesy of Teri Rogoway, Santa Clara Valley Open Space Authority.*

### The role of academia at the intersection of parks and health



*Researchers help program attendees fill out surveys for a San Francisco State University study. Image courtesy of Aiko Yoshino, San Francisco State University.*

Aiko Yoshino is an Assistant Professor within the Recreation, Parks, and Tourism Department at San Francisco State University. In addition to teaching classes on program design and the impact of outdoor recreational activities on participant stress levels, she also conducts research on topics such as the relationship between extended wilderness programs and resilience, and how natural settings impact attention restoration. In this [feature](#) Aiko sheds light on the role of academia at the intersection of parks and health.

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## Collaborative updates

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### Next quarterly meeting

Tuesday, January 17<sup>th</sup> 9:30am-11am, location TBD

## October 18th collaborative meeting recap

On October 18th the collaborative held its quarterly meeting at Preservation Park in Oakland. Some of the topics [discussed](#) at this meeting include follow up from the Health Outdoors! Parks and Public Health Forum, creating a working group for the upcoming HPHP: Bay Area marketing video, and potential ways that the collaborative would like to celebrate National ParkRx Day 2017.

### Action Items:

- **All-** Talk to your respective agencies and see if you would like to do something for Park Prescriptions Day, fill out the [google spreadsheet](#) (to be created and shared by the Institute) with your agency plans for the day
- **All-** Contact Arielle if you are interested in joining the marketing working group
- **IGG** and **BAM!**- Email Champions of Change list
- **IGG-** Reach out to counties, CPRS, different agencies to establish county-by-county meetings
- **All-** Reach out to IGG with thoughts and opinions about proposed framework and related toolkit tools

## Video from Bollywood HPHP program

This October Santa Clara Valley Open Space Authority held a Bollywood dancing HPHP program at Martial Cottle Park. Below is a video from the day!



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Upcoming First Saturday programs

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# First Saturday Programs

## NOVEMBER 5TH

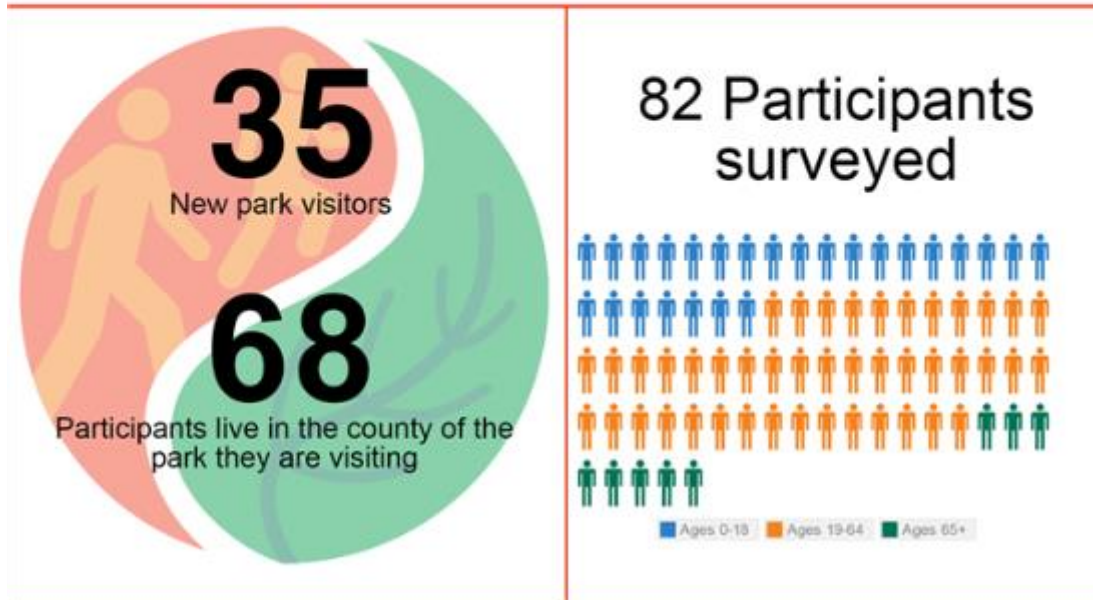
WHEN	WHERE	MAP
9:00 AM	Alviso Marina County Park, Santa Clara County	
9:00 AM	Memorial Park, San Mateo County	
9:00 AM	Martial Cottle Park, Santa Clara County	
9:00 AM	Old Mill Park, Marin County	
9:30 AM	McInnis Park, Marin County	
10:00 AM	Stow Lake in Golden Gate Park, San Francisco County	
10:00 AM	San Francisco Maritime National Historical Park, San Francisco County	
10:00 AM	Bird Walk Coastal Access Trail, Sonoma County	
10:00 AM	Ardenwood Historic Farm, Alameda County	
10:30 AM	Don Edwards SF Bay National Wildlife Refuge, Alameda County	
11:00 AM	Point Bonita YMCA, Marin County	
11:30 AM	George "Rocky" Graham Park, Marin County	
2:00 PM	George "Rocky" Graham Park, Marin County	
2:00 PM	Presidio of San Francisco, San Francisco County	

## Healthy Parks Healthy People: Bay Area

WALKS ARE FREE, FUN, AND FAMILY-FRIENDLY!

FOR MORE INFORMATION VISIT: [WWW.HPHPBAYAREA.ORG](http://WWW.HPHPBAYAREA.ORG)

# October Site Survey Results



Download the First Saturday program graphic and post it to your social media channels using #HPHPBayArea!

[Download](#)

## Funding opportunities

### [Microfunding opportunity from America Walks and the Everybody Walks! Collaborative](#)

**Organization:** America Walks and the Everybody Walks! Collaborative

**Status:** Now accepting applications

**Closing date to apply:** November 18, 2016

**Funding maximum:** \$1,500

The America Walks and the Everybody Walks! Collaborative is offering microfunding grants up to \$1,500 for projects related to walking and increasing walkability.

Funded projects will increase walking and benefits of walkability in communities, work to develop the walking movement by growing the number and diversity of people and organizations pushing for more walkability, and they should make walking safe, easy, and enjoyable for all community members.

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## Professional development opportunities

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### **Public Health Fundamentals for Park and Recreation Professionals Certificate Program**

This CEU approved online program is for park professionals who want to understand how their programming and policies impact the health of the communities that they serve. From this course participants will learn how to:

- Identify and describe program and/or policy strategies that park and recreation agencies can use to promote health.
- Define your agencies role, through the park and recreation lens, in resolving public health issues.
- Identify partners outside the field of park and recreation who could assist in implementing and evaluating program and/or policy strategies.
- Describe the different factors that impact positive health behavior with regard to the ecological model.
- A cohort option that involves discussion forums and web assignments to promote interactivity and sharing of ideas with constructive feedback provided by peers.
- Cohort option is a 3-4 month program, those seeking to take the course as an individual have 12 months to complete the program.

This course begins on November 2, 2016.

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## Additional resources and webinars of interest

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### New resources

#### Health and Outdoors Action Framework

From The Oregon Action Health and Outdoors Initiative

### Upcoming webinars

#### Park Rx Webinar III: Implementation and Evaluation

From The National ParkRx Initiative

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## Reminders

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### Links to site surveys

The online version of the survey:

<https://www.surveymonkey.com/r/hphpsitesurvey>

Download a physical copy of the site survey.

### Sign the MOU

There is still time to sign the [MOU](#) if your agency has not already done so. If your agency is interested in signing, please email Arielle at [andiaye@parksconservancy.org](mailto:andiaye@parksconservancy.org).



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