



HEALTHY PARKS HEALTHY PEOPLE BAY AREA

Contributing Partners

Bay Area Open Space Council
Children's Hospital & Research Center
Oakland
Crissy Field Center
East Bay Regional Parks District
Golden Gate National Parks Conservancy
Golden Gate National Recreation Area, NPS
Greater Vallejo Recreation District
Institute at the Golden Gate
Marin County Parks
Midpeninsula Regional Open Space District
Napa County Regional Park and Open Space
District
National Park Service, Pacific West Region
Network for a Healthy California
Point Bonita YMCA, a branch of the YMCA of
San Francisco
Point Reyes National Seashore Association
Point Reyes National Seashore, NPS
San Francisco Bay Trail Project
San Francisco Department of Public Health
San Francisco Parks Alliance
San Francisco Recreation & Parks Department
San Mateo County Parks
Santa Clara County Department of Parks and
Recreation
Santa Clara County Open Space Authority
SF State University, (Department of
Recreation, Parks, & Tourism; Department of
Kinesiology)
Solano County Department of Health and
Social Services
Solano County Parks and Recreation Division
Sonoma County Parks
U.S. Fish & Wildlife Service, Don Edwards SF
Bay National Wildlife Refuge
U.S. Forest Service, Pacific Southwest Region
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MEDIA RELEASE

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Healthy Parks, Healthy People: Bay Area

Parks and health agencies collaborate to improve the health and wellbeing of Bay Area residents

San Francisco- Adults, children and families were out in the parks this Saturday, many for the first time. [Healthy Parks, Healthy People: Bay Area](#) launched programs offering monthly free or low cost, introductory, and culturally appropriate activities to link those at high health risk to the benefits of spending time outside.

According to experts, health and wellbeing can be improved by spending time in green space. Spending time outdoors, for example, increases physical activity in children and can help address the increasing rates of obesity and obesity-related diseases. In response, park agencies and health institutions such as the San Francisco Department of Public Health have come together to offer introductory level programs and outings for people of all ages and abilities on the first Saturday of every month.

“Every day, we see more evidence of the benefits of being outside, especially in natural settings,” said Dr. Nooshin Razani, pediatrician. “This can range from increasing kids’ physical activity, to helping manage stress, to giving families and friends opportunities for positive social interactions. Promoting time in parks is one way to improve the health of our communities.”

With the program launched, parks have committed to hosting an introductory level activity or outing on the first Saturday of each month in all nine Bay Area counties.

“We are proud that our parks serve as an integral part of our community,” said Robert Doyle, General Manager of East Bay Regional Park District. “Healthy Parks, Healthy People: Bay Area gives us the opportunity to improve the health of our communities while getting folks engaged in protecting one of our most important natural resources- our parks. This program is a win-win for everyone involved.”

For more information about the Healthy Parks, Healthy People: Bay Area movement visit www.hphpbayarea.org.

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The [Institute at the Golden Gate](#) works to harness the power of parks and public lands to advance environmental stewardship and human wellbeing. A program of the [Golden Gate National Parks Conservancy](#) in partnership with the [National Park Service](#), the Institute fosters new ideas, shares best practices, encourages leadership, and supports and implements public policy changes that will benefit people and the planet.