

We believe that having these regular trips would be a crucial component to our overall plan for improving the health of our kids and families, particularly for those who are already overweight or obese. These trips will be one component of our 'Movement As Medicine' Program for Contra Costa Health Services, to dovetail with our growing Food As Medicine Program. The additional components being discussed include: improving transportation options/accessibility; posting pictures of the regional and local parks in our clinics; creating an electronic referral system for our parks program; collaborating with other community group to improve our reach; and expanding our wellness classes (presently we have weekly yoga but had zumba previously at WCHC). In addition, as the Chair of our Art of Health and Healing Program, which works to bring the arts into CCHS, I believe the addition of an Expressive Arts Therapist to our team at the parks would be a rich benefit for the participants.

I appreciate your consideration of our proposal and we look forward to collaborating with the City of San Pablo for the health of our kids and families.

Sincerely,

A handwritten signature in black ink, appearing to read 'Alan Siegel MD', with a stylized, flowing script.

Alan Siegel, M.D.

Family Physician

West County Health Center, Contra Costa Health  
Services

Fellow, UCSF Champion Providers

Chair, Art of Health and Healing of CCHS & Founding  
Board Member, National Organization for Arts in  
Health (NOAH)

**Approach and Management Plan:**

**West County Health Center Walk With A Doc Program and East Bay Regional  
Parks**

- Select nearby East Bay Regional Parks and local parks
- Choose dates/times
- Plan activities
- Coordinate with park, obtain licenses (when needed)
- Trip planning, support and logistics (pre-trip)
- Arrange fitness coach, yoga, zumba, stretching coach, masage therapist

- Day of trip - manage activities, make sure park cleaned and ready at end.

#### **East Bay Regional Parks**

- Coordinate with naturalist
- Arrange transportation.

#### **West County Health Center**

- Providers and nurses will identify and refer patients (through electronic medical record) with Parks Prescriptions for trips to regional and local parks.
- Promote to Medical Group Visit members
- Promote within our health center with flyers/posters

#### **Program details**

##### **Recruitment:**

- Patients will be recruited from ongoing Medical Group Visits (including Pediatric Obesity (We Can) and Pregnancy groups.
- They will also be referred from Family Medicine Clinic (and specialty clinics) at West County Health Center and North Richmond Center for Health.
- Constant Contact newsletters will be sent to those on our list with information for our monthly walks. New recruits will be added to our list.
- We will communicate with other community organizations for recruiting community members to the walks.

##### **Evaluation: how measure success (monthly trip)**

- Leadership will meet monthly to evaluate success and outcomes and work on ongoing improvements.
- Pre and Post surveys will be distributed to the participants. These will be evaluated by the Program Manager.
- In addition to patient's self reported activity levels, we will measure BMI (adults) or BMI % (<18) changes. We will predict that 30% of participants would experience BMI stabilization or decrease during this 1 year period.
- Finally, we would like to use Activity Trackers (with participant's permission) to quantify changes in activity.

Target individuals are children ages 5-17 years old but we would be aiming toward the whole family. As studies have shown, more members of the family doing this together helps for goal attainment outside of the structured program.

It is important for our success that we are able to have administrative time for managing data - recruitments, coordination, tracking, and analyzing data.