Partnering Parks and Physicians to Reduce Health Disparities and Inequity in Childhood Obesity

Miami-Dade County Parks, Recreation and Open Spaces Department
University of Miami Miller School of Medicine
Outline

Ruby Natale, PhD, PsyD  
Associate Professor of Clinical Pediatrics  
Co-lead Community Health Interprofessional Collaborative

- Mission Statement
- Logic Model

Eric Hansen  
Recreation Planning and Program Development  
Miami-Dade County Parks

- Obesity prevention programs
- Fit to Play program
- Parks Rx 4Health Program

Sarah Messiah, PhD, MPh  
Associate Research Professor, Department of Pediatrics  
Co-lead Community Health Interprofessional Collaborative

- Community-academic collaborative
- Outcomes
- Expansion

Lordes Q Forster, MD FAAP  
Medical Director – UHealth Pediatrics

- Moving pediatric medicine into the community
Community Health IPC aims to reduce health disparities at the intersection of developmental disabilities and minority status through innovative community-based approaches that advance the field of preventive health.

• We will use dissemination and implementation science to translate research into evidence-based practice

• Expand clinical services by coordinating with community-based programs in neighborhoods of need.

• Promote advocacy for the underserved through our multidisciplinary network of researchers, clinicians, students, families, and partnerships with community members.

• Increase opportunities for training community-based providers and medical professionals on disabilities, prevention, and resources.
Community Health IPC
Members

- Michelle Schladant, PhD
  MCCD Assistant Director
- Dougene Jackson, MOT, OTR/L, LMT
  Occupational Therapist
- Kathlene Vergara
  Director of the Debbie School
- Anai Cuadra, PhD
  Mobile Clinic, psychologist
- Janelle Azaret, MD
  Developmental Pediatrician
- Amber Daigre, PhD
  Psychologist
- Jefrey Brosco, MD, PhD
  Pediatrician, Autism Expert, Associate Director of MCCD
- Roselyne Antao
  Early Childhood
- Martha Boyle
  Physical Therapist
- Laura Dean Albuja, DNP, MS, Ed, ARNP, FNP-C
  Mobile Clinic
- Ruby Natale, PsyD, PhD
  Psychologist, Early Childhood Development
- Marc Rosenblum, MPH, MBA, RD
  Director, WIC
- Joanne Palenzuela
  Early Childhood Community Outreach
- Vivienne Carrasco
  IRB Behavioral Research Officer
- Nicole Englebert, PhD
  Psychologist, Early Childhood Obesity
- Lisa Gwynn, DO, MBA, FAAP, CPE
  Medical Director, Mobile Clinic, Telehealth expert
- Sarah Messiah, PhD, MPH
  Epidemiologist, Obesity, Metabolic Syndrome
- Sheah Rarback, RD
  Nutrition
- Sylvia Goncz
  Early Childhood Education
- Maria Calejo
  Early Steps
- Lizzi Pulgaron, PhD
  Psychology, Obesity
Community Health IPC
Logic Model
Eric Hansen
Manager, Recreation Planning and Program Development

Sarah Messiah, Ph.D. MPH
Associate Research Professor, Department of Pediatrics

Lourdes Q. Forster MD FAAP
Medical Director – UHealth Pediatrics
ERIC HANSEN
Opening and Problem Statement
CRANDON PARK
KEY BISCAYNE
DADE COUNTY PARKS DEPT.
Formal Opening Nov. 9, 1947
You don’t think about Parks and......
Problem Statement

Childhood obesity is at an epidemic level and if not addressed, will have a catastrophic affect on the health of this generation.....and generations to follow....
Background

• Obesity is one of the greatest healthcare challenges
• Statistics are staggering
• Overweight or obese kids are likely to be overweight or obese adults
• Poor diet and inactivity are leading causes
• Physical activity is associated with short and long term benefits
Solution
History

• 6 years we began a conversation with University of Miami (Miller School of Medicine)
• Organized working group
  – Researched Best Practices (what others were doing)
• Determined a methodology of program delivery, measures and testing that would substantiate our work
• Identified 5 core curriculum components
Afterschool Curriculum

- SPARK
- Nutrition Education
- Life Sports
  - SNAG Golf
  - QuickStart Tennis
- Recreation Games
- Homework Help
What Makes Us Unique is Our Partnership
Prescriptions

Prescribing (Rx) Parks and Recreation for Health and Wellness
Best Practices
Best Practices