

Rx:play

Physical activity is good for your health!

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Name: _____ Date: _____

I recommend that you increase your physical activity and feel ...

With these activities:

- Walking
- Dancing
- Swimming
- Martial Arts
- Group Sports
- Running
- Yoga
- Active Gaming
- Bowling
- Gymnastics
- Other _____

Your physical goal: _____ minutes/day _____ days/week

Comments: _____

Please return to see me in 6 weeks to see how it's going

Clinician's signature: _____

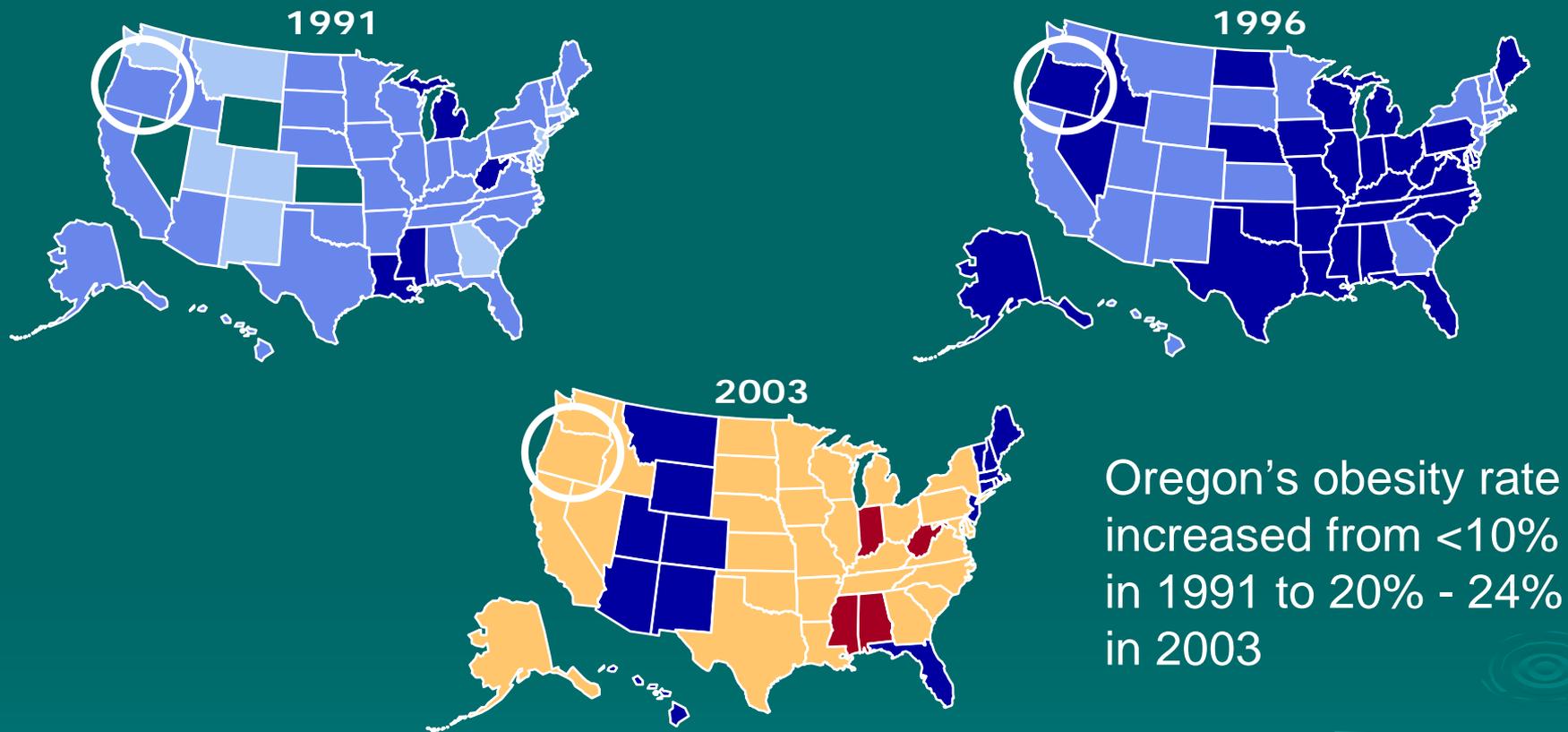


Prescription Leverage for Active Youth



Obesity Trends* Among U.S. Adults BRFSS, 1991, 1996, 2003

(*BMI ≥ 30 , or about 30 lbs overweight for 5'4" person)



Oregon's obesity rate increased from <10% in 1991 to 20% - 24% in 2003



Source: Behavioral Risk Factor Surveillance System, CDC.

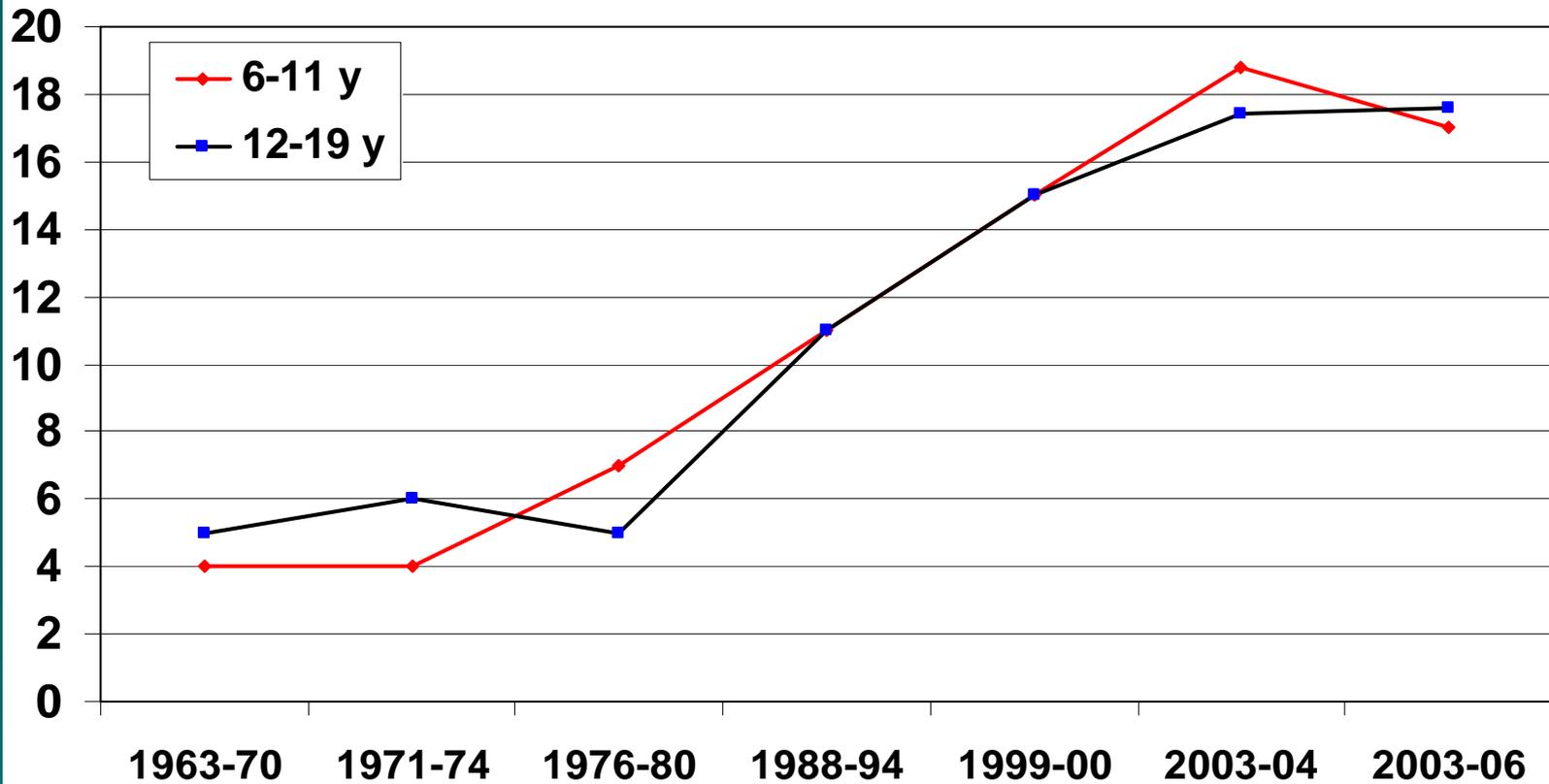
True Epidemic



- 64% of adults are overweight or obese; this is a 60% increase over last 10 years
- 15% of youth aged 6–19 years are overweight; this rate has tripled over last 40 years

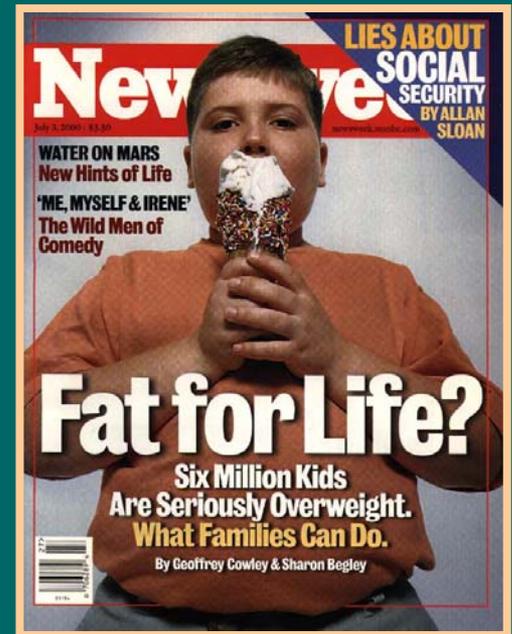


Prevalence of overweight among US children and adolescents ages 6-19 years

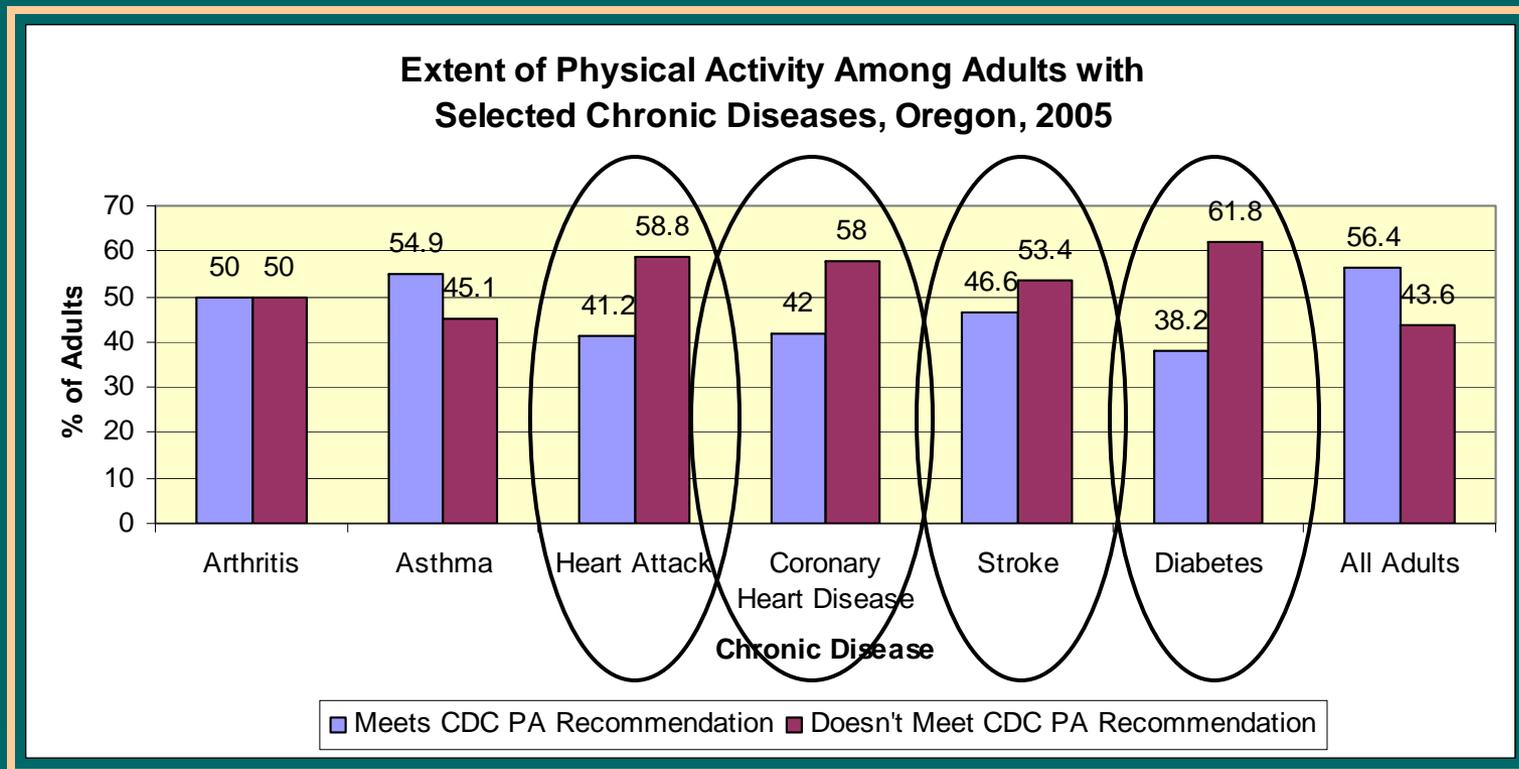


Cause for Concern

- Children & adolescents who are overweight are more likely to be overweight as adults.
- Teens who remain obese risk a lifetime of chronic health problems.
- People who are persistently overweight are more likely to be unemployed, on welfare, and single.



Impact of Physical Activity



- Physically active adults have lower rates of many chronic diseases than sedentary adults in Oregon.

Economic Burden of Obesity

- A 2009 CDC study found the direct and indirect cost of obesity in the U.S. is as high as \$147 billion annually.
- In Oregon, estimated annual medical costs related to obesity among adults were **\$781 million** for 2003, representing 5.7% of Oregon's total health care bill.



Types of Physical Activity Interventions

➤ Informational Approaches

Provide information to motivate and enable people to change their behavior and maintain that change over time. (e.g., Community-wide media campaigns, point-of decision prompts)

➤ Environmental and Policy Approaches

Changing the physical environment, social networks, organizational norms and policies, and laws through environmental and policy approaches. (e.g., Creating recreational trails, parks, removing barriers to participation, skills courses).



Types of Physical Activity Interventions

➤ Behavioral and Social Approaches

Teaching behavior skills and structuring the social environment to provide support for people trying to change their health and activity habits. (e.g., School-based PE, social support interventions in community settings)



2008-2012 Oregon SCORP Physical Activity Crisis Recommendation

Informational Approach:

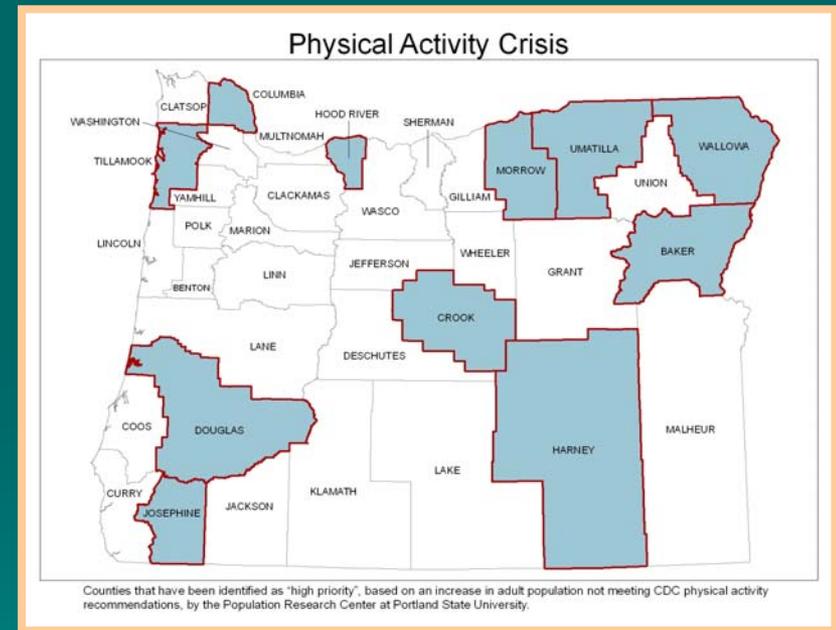
- ✓ Develop & institutionalize the statewide trails website to encourage public use of existing recreational trail infrastructure.
- A one-stop website for close-to-home walking opportunities in Oregon.



2008-2012 Oregon SCORP Physical Activity Crisis Recommendation

Environmental and Policy Approach:

- ✓ Additional priority in OPRD-administered grant programs for close-to-home non-motorized trail development in counties not meeting CDC physical activity guidelines.



2008-2012 Oregon SCORP Physical Activity Crisis Recommendation

Behavioral and Social Approach:

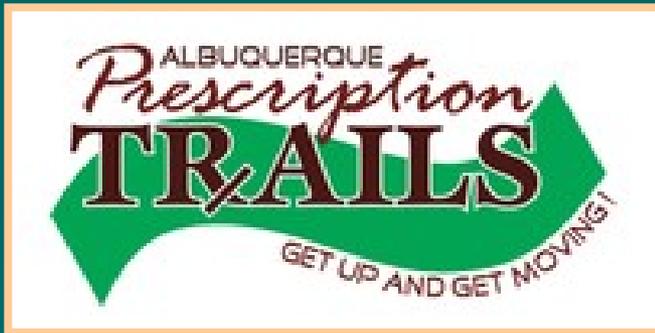
- ✓ Work with the medical community to get recreation participation information into medical offices and physician referrals.



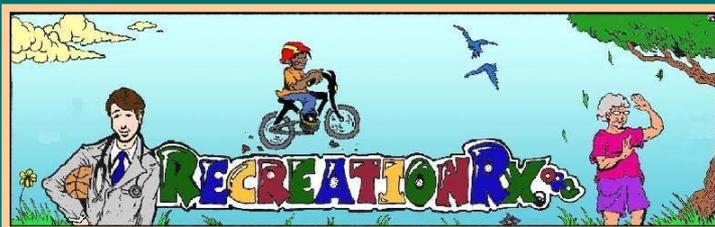
Existing Physician / Park & Recreation Prescription Models



Nevada “Fit for Life Club” Program

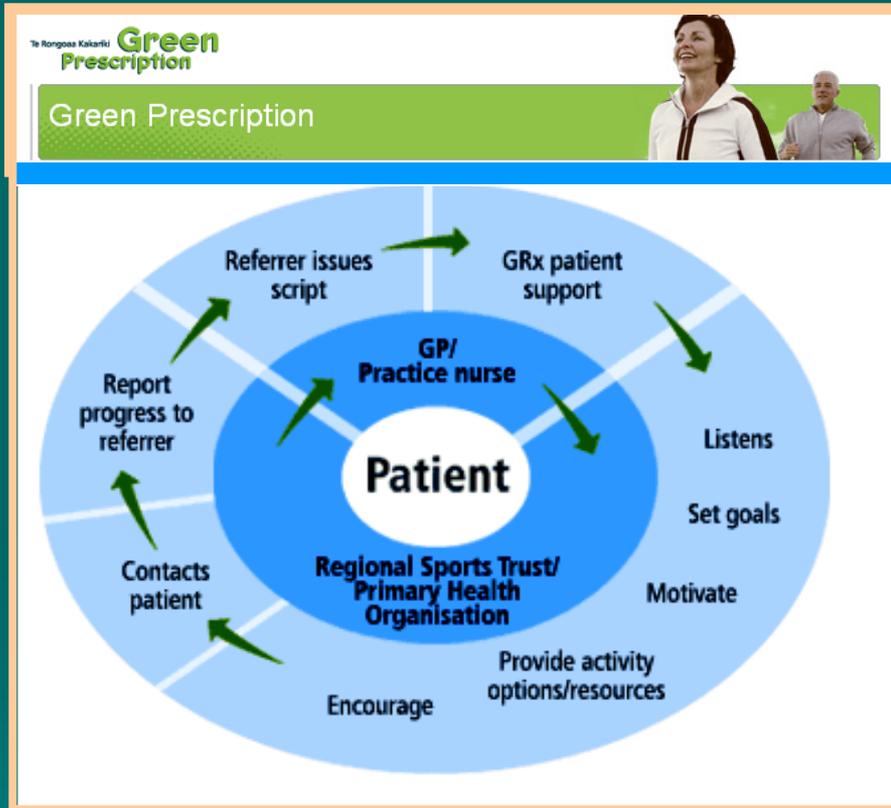


Albuquerque & Santa Fe Prescription Trails Programs



Recreation Rx Program (San Diego)

Green Prescription – New Zealand



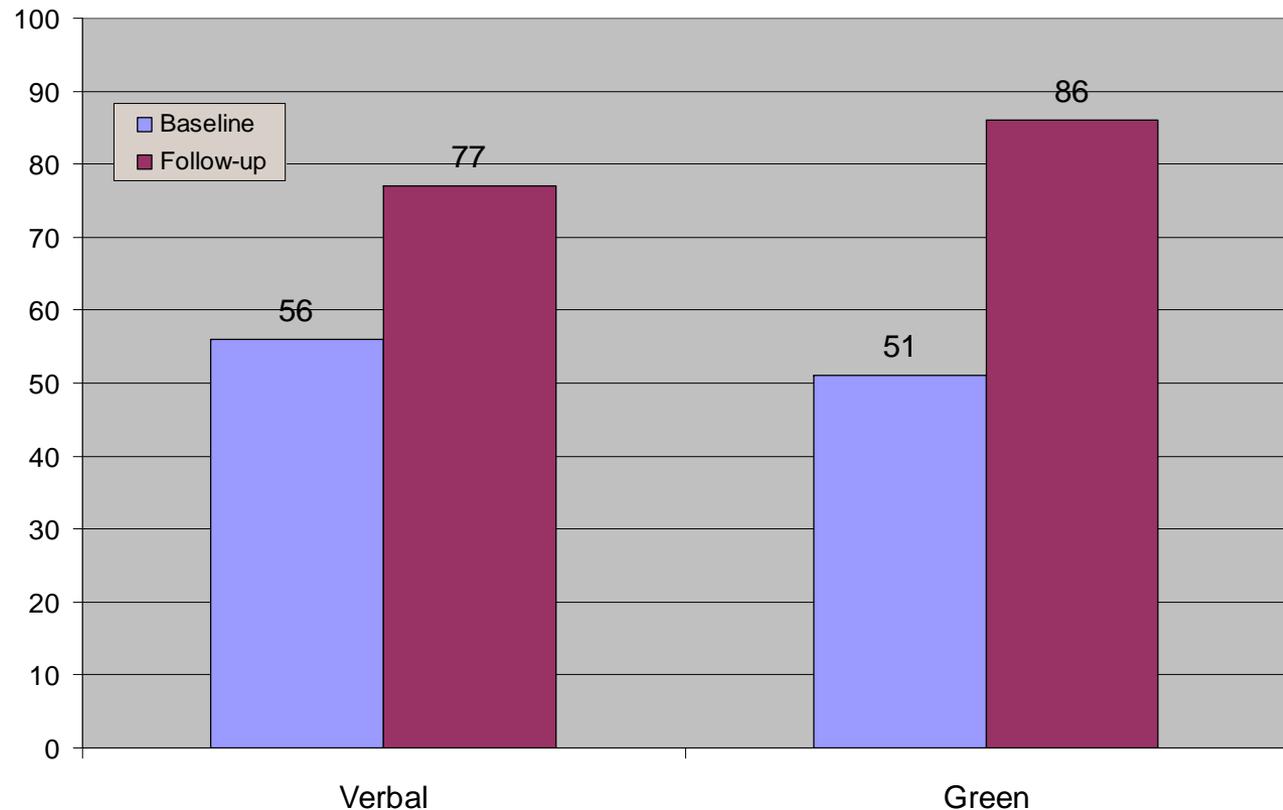
- Green Rx promoted by Sport and Recreation New Zealand
- Health professional writes a GRx
- Prescription faxed to Regional Sports Trust
- Sports Trust provides client with support, advice, & encouragement for 3-4 months.
- Client's progress is reported back to health professional

Green Prescription – Effectiveness Study

Study Conclusion

A written, goal-oriented exercise prescription, in addition to verbal advice, is a useful tool for GPs in motivating their sedentary patients to increase physical activity.

Change in the percentage of patients participating in any recreational physical activity from baseline to follow-up



Project Researcher

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- Dr. Stewart Trost
- Associate Professor, Oregon State University Dept. of Nutrition & Exercise Science

Research expertise in:

- Prevention of childhood obesity
- Assessment of physical activity in children & youth
- Psychosocial & environmental determinants of physical activity behavior
- Community-school-based promotion of physical activity
- The relationship between physical activity & other health behaviors



The Portland Rx Play Program Is Designed To:

- Develop and improve on a proven existing program (Green Prescription).
- Focus on children to get the biggest bang for the buck (Green Prescription focused on adults).
- Take advantage of excess capacity in existing recreation facilities and program offerings.
- Provide close-to-home recreation opportunities for all – regardless of household income.
- Provide park managers with measureable results to allow for long-term program sustainability.



Study Goal

- To evaluate the effectiveness of a childhood obesity prevention/ treatment model that combines brief physician-based physical activity counseling and prescription with referral to local park and recreation physical activity programs.

Study Objectives

- Determine the effectiveness of the intervention on patient BMI and increasing physical activity levels.
- Refine the study protocol and logistics in anticipation of a larger federally funded effectiveness trial.
- Package the Rx Play program for distribution to interested communities.
- Help reposition parks and recreation as a recognized health asset.

Study Design

- Pre-test post-test randomized group experimental design
- Overweight and obese 6 to 12 year old children attending participating primary care centers are randomized to one of two conditions:
 - Physician counseling and written exercise prescription, or
 - Physician counseling and written exercise prescription combined with a referral to park and recreation.

Project Partners



Health Care Providers:

- Kaiser Permanente (Interstate)
- Legacy Health (The Children's Hospital at Legacy Emanuel)
- Oregon Health & Science University (Doernbecher Children's Hospital)
- Multnomah County Health Department (Clarendon-Portsmouth School-Based Health Center)

Recreation Providers:

- Oregon Parks and Recreation Department
- Portland Parks and Recreation (University Park Community Center)



Legacy Emanuel
Children's Hospital



Doernbecher
Children's Hospital
A division of Oregon Health & Science University

KAISER
PERMANENTE. **thrive**



MULTNOMAH
COUNTY
Health Department



Public Health
Prevent. Promote. Protect.



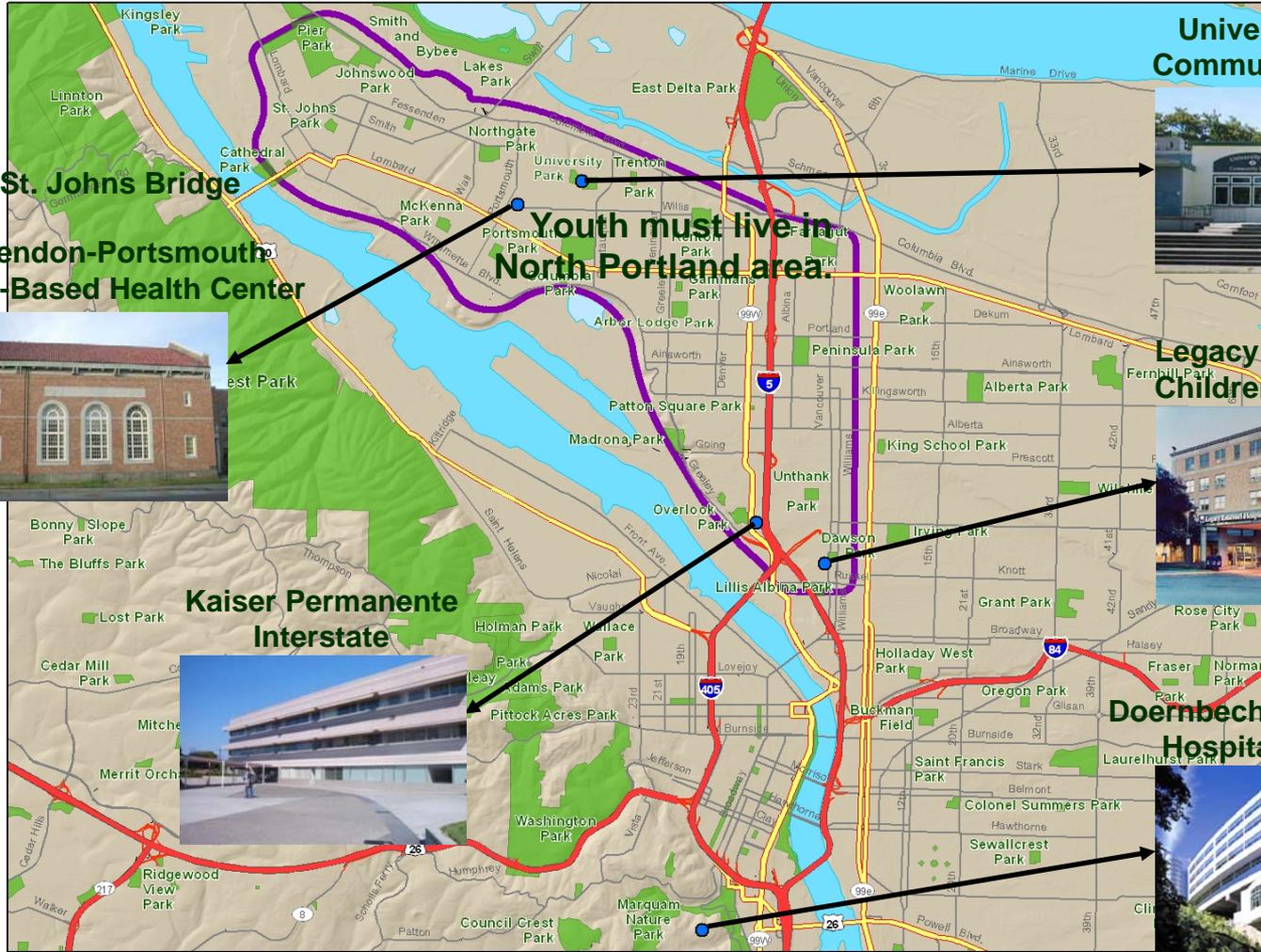
OREGON
STATE
PARKS

Nature
HISTORY
Discovery



PORTLAND PARKS
& RECREATION
Healthy Parks, Healthy Portland

Facilities & Target Area



St. Johns Bridge

Clarendon-Portsmouth School-Based Health Center



Youth must live in North-Portland area.

University Park Community Center



Legacy Emanuel Children's Clinic



Kaiser Permanente Interstate



Doernbecher Children's Hospital (OHSU)



Play Components:

Prescription Pad

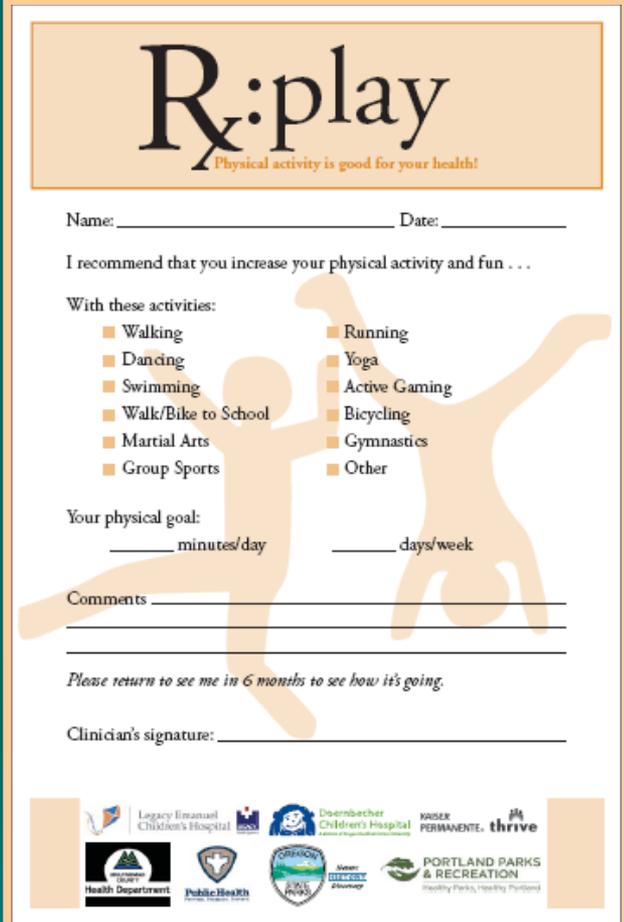
Limited Scholarship Funding

Clinician Training

- Study Overview
- Clinic Logistics
- Motivational Interviewing

Contacting Parents

- Park & Recreation Staff
- Conversation Guide



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Name: _____ Date: _____

I recommend that you increase your physical activity and fun . . .

With these activities:

<input type="checkbox"/> Walking	<input type="checkbox"/> Running
<input type="checkbox"/> Dancing	<input type="checkbox"/> Yoga
<input type="checkbox"/> Swimming	<input type="checkbox"/> Active Gaming
<input type="checkbox"/> Walk/Bike to School	<input type="checkbox"/> Bicycling
<input type="checkbox"/> Martial Arts	<input type="checkbox"/> Gymnastics
<input type="checkbox"/> Group Sports	<input type="checkbox"/> Other

Your physical goal:
_____ minutes/day _____ days/week

Comments _____

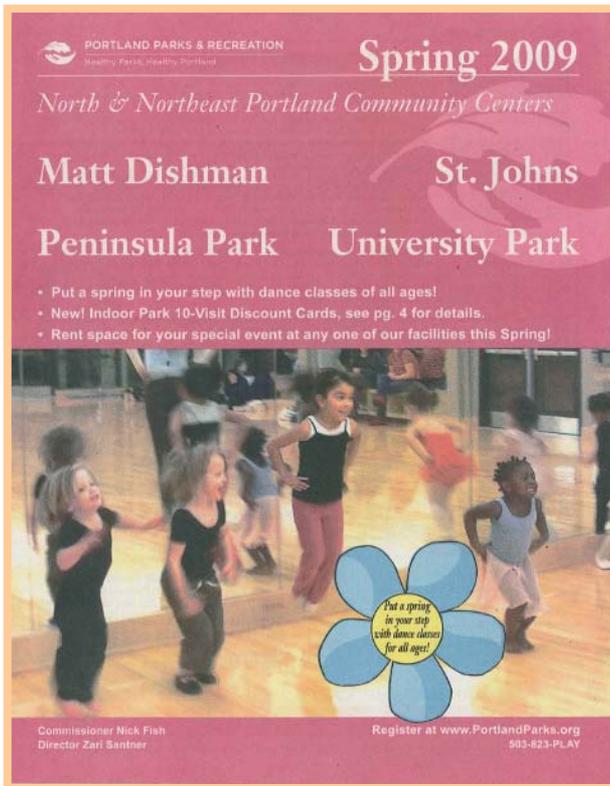
Please return to see me in 6 months to see how it's going.

Clinician's signature: _____

Logos at the bottom: Legacy Emanuel Children's Hospital, Doernbecher Children's Hospital, KRISE PERMANENTE thrive, Health Department, Public Health, OREGON Parks & Recreation, PORTLAND PARKS & RECREATION

Active Play Opportunities – University Park Community Center

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PORTLAND PARKS & RECREATION
Healthy Parks, Healthy Portland

Spring 2009
North & Northeast Portland Community Centers

Matt Dishman St. Johns
Peninsula Park University Park

- Put a spring in your step with dance classes of all ages!
- New! Indoor Park 10-Visit Discount Cards, see pg. 4 for details.
- Rent space for your special event at any one of our facilities this Spring!

Put a spring in your step with dance classes for all ages!

Commissioner Nick Fish
Director Zari Santner

Register at www.PortlandParks.org
503-823-PLAY

- Integrate Rx Play participants into programs listed in the regular program bulletin



PORTLAND PARKS & RECREATION
Healthy Parks, Healthy Portland



University Park
Community Center

Active Play Opportunities – University Park Community Center

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Youth Classes:

- Basketball
- Football
- Gymnastics
- Soccer
- Track & Field
- Martial Arts
- Ice Skating
- Swim Lessons
- Water Aerobics
- Dance Classes
- Active Gaming
- Nordic Walking
- Skateboarding
- Double Dutch

Drop-in Activities:

- Open Gym
- Open Play Swim
- Family Swim
- Family Walking Club
- Walking Challenge



PORTLAND PARKS & RECREATION
Healthy Parks, Healthy Portland



**University Park
Community Center**

New Walking Group

- Study subjects will be encouraged to join with family members & friends.
- Walks start at University Park Community Center and explore local parks & the neighborhood.

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Need a fun, educational, healthy thing to do this summer? Come join us!



North Portland Explorers Walking Group

Meet new people!



Learn new walking routes!



And start your Saturday morning off with a breath of fresh air!

ALL ARE WELCOME!!

When: Every Saturday morning (starting August 1st) at 10:00 am

Where: University Park Community Center (9009 N. Foss Ave., Portland, OR)

A group leader will guide you on a hour long walking route around the North Portland Neighborhoods. Each week you will learn a new route!



KAISER PERMANENTE thrive

New Columbia
IN NORTH PORTLAND'S PORTSMOUTH NEIGHBORHOOD

For more information call: Karen Birt with University Park (503) 823-3631

Keeping Track...

- # PLAY referrals received
- # calls of made to parents
- # of family successfully contacted (3 call max)
- # of children enrolled in a program



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Outcome Assessment

- Demographics
- BMI Percentile (CDC Growth Charts)
- Participation in activity programs
- Parent support physical activity

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Demographics

	EP + REF	EP Only
Age (yrs)	9.4 ± 2.6	10.0 ± 2.0
% Female	67.0	63.0
% Hispanic	44.4	50.0
% ≤ HS Ed	55.0	33.3



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Outcome Data

- UPCC has received 19 Rx PLAY prescriptions from medical providers.
- 6 families have signed up for a class and 3 families have indicated that they would be interested in joining the walking club or another non-scheduled activity.
- Follow-up phone calls had a success rate of just over 47%.



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Project Timeline

Task	Start	End
Finalize methodology & administrative materials	4/20/2009	8/31/2009
Initial project report (methods & support materials)		8/31/2009
Data collection	10/1/2009	3/31/2011
Data analysis	4/1/2011	5/30/2011
Final project report		7/1/2011

Next Steps:

- Expand the Rx PLAY program throughout the Portland Metro area (beginning Jan. 2011)
- Expand the program in Central Oregon
- Submitted NIH grant for continued research work towards evidence based
- Work with ORPA to expand program statewide
- Develop a program evaluation system
- Provide program materials to all



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Nature

HISTORY

Discovery

For additional information contact:

Terry Bergerson

Outdoor Recreation Planner

Phone: 503.986.0747

Email: terry.bergerson@state.or.us