

Doctor's Orders: **Get Outside!**

A National Park partnership to promote community wellness and children's health in Greater New Orleans

Aleutia Scott

Supervisory Park Ranger

Jean Lafitte National Historical Park and Preserve

New Orleans Jazz National Historical Park





New Orleans Jazz National Historical Park and Jean Lafitte National Historical Park and Preserve

“Jean Lafitte”

Chalmette Battlefield and National Cemetery

Battle of New Orleans 1815-2015





New Orleans Jazz National Historical Park and Jean Lafitte National Historical Park and Preserve

“Jean Lafitte”

Three Acadian Cultural Centers





New Orleans Jazz National Historical Park and Jean Lafitte National Historical Park and Preserve

“Jean Lafitte” Barataria Preserve





New Orleans Jazz National Historical Park and Jean Lafitte National Historical Park and Preserve

“Jazz”



Wellness and National Parks

Healthy Parks Healthy People

[HPHP web page](#)

- Physical
- Mental
- Spiritual
- Social Wellbeing



Jazz Yoga at New Orleans Jazz National Historical Park

7 Guiding Principles

- 1 -** We promote health and well-being as an interrelated system linking human health to natural landscapes and all species;
- 2 -** We seek expertise and resources from a wide range of partners in the public and private sectors;
- 3 -** Our aim includes activities that contribute to physical, mental and spiritual health, and social well being;
- 4 -** Our work takes place both within and beyond park boundaries;
- 5 -** We encourage uses that promote the health of all species while avoiding those that impair resources;
- 6 -** We seek to provide equitable access to open spaces and natural places;
- 7 -** Our commitment to improving public health will be mirrored in internal programs for our workforce.

NPS Healthy Parks Healthy People



■ Park Prescriptions video

■ “Medical offices are for medicine. You go there when you are sick. But health occurs in our metaphorical back yards. Someplace where you are outside, moving & playing.”



■ Let's Move Outside video

■ “Go climb a mountain, paddle a canoe, or go on a bike ride.”



View these Videos

Park Prescriptions Teaser



<https://www.youtube.com/watch?v=2AIRWKHrYq0>

Let's Move Outside



<https://www.youtube.com/watch?v=mOoM6EuCaOg>

Instructions: (*mute please!*)

- (1) Copy the URLs for the videos from the chat box
- (2) Open each URL in a separate Internet browser tab.
- (3) Watch the videos (all of Park Prescriptions, 1st minute of Let's Move Outside)
- (4) Click the WebEx Icon on your taskbar to return to the WebEx classroom

Louisiana Health Issues



- The prevalence for Type II diabetes in the state is over 30% (6th highest in the nation)
- Orleans and Jefferson Parish have obesity rates of almost 30%.
- Louisiana children have high risk behavior indices such as television viewing hours, consumption of sugary beverages, and family eating habits.



NEEF Nature Champions and National Park Foundation (NPF) Support



2012– Active Trails NPF Grant for Health Practitioner Engagement at the Barataria Preserve with Tulane Prevention Research Center



2013– National Environmental Education Foundation “Nature Champion” Training for Children and Nature program with pediatric staff from LSU, Tulane, Ochsner, and West Jeff Medical Center



2013– Ticket to Ride NPF Grant for Transportation from LaSalle Clinic to national park programs. Developed in partnership with Drs. Matt Calzetta, Jim Stier and Mary Younger of Tulane Pediatrics Program

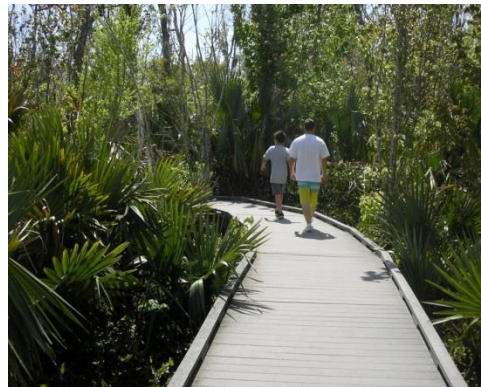


2012, 2013 and 2014– Better Health BaYOU!



Active Trails/Better Health BaYOU!

- Engaged local health care providers (West Jeff Medical Center, Ocshner, Wallgreens, LSU AgCenter Nutrition)
- Focus Groups to suggest affordable/ doable park improvements
- Promoted ongoing dialogue with gateway residents
- Resulted in:
 - Bike racks
 - Trail signage
 - Benches
 - Updated trail maps



Active Trails/Better Health BaYOU!

- Annual Fall Event
- Health and Nutritional Consultation
- Dancing and Music
- Jazz Yoga under the trees
- Ranger-led Nature Walks



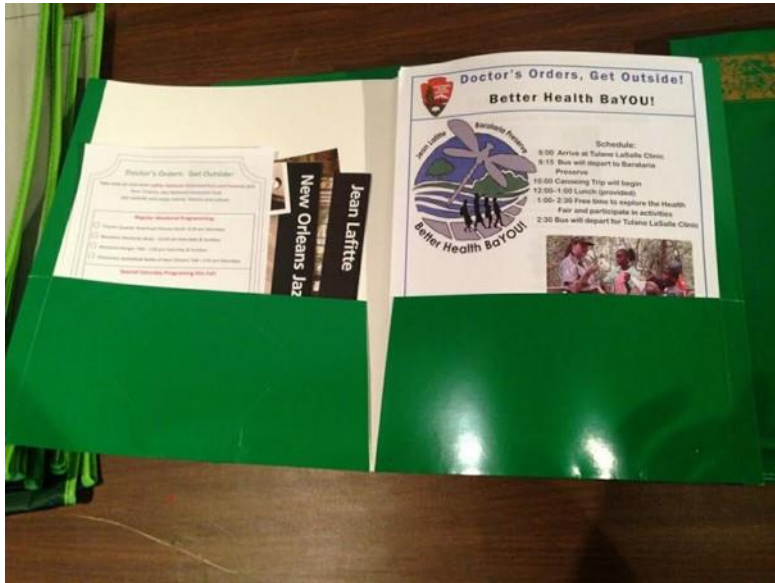
Park Prescriptions—Ticket to Ride



Getting to “HAPPI”

- **Healthy foods and compostable paper products**
- **Attending doctor on each trip**
- **Park Prescription (w/ upcoming activities)**
- **Parents, guardians and friends**
- **Interesting things to do**

By providing safe, reliable transportation



September 28, 2013

Chalmette Battlefield - *Historic* *1815 games, hiking to the top of the monument*



November 9, 2013

Wetlands Acadian Cultural Center—
*Boat Tour on Bayou Lafourche to E.D. White
Plantation*



November 16, 2013
Barataria Preserve
Better Health BaYOU!



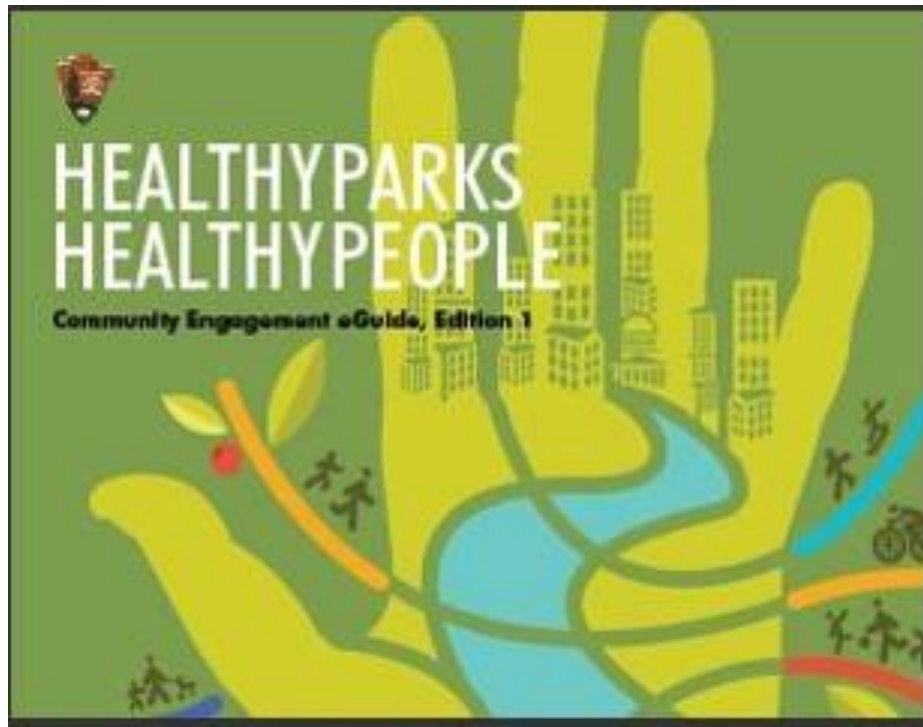
November 16, 2013

Group Photo at the Barataria Preserve



Jean Lafitte and New Orleans Jazz Featured in 2014 Case Study

[HHPH eguide](#)



- New Orleans Metropolitan Area offers many opportunities for innovation
- Parks offer resources to engage in and help combat urban social challenges
- Multiple ways medical professionals, educational institutions and fitness organizations can partner with National Parks.



Lessons Learned

- These are new audiences, 90-95% who had never been to a national park. It is hard to reach these visitors and KEEP them engaged.
- Value of providing transport. If they weren't getting bused in, they probably wouldn't come. It is well worth the money.
- Value of the Doctor's Orders from a physician they trust. The whole idea of the prescription lends legitimacy. But only 12 doctors have been trained so far! Doctors are also a new group that park rangers don't usually interface with.
- Value of combining education and recreational activities. We are moving them quickly along the spectrum from appreciation to understanding. Learn by doing.
- Importance of community building and peer support in tackling something new. People are freaked out the first time they see large wildlife like an alligator or a living history re-enactor shooting a musket if they are not used to national parks – this is not something they would ever run across in their daily lives.
- It may be less about reaching multiple patients, more about family support for the willing and interested patients. How do we hold their hand and make it as easy as possible? Could supporters donate rewards for incentives to come again?

Acknowledgements

National Park Service Staff

Lance Hatten, *Superintendent*

Joe Llewellyn, *Assistant Superintendent*

Nigel Fields, *Chief of Interpretation*

Consuelo Comotto, *Administrative Officer*

Dan Morris, *Supervisory Budget Analyst*

Matt Hampsey, *Supervisory Park Ranger*

Stacy Lafayette, *Park Ranger*

Allyn Rodriguez, *Park Ranger*

Amber Nichols, *Student Intern*

Rachel Williams, *Seasonal Park Guide*

Sarah Katz, *Seasonal Park Guide*

Tulane Medical Center

Mary Younger

Jim Stier

Matthew Calzetta

National Park Foundation

Leyla McCurdy and the **National
Environmental Education Foundation**

