

# Parks Rx Task Force Meeting #1: Meeting Notes

Monday, August 2, 2021, 1:00p.m - 3:00p.m.

Webinar via Microsoft Teams

## Attendees

Task Force members: Terri Drexler, Hunter George, Cindan Gizzi, Cindy Green, Carrie Hoiness, Amada McCarthy, Beth Mizushima, Steve Montague, Bob Perkes, Shawn Rundell, Rob Stevens, Pooja Tandon

Guests: Jennifer Greene, Liz Clement, Amy Ellings, Chris Zipperer, Doug Levy, Melissa Johnson, Dewi Ali, Krista Dooley, Carrie Glover, Crystal Gartner, Kelly Cooper, Jackie Berry, Senator T'wina Nobles, Adan Espino, Erin Dziedzic

Topic	Notes	Next Steps
Opening and Introductions	Task Force (TF) members provided introductions. Additional attendees provided information in the chat.	Contact list for the task force will be shared with all members.
Welcome	Senator T'wina Nobles shared thoughts and provided background on concept of desire for statewide approach to park prescriptions to provide opportunities for preventive care for better health outcomes, especially youth and adults of color and seniors. Thank you, Senator!	<b>DOH:</b> Invite Senator Nobles to all Task Force meetings.
Park Rx Overview <ul style="list-style-type: none"><li>• What is Park Rx</li><li>• Why Park Rx in Washington</li></ul>	<p>Presented two videos to provide common grounding and language – one PBS News Hour: <a href="#">Why doctors are increasingly prescribing nature   PBS NewsHour</a> story and one from Park Rx America: <a href="#">Park Rx America - What is Park Rx America?</a>. Other approaches mentioned in Washington included:</p> <ul style="list-style-type: none"><li>• <a href="#">Parkscriptions - Recreation Northwest</a></li><li>• <a href="#">Walk with a Doc</a></li><li>• <a href="#">Home - Project Nature (projectnaturewa.com)</a></li><li>• <a href="#">Agents of Discovery - Metro Parks Tacoma</a></li><li>• <a href="#">Special Partner Feature: Washington State Parks - Agents of Discovery</a></li></ul> <p>What TF members are most interested in: equitable and inclusive access to parks, fitting exercise into a busy life, sharing the mental health benefits, getting healthcare providers excited and interested, providing evidence-based data to providers, and getting more people in parks. Also mentioned were the need to consider those who use mobility devices and have limited mobility, and interest in providing Discover Passes for head of low income households.</p>	<b>DOH:</b> Compile information on a range of established approaches for reference and review. Please send info you'd like to share to Beth/Chris.*

<p>Task Force Purpose and Goals</p> <ul style="list-style-type: none"> <li>• Review proviso language</li> <li>• DOH role</li> <li>• Task Force member role</li> <li>• Task Force structure and operations</li> </ul>	<p><u>Proviso language:</u> Review of purpose and duties of Task Force as outlined in the budget language.</p> <p>Purpose: "to assist with the development of a 'Parks Rx' health and wellness pilot program that can be implemented in the Puget Sound, eastern Washington, and southwest Washington regions of Washington state."</p> <p>Duties: make recommendations on:</p> <ul style="list-style-type: none"> <li>• A process to establish the three-region pilot program.</li> <li>• Model agreements enabling insurers to offer incentives to employers to create wellness programs offering employees a discount on health insurance through use of outdoor parks and trails for wellness activities.</li> <li>• Recommendations on ways a private-public partnership approach could be used to fund implementation.</li> </ul> <p><u>DOH role:</u> will continue role as convener, chair and complete report to legislature. Hiring process for staff person to support task force is in motion, hope to have new person by October meeting.</p> <p><u>Task Force member role:</u> Group agreed to role as proposed:</p> <ul style="list-style-type: none"> <li>• Gather information</li> <li>• Determine data needed</li> <li>• Define process for determining recommendations</li> <li>• Finalize recommendations for report</li> </ul> <p>With the report, the Task Force should bring specific statutory and funding ideas to the Legislature that can be implemented and considered for the 2023-2025 budget.</p> <p><u>Structure and Operations</u></p> <ul style="list-style-type: none"> <li>• Regional Advisory Committees (RAC) need to be formed. Group agreed that a TF member should "lead" with DOH staff person support. Hunter George volunteered to head up Puget Sound. Other committees can be formed as needed. Discussion of the need for technical expertise on health insurance/ health care funding streams and requirements, etc. for discussion on model agreements. Collecting feedback for both a regional and statewide view is beneficial.</li> <li>• Interested stakeholders are welcome to attend TF meetings and participate in RACs. Task force will decide if expertise from any is needed on an ongoing basis. Some mentioned: engaging transportation partners and WDFW.</li> </ul>	<p><b>Steve M</b> to discuss RAC formation with Beth. Together, draft "job description " for RAC involvement, and implementation plan for RACs.</p> <p><b>DOH:</b> Start collecting in depth information related to complexity of healthcare funding streams.</p> <p><b>TF members:</b> Determine leads for Eastern WA and SW WA RACs, and what TF members will be involved with RAC in each region.</p> <p><b>Amanda</b> to send information on past WA Parks projects related to Park Rx.</p> <p><b>Terri</b> to compile information on structure and limitations of current insurance wellness programs.</p>
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<p>Determining our Trail Map</p> <ul style="list-style-type: none"> <li>• Timeline</li> <li>• Communication</li> <li>• Engagement</li> </ul>	<p><u>Timeline</u>: Task Force will meet one every other month from August 2021 to June 2022.</p> <p><b>Next meeting: October 4th, 1:00-3:00pm.</b> Following meetings will be held the first Monday every two months: December 6, February 7, April 4, and June 6. Meeting time is 1:00 – 3:00pm.</p> <p>Meeting #2: Deep dive into insurance wellness programs, highlight past and current Park Rx efforts in WA, finalize role for RAC, finalize task force “charter”.</p> <p>Meeting #3: Deep dive into pilot projects and public/private partnerships, RAC development and implementation.</p> <p><u>Communication</u>: Agendas and support materials will be included in updated calendar invite before each meeting. Only Task Force members and support will be included on the calendar invite.</p> <p><u>Engagement</u>: RACs will be a main engagement strategy. To start the process, names/organizations for potential Regional Advisory Committee (RAC) members were requested as an initial brainstorm. The brainstorm list, a position description and committee recruitment tool will be shared with Task Force members for review and comment. Additional possible RAC members will also be collected. The committee process and selection of RAC members will be finalized at the October meeting.</p> <p>A Gov Delivery listserv will communicate updates and meeting information to interested stakeholders and others.</p>	<p><b>DOH</b>: Send calendar invitation will be sent for all future TF meetings.</p> <p><b>DOH</b>: Develop and finalize agenda for Meeting #2, and charter.</p> <p><b>TF members</b> send potential RAC participants (brainstorm) to Beth/Chris by <b>August 13<sup>th</sup>*</b></p> <p><b>DOH and Steve M</b> will organize RAC potential participants into sectors/regions.</p> <p><b>DOH</b> will send sample list, RAC position description and tools to the full Task Force.</p> <p><b>TF members</b> to review materials, provide input, suggest additional possible RAC participants (second review)</p> <p><b>DOH and TF Members</b>: Update Gov Delivery listserv recipient list send addresses to Chris</p>
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**\*CONTACT INFO:**

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