

Rx:play

Physical activity is good for your health!

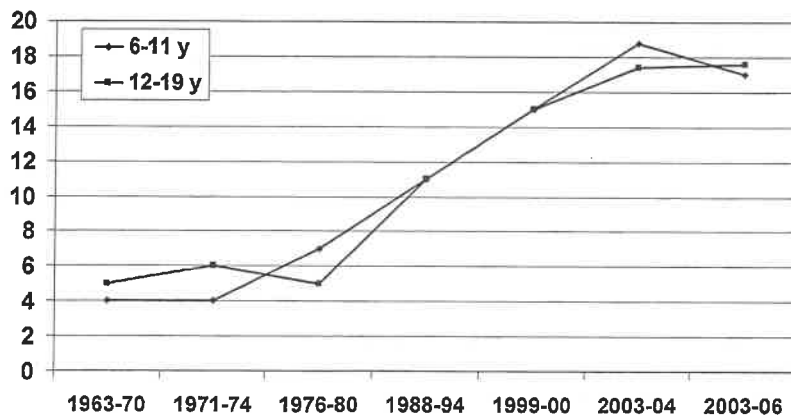


**Prescription
Leverage for
Active
Youth**

Portland, Oregon metro area



Prevalence of Overweight Among US Children and Adolescents Ages 6-19 years



Unprecedented epidemic of childhood obesity in Oregon

- ✓ The proportion of 8th graders who were overweight or at risk of it in 2005 was 1 in 4.
- ✓ The proportion of 11th graders who were overweight or at risk of it in 2005 was 1 in 4.
- ✓ The percentage of 11th graders who were overweight increased 63% since 2001.

**Source: Oregon Overweight, Obesity, Physical Activity, and Nutrition Facts. January 2007. Oregon Department of Human Services, Physical Activity and Nutrition Programs.*



GENERATION M²

Media in the Lives of 8- to 18-Year-Olds

A Kaiser Family Foundation Study

JANUARY 2010

Total Media Use

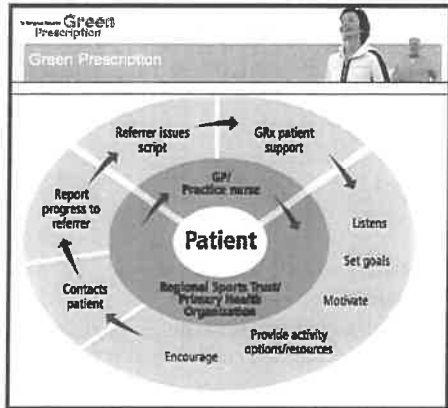
Among all 8- to 18-year-olds, average amount of time spent with each medium in a typical day:

	2009
TV content	4:29
Music/audio	2:31
Computer	1:29
Video games	1:13
Print	:38
Movies	:25
TOTAL MEDIA EXPOSURE	10:45
Multitasking proportion	29%
TOTAL MEDIA USE	7:38

On a typical day, 8- to 18 year olds in this country spend more than 7½ hours (7:38) using media — 7 days a week. (Computer time is outside of school work use.)

Notes: See Appendix B for a summary of key changes in question wording and structure over time.

Green Prescription – New Zealand



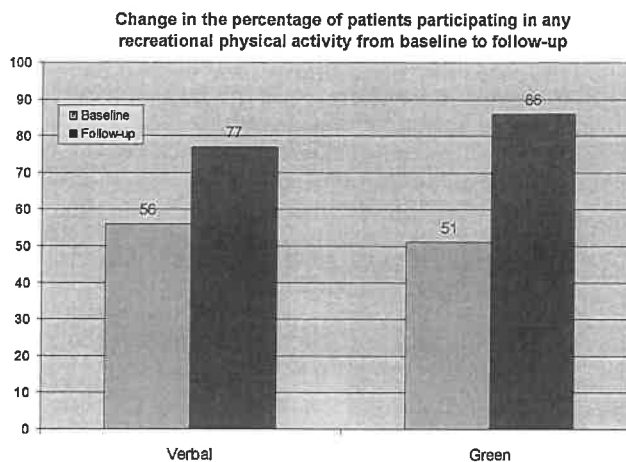
- Green Rx promoted by Sport and Recreation New Zealand
- Health professional writes a GRx
- Prescription faxed to Regional Sports Trust
- Sports Trust provides client with support, advice, & encouragement for 3-4 months.
- Client's progress is reported back to health professional



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.



Project Researcher

Rx:play
RECREATION PRESCRIPTIONS FOR CHILDREN



- 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



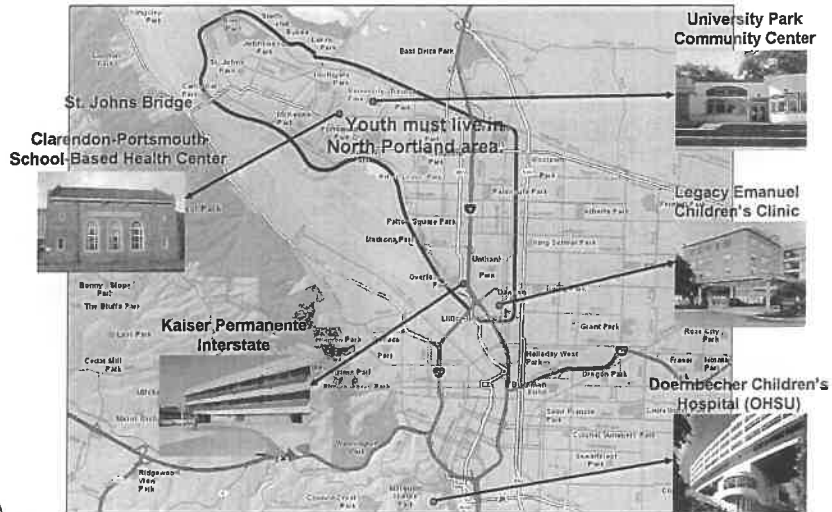
The Portland Rx Play Program Was Designed To:

- 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.



Facilities & Target Area

Rx:play
Rx:play is a goal for the future.



Pilot Study Conclusions:

- Results support the notion that health care providers can successfully implement the Rx Play protocol.
- The staff working in Parks and Recreation can deliver exercise counseling and follow-up to patients.
- Six of the 19 families (31.6%) contacted by staff at the University Park Community Center enrolled in a class. Another 3 families expressed an interest in attending a Community Center physical activity event.
- Nothing definitive can be concluded about the effects of the program on weight status, participation in physical activity, and parental support for physical activity.



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Rx Play, a collaboration between medical providers and recreation systems, for the purpose of increasing physical activity.



Rx:play

Physical activity is good for your health!

Targeting physically inactive and/or overweight 6-12 year old children attending participating primary care centers.



Rx:play

WASH STATE **THRIVE**

Name/Nombre: _____ Date/Fecha: _____

I recommend that you increase your physical activity and fun with these activities.
 Recomendado que usted aumente su actividad física y se entretenga con estas actividades:

<input type="checkbox"/> Walking/ Caminar	<input type="checkbox"/> Martial Arts/ Artes marciales	<input type="checkbox"/> Leisure Learning/ Aprendizaje
<input type="checkbox"/> Dancing/ Bailar	<input type="checkbox"/> Group Sports/ Deportes en equipo	<input type="checkbox"/> Bicycling/ andar en bicicleta
<input type="checkbox"/> Swimming/ Natación	<input type="checkbox"/> Running/ Correr	<input type="checkbox"/> Gardening/ Jardinería
<input type="checkbox"/> Walk or Bike to School/ Caminar o ir en bicicleta a la escuela	<input type="checkbox"/> Yoga/ Yoga	<input type="checkbox"/> Other/ Otro: _____

Your physical activity goal/ Su meta de actividad física:
 _____ minutes/días de la semana _____ days/semana

Comments/Notación /Comentarios: _____



Clínico's signature/ Firma del Clínico: _____
 Doctor's Signature: _____

Parent/Guardian Name/ Firma del padre (o madre) guardián: _____
 Address/Dirección: Ciudad: _____ State/Estado: _____ Zip/Código postal: _____

Business/Cell Phone/ Teléfono (o móvil) sugerido: _____
 Home Phone/ Teléfono: _____ Best time to call/ Mejor hora para llamar: _____

What language do you speak at home? ¿En qué idioma habla en casa?
 English Spanish Other: _____

I authorize my medical provider to send this prescription to my local Park and Recreation Department.
 Autorizo a mi proveedor médico para que me envíe esta receta a mi Departamento de Parques y Recreación local.
 Please/ Por favor, Signatures/ Firmas del padre (o madre) guardián: _____
 Date/ Fecha: _____

Clinician provides advice to be more physically active using a prescription.



Kaiser Permanente <small>KAISER PERMANENTE thrive</small>		Oregon Health and Science University	
1. Sunset 19400 NW Evergreen Parkway Hillsboro, OR 97124	5. Mt. Scott 9800 SE Sunnyside Road Clackamas, OR 97015	12. OHSU Family Medicine and Sports Medicine at Richmond Clinic 3930 SE Division Portland, OR 97202	15. OHSU Family Medicine and Sports Medicine at Gabriel Park Clinic 4411 SW Vermont Portland, OR 97219
2. Beaverton 4855 SW Western Ave Beaverton, OR 97005	6. Division 7705 SE Division St Portland, OR 97206	13. Doernbecher Westside 15220 NW Laidlaw Rd #100 Portland, OR 97229-7717	16. Doernbecher Children's Clinic at OHSU 700 SW Campus Drive Portland, OR 97239
3. Murrayhill 11200 Murray Scholls Place, Suite 100 Beaverton, OR 97007	7. East Interstate 3550 North Interstate Ave Portland, OR 97227	14. OHSU Center for Health and Healing 3303 SW Bond Ave Portland, OR 97239	
4. Tualatin 19185 SW 90th Ave Tualatin, OR 97062	8. Rockwood 19500 SE Stark St, Portland, OR 97233	School-Based Health Centers (Multnomah County Health Department)	
Legacy Health System <small>Legacy Emanuel Children's Hospital</small>		17. David Douglas 1034 SE 130th Ave Portland, OR 97233	20. Harrison Park 2225 SE 87th Ave Portland, OR 97266
9. Children's Diabetes & Endocrine Center 501 N Graham St, Suite 375 Portland, OR 97227	10. Legacy Emanuel Children's Clinic 2800 N Vancouver #165 Portland, OR 97227	18. Parkrose 12003 NE Shaver Street Portland, OR 97220	21. George 10000 N Burr Ave Portland, OR 97203
Independent		19. Cesar Chavez 5103 N Willis Boulevard Portland, OR 97203	22. Lane 7200 SE 60th Ave Portland, OR 97206
11. Children's Community Clinic 27 NE Killingsworth Street Portland, OR 97211			

Portland Parks and Recreation <small>PORTLAND PARKS & RECREATION</small>		Tualatin Hills Park and Recreation District	
1. East Portland Community Center (with indoor pool) 749 SE 106th Portland, OR 97216	7. Peninsula Park Community Center 700 N Rosa Parks Way Portland, OR 97217	12. Athletic Center 15707 SW Walker Rd Beaverton, OR 97006	18. Garden Home Recreation Center 7475 SW Oleson Rd Portland, OR 97223
2. Fulton Community Center 68 SW Miles Portland, OR 97219	8. Sellwood Community Center 1436 SE Spokane Portland, OR 97202	13. Aquatic Center 15707 SW Walker Rd Beaverton, OR 97006	19. Harman Swim Center 7300 SW Scholls Ferry Rd Beaverton, OR 97008
3. Hillside Community Center 653 NW Culpetter Terrace Portland, OR 97210	9. Southwest Community Center 6820 SW 45th Portland, OR 97204	14. Aloha Swim Center 18650 SW Kinnaman Rd Aloha, OR 97007	20. Sunset Swim Center 13707 NW Science Park Drive Portland, OR 97229
4. Matt Dishman Community Center 77 NE Knott Portland, OR 97212	10. St. Johns Community Center 8427 N Central Portland, OR 97203	15. Beaverton Swim Center 12850 SW Third Beaverton, OR 97005	21. Tennis Center 5707 SW Walker Rd Beaverton, OR 97006
5. Montavilla Community Center 8219 NE Glisan Portland, OR 97255	11. University Park Community Center 9009 N Foss Portland, OR 97203	16. Cedar Hills Recreation Center 11640 SW Parkway Portland, OR 97225	22. Raleigh Swim Center 3500 SW 78th Portland, OR 97225
6. Mt. Scott Community Center 5530 SE 72nd Portland, OR 97206		17. Conestoga Recreation & Aquatic Center 9985 SW 125th Beaverton, OR 97008	23. Somerset Swim Center 18300 NW Parkview Blvd Portland, OR 97229

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Physical activity is good for your health!

The form is titled 'Rx:play' and includes fields for Name, Address, and Phone. It contains several sections with checkboxes and text boxes, including a section for 'Parental Consent' at the bottom. An arrow points from the form to the right.

PORTLAND PARKS & RECREATION
Healthy Parks. Healthy Portland

YUBAVIK HILLS PARK & RECREATION DISTRICT
Connecting People, Parks & Nature

With parental consent, the prescription is sent to the local park and recreation office.

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The form is identical to the one in the top panel, showing the 'Rx:play' header and various form fields. An arrow points from the form to the right.



The park & recreation provider makes the outreach call, using the information provided on the prescription.

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The phone call objective is to integrate Rx Play participants into programs listed in current park & recreation youth programs & drop in activities.

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Data Collection:

- No data will be collected in the medical systems.
- The park & recreation systems will collect some basic information to improve the program.

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Future Plans:

- Expand Rx Play (Lake Oswego & Hillsboro) in the Portland Metro area.
- Explore opportunities for research grants.
- Expand the age range for prescriptions beyond current focus on 6-12 year olds.



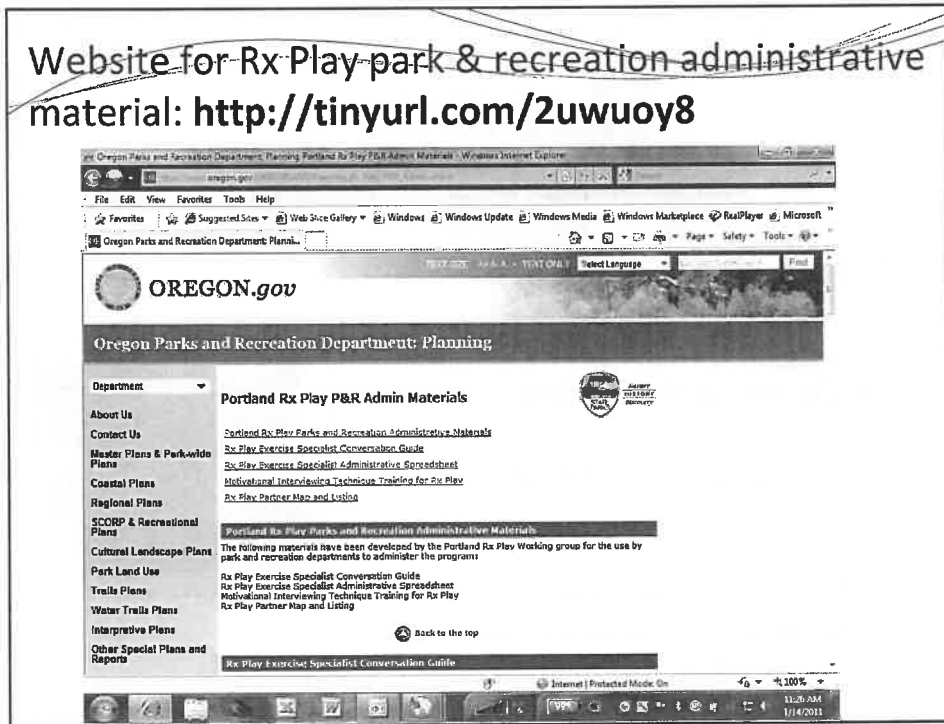
Getting Started...

Website for Rx Play park & recreation administrative material: <http://tinyurl.com/2uwuoy8>

- Download Conversation Guide
- Download Admin Spreadsheet
- Brief Negotiation Training
- Download Partners Map



Website for Rx Play park & recreation administrative material: <http://tinyurl.com/2uwuoy8>



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Physical activity is good for our health!

For Additional Information...

- Visit the Rx Play Park & Rec Administrative Website:
<http://tinyurl.com/2uwuoy8>

- Or contact either:

Terry Bergerson
Oregon Parks & Rec Dept
Phone: 503-986-0747
E: Terry.Bergerson@state.or.us

Jean Rystrom
Kaiser Permanente
Phone: 503-813-1074
E: Jean.Rystrom@kp.org

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KAISER
PERMANENTE. thrive
Sunset

Name/Nombre: _____

Date/Fecha: _____

I recommend that you increase your physical activity and fun with these activities:

Recomiendo que usted aumente sus actividades físicas y divertidas con estas actividades:

- | | | |
|--|--|---|
| <input type="checkbox"/> Walking/Caminar | <input type="checkbox"/> Martial Arts/Artes marciales | <input type="checkbox"/> Active Gaming/Juegos activos |
| <input type="checkbox"/> Dancing/Bailar | <input type="checkbox"/> Group Sports/Deportes en equipo | <input type="checkbox"/> Bicycling/Andar en bicicleta |
| <input type="checkbox"/> Swimming/Nadar | <input type="checkbox"/> Running/Correr | <input type="checkbox"/> Gymnastics/Gimnasia |
| <input type="checkbox"/> Walk or Bike to School/
Caminar o ir en bicicleta a la escuela | <input type="checkbox"/> Yoga/Yoga | <input type="checkbox"/> Other/Otra _____ |

Your physical activity goal/Su meta de actividad física:

_____ minutes/day/minutos/día _____ days/week/días/semana

Comments/Restriction /Comentarios: _____

Clinician's signature/Firma del Clínico: _____

Printed/Impreso: _____

.....
Parent/Guardian Name/Firma del padre (madre)/guardián: _____

Address/Dirección (hogar): _____

Street/Calle

City/Ciudad

State/Estado

Zip /Codigo postal

Phone Number/Teléfono: () _____ Best time to call/Mejor hora para llamarle: _____

Email Address/Correo Electronico _____

What language do you speak at home/En que idioma habla Ud?

English

Spanish

Other _____

School Child Attending/ Ninos asisten escuela _____

I authorize my medical provider to send this prescription to my local Park and Recreation Department/
Autorizo mi proveedor médico para que me envíe esta receta a mi Departamento de Parques y Recreación local.

Parent/Guardian Signature/Firma del padre (madre)/guardián: _____

Date/Fecha: _____