

# Diabetes Health and Wellness Institute at Juanita J. Craft Recreation Center

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**Park and Recreation Board Briefing**

**October 20, 2016**



# DHWI & Dallas Park and Recreation

## PARTNERSHIP for HEALTH and WELLNESS

- **Mission:** “ to champion lifelong recreation and serve as stewards of the city’s parks, trails and open spaces”
  - Let’s enhance this mission by engaging the community with these resources to facilitate increased physical activity as a component of our collaborative strategy to improve the health of our population
- Increased physical activity is a critical component of improving the health of our population

# DHWI & Dallas Park and Recreation

## PARTNERSHIP for HEALTH and WELLNESS

- **The 3 Pillars of Recreation**

1. **Conservation**
2. **Health and Wellness**
3. **Social Equity**

***Health and Wellness:***

*Recreation Services provide a variety of programs and services to **assist in living a healthier lifestyle and combat our countries challenges of poor nutrition, hunger, obesity and physical activity.***

# Dallas Park and Recreation

## The Role of Park and Recreation in the Promotion of Improved Health of our Population

### Park and Recreation Mission “*at work in our community:*”

#### Park and Recreation Asset:

- **Safe Walking Trails**
- **Swimming Pools**
- **Senior Programs (ASAP)**  
(Active Senior Adult Program)

#### Correlation to Health/Improved Outcomes:

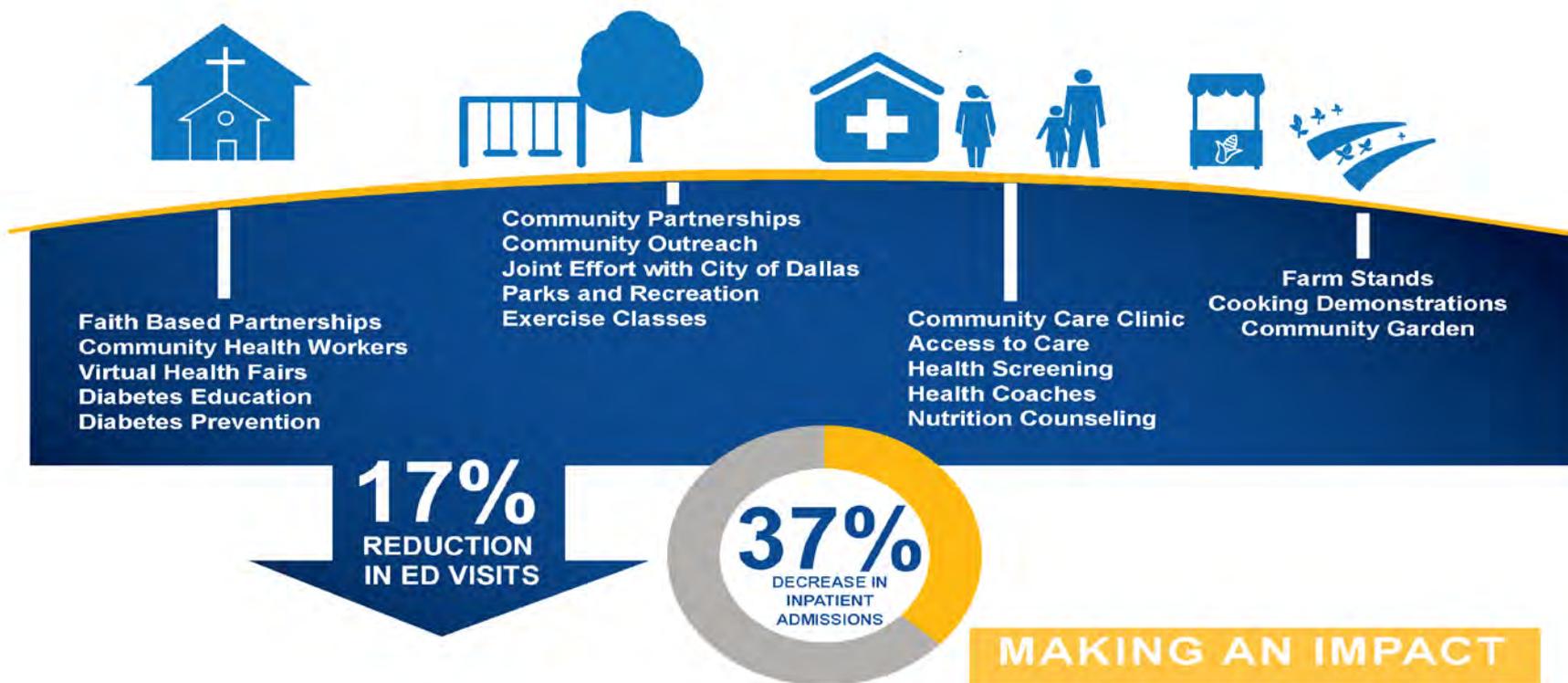
Walking 30 minutes per day lowers:  
cardiovascular disease risk, BP, blood sugar,  
risk for diabetes, risk of stroke

Proven benefits of swimming/water aerobics:  
improves cardiovascular health, weight loss,  
relieves arthritis, improves circulation, etc.

# Frazier Community Model for Health Promotion

SNAPSHOT: Healthcare in the Neighborhood

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# Replicating the DHWI Model

## Healthy Cities Initiative

*A Partnership of Baylor Scott & White Health, City of Dallas, and United Way*

- Anita N. Martinez Recreation Center
- Samuel Grand Recreation Center
- Cummings Recreation Center



### **CASE STUDY: Seattle, WA**

*A 2011 study conducted on Seattle's park and recreation system revealed that Seattle's residents were able to save \$64 million in medical costs as a result of getting physical activity in the parks.*

*The Trust for Public Land for City Park Excellence. 2011. The Economic Benefits of Seattle's Park and Recreation System. Trust for Public Land. Retrieved February 16, 2012.*

# Community-Based Strategies for Health

## Healthcare in the Neighborhood: Meeting People Where They Are

### KEY DRIVERS OF PRESENT AND FUTURE HEALTH

- **Nutrition**
  - Expanding farm stands and community gardens (*to address food deserts*)
- **Physical Fitness**
  - Increasing access to a variety of physical activity

*We must be intentional about improving the health of our population...  
One person, one family, one community  
at a time!*

# Nutrition

## DHWI Farm Stands (Annual Outputs)

- **4 DHWI Farm Stand Locations\***
- **6,231 Total Customers Served** (Average per location: 1558)
- **\$44,795 Total Produce Sales** (Average per location: \$11,199)

\*3 Additional Farm Stands to open with Healthy Cities Initiative Nov. 2016

# DHWI Fitness Program Growth 2010-2016

	2010	2011	2012	2013	2014	2015	2016
Total Encounters Per Year	5339	7561	10061	8141	8263	7210	7119
NUMBER OF WEEKLY FITNESS CLASSES	7	11	12	9	8	8	16 (as of 9/15/16)
% OF DHWI VISITS THAT ARE FITNESS-PROGRAM RELATED	39.0%	36.0%	50.0%	50.7%	61.5%	59.2%	77.7%

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