

# The Intertwine Alliance Health and Nature Initiative

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FLY A KITE





# The Intertwine Alliance Mission

To leverage investments in nature to create positive environmental, transportation, education, recreation, health, economic and social outcomes for our community.



# Focus Areas

- Active Transportation
- Conservation
- Conservation Education
- Economic Development
- Ecosystem Services
- Equity & Inclusion
- Health & Nature
- Public Engagement
- Regional Systems
- Urban Forestry
- Youth Engagement



# Intertwine's Nature & Health Initiative

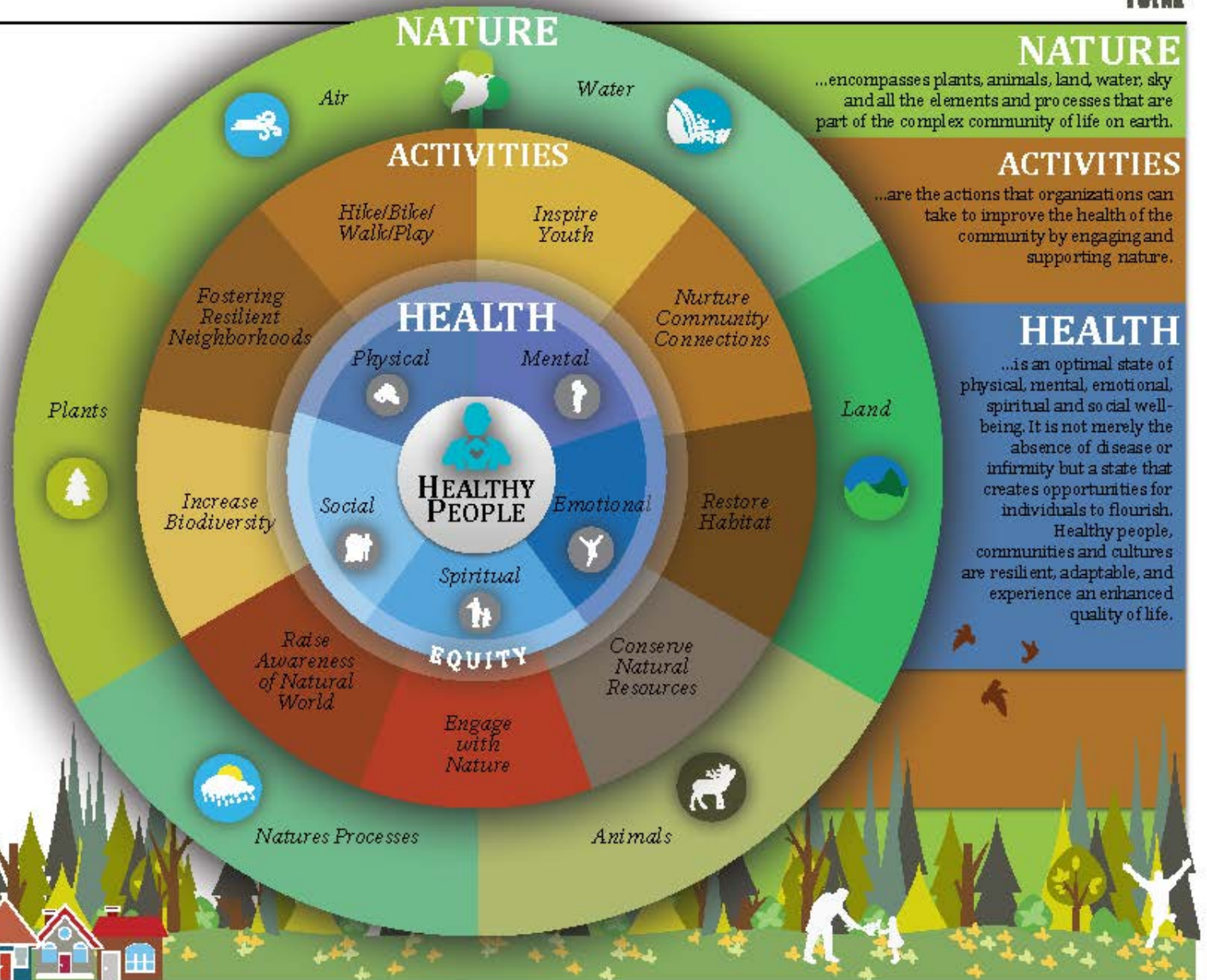
- Use investments in nature to improve community health
- Understand that the decisions we make factor in the health of under-represented communities
- Raise awareness of the health benefits of nature
- Conservation and health organizations work together
- Residents increase time in nature



# Health & Nature Work Plan

- Identify desired outcomes
- Identify available resources
- Develop an annual work plan
- Surface the research
- Create a “theory of change”
- Identify projects
- Identify metrics
- Communicate what we learn

# HEALTH & NATURE INITIATIVE



# NATURE

Encompasses all members of our plant and animal kingdoms; the land which surrounds us; water - our oceans, rivers, and lakes; the sky and its many transformations; and all the elements and processes that are a part of the complex community of life on Earth. Nature can be near or far; microscopic or monumental, managed or wild.

*The Intertwine Alliance*



Photo: 4<sup>th</sup> Ave Public Parklet, PSU



Photo: Tualatin Hills Nature Park



Photos: Tim Curran, Mid County

# What's the Link Between Nature and Health?



Physical Activity



Air Quality



Biophilia Hypothesis



Physiological Stress  
Recovery



Attention Restoration



Microbiomes



# Potential Areas of Focus

- Nature in our Schools
- Workplace Wellness and Nature
- Inserting Nature into our Health Care System
- Active Transportation – Bikes and Pedestrian efforts
- “One-on-One” with Nature



# Prescription Play

- Innovative approach to the prevention of negative health outcomes
- Can be used to address physical and mental health concerns
- Can reduce disparities in health by increasing access to low cost resources
- Helps health care leverage environmental resources and vice versa

# RxPlay

- Portland based prescription play program
- Piloted in 2010, and launched as full program in 2011
- Partnership between Kaiser Permanente, OHSU, Portland Parks & Recreation, and Tualatin Hills Parks & Recreation District
- Target population of children ages 6-12 at risk of childhood obesity





## Success of first pilot Program

- Serves low income and communities of color by connecting them to parks and recreation programming
- Decreases barriers to access via program navigator that provides a warm hand off to families at the park/recreation center
- Prescriptions are being written by Kaiser, OHSU, and now Providence; Prescriptions are being “filled” by PP&R and THPRD



# Goals of Expanding

- Will include more partners from health and environmental sectors
- Cover a wider geographic region, therefore serving a larger audience
- Be applicable to a wider range of health issues/concerns
- Incorporate the health-nature connection



## Pilot Program: East Portland

- Focus on smaller geography with a limited number of participating groups
- Focus on programs for all ages and all health challenges
- Develop record tracking and communications software
- Identify host organization, hire a navigator and build out infrastructure
- Market and promote through early champions positions

# Potential Participating Groups

Multnomah County Health Clinics

Wallace Medical Concern

Providence Community Health

Legacy Health

Kaiser Permanente

Adventist Health

OHSU

Audubon Society of Portland

Boys & Girls Club/Rockwood

Nadaka Nature Park

Metro – Oxbow Park/Blue Lake Park

Leach Botanical Gardens

Portland Parks & Recreation

SOLVE

Friends of Trees



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An illustration on the left side of the slide depicts a landscape. At the top, a white cloud floats in a light blue sky. Below it, a person is riding a bicycle on a green hill. In the background, a tall, dark grey building with several windows stands. In the foreground, a yellow-green hill features a small dark grey house with a chimney and a green door. At the bottom of this hill, there are two green pine trees and a small picnic table.

# Health and Nature Initiative: Next Steps

- Tie work closer to issues of health equity
- Advocate for injecting the benefits of the health and nature connection into broader conversations about Social Determinants of Health
- Create a platform for further explorations of the health and nature connection

# The Intertwine Alliance

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