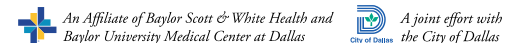


# Diabetes Health and Wellness Institute at Juanita J. Craft Recreation Center - Update

Donald E. Wesson, MD, MBA  
DHWI President

Park and Recreation Board  
June 8, 2017



# Who were we?



# DHWI<sup>®</sup>

**DIABETES HEALTH AND WELLNESS INSTITUTE  
AT JUANITA J. CRAFT RECREATION CENTER**

**4500 SPRING AVENUE, DALLAS, TEXAS 75210**

**214-349-4325**

**DHWIDALLAS.COM**



*An Affiliate of Baylor Scott & White Health and  
Baylor University Medical Center at Dallas*



*A joint effort with  
the City of Dallas*



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# Who are we *now*?



# Baylor Scott & White

## HEALTH AND WELLNESS CENTER

### AT JUANITA J. CRAFT RECREATION CENTER

### DALLAS

# A Collaboration to Improve Health between BSW HWC and Dallas Park and Recreation Department – Update

**Donald E. Wesson, MD, MBA, President**

Baylor Scott & White Health and Wellness Center  
(f/k/a Diabetes Health and Wellness Institute)



**BaylorScott&White**

HEALTH AND WELLNESS CENTER

AT JUANITA J. CRAFT RECREATION CENTER

DALLAS

# BSW HWC and Dallas Park & 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 engagement of the community with these resources to facilitate increased physical activity as a component of population health
- Increased physical activity is a critical component of Population Health

# BSW HWC and Dallas Park & Recreation

## PARTNERSHIP for HEALTH and WELLNESS

### National Recreation and Park Association 3 Pillars of Recreation

CONSERVATION

HEALTH & WELLNESS

SOCIAL EQUITY

### HEALTH & WELLNESS:

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

# Park and Recreation Department

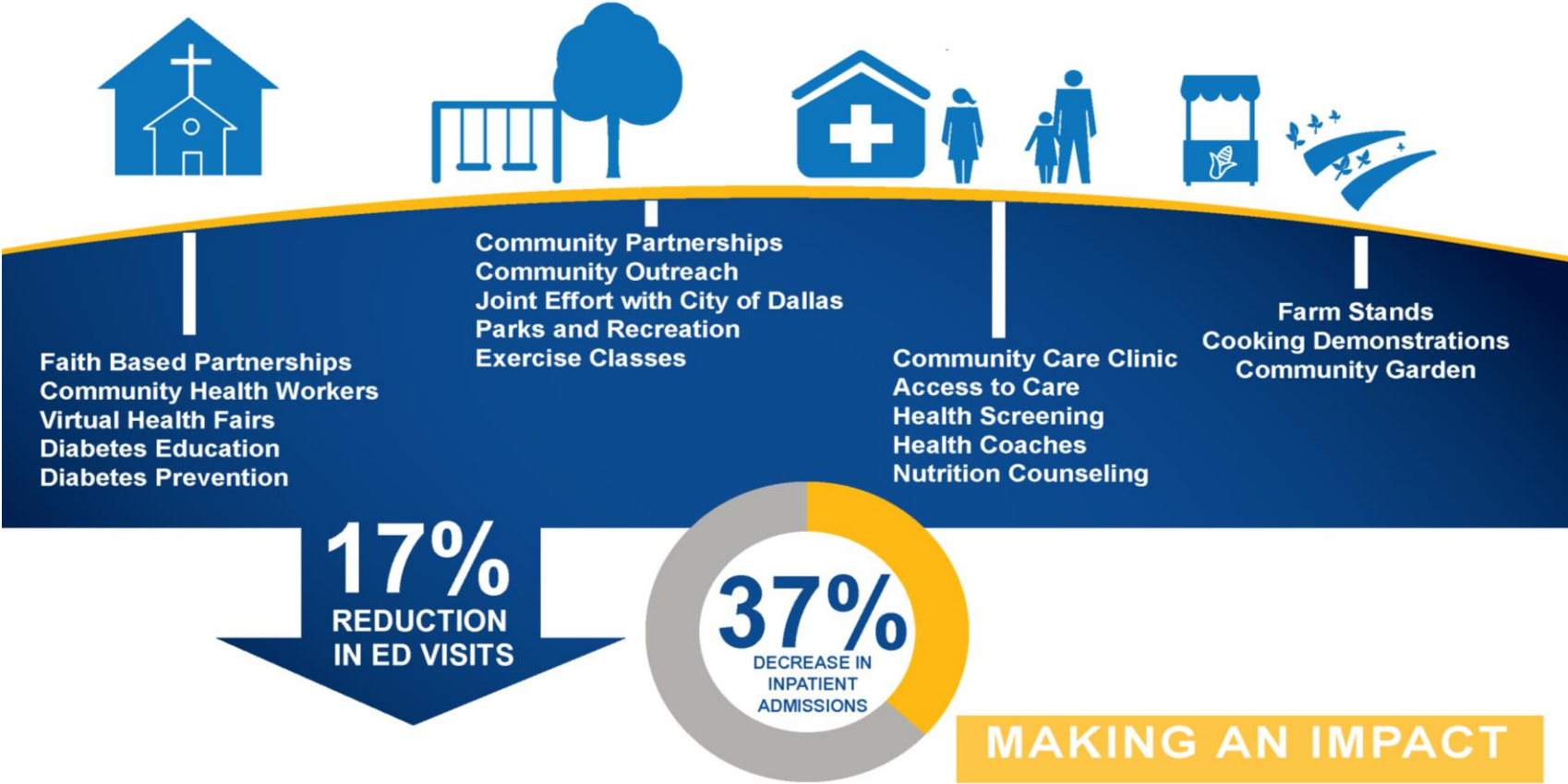
The Role of Park and Recreation in the Promotion of Population Health Improvement

Park and Recreation Asset:	Correlation to Health/Improved Outcomes:
<b>Safe Walking Trails</b>	Walking 30 minutes per day lowers: <ul style="list-style-type: none"><li>• risk of cardiovascular disease</li><li>• blood pressure</li><li>• blood sugar levels</li><li>• risk for diabetes</li><li>• risk of stroke by 20-40%</li></ul>
<b>Swimming Pools</b>	Proven benefits of swimming/water aerobics: <ul style="list-style-type: none"><li>• improves cardiovascular health</li><li>• weight loss</li><li>• relieves arthritis</li><li>• improves circulation, etc.</li></ul>
<b>Senior Programs (ASAP)</b> <i>(Active Senior Adult Program)</i>	Moderate physical activity can help seniors: <ul style="list-style-type: none"><li>• prevent disease</li><li>• improve quality of life</li><li>• increase mental capacity</li><li>• increase balance</li><li>• improve healing</li><li>• increase life expectancy</li></ul>

# Population Health Model: Frazier Community

SNAPSHOT: Healthcare in the Neighborhood

Baylor Scott & White Health and Wellness Center at Juanita J. Craft Recreation Center





# Replicating the BSW HWC Model

## Healthy Cities Initiative

*A Partnership of Baylor Scott and 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.*

# Population Health: Community-Based Care

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*)
- **Increased Physical Activity**
  - Increasing access to a variety of physical activities

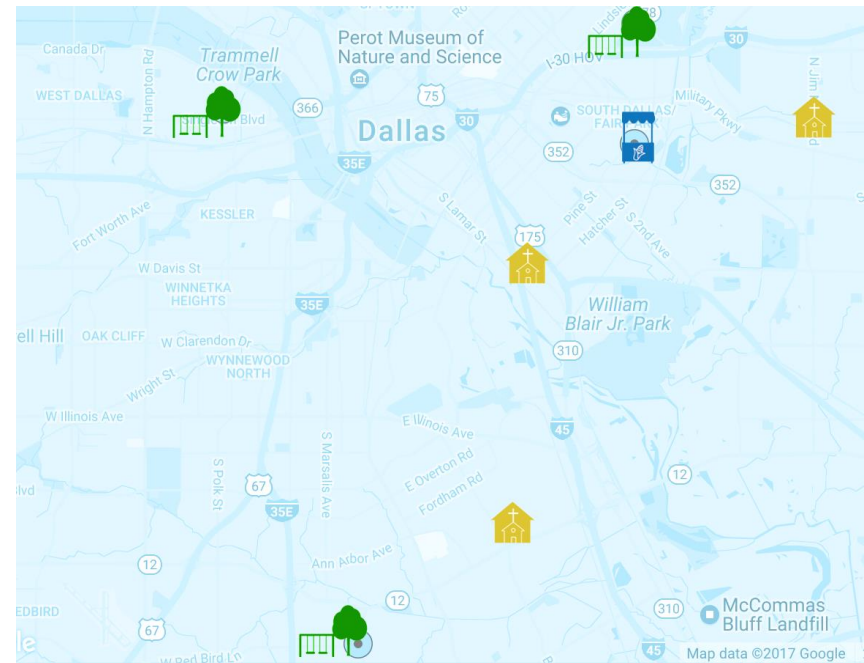
*We **must** be intentional about improving the health of our population...*

*One person, one family, one community  
at a time!*

# Nutrition

## BSW HWC Farm Stands (Annual Outputs)\*

- ❖ 7 BSW HWC Farm Stand Locations
- ❖ 5,593\* Total Visits
- ❖ \$37,427\* Total Produce Sales



\* Year-to-date April, 2017

# Fitness Program Growth FY 2011-2017

	2011	2012	2013	2014	2015	2016	2017
Total Encounters Per Fiscal Year	5,339	7,561	10,061	8,141	8,263	7,210	10,431
NUMBER OF ACTIVE, CONSISTENT FITNESS ACTIVITIES/CLASSES	7	11	12	9	8	8	16
% OF TOTAL BSW HWC VISITS: FITNESS PROGRAM-RELATED	<b>39.0%</b>	<b>36.0%</b>	<b>50.0%</b>	<b>50.7%</b>	<b>61.5%</b>	<b>59.2%</b>	<b>80.0%</b>

# Fitness Program Growth FY 2011-2017 (con't)

