

# Park Rx in Kent County: *Connecting people to nature – one step at a time*

Through policy, systems, and environmental changes, *Michigan Health & Wellness* is an obesity reduction and prevention program implemented by community coalitions across Michigan.



## PUBLIC HEALTH ISSUE

- In 2020, the adult obesity rate in Kent County was 30.8%.
- In 2020, the youth obesity rate in Kent County was 14.9%.
- The 2020 community health needs assessment reported that residents have a 91% accessibility rate to parks and places to be active but are not getting adequate physical activity.



## PROGRAM ACTION

- Promoting the Park Rx program to increase the number of residents being physically active by prescribing nature during the routine delivery of healthcare.
- Major healthcare systems in Grand Rapids are participating in the Park Rx program.
- In 2020 and 2021, neighborhood parks were added to the Park Rx website with details on amenities and accessibility.



## RESULTS

- Over 90 parks and trails have been entered into the Park Rx platform.
- Kent County has 35% of the park entries statewide.



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