Parks and Health
Agenda

• Health Benefits of Parks

• Local Park Information

• What is ParkRx?

Health Benefits of Parks

• Numerous studies and reviews have shown benefits of being outside and playing

• Playing outdoors can help control weight and reduce risk of chronic disease

• Being outdoors can improve your mental health and mood
Local Park Information

- Santa Cruz County has 41 parks
- The City of Santa Cruz has 59 parks
- 96.2% of City of Santa Cruz residents live within a 10-minute walk to a park
- Getting out and walking to a park may be closer than you know!
- Visit the Santa Cruz County Parks Website to find a park near you!
Parks Near Live Oak

• There are numerous parks and beach fronts surrounding the Live Oak area

• Many of these locations are within walking distance of each other

• Local parks include Jose Avenue County Park, Hestwood County Park, Brommer St. County Park, and more!
Healthy Activities Near Live Oak

• Live Oak has a number of activities aside from parks in the area to consider visiting

• Local resources can connect community members with assets to improve quality of life and live healthier lives

• Consider walking to East Cliff Village Plaza, Simpkins Family Swim Center, the Live Oak Family Resource Center, or the Live Oak Library Branch
Parks Near Seabright

• There are numerous parks, beaches, and activities surrounding the Seabright area.

• Many local trails in this area provide for car-free areas to walk, cycle, and move safely!

• Local parks include Beach Flats Park, Ocean View Park, Frederick Street Park, Depot Park, and more.
Healthy Activities Near Seabright

• Consider checking out the local Downtown Farmer’s Market on Wednesday afternoons

• The Downtown Library and the Branciforte Library offer connections to various local resources and can be a fun destination to visit with families

• Consider walking through the Downtown area, the boardwalk, or visiting the Santa Cruz Roller Palladium for a fun family outing

Photo Credit: Santa Cruz Farmer’s Market Facebook
What is ParkRx?

• ParkRx stands for Park Prescriptions

• ParkRx brings together various stakeholders to get people out and moving in parks to improve health

• Helps familiarize the community with the public facilities that are readily available

THANK YOU!

• If you have any questions, please feel free to reach out to us at the following contacts:

  [insert CTSC phone number]
  [insert general email address]