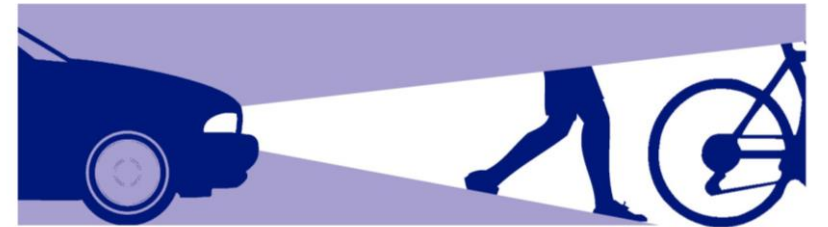


Parks and Health



Public Health
Prevent. Promote. Protect.
Santa Cruz County



**COMMUNITY TRAFFIC
SAFETY COALITION**

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



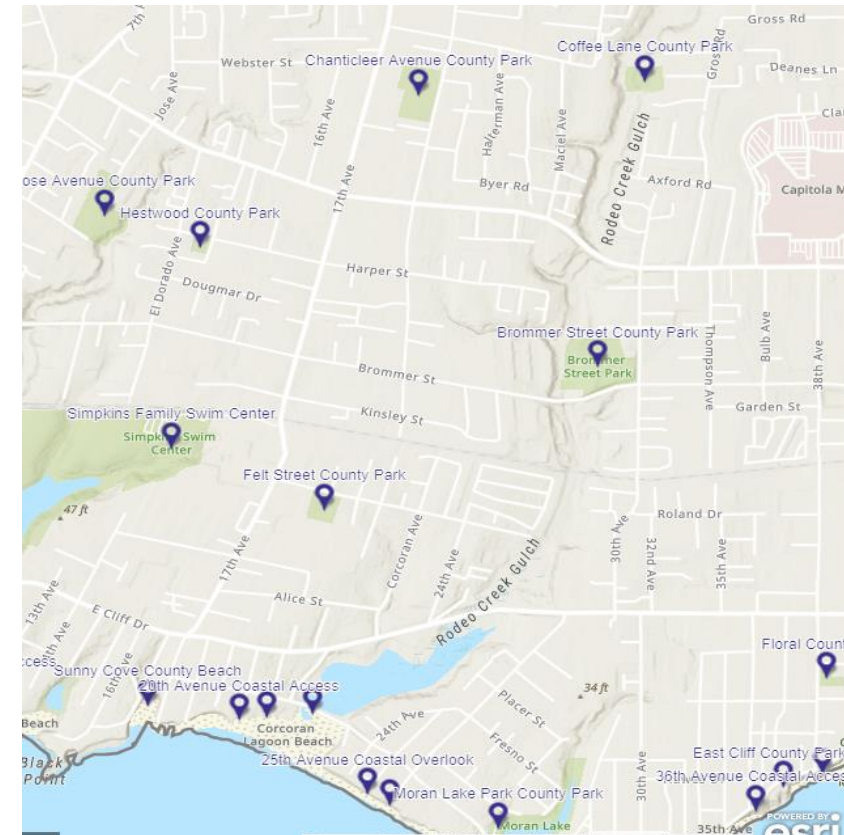
Local Park Information

- 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!



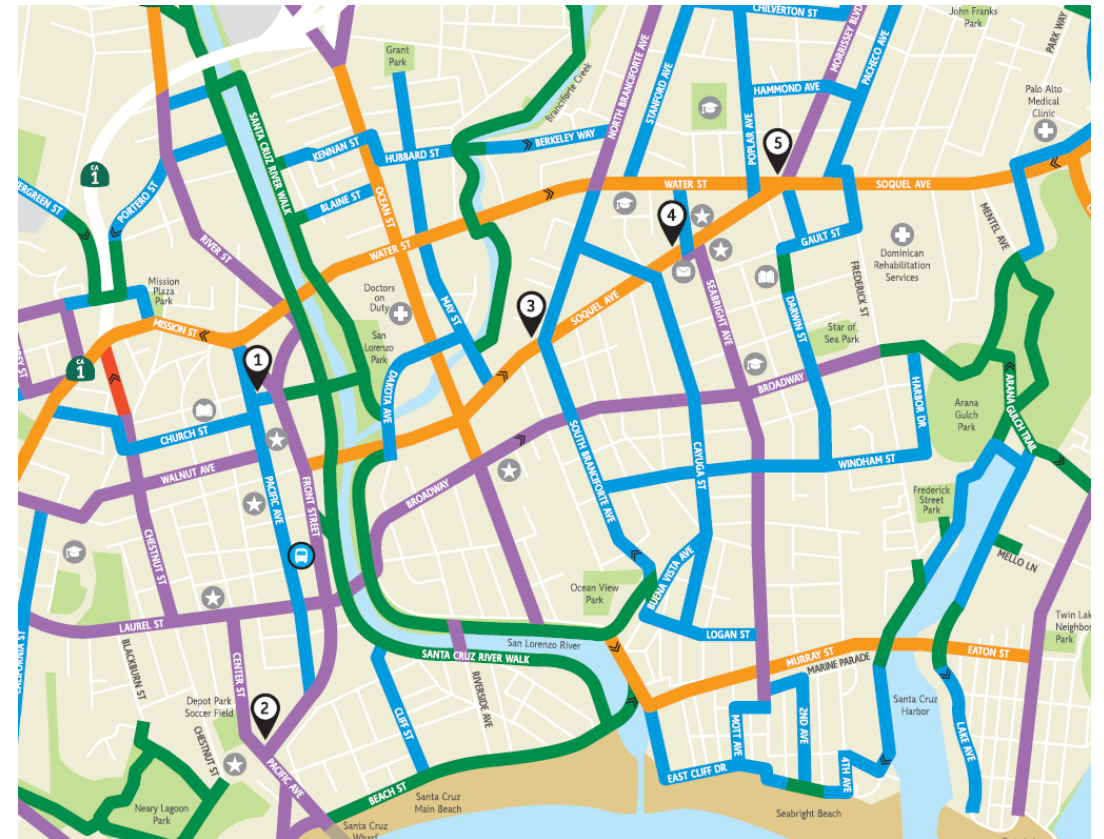
Healthy Activities Near Live Oak

- 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]