

The Healthy Communities Project

National Park Service & NACHC Community HealthCorps



About The Healthy Communities Project

National Association of Community Health Centers' (NACHC) Community HealthCorps has partnered with the National Park Service (NPS) Rivers, Trails, and Conservation Assistance (RTCA) program to create a new initiative called the *Healthy Communities* project.

The Healthy Communities project is a collaboration designed to encourage health and wellness by applying the principles of the First Lady's Let's Move initiative. The project promotes the meaningful use of parks to improve public health. Currently, the Healthy Communities project takes place in the Washington, DC, New York, NY, and Boston, MA metropolitan areas. Examples of Healthy Communities activities include:

- Help parents and area residents make healthier nutrition choices, including education on healthy food options, and information about where/how to get fresh produce from nearby farmers markets, etc.
- Promote options for improving the health of schools, communities, and parks.
- Encourage and promote Safe Routes to Parks, helping children and residents of all ages get physical activity outside and in green space, regardless if it is NPS or non-NPS land.
- Promote the provision of affordable, accessible food.
- Recruit volunteers to maintain and/or start a community garden.

Sponsoring Organizations



Community HealthCorps

A National AmeriCorps Program of



NATIONAL ASSOCIATION OF
Community Health Centers

About The National Park Service

Since 1916, the American people have entrusted the National Park Service with the care of their national parks. With the help of volunteers and park partners, NPS is proud to safeguard these nearly 400 places and to share their stories with more than 275 million visitors every year. But their work doesn't stop there.

NPS is proud that tribes, local governments, nonprofit organizations, businesses, and individual citizens ask for their help in revitalizing their communities, preserving local history, celebrating local heritage, and creating close to home opportunities for kids and families to get outside, be active, and have fun.



About The Community HealthCorps

Community HealthCorps' mission is to improve healthcare access and enhance workforce development through community health center sponsored national service programs. Founded in 1995 by the National Association of Community Health Centers (NACHC), it is the largest health-focused, national AmeriCorps program with nearly 500 navigators serving in various capacities around the country in 19 states, the District of Columbia and Puerto Rico.

Community HealthCorps navigators strive to enhance access to primary and preventive services and programs for the medically underserved. In 2010-11, Community HealthCorps navigators provided services to 592,875 patients nationwide. They perform a variety of activities associated with health services and programs for patients and communities, often by functioning like community health workers.

Examples of activities include:

- **Creating a "medical home":** Helping families and community members navigate the healthcare system thus improving their frequency of using health center services/programs
- **Educating the community:** Providing education/counseling around health issues and disparities that impact the specific communities navigators serve
- **Going the distance & extending basic care:** Supporting treatment plans by providing follow-up, support and case management to individual patients; enrolling qualified patients into health insurance and other applicable programs; and assessing other patient needs such as housing, legal and financial assistance

