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I. Policy

- A.** Purpose: This policy establishes the Department of Health in Miami-Dade County's (DOH-Miami-Dade) goal and protocol of administration of the *Journey to Wellness Rx* green prescription.
- B.** Background: Healthcare personnel typically provide education and recommendations regarding physical activity, healthy eating, and tobacco prevention/cessation through verbal consultations. However, an innovative, cost-effective approach is the utilization of "green prescriptions", which replaces verbal education with a written prescription for physical activity, healthy eating, and promotes overall health and wellness that the public can reference outside the healthcare provider's office or after a community health promotion event. The *Journey to Wellness Rx* is the DOH-Miami-Dade's non-pharmaceutical "green prescription" provided by healthcare representatives as an alternative treatment for weight and/or chronic disease prevention and management.
- C.** Mission: To protect, promote, and improve the health of all people in Florida through integrated state, county, and community efforts.

The DOH-Miami-Dade supports the vision of the Florida Department of Health "to be the **Healthiest State** in the Nation." Therefore, DOH-Miami-Dade supports initiatives and activities which promote the health and well-being of all people in Miami-Dade County. The *Journey to Wellness Rx* green prescription initiative uses a 'prescription' to promote healthy lifestyles including nutrition, physical activity, and tobacco prevention/cessation.

II. Authority

A. Federal Laws

[42 U.S. Code § 300u-12](#), Education and outreach campaign regarding preventive benefits

B. State Laws

[Section 381.001](#), Florida Statutes (2016), Public Health Systems.

[Section 381.005](#), Florida Statutes (2011), Primary and preventative health services.

[Section 381.0054](#), Florida Statutes (2011), Healthy lifestyles promotion.

[Section 381.734](#), Florida Statutes (2003), Healthy Communities, Healthy People Program.

[Chapter 385](#), Florida Statutes (2016), Chronic Diseases.

[Section 408.063](#), Florida Statutes (2016), Dissemination of health care information.

II. Supportive Data

- A. [Office of Disease Prevention and Health Promotion-Healthy People 2020](#)
- B. [2013 PRC \(Professional Research Consultants, Inc.\) Miami-Dade County Community Health Needs Assessment Household Survey Report](#)
- C. [National Prevention Council, National Prevention Strategy, Washington, DC: U.S. Department of Health and Human Services, Office of the Surgeon General, 2011.](#)
- D. [Consortium for a Healthier Miami-Dade](#)
- E. [Centers for Disease Control and Prevention \(CDC\), Physical Activity](#)
- F. [CDC, Division of Nutrition, Physical Activity, and Obesity](#)
- G. [Exercise is Medicine](#)
- H. [United States Department of Agriculture-MyPlate](#)
- I. [Florida Department of Health, Physical Activity](#)
- J. [Miami-Dade County Parks, Recreation and Open Spaces, Programs](#)
- K. [Ministry of Health, New Zealand, Green Prescriptions](#)
- L. [Sue Garrett et al. *The British Medical Journal*, Volume 61, Number 584, March 2011.](#)
- M. [National Environmental Education Foundation, Rx for Outdoor Activity](#)
- N. [DOHP 220-3-14](#), Department of Health (2013), Office of the General Counsel – Equal Opportunity Methods of Administration, Equal Opportunity in Service

IV. Signature Block with Effective Date

Signature on File Lillian Rivera, RN, MSN, PhD Administrator	09/20/2016 Date
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V. Definitions

- A. **Agency Head:** Administrator or Director of Florida Department of Health in Miami-Dade County.

- B. Chronic Disease:** Includes, but is not limited to, heart disease, hypertension, diabetes, renal disease, cancer, and chronic obstructive lung disease.
- C. Client:** As used in this policy, the term “client” means a person who is receiving the benefits, services, information, etc., from a green prescription provider.
- D. Direct Service Health Care Personnel:** Persons who have special education or training on health care and who are directly related to provision of services to clients at a variety of possible settings (e.g., on-site clinical areas, mobile health care units, community health screenings, health fairs and other health promotion events). Examples of direct service health care personnel include the following: physicians, nurses, nursing assistants, therapists, technicians, dental personnel, pharmacists, laboratory personnel, health educators, health services representatives, social workers, nutritionist, other unlicensed health workers, paid or unpaid, including volunteers, students or interns working in these settings.
- E. Evidence-Based Program:** A program that reliably produces measurable and sustainable outcomes.
- F. Green Prescription:** A professional non-pharmaceutical prescription written to encourage physical activity for overall health and wellness and chronic disease prevention and management.
- G. Journey to Wellness Rx:** A non-pharmaceutical “green prescription” designed by the Office of Community Health and Planning (OCH&P) which can be provided to clients to recommend physical activity, healthy eating, and tobacco prevention/cessation for weight or chronic disease prevention and management.
- H. Nutrition:** The process of providing or obtaining the food necessary for health and growth.
- I. Physical Activity:** Physical activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure.
- J. Protected Health Information (PHI):** Health information that contains information such that an individual person can be identified as the subject of that information. Individually identifiable health information.
- K. Tobacco Prevention/Cessation:** Efforts supporting prevention of tobacco use and facilitation of tobacco cessation assistance.

VI. Protocol

- A. Outcomes:** The DOH-Miami-Dade *Journey to Wellness Rx* green prescription program consists of a two-sided paper prescription that encourages persons in Miami-Dade County to adopt a healthier lifestyle to prevent chronic disease and

obesity or manage their chronic diseases/conditions by increasing physical activity levels, improving overall nutrition, and encouraging tobacco prevention/cessation. Regular physical activity, improved nutrition, and tobacco cessation are the most effective, cost-efficient health prevention behaviors for chronic disease management.

Research has shown that improved nutrition and regular physical activity, along with tobacco cessation, have been known to:

- Reduce obesity
- Reduce the risk of chronic disease, such cardiovascular disease, high blood pressure, and diabetes
- Reduce morbidity
- Reduce depression
- Improve overall mood and mental health
- Improve strength and stamina

B. Personnel

1. Agency Head
2. Senior Leaders
3. Managers and Supervisors
4. Policy Owners
5. Policy, internal operating procedure (IOP), technical assistance guidelines (TAG), or standard of care protocol (SOC)
Stakeholders/Reviewers
6. All direct service health care personnel, such as physicians, nurses, nursing assistants, therapists, technicians, dental personnel, pharmacists, laboratory personnel, health educators, health services representatives, social workers, nutritionist, other unlicensed health workers, paid or unpaid, including volunteers, students or interns
7. Other optional partner agencies and organizations

C. Competencies: All personnel involved in policy and administration of the *Journey to Wellness Rx* green prescription initiative should have, at a minimum:

1. Moderate reading skills and comprehension.
2. Knowledge of this policy.
3. Knowledge of the Florida Department of Health's vision, mission, and core values.

4. Demonstrate knowledge of the health benefits of physical activity, healthy eating, and tobacco prevention/cessation for weight and/or chronic disease prevention and management.

D. Areas of Responsibility

1. **Policy:** The OCH&P is the policy owner and responsible for maintaining this policy.
2. **Policy Support:** The Agency Head, Senior Leaders, Managers and Supervisors are responsible for consistently supporting the *Journey to Wellness Rx* green prescription policy and distribution initiative within the DOH-Miami-Dade programs with direct client services. Support may include endorsing the policy within their department, delegating responsibilities to staff, communicating recommendations and activities to the Director of the OCH&P.
3. **Journey to Wellness Rx Green Prescription Distribution:** The personnel specified in Section VI.B., including DOH-Miami-Dade programs with direct client services, distribute the *Journey to Wellness Rx* green prescription to their clients seen at on-site clinical areas, outreach activities and community events. The OCH&P is responsible for supplying printed prescription pads to participating providers based on their expressed need.
4. **Journey to Wellness Rx Green Prescription Tracking:** The OCH&P is responsible for tracking the number of *Journey to Wellness Rx* green prescriptions given to providers for distribution.
5. **Journey to Wellness Rx Green Prescription Promotion:** The OCH&P is responsible for the development and dissemination of marketing and/or promotional materials (i.e., flyers, newsletter articles, presentations, etc.) to inform and engage DOH-Miami-Dade personnel, partners, and the general public.

- VII. Procedure:** When providing client services at on-site clinical areas, mobile health care units, community health screenings, health fairs and other health promotion events, direct service health care personnel will use the supplied *Journey to Wellness Rx* green prescription pad to administer education and recommendations regarding physical activity, healthy eating, and tobacco prevention/cessation. The direct service health care personnel should appropriately fill out the blanks (such as, *Name, Date, Wellness Activity Recommendations, and Provided by*) and provide their signature. The direct service health care personnel may or may not choose to mark off specific wellness activity check boxes based on their knowledge of a particular client's health status. Ultimately, the direct service health care personnel should remind clients to consult their health care provider before beginning any exercise program.

VIII. Distribution List

DOH-Miami-Dade Directors/Administrators
DOH-Miami-Dade Senior Leadership
DOH-Miami-Dade Human Resource Manager/Liaisons
DOH-Miami-Dade Supervisory/Managerial Staff
Medical and Nursing Staff

IX. History Notes

This is a new policy, effective 09/20/2016.

X. Appendices

Appendix A - Journey to Wellness Rx Green Prescription

FRONT

JOURNEY TO WELLNESS

Name: _____ Date: _____

WELLNESS ACTIVITY RECOMMENDATIONS	
Aerobic Activities "Cardio" activities get you breathing harder and your heart beating faster.	Strength Activities Strengthen your muscles (legs, hips, back, chest, abdomen, shoulders and arms).
<input type="checkbox"/> Go Walking <input type="checkbox"/> Go Cycling <input type="checkbox"/> Go Dancing <input type="checkbox"/> Go Swimming	<input type="checkbox"/> Yoga <input type="checkbox"/> Pilates <input type="checkbox"/> Exercises that use your body weight for resistance (like push-ups, sit-ups, lunges and squats)
<input type="checkbox"/> Go to a local park-visit MiamiDade.gov/parks to find locations and activities near you.	
<input type="checkbox"/> Take a healthy lifestyle class _____	
<input type="checkbox"/> Other: _____	

*Note: Adults need at least two hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity every week, and muscle-strengthening activities on two or more days a week. Children need one hour or more of physical activity every day.

Go to a local park. Take a healthy lifestyle class!

Provided by: _____ Signature: _____

*Please consult your health care provider before beginning any exercise program. This is especially important for people over the age of 35 and for those with any pre-existing health conditions. Discontinue any exercise that causes pain, severe discomfort, nausea, dizziness or shortness of breath, and consult a medical expert immediately.

BACK

Florida Department of Health in Miami-Dade County Introduces the Journey to Wellness Rx.

This non-pharmaceutical prescription is provided to recommend physical activity and encourage healthy eating to help with weight or chronic disease management.

Journey to Wellness Rx gives you access to all of Miami-Dade's community resources which promote and assist individuals with creating a healthy lifestyle. Visit HealthyMiamiDade.org to find the interactive resource map.

For additional information on increasing physical activity, maintaining a healthy weight and eating healthy, visit ChooseMyPlate.gov and CDC.gov.

Make Healthy Happen!

Maintain an optimum state of health. Wellness and prevention are the keys to living a healthier, longer life. Here are some tips to create healthy habits:

- ✓ Increase your physical activity.
- ✓ Maintain a healthy weight.
- ✓ Eat more fruits and vegetables.
- ✓ Eat 2 servings or more fish weekly.
- ✓ Eat 3.5 ounces or more of whole grains daily.
- ✓ Limit your intake of beverages with added sugar to less than 36 ounces (450 calories) weekly.
- ✓ Limit your intake of sodium to 1,500 mg or less daily.
- ✓ Don't smoke or use tobacco products.

Florida Department of Health in Miami-Dade County
Office of Community Health and Planning
West Perrine Health Center, 18255 Homestead Avenue Miami, FL 33157
Office: 305 278-0442

Florida Department of Health in Miami-Dade County
Health & Wellness Center
Frederica Wilson and Juanita Mann Health Center
2520 NW 75th Street, Miami, Florida 33147

Appendix B - *Journey to Wellness Rx* Green Prescription**Frequently Asked Questions****1) Q: What is the purpose of the *Journey to Wellness Rx* green prescription policy?**

A: In its mission to becoming the healthiest state in the nation, the Florida Department of Health in Miami-Dade County (DOH-Miami-Dade) supports initiatives that promote the overall health and quality of life for all residents and visitors of Miami-Dade County. The *Journey to Wellness Rx* green prescription initiative uses a 'prescription' to promote healthy lifestyles including nutrition, physical activity, and tobacco prevention/cessation. CHD13P-25-16 establishes the DOH-Miami-Dade's goal and protocol of administration of the *Journey to Wellness Rx* green prescription.

2) Q: Which clients should receive a *Journey to Wellness Rx* green prescription?

A: The *Journey to Wellness Rx* green prescription is a non-pharmaceutical prescription that encourages physical activity and healthy living to help with weight and chronic disease management. Designed for use with the general public, providers can administer a *Journey to Wellness Rx* green prescription to any client who is receiving a direct service. This would include clients encountered in a variety of settings (e.g., on-site clinical areas, mobile health care units, community health screenings, health fairs and other health promotion events). Special population clients, such as, children, pregnant and/or breastfeeding women, and older adults, may also be given a green prescription. Clients are encouraged to consult their health care provider before beginning any exercise program. This is especially important for people over the age of 35 and for those with any pre-existing health conditions. Clients should discontinue any exercise that causes pain, severe discomfort, nausea, dizziness or shortness of breath, and consult a medical expert immediately. The *Journey to Wellness Rx* green prescription provides linkage to online resources (i.e., ChooseMyPlate.gov and CDC.gov) so that clients can access more specific instructions for their individual situation or age-group.

3) Q: How is the *Journey to Wellness Rx* green prescription designed and in what languages is it available?

A: The *Journey to Wellness Rx* green prescription is designed as a tear-off prescription pad, available in English, Spanish, and Haitian Creole.

4) Q: Who is responsible for supplying the *Journey to Wellness Rx* green prescription pads to other programs/providers?

A: The Office of Community Health and Planning is the main distributor of the *Journey to Wellness Rx* green prescription. Program/provider representative(s) should contact the Office of Community Health and Planning to order more materials (phone 305-278-0442).

5) Q: How does the distribution of *Journey to Wellness Rx* green prescription affect encounter time spent with a client?

A: Since the *Journey to Wellness Rx* green prescription combines information on physical activity, healthy eating, and tobacco prevention/cessation in a single educational handout, providers can save time, as well as materials. It only takes a few minutes to provide a green prescription and highlight its purpose.

6) Q: If clients have additional questions, who can they contact?

A: The back side of the *Journey to Wellness Rx* green prescription provides the contact information for the Office of Community Health and Planning. Also provided is the address of the Health & Wellness Center, located at the Frederica Wilson and Juanita Mann Health Center in Liberty City, for those clients interested in receiving free health screenings and additional education. Comprehensive screenings include nutrition and lifestyle assessment, Diabetes Risk Test Score, and biometric measures, such as, height, weight, body mass index (BMI), body fat analysis (BFA), blood pressure (BP), blood glucose (sugar), total blood cholesterol, and carbon monoxide (CO) breath test. Clients are encouraged to consult their health care provider before beginning any exercise program. This is especially important for clients over the age of 35 and for those with any pre-existing health conditions. Clients should discontinue any exercise that causes pain, severe discomfort, nausea, dizziness or shortness of breath, and consult a medical expert immediately.