

About the Webinar

Connecting with the Community: Parks, Recreation, and Fitness

Tuesday, May 17, 2022

Park and recreation agencies, and the professionals who manage them, are key to a fully-integrated public health system and play a vital role in meeting evolving health needs. Working together with like-minded partners, they can serve as holistic and people-centered community wellness hubs, connecting community members to comprehensive programs, services and spaces that dismantle systemic barriers to health, especially for people of color and low-income communities. Hear more from the National Recreation and Park Association about community wellness hubs and park-health care partnerships. You will also hear from Meritus Health about how their “Bold Goal” is challenging the community to lose one million pounds by 2030 by increasing activity and access to healthy food choices, and by decreasing stress. Meritus will discuss efforts to build infrastructure for weight loss both within the health system walls as well as in the community, for instance through partnerships with park and recreation facilities.



Allison Colman, National Recreation and Parks Association

Allison Colman is Director of Health at the National Recreation and Park Association (NRPA). NRPA is the leading not-for-profit organization dedicated to building strong, healthy and resilient communities through the power of parks and recreation. NRPA advances this vision by investing in and championing the work of park and recreation professionals as a catalyst for positive change in service of equity, climate-readiness, and overall health and well-being. For over a decade, Ms. Colman has led the development and implementation of evidence-based public health initiatives and built cross-sector collaborations to advance innovative, community-driven, systems-change strategies. Her work lies at the intersection of public health, social justice, and social change, with the goal of ensuring that all people have the opportunity to truly thrive.



The FMEC thanks Meritus Health for being a Platinum Partner.



Douglas A. Spotts, MD, FFAFP, Chief Health Officer, Meritus Health

Dr. Doug Spotts oversees Meritus Medical Group operations and clinical quality and safety leadership for the 150 providers in the Meritus practices – both specialty and primary care. Dr. Spotts has over 25 years’ clinical and operational experience, leads the Meritus Health and community Bold Goal of Losing 1 Million Community Pounds by 2030, and founded the Meritus Family Medicine Residency Program in 2019 with his team. He is board certified in family medicine and received his medical degree from The Pennsylvania State University College of Medicine. He is a Fellow of the American Academy of Family Physicians and of the College of Physicians of Philadelphia and is a past president of the Pennsylvania Academy of Family Physicians and of the American Academy of Family Physicians Foundation. He is a member of the American Association for Physician Leadership and the American College of Healthcare Executives.

