

## **Jean Rystrom**

Ms. Rystrom has spent over 26 years working to improve the health of the community and of Kaiser Permanente members, with a focus on children for the most recent 16 years. Jean is Regional Practice Director for Pediatrics, serving a group of about 100 primary care and specialty clinicians. Currently Jean is also the Chair of the CARES NW Governing Board and is Vice-Chair of the Oregon Commission on Autism Spectrum Disorder.

While working on ways to prevent and treat child obesity, Jean recognized the vital community health impact of too much entertainment use of screen media (TV, video and computers). Jean founded the Healthy Kids Watch Less TV Coalition in Portland, and became Kaiser Permanente's National Lead for clinical screen time reduction.

Most recently, Jean and Terry Bergerson co-created the Rx: PLAY project, a collaboration between four medical systems and Portland Parks and Recreation, which creates a warm handoff between the medical advice to become more active and the offerings of the parks system.