

Partnerships for Parks and Physical Activity

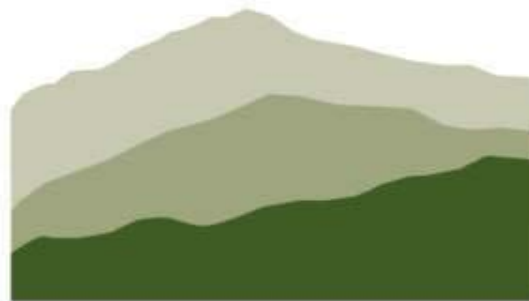
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The Trust for Public Land

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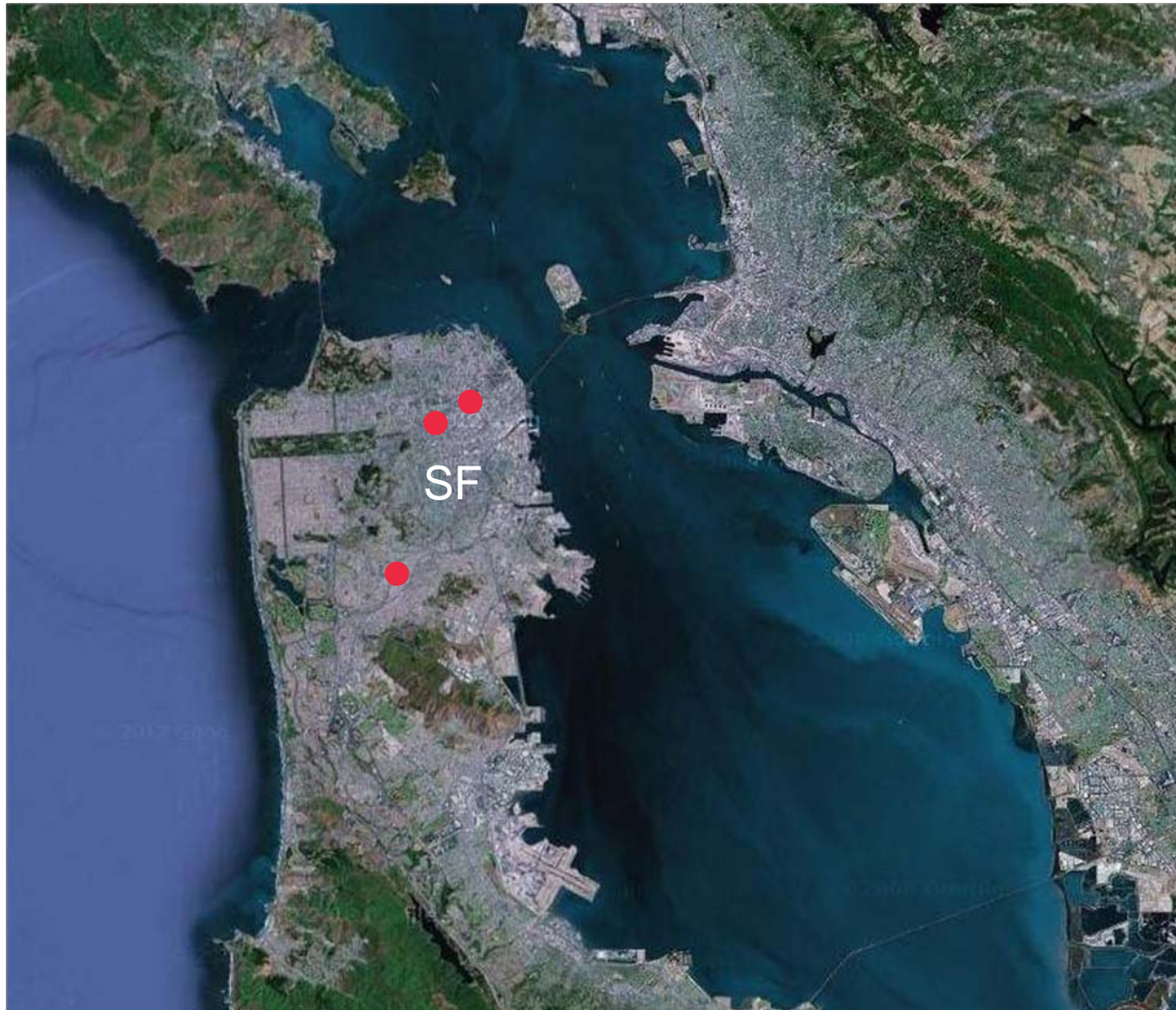




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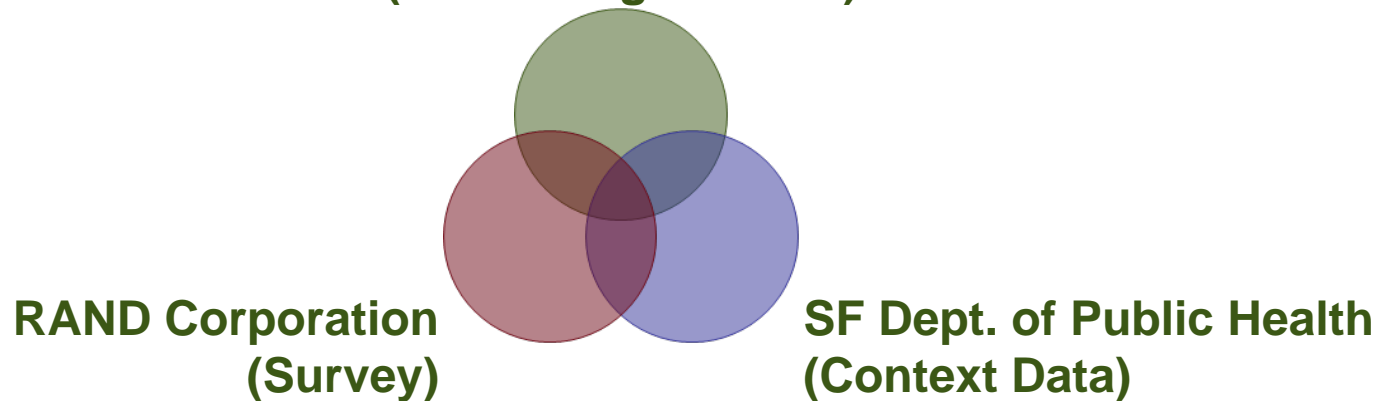


Partnership: 3 Park Renovations



Overview: Importance of Partnership

The Trust for Public Land
(Park Design & Data)



- *Design research and inform study methods*
- *Provide data and inform design of parks and surrounding neighborhood context*
- *Incorporate data-driven findings into future park design projects (larger impacts on health)*

Park Design Process

- *Collect and Analyze Existing Conditions & Context Information about Park & neighborhood*
- *Employ Participatory Design Process to solicit viewpoints of all stakeholders*
- *Design park that reflects vision and use*



Case Study: Hayes Valley Playground

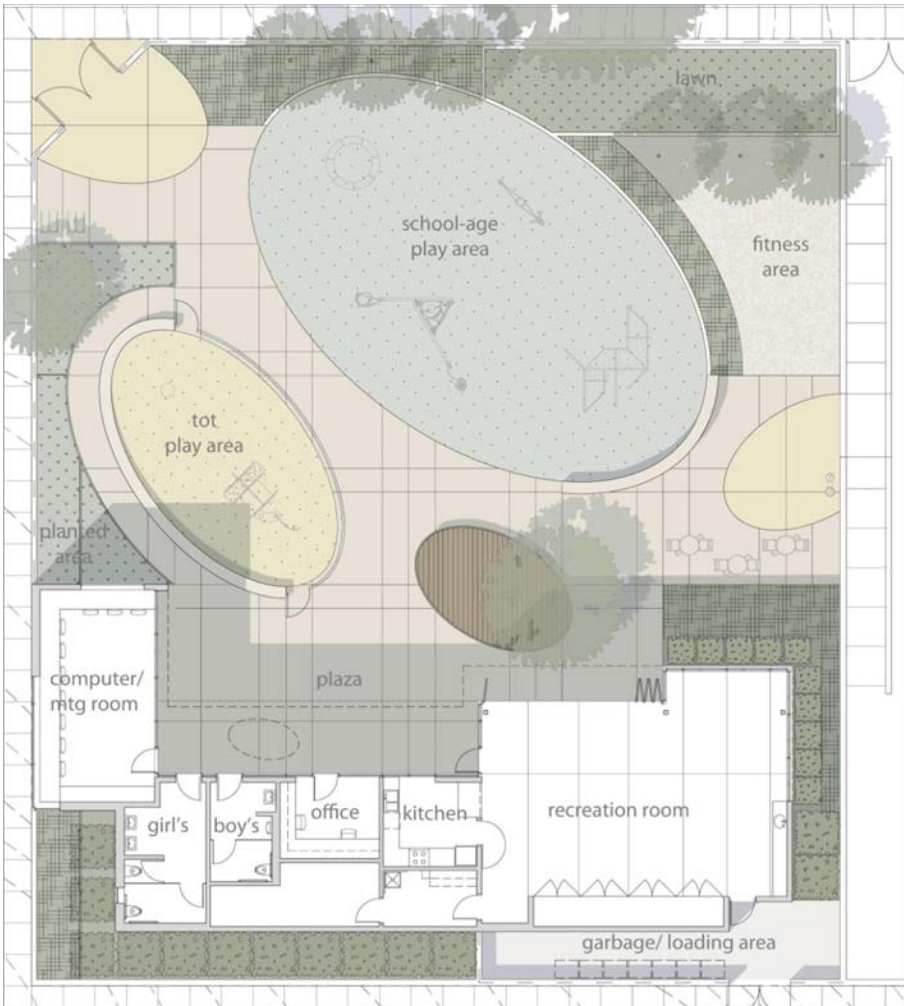


BEFORE

Hayes Valley Playground: BEFORE



Design Elements



Move the Building
Active play equipment
Fitness equipment
Community gardening
Support features



Hayes Valley Playground: AFTER



Survey & SOPARC

- Resident & Park User Surveys
- Park Use Observation

Revised 4/27/12

Park Renovation Impact on Physical Activity Among Youth
The Trust for Public Land

Interviewer: _____ Date: _____ Time: _____ AM / PM (Circle one)

Participant type: Park user ¼ mile resident ½ mile resident
 ¼ mile station ½ mile station

Sex: Male Female Other _____ Age: _____

INTERVIEWER TO READ STATEMENT: This survey is mainly about _____ (insert Name of Park).
Please think about this park when you answer the questions.

1. We surveyed park users and residents about this park three years ago. Do you remember participating in this survey about three years ago?
 Yes (1) No (2)

2. We are interested in park use by both adults and children. Do you have a child under the age of 18 years? (Check one)
 Yes (1) No [skip to #11] (2)

3. What is the age of your oldest child who is under 18 years old?
 _____ (insert number)

4. What is the gender of your oldest child under the age of 18? (Check one)
 Male (1) Female (2)

Please think about the child you have just described when answering the following 6 questions.

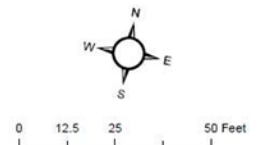
5. How often does your child come to this park? (Check one)
 Daily (1)
 A few times a week (2)
 Once per week (3)
 A couple times per month (4)
 Monthly (5)
 A few times a year (6)
 This is the first time (7)
 Never [skip to #7] (8)

6. For what purpose does your child usually come to this park? (Check all that apply)
 Baseball/softball (1)
 Basketball (indoors) (2)
 Basketball (outdoors) (3)
 Celebrations, picnics (4)
 Frisbee (5)
 Gymnasium activity (6)
 Gymnastics equipment (7)
 Handball (8)
 Jogging/running (9)
 Meet friends (10)
 Playground (11)
 Sitting in park (relax) (12)
 Skating (13)
 Soccer (14)
 Swimming (15)
 Tennis (16)
 Volleyball (17)
 Walking (18)
 Walking with dog (19)
 Other (20)

7. In general, how safe do you feel it is for your child to play in the park? (Check one)
 Very safe [skip to #9] (1)
 Safe [skip to #9] (2)
 Not very safe (3)
 Not safe at all (4)



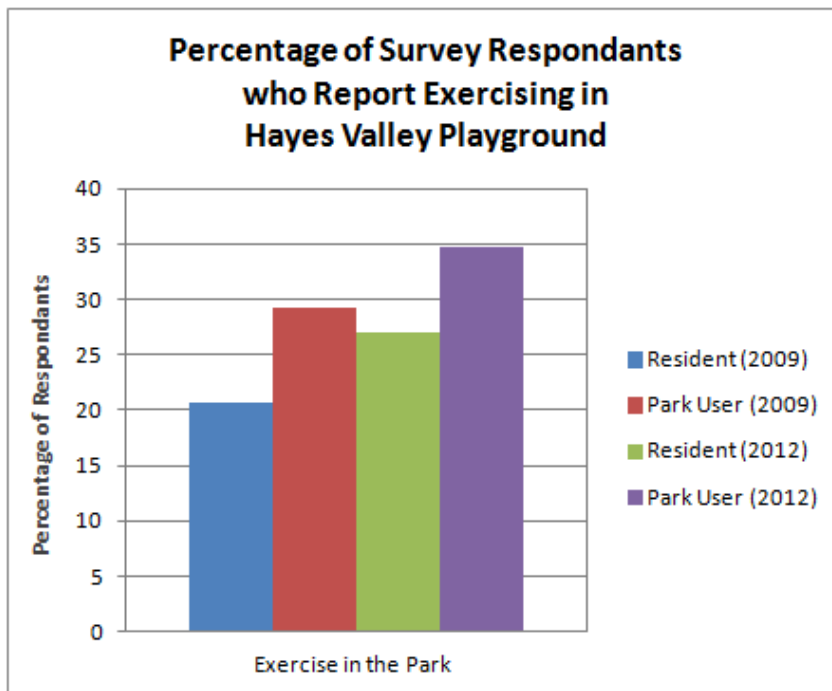
Hayes Valley Playground



San Francisco Department of Public Health, Environmental Health and San Francisco Recreation and Park Department (April 2012)

Findings:

EXERCISE IN THE PARK

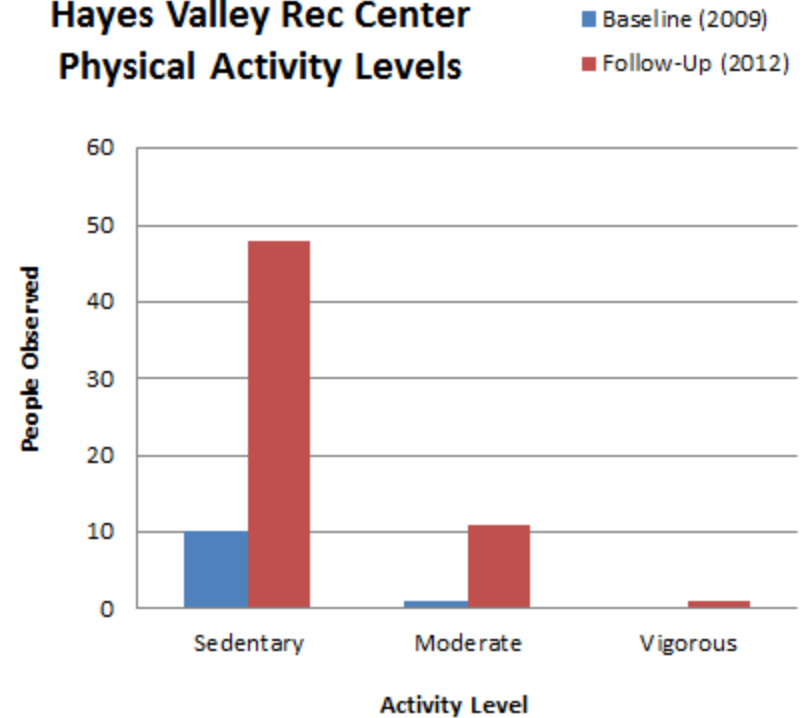


- *Almost 80% of survey respondents said they would consider exercising in the park (if they do not already), an increase from about 60% at baseline*
- *Respondent cited different features that would encourage them to exercise in the parks at baseline (i.e. free outdoor exercise equipment) and at follow-up (i.e. classes, signage)*

REC CENTER



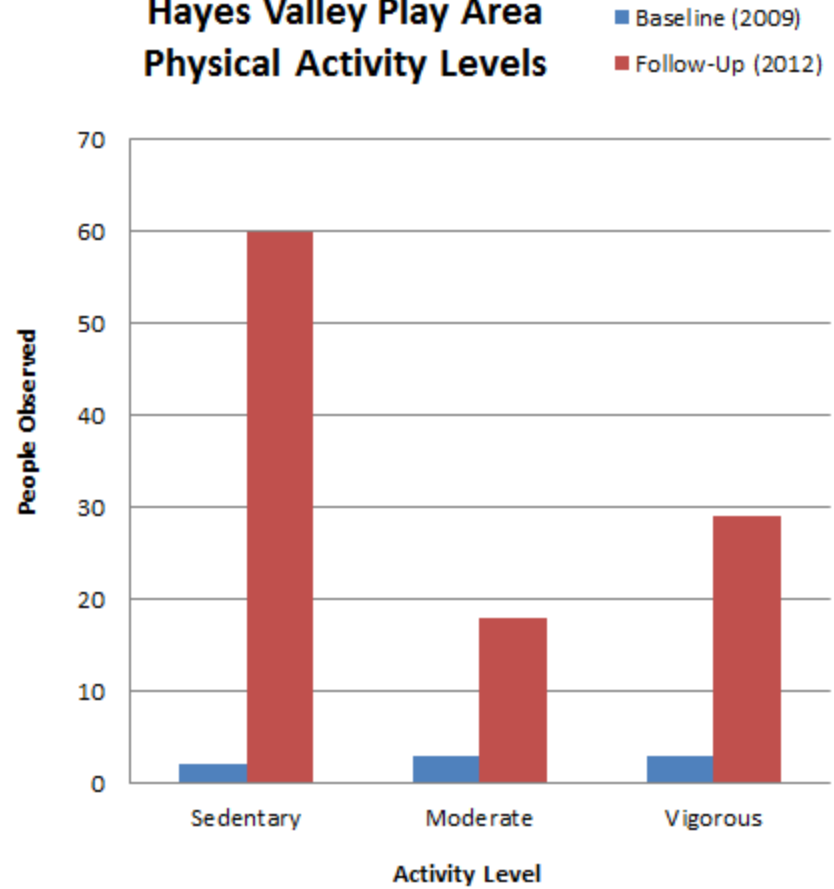
**Hayes Valley Rec Center
Physical Activity Levels**



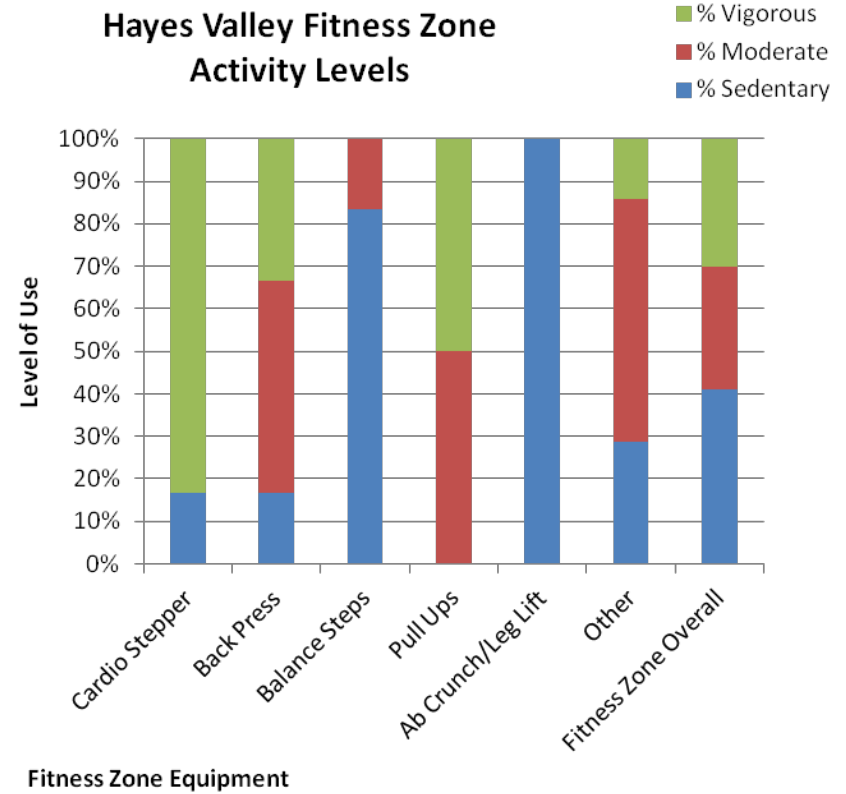
CHILDREN'S PLAY AREA



**Hayes Valley Play Area
Physical Activity Levels**



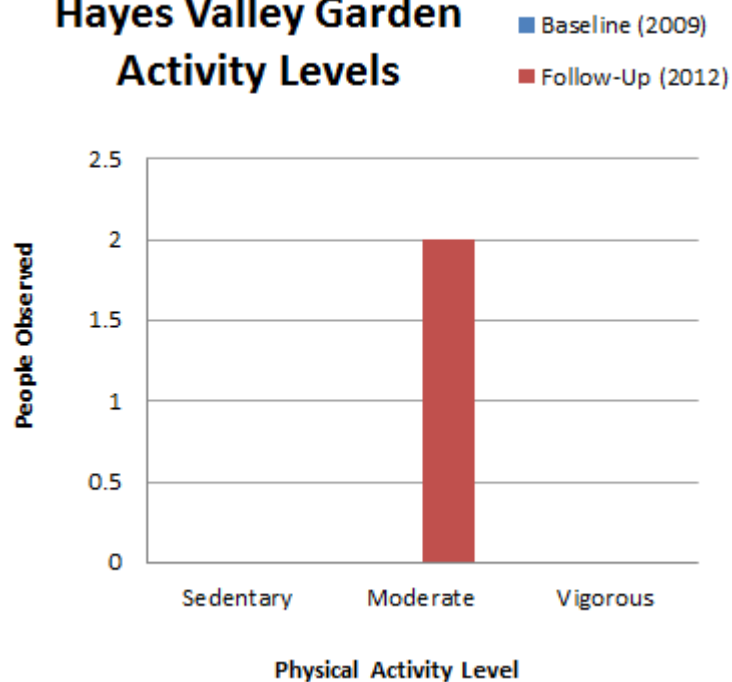
FITNESS EQUIPMENT



GARDENING



Hayes Valley Garden Activity Levels



Conclusion and Next Steps

- Importance of built environment (active equipment/placement)
- Quality versus access
- Incorporate research methods and findings in future parks
 - Follow-up data collection after parks are renovated
 - Build parks using evidence-based design to increase impacts on health





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