



A University-Community Partnership to Create and Evaluate Environmental Changes in Disadvantaged Areas

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USC Prevention Research Center Arnold School of Public Health*

Promoting Physical Activity through Policy & Environmental Supports



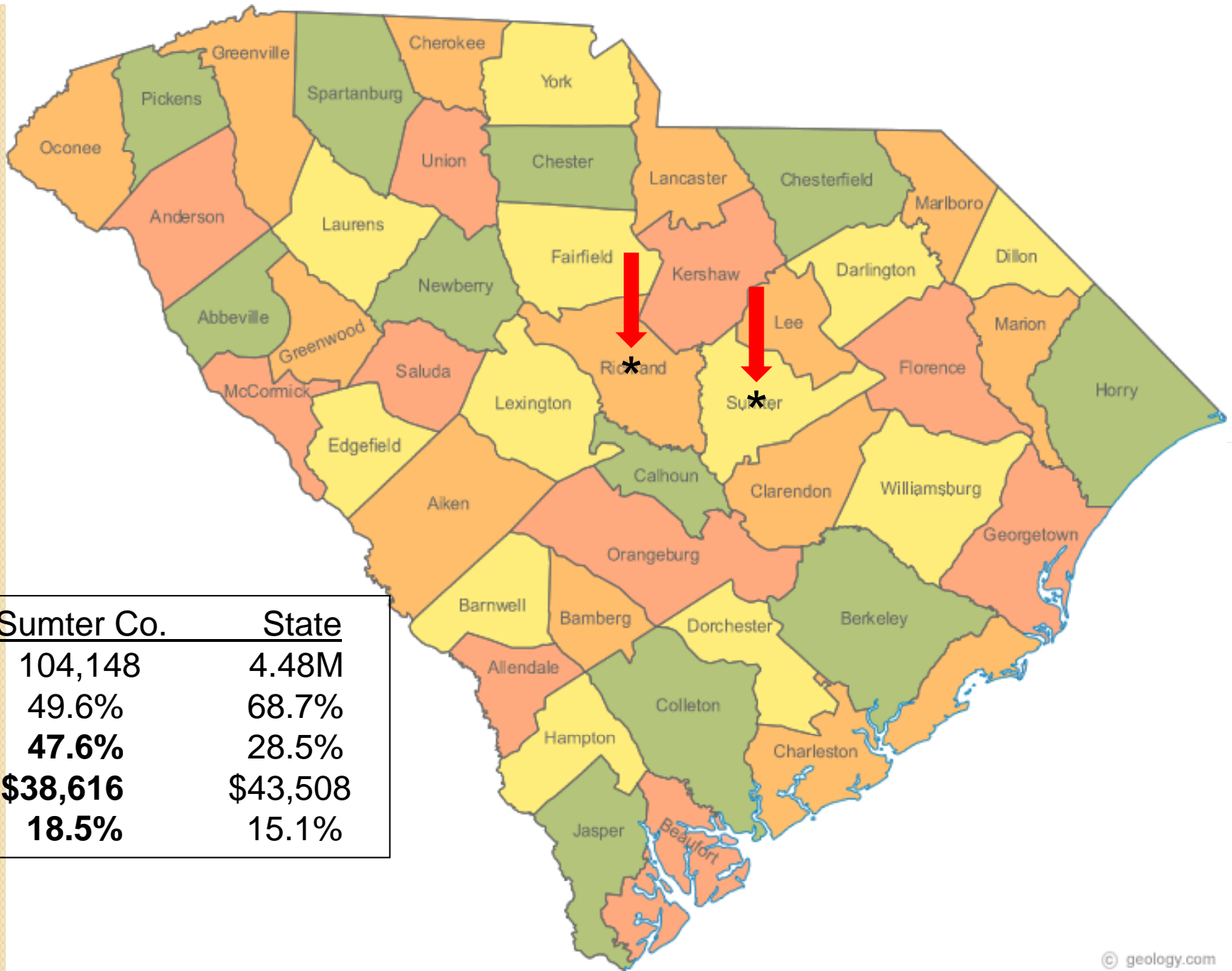
Goal:

Implement and evaluate a participatory research project to promote a community environment supportive of physical activity.

Community Partner:

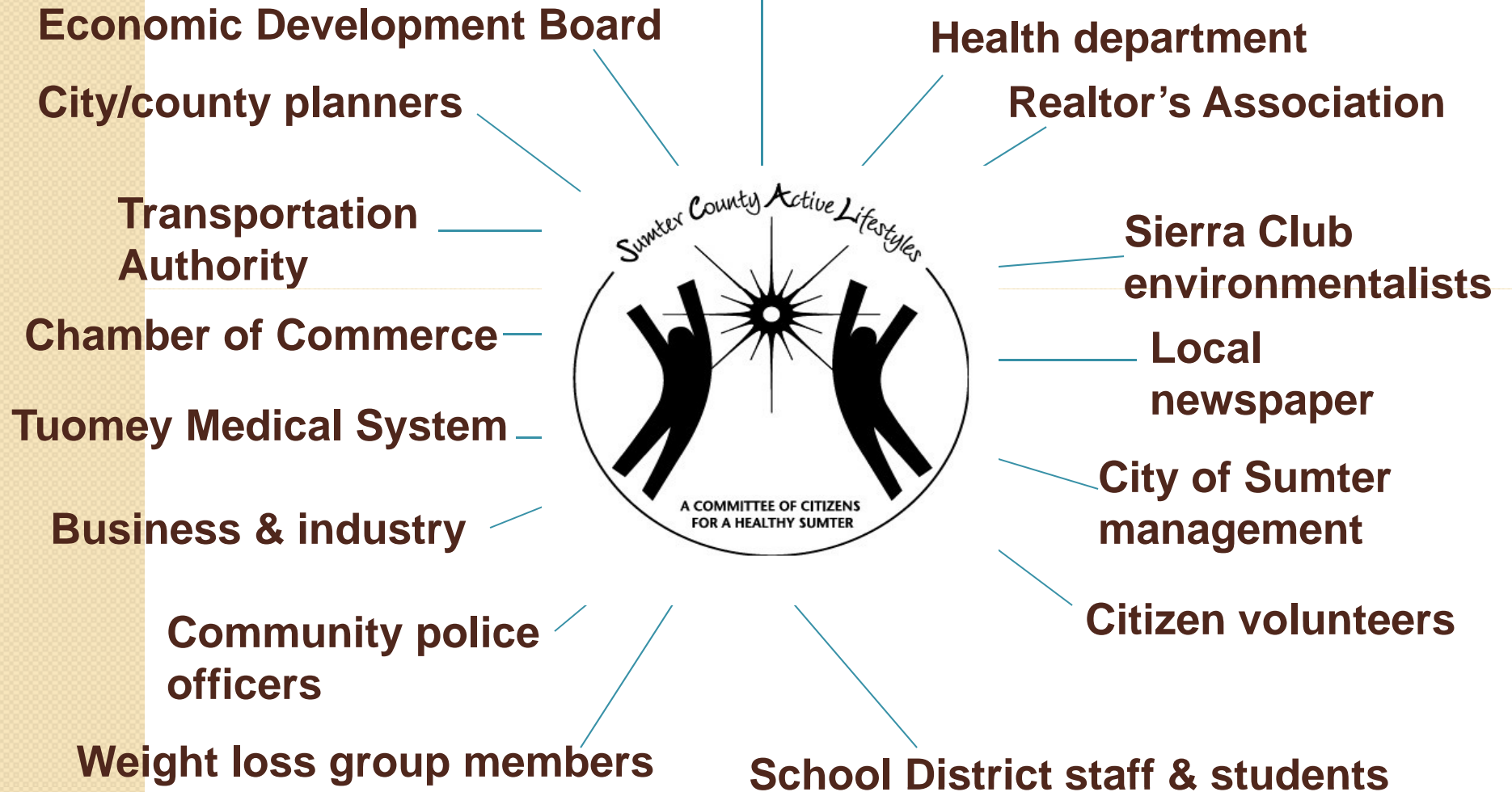
Sumter County Active Lifestyles - SCAL

*established 1993



	<u>Sumter Co.</u>	<u>State</u>
Pop.	104,148	4.48M
W	49.6%	68.7%
B	47.6%	28.5%
MHI	\$38,616	\$43,508
<Pov	18.5%	15.1%

County Recreation and Parks Dept



Building Community Capacity

10+ Yrs of Community Action



Community audits and forums

Policy advocacy



Community Education



Media



Community revitalization

Partnership development

Community Mini-Grant Program with CPBR Principles Integrated

- Expand SCAL's involvement with underserved areas of the county to address disparities in PA resources
 - Empower local groups to affect change in their community
- Enhance community capacity to identify needs, develop action plan (culturally appropriate project), procure resources, and implement action plan
 - physical environmental changes supportive of PA ←
- Set the stage for involving the community in future advocacy, intervention and evaluation efforts

Community Mini-Grant Program

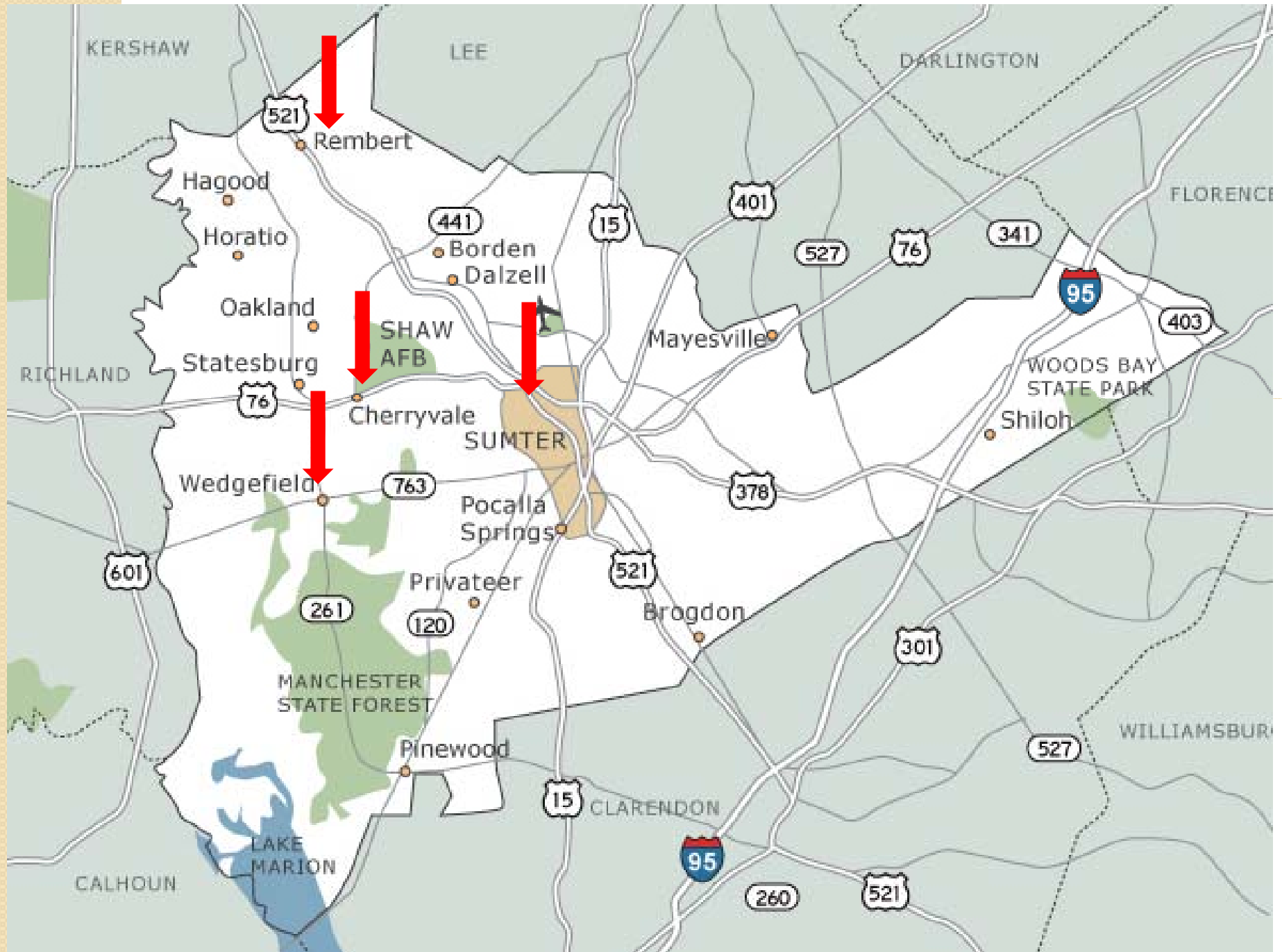
- SCAL's Accessibility & Outreach Committee collaborated to establish mini-grant guidelines
 - Only projects creating environmental or policy change considered
- Nonprofits, schools, faith based orgs, neighborhood associations encouraged to apply
 - Less-experienced orgs partnered with more-experienced orgs
- Letter of intent and pre-application workshop
- External review committee scored applications
 - Those not funded received technical assistance



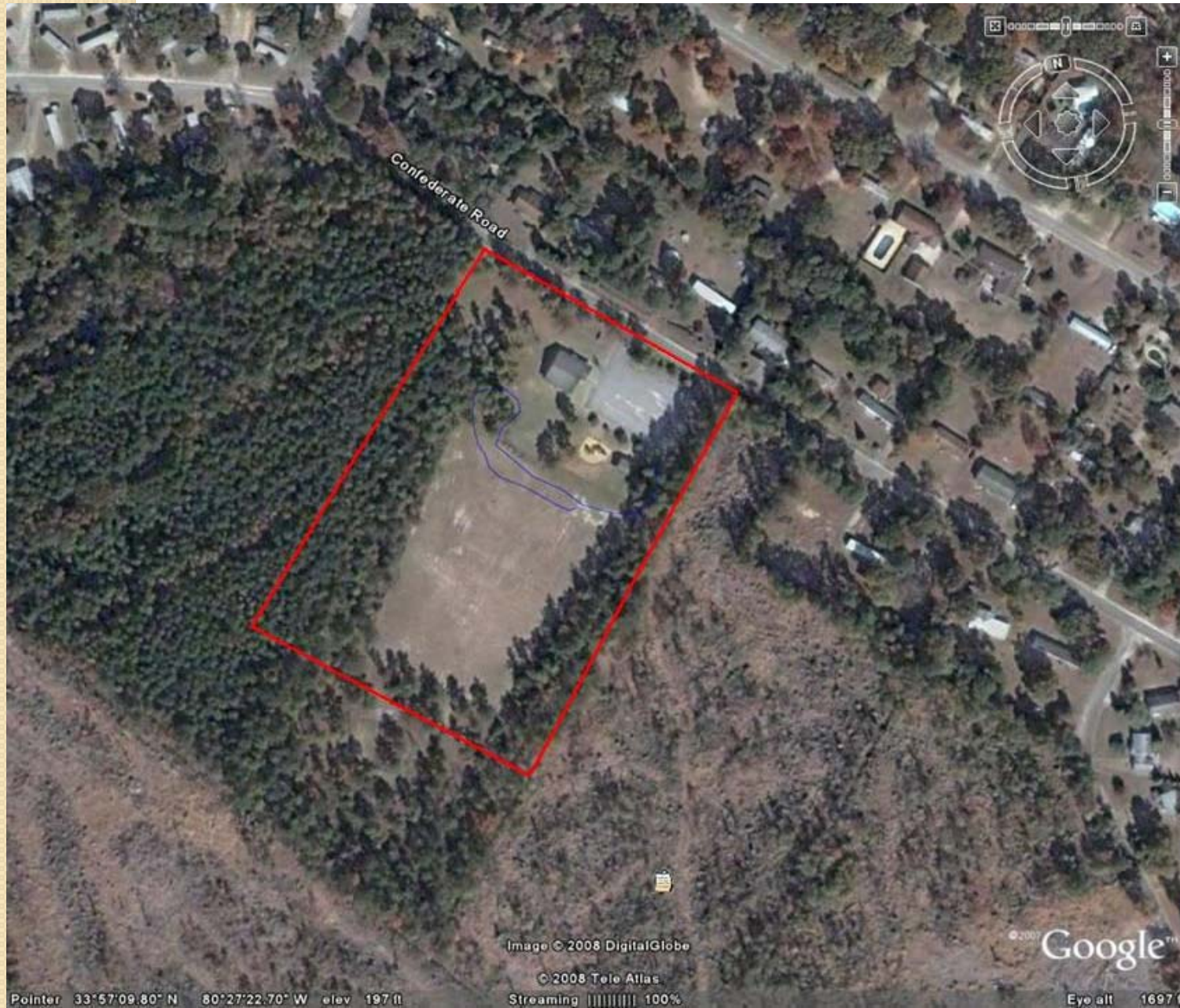
Community Mini-Grant Program 2004-2008

- 22 community groups attended pre-app workshop
 - 13 submitted applications
-
- 5 groups received funding for \$2,700-\$15,000
 - Some groups received subsequent enhancement funds
 - One unfunded group received technical assistance and received funding from a private foundation
 - One unfunded group received a mini-grant during next application cycle

Community	Year	Organization	Project	Award
Wedgefield	2005	Wedgefield Community Coalition	<u>Walking track</u> & fence repairs	\$13,500
Rembert-Rafting Creek	2007	Rembert Area Community Coalition	<u>Walking track</u> , softball field & amenities	\$16,805
V.I.M. Park	2007	Broad Street Community Faith Warriors	<u>Walking track</u> & park revitalization	\$16,805
Willow Drive-YMCA area	2007	Willow Dr. Elementary School	Soccer field, basketball court, landscaping	\$12,054
Cherryvale	2007	Cherryvale Community Orientated Policing	<u>Walking track</u> & amenities	\$3,200
Salterstown	2008	Salterstown Community Center	<u>Walking track</u> , half basketball court & amenities	\$15,000
Dalzell	2009	Yank Haven Community Crime Watch Coalition	<u>Walking track</u> & amenities	\$15,000



Cherryvale



Cherryvale











V.I.M. Park



V.I.M. Park



Rembert



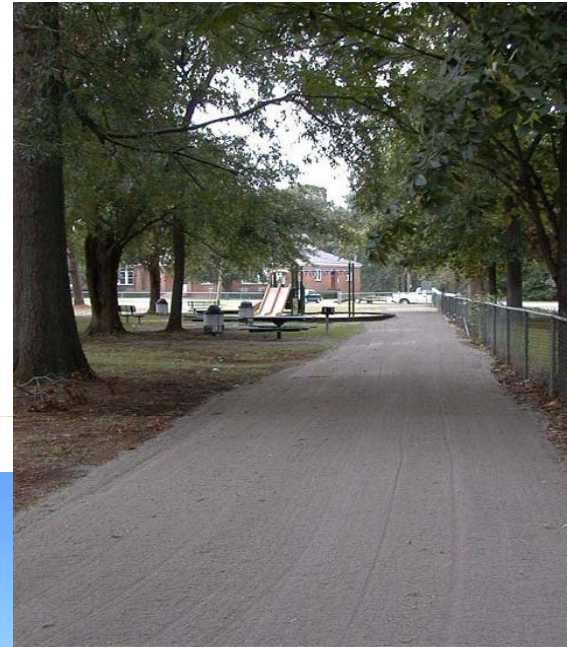
Rembert



Wedgfield



Wedgfield





Process Outcomes

- Capacity Building Opportunities
 - Grant recipient reps attended other training workshops – public speaking, media advocacy, grant proposal development
- Utilizing Skills at V.I.M. Park
 - Increased law enforcement patrol
 - Increased park maintenance
 - Re-grading of parking lot
 - Decreased loitering



Process Outcomes

- Leveraging Resources
 - Matching funds from gov't sectors and private business

 - Donations of dirt for walking paths and play equipment for parks (Shaw AF Base)
 - In-kind contributions of materials and labor
 - Grading trails
 - Installing water fountains
 - Installing play equipment

Evaluating Impact (4 walking tracks/parks)

- Direct Observation of Use (SOPARC*)
 - 8 community members and 3 grad students trained
 - 2 hr classroom session followed by 2 hr field training
 - Observations 7 consecutive days (6/20-6/26, 2008); 4x/day (7-8:30, 11-12:30, 3-4:30, 6-7:30) – 28 total/site
 - Proven valid and reliable for gathering data on:
 - user demographics (e.g., age, sex, race)
 - environmental features (e.g., temperature, weather, play equipment)
 - user features (e.g., type of activity, alone or with others)
 - physical activity level (e.g., sedentary, walking, very active [e.g., jogging, cycling])

*McKenzie, T.L., Cohen, D.A., Sehgal, A., Williamson, S., & Golinelli, D. System for observing play and recreation in communities (SOPARC): Reliability and feasibility measures. *Journal of Physical Activity and Health*. 2009;3:S208-S222.



Baseline Observation Results

- 231 total users observed over 7 days
 - Individual sites ranged from 35-104 users
 - Majority observed early morning or evening
 - 47% children/teens 53% adults/seniors
 - 27% white 73% black
- Wide range in trail and park usage across sites
- Most users were using features other than trails
- Most users walked on the trail



Intercept Survey* (only 25 completed)

- How did you hear/learn about the trail?
- Where are you usually coming from when you use this trail?
- How do you usually get to this trail?
- How much time does it usually take you to get to this trail?

*Troped PJ, Whitcomb HA, Hutto B, Reed JA, Hooker SP. Reliability of a brief intercept survey for trail use behaviors. *Journal of Physical Activity and Health*. 2009;6(6):775-780.



Intercept Survey

- What is your usual reason for using this trail?
- How many days a week do you use this trail?
- What activity do you usually do when you are on this trail?
- How much time do you usually spend on the trail per visit?

Intercept Survey

- In your opinion, the maintenance of the trail is:
- In your opinion, the safety and security of the trail is:
- What are some things you most like about this trail?





Summary

- The university-community partnership proved successful in:
 - Implementing a mini-grant program to stimulate environmental change in underserved areas
 - Integrating CBPR principles into the initiative
 - Creating safe, accessible PA resources in underserved areas
 - Inspiring community members to be active living advocates
 - Establishing a foundation for additional endeavors to promote PA

Next Steps for 2009-2014

- Engage others in Community Advocacy Leadership Program (8 4-hr advocacy training workshops)
 - litter, neighborhood blight, lighting, maintenance, safety
 - advocates to provide technical assistance to others
- Develop and implement a walking intervention to compliment environmental changes
 - Enhanced access combined with outreach
- Strengthen evaluation partnership and capacity
 - Refine training for community members
 - Biannual direct observations and intercept surveys
 - Annual environmental audits

THANK YOU!



<http://prevention.sph.sc.edu>