

*Youth & Promotoras
Advocate for
Park Improvements
to Enhance Access for
Physical Activity*



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Kristin Mueller, WalkSanDiego

*Maria Elena Aguilar, Chula Vista
Community Collaborative*

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Department*

*Tanya Rovira-Osterwalder, Healthy
Eating-Active Communities (HEAC)*

Communities of Excellence (CX3) Youth Leadership Project

- Goal
To empower youth to assess the following environmental factors contributing to childhood obesity and advocate for improvements in their communities:
 - Lack of access to healthy food
 - Lack of safe routes to schools and open spaces (i.e. parks)
 - Marketing of unhealthy food



A Photo Journal of Youth Leadership & Mentorship

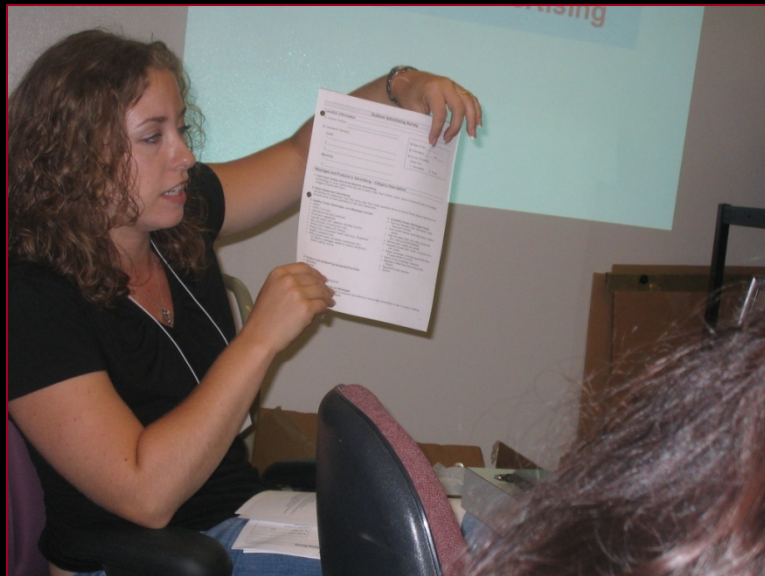


"How lovely to think that no one need wait a moment,
we can start now, start slowly changing the world.
How lovely that everyone, great and small, can make their contribution."
~ Anne Frank

A Dedicated Team of Partners & Mentors

- California Project Lean
- CANFit
- Chula Vista Library
- Chula Vista Mayor's Office
- Chula Vista Departments:
Engineering, Parks, Police, Public
Works, Recreation
- Chula Vista Community Collaborative

- Healthy Eating, Active Communities
- Health & Human Services Agency
- Samuels & Associates
- San Diego County Obesity Initiative:
Government Domain
- Sweetwater Unified School District
- WalkSanDiego



Health Advocacy Training



Meeting with Chula Vista Mayor & Tour of City Council



Walkability Training: *WalkSanDiego*



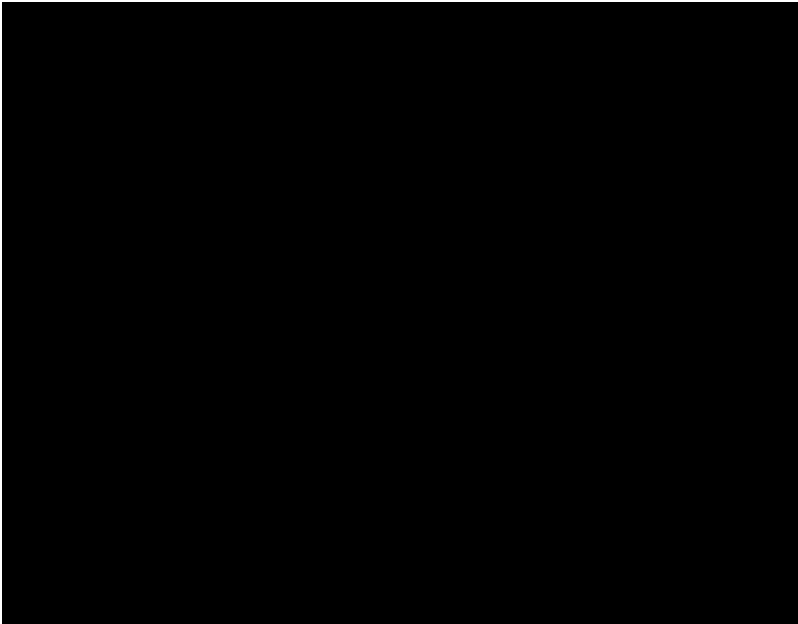


BAD
What made the walk UNSAFE + CHALLENGING?
- not enough signs
- no bike lanes
- too many trees
- all streets need to have
sidewalk + crosswalks
- no bike lanes
- long blocks + 3rd way
- high traffic
- too hot



GOOD
What made the walk SAFE + INTERESTING?
- Some plants
- few lanes

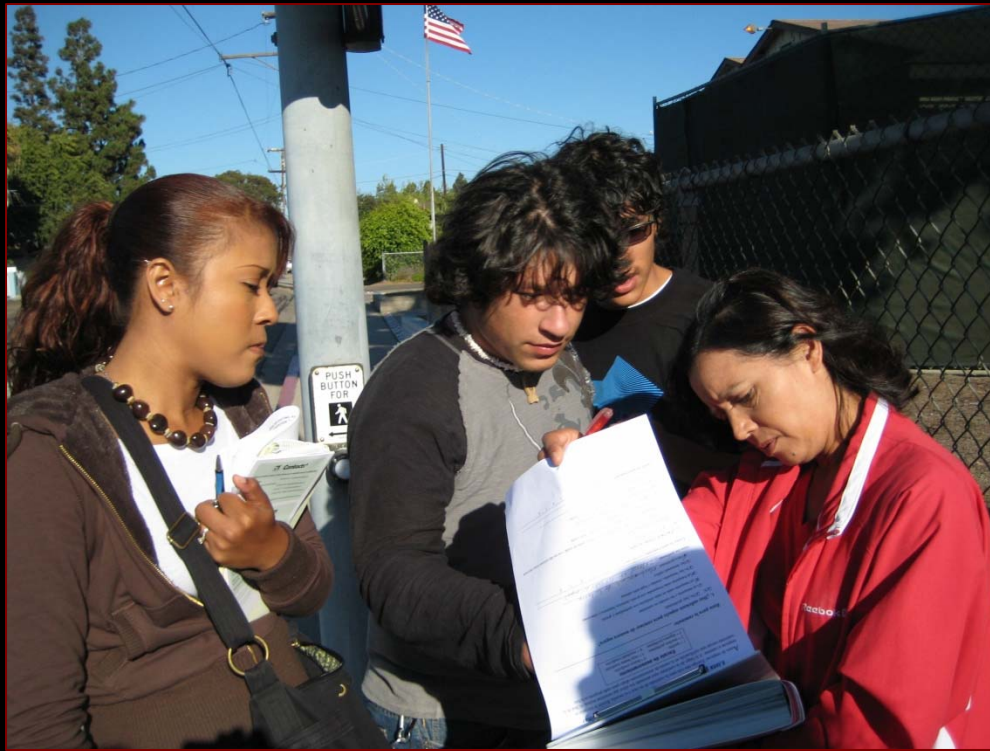
BAD
What made the walk UNSAFE + DIFFICULT?
- Trash
- No crosswalk
- Narrow sidewalk
- No H2O fountain
- Bunch in sidewalk
- Ramps not pointing right
- Direction
- Long stop light
- No bike lane



Lauderbach Park Neighborhood Walk Audit



CX3 Youth, HEAC, SDSU,
& WalkSanDiego
conduct walk audit



- Create a model for 'Safe Routes to Parks'
- Assess walkability and safe access to park



Lauderbach Park Audit



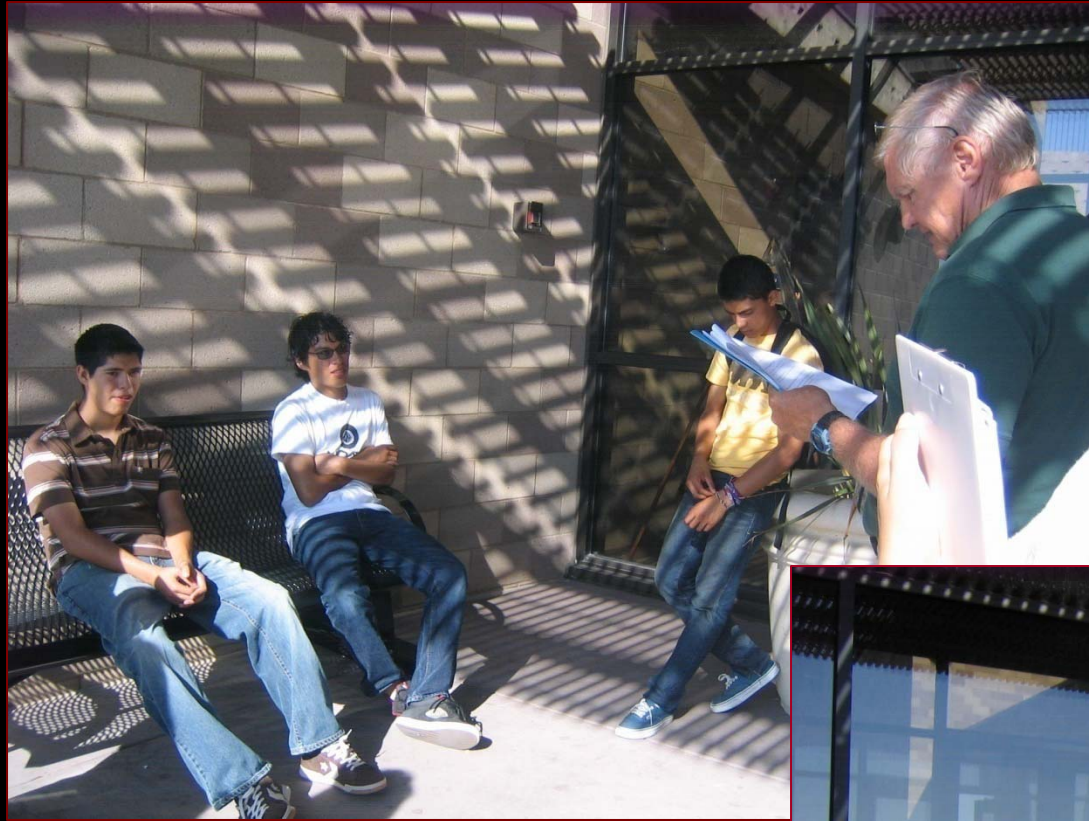
Field Trip to NEW Park

Field trip to NEW park

- Show youth new park features
- Generate ideas for park improvements



No smoking in our parks!



Recreation
Department
leads NEW park
field trip



SDSU 'Caminando con Fe'
joins the team!



SDSU Caminando con Fe



Faith-based Research Study

- Assess & advocate for built environment improvements
- Improve access for physical activity



SDSU Caminando con Fe



- Church site directly adjacent to Lauderbach Park
- Dilapidated fence between the park & church
- Church storage units block visibility





Lauderbach Park

Meeting with City of Chula Vista:

Engineering
Landscape Architecture
Parks
Police
Public Works
Recreation



Lauderbach Park Improvements

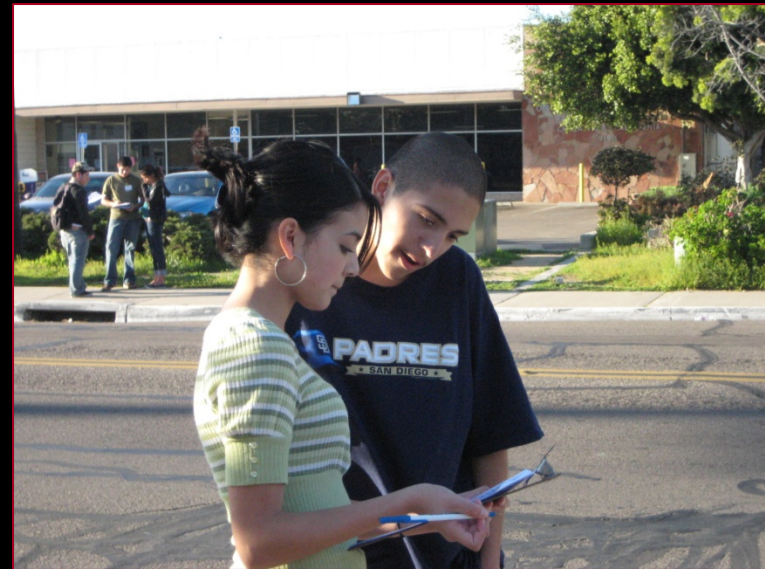
Advocate for park improvements



- Lighting
- Fencing
- Amenities
 - Bathroom, drinking fountain, bbq, tables, etc.

Lauderbach Park Surveys

- Developed survey for park patrons & neighbors to assess park/neighborhood usage & needs



Lauderbach Park Surveys

- Youth & promotoras conduct surveys in partnership with HEAC, SDSU, & WSD



Chula Vista City Council

- CX3 youth write letters to City Council for park improvements
- 'Caminando con Fe' promotoras & community partners HEAC & WSD testify



Lauderbach Park



*Improvement
zone!*



Park Improvements



Lauderbach Park Grand Re-opening Event



Lauderbach Park Grand Re-opening Event



Accomplishments

- Youth and promotoras (mentors) trained on walkability and advocacy
- "Safe routes to park": conducted walk and park audit in Lauderbach Park neighborhood
- Park patrons & neighbors surveyed

Accomplishments

- Achieved additional Lauderbach Park improvements
- Youth engaged in civic activities
- City staff & Council support and involvement

What we have learned . . .

- Dedicated, experienced staff & mentors necessary
- Leverage assets & resources with partners
- Demonstrate power of collaboration

- Ensure youth ownership of project
- Provide combination of trainings & activities
- Be flexible with time & project format
- Be open to opportunities



CHULA VISTA

In Chula Vista we value
YOUth!!!