

Promoting activity-friendly communities.

activelivingresearch.org
University of California, San Diego



Parks, Trails & Recreation Programs to Prevent Obesity and Improve Health

Parks and recreation facilities provide opportunities for physical activity and can help people of all ages lead a more active lifestyle. People who live near parks are more likely to be active. However, some lower-income communities and communities of color tend to have less access to quality parks and recreation facilities. Making recreational facilities accessible in all communities is a critical strategy for increasing physical activity and preventing obesity.

The following resources represent the best evidence available on the most effective ways to improve the design, quality and availability of parks and recreation resources. They can help policymakers, planners, advocates, and others create healthier communities for residents of all ages.

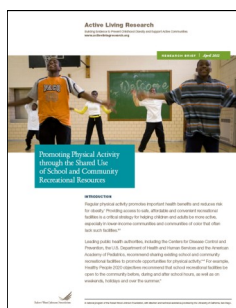


Infographic illustrating the role of parks and recreation in promoting physical activity.
activelivingresearch.org/parksinfographic



Cost Analysis for Improving Park Facilities to Promote Park-based Physical Activity (Coming Soon)

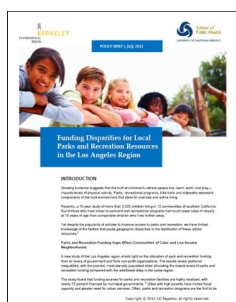
This report provides realistic and objective cost estimates of providing park facilities and amenities that can increase physical activity. Estimates of construction costs of facilities and equipment are classified by high-activity, moderate-activity, and low-activity zones in parks.



Promoting Physical Activity through the Shared Use of School and Community Recreational Resources (April 2012)

This brief summarizes research on community access to school sport and recreation facilities outside of school hours, as well as studies that examine the shared use of school facilities and programs with other community groups or agencies. It describes challenges commonly associated with the shared use of recreational facilities and opportunities for policy-makers at the state and local level.

activelivingresearch.org/promoting-physical-activity-through-shared-use-school-and-community-recreational-resources



Funding Disparities for Local Parks and Recreational Resources in the Los Angeles Region (July 2011)

This policy brief summarizes research on funding disparities for local park and recreational resources in the Los Angeles region and offers policy recommendations for ways to address the funding disparities to improve active living in low-income, minority communities. Produced by the University of California, Berkeley.

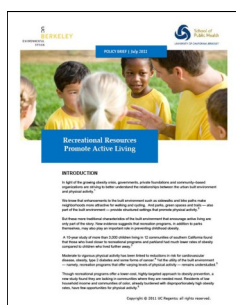
activelivingresearch.org/funding-disparities-local-parks-and-recreation-resources-los-angeles-region



Disparities in Park Space by Race and Income (July 2011)

This policy brief highlights research on how the unequal distribution of park resources affects low-income neighborhoods and communities of color, which have fewer parks and recreational facilities than more affluent, White communities. Policy recommendations for increasing park equity are also provided. Produced by the University of California, Berkeley.

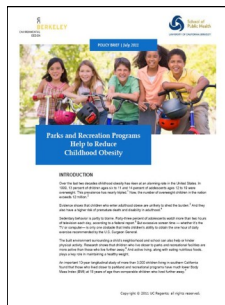
activelivingresearch.org/disparities-park-space-and-income



Recreational Resources Promote Active Living (July 2011)

This policy brief summarizes research that suggests lower-income cities in Los Angeles County offer considerably fewer recreational resources compared to cities that are predominantly White and more affluent. Policy recommendations for increasing recreational programs are included. Produced by the University of California, Berkeley.

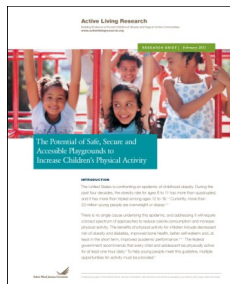
activelivingresearch.org/recreational-resources-promote-active-living



Parks and Recreational Programs Help Reduce Childhood Obesity (July 2011)

This policy brief summarizes research on the positive effects of increasing proximity to parks and recreational programs and offers policy recommendations to reduce childhood obesity in Los Angeles and elsewhere in the United States. Produced by the University of California, Berkeley.

activelivingresearch.org/parks-and-recreational-programs-help-reduce-childhood-obesity



The Potential of Safe, Secure and Accessible Playgrounds to Increase Children's Physical Activity (February 2011)

Along with neighborhood sidewalks and bike paths, routes to and from school, and physical education and recess in school, playgrounds play an important role in supporting physical activity for younger children. This brief summarizes research on playgrounds and how playgrounds impact physical activity among children.

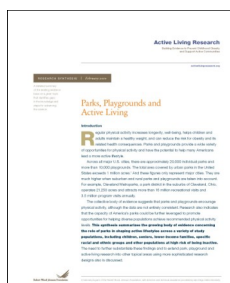
activelivingresearch.org/potential-safe-secure-and-accessible-playgrounds-increase-childrens-physical-activity



Power of Trails for Promoting Physical Activity in Communities (January 2011)

This research brief highlights findings about specific trail characteristics that appear to attract regular users and examines how trails influence physical activity among various populations.

activelivingresearch.org/power-trails-promoting-physical-activity-communities



Parks, Playgrounds and Active Living (February 2010)

This research synthesis summarizes the growing body of evidence concerning the role of parks in shaping active lifestyles across a variety of study populations, including children, seniors, lower-income families, specific racial and ethnic groups and other populations at high risk of being inactive. Areas where additional research is needed are also discussed.

activelivingresearch.org/parks-playgrounds-and-active-living

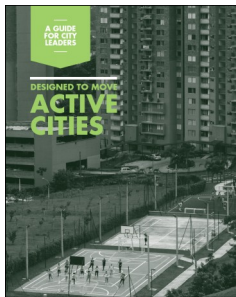


Economic Benefits of Open Space, Recreation Facilities and Walkable Community Design (May 2010)

This research synthesis reviews the peer-reviewed and independent reports on the economic value of outdoor recreation facilities, open spaces and walkable community design, and focuses on "private" benefits that accrue to nearby homeowners and to other users of open space.

activelivingresearch.org/economic-benefits-open-space-recreation-facilities-and-walkable-community-design

Cross-Cutting Topics



Designed to Move: Active Cities (June 2015)

This report is a blueprint for city leaders to create an active city. It provides proven interventions in the parks, urban design, transportation, schools and workplace settings where leaders can focus investments. The Active Cities report features an extensive literature review that Active Living Research conducted to understand the co-benefits of activity-friendly environments on physical and mental health, social benefits, safety/injury prevention, environmental sustainability, and economics.

designedtomove.org/resources/active-cities



Does Summertime Weight Gain Undermine Youth Obesity Prevention Efforts? (May 2015)

For many children, summer vacation is a three-month hiatus from the daily responsibilities and scheduled demands they experience during the nine-month school year. This brief synthesizes what is known about summer weight gain, and how physical activity and diet during the summer may contribute.

activelivingresearch.org/does-summertime-weight-gain-undermine-youth-obesity-prevention-efforts



Sedentary Behaviors and Youth: Current Trends and the Impact on Health (January 2014)

This review examines trends in sedentary behaviors among youth and their impact on obesity. It also explores differences in the prevalence of sedentary behaviors based on age, gender, race, ethnicity and socio-economic status. Policy implications and future research needs are identified.

activelivingresearch.org/sedentaryreview



Do All Children Have Places to Be Active? Disparities in Access to Physical Activity Environments in Racial and Ethnic Minority and Lower-Income Communities (November 2011)

This synthesis summarizes the growing body of evidence indicating that racial and ethnic minority, and lower-income, communities do not provide as many built and social environmental supports for physical activity. Research on racial, ethnic, and economic disparities in obesity and physical activity rates among children is also summarized.

activelivingresearch.org/disparities

Visit the Active Living Research website for these resources and more information about parks and recreation: activelivingresearch.org/taxonomy/parks-recreation.

Active Living Research, a program of the Robert Wood Johnson Foundation, stimulates and supports research to identify environmental factors and policies that influence physical activity for children and families to inform effective childhood obesity prevention strategies, particularly in low-income and racial/ethnic communities at highest risk. Active Living Research wants solid research to be part of the public debate about active living.

Active Living Research can help you create active communities.

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