Partnerships for Parks and Physical Activity

Jennifer Isacoff & Bianca Shulaker
The Trust for Public Land

*Partners: Deborah Cohen, Terry Marsh, Stephanie Williamson, Bing Han, RAND Corporation; Thom McKenzie, SFSU; Rajiv Bhatia, Megan Wier, SFDPH*
Partnership: 3 Park Renovations
Overview: Importance of Partnership

The Trust for Public Land
(Park Design & Data)

RAND Corporation
(Survey)

SF Dept. of Public Health
(Context 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
**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

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<tbody>
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<td>50</td>
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<tr>
<td>Moderate</td>
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<td>10</td>
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<tr>
<td>Vigorous</td>
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</table>
CHILDREN’S PLAY AREA

Hayes Valley Play Area
Physical Activity Levels

- Baseline (2009)
- Follow-Up (2012)

- Sedentary
- Moderate
- Vigorous

People Observed

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FITNESS EQUIPMENT
GARDENING

Hayes Valley Garden Activity Levels

- Baseline (2009)
- Follow-Up (2012)

<table>
<thead>
<tr>
<th>Physical Activity Level</th>
<th>People Observed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sedentary</td>
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<tr>
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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