From 8 to 80: Creating Livable Communities for All Ages:

Examples of connecting people to parks and providing opportunities for all to be active

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Senior Manager of Special Initiatives
Improving quality of life for the people of Pittsburgh by restoring the park system to excellence in partnership with government and community organizations.
August Wilson Park--one of 10 sites nationally that participated in a pilot of the new Safe Routes to Parks Action Framework

https://www.nrpa.org/Safe-Routes-To-Parks
August Wilson Park

- Community-driven renovation with accessible pathway completed in 2016
- Located in a high need area, but with low visibility
Safe Routes to Parks: Assessment

- Reviewed and collated relevant data/recommendations from existing neighborhood plans

- PHRESH Plus Household Survey – RAND Corporation
  Multi-year research study on impact of neighborhood change on individual health and well-being
Sample baseline information:

How frequently do you visit parks in your neighborhood?

- At least once a day
- 3-6 Times a Week
- 1-2 Times a Week
- Once a Month
- < Once a Month
- Never

Parks in your neighborhood are difficult to get to.

You feel safe walking in your neighborhood during the day.

There are crosswalks and pedestrian signals to help people walking cross busy streets.

1. Strongly Disagree
2. Disagree
3. Neither Agree nor Disagree
4. Agree
5. Strongly Agree
Key points from baseline information:

• Majority feel that neighborhood is walkable and that park spaces are easy to get to. Some street crossings feel less safe.

• BUT Physical activity levels and park use are low

• How do we reengage community members in their park spaces to enhance physical activity and overall personal wellness?
Key points from baseline information:

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- BUT Physical activity levels and park use are low
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- Walking audits with youth
- Park activation for all ages
Youth Walking Audit

- Fun
- Educational
- Impactful

NRPA Safe Routes to Parks Resource Guide:
www.nrpa.org/Safe-Routes-To-Parks/

Walk-Friendly Community Assessment for Teens:
Youth Walking Audits

• Youth-centered questions and language
• Example format:

Was it easy to cross streets?

___ Yes

___ Some problems:
   ___ Road was too wide.
   ___ Traffic signals made us wait too long or did not give us enough time to cross
   ___ Needed striped crosswalks or traffic signals
   ___ Parked cars blocked our view of traffic
   ___ Trees or plants blocked our view of traffic
   ___ Needed curb ramps or ramps needed repair
   ___ Something else __________________________

Location(s) of problems: ______________________________________________________________

Was your walk pleasant? Did you have room to walk? Was it easy to follow safety rules?
Where and how often do you walk in your neighborhood?

Which parks in your neighborhood do you use? What do you do there? How do you get there?
What would make you want to use the park more?
Youth Walking Audits

• Youth-centered questions and language
• Collaboration with local youth-serving organization
• GoPro camera—engaging data collection tool
• Sidewalk chalk (younger), Geocache course (older)
What did we learn?

- Youth perspective on walking and park use
- Potential intersection improvements
- GoPro—fun, collect more data, and reporting tool
- Google Maps—easy and free
- Schedule sufficient time
Park activation geared toward older adults:

Art in the Park
• Partnership with senior center and organization serving adults with disabilities, stipend for local coordinator, “gateway” to park

Healthy, Active, and Green
• Range of offerings for varying levels of physical ability: yoga, tai chi, nature walks, fitness walks