Exploring the Outdoors at your Local Park

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NRPA
National Recreation and Park Association
About NRPA

“To advance parks, recreation and environmental conservation efforts that enhance the quality of life for all people.”
- Built Environment Policies and Practices
  - Physical Activity
  - Green Infrastructure
- Out-of-School Time Programs and Policies
  - Healthy Eating and Physical Activity
  - Environmental Education
- Older Adult Health Promotion
- Wildlife Preservation
Why Parks?

- Obesity
- Diabetes
- Physical Activity
Health Disparities

CURRENT OBESITY RATES AMONG ADULTS BY RACE AND ETHNICITY (2011-2012)

<table>
<thead>
<tr>
<th>Race</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Adults</td>
<td>34.9%</td>
</tr>
<tr>
<td>Black</td>
<td>47.8%</td>
</tr>
<tr>
<td>Latino</td>
<td>42.5%</td>
</tr>
<tr>
<td>White</td>
<td>32.6%</td>
</tr>
</tbody>
</table>


CURRENT OBESITY RATES AMONG CHILDREN BY RACE AND ETHNICITY (2011-2012)

<table>
<thead>
<tr>
<th>Race</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Children</td>
<td>16.9%</td>
</tr>
<tr>
<td>Black</td>
<td>20.2%</td>
</tr>
<tr>
<td>Latino</td>
<td>22.4%</td>
</tr>
<tr>
<td>White</td>
<td>14.3%</td>
</tr>
</tbody>
</table>

Walking Offers Big Benefits

Walkers are approximately 3x more likely to meet physical activity recommendations than non-walkers.¹

62% of adults reported walking at least 10 minutes a week for leisure or transportation.¹

Physical activity can reduce risk of diseases such as depression, coronary heart disease, osteoporosis, obesity, as well as stroke, Type 2 Diabetes and some cancers.²

Walking is the most popular aerobic activity.³

Parks Promote Walking

People living within a 10-minute walking distance of a park have higher levels of physical activity and lower rates of obesity.⁴

Group walking in nature can significantly lower depression, stress and enhance mental well-being.⁵

SOURCES
Fatalities and injuries of people walking

People Killed While Walking by Income

- Low-Income: 2x as likely
- High-Income

Governing, August 2014

Children Killed While Walking

- African American: 2x as likely
- Latino: 40% more likely
- White

Dangerous by Design, 2011

Safe Routes to School National Partnership

People Killed While Walking

- African American: 2x as likely
- Latino: 2x as likely
- White

Governing, August 2014

People Killed While Bicycling

- African American: 30% more likely
- Latino: 23% more likely
- White

Centers for Disease Control and Prevention, 2001

In “modern auto centric cities” child pedestrian fatalities are more concentrated around parks than other citywide destinations

Ferenczack NM & Marshall WE. Injury Prevention, Jan 2017
Demand

GOALS

1. Clarify the challenges, barriers, and opportunities to walking throughout Minnesota;
2. Engage and build relationships with those identified in Minnesota Walks as “priority populations” as they must often rely on walking as a mode of transportation; and
3. Build and strengthen relationships with practitioners and policy makers around the state to lay the groundwork for policies, programs, processes, and projects at the state, regional, and local levels to improve walking.

ENGAGEMENT REACH

- 33 Community gatherings
- 14 Focus groups
- 8 Walking workshops
- 4 Libraries
- 2 Teen workshops
- 1,573 Online survey responses
- 6,000+ People engaged

HIGHLIGHTS

Top five walking destinations:
- Grocery store
- Park
- School
- Home
- Bus/transit

Top five elements that positively contribute to a walking experience:
- Presence of other people
- Good sidewalks or trails
- Quiet streets & low traffic
- Good snow & ice removal
- Shade
Safe Routes Get People Walking

Physical activity on trails is more frequent if they are well-maintained. 5

Older adults frequently report that access to well-maintained green space and sidewalks encourage more walking for leisure and transportation. 5

Trails maintained in excellent condition had 73% more users than those in poor condition. 2

In Lincoln, Nebraska, for every $1 invested in multi-use trail development and maintenance, an average of $3.00 was saved in direct medical costs. 4

Traffic calming and presence of playgrounds and recreation areas were consistently associated with more walking and less pedestrian injury. 3

Sources:
Safe and Equitable Access to Parks through use of environmental, policy, and program strategies.
Action Framework

Assess

Plan

Engage

Implement

Sustain

www.nrpa.org/safe-routes-to-parks
Engage

Partner with community organizations and community members during all stages of the process.
Assess: Understand community priorities based on data and community input.
Plan: Develop priority areas, set goals and specific actions, identify policy improvements, and integrate into agency and jurisdiction plans and policies.²
Implement: Put plans into action and ensure that those actions are based on best practices in engineering, design and programming.

Engineering and Design

- Park Amenities
- ADA Compliance
- Street Design
- Connectivity
- Park Design

Programming

- Maintenance
- Signage and Wayfinding

Personal Safety
Sustain: Ensure that efforts are continued, integrated into agency functions and are positively affecting the community.
Evidence-Based Chronic Disease Management

Innovative Delivery Systems
• Walk with Ease
• Active Living Every Day
• Fit & Strong!
• A Walk in the Park!

Environmental Approach
• Permanent Referral System
How can you partner to connect people with the outdoors?
Thank You!

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