



# The Role of Parks and Recreation in Planning for Health

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**Thank you to our funder:**

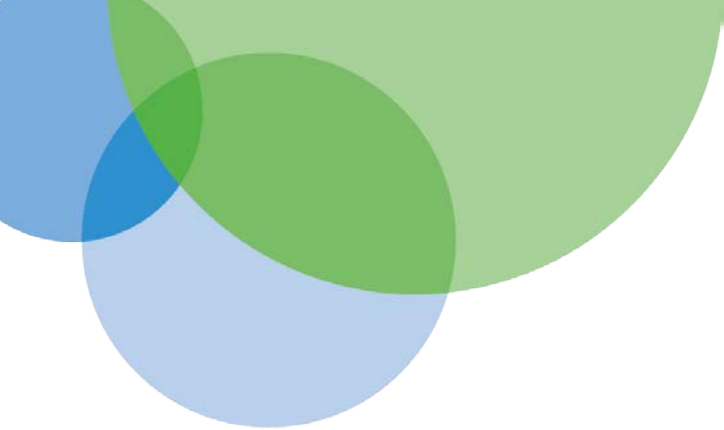
**The Centers for Disease Control and  
Prevention**



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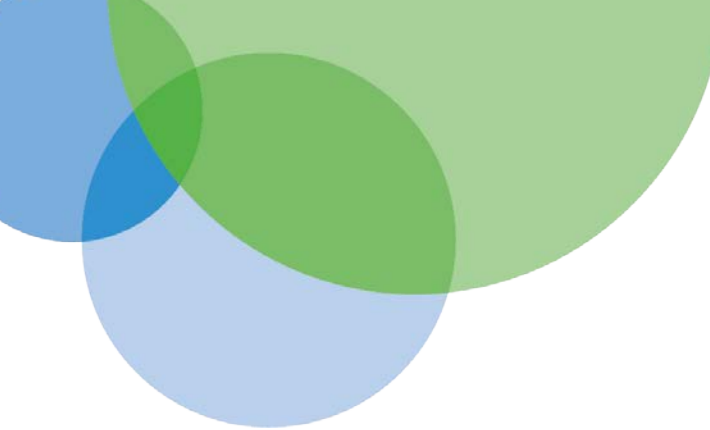


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The **Recording** and **Slides** will be available at  
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*(You will receive an email notification  
when the recording is available)*

At the end of the presentation a link to our  
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**Thanks!**



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# Questions & Answers!

## To Ask a Question:

Please submit questions via the “Ask A Question” box located in the lower left corner of your screen



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**National Recreation  
and Park Association**

# **The Role of Parks and Recreation in Planning for Health**

**Zarnaaz Bashir, MPH**  
**Director, Health Initiatives**



[www.nrpa.org](http://www.nrpa.org)

# NRPA's Three Pillars

Conservation



Health & Wellness



Social Equity



National Recreation  
and Park Association

[www.nrpa.org](http://www.nrpa.org)



# The State of Public Health

“People can make healthier choices if they live in neighborhoods that are safe, free from violence, and designed to promote health.”

*Robert Wood Johnson Foundation, Commission to Build a Healthier America*



National Recreation  
and Park Association

[www.nrpa.org](http://www.nrpa.org)

# Parks Promoting Health

- Park prescriptions
- Revitalizing parks
- Connectivity/trails
- Programming
  - *Physical activity, nutrition*
- Traffic safety/safe park zones
- Joint use agreements
- Smoke-free parks



# The Evidence

- Living close to parks and other recreation facilities is consistently related to higher physical activity levels for both adults and youth.

*American Journal of Preventive Medicine; President's Council on Physical Fitness and Sports Research Digest*

- Having more parks and more park area (acreage) within a community is associated with higher physical activity levels.
- Lower-income populations & some racial and ethnic populations have limited access to parks and recreational facilities. These disparities partially explain lower physical activity levels among these populations.

*Active Living Research, Parks, Playgrounds & Active Living, February 2010*



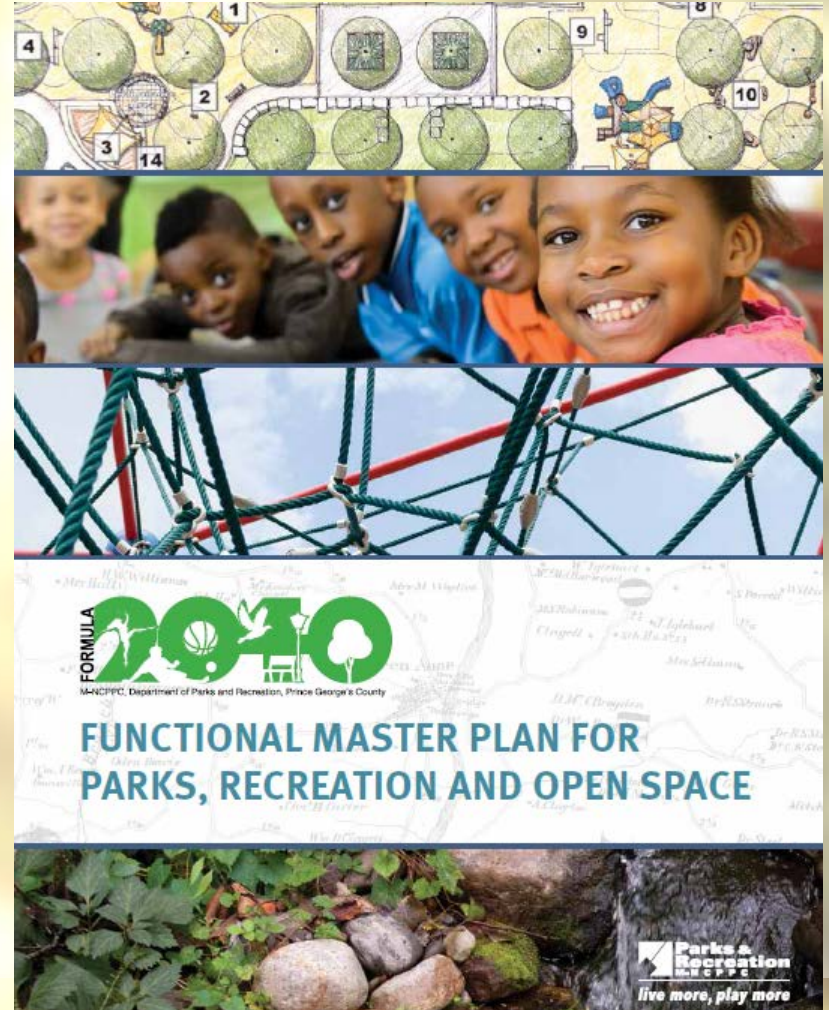


# Improving Access to Parks



# Making an Impact

- Health equity
- Health in all policies
- Benefits of parks go beyond health
- Health Impact Assessments



National Recreation  
and Park Association

[www.nrpa.org](http://www.nrpa.org)



# Thank You!

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703-858-4746



National Recreation  
and Park Association

[www.nrpa.org](http://www.nrpa.org)

# Greening the City



City of Los Angeles  
Department of Recreation and Parks

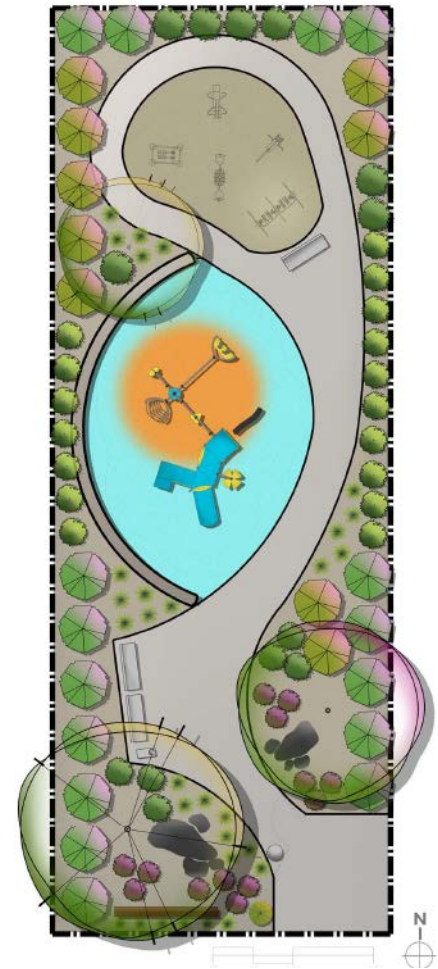


# City of Los Angeles 50 Parks Initiative

## Objectives

To develop 50 new parks and open spaces in neighborhoods where a large percentage of residents do not live in close proximity to a park/recreational facility

To design new parks with a high sustainability focus on maintenance, water and energy conservation



# City of Los Angeles 50 Parks Initiative

## Why 50 Parks?



# City of Los Angeles

## Department of Recreation and Parks

- 16,000+ acres of Parkland
- 439 Park Properties
- 370 Playgrounds
- 184 Recreation Facilities
- 256 Ball Fields
- 62 swimming pools
- 13 Municipal Golf Courses



# City of Los Angeles Department of Recreation and Parks

**Largest Social  
Service Agency in  
the City ...  
but it's not enough**





- 

# Benefits of Equitable Park Access

## Health Benefits

Increase in physical activity

Contact with the natural world improves psychological health

Addresses childhood obesity and diabetes at the root

## Economic Benefits

Well maintained and safe parks increase property value

Reduction in Health Care Costs

## Environmental Benefits

Urban trees generate oxygen and reduce heat island effect

Capture, clean and reuse of storm water runoff (on and off site)





# Benefits of Equitable Park Access

## Social Benefits

Parks provide opportunities for social interaction and help build sense of Community

Provides a place for children to develop social and physical skills through play

Playgrounds are often the gateway for children's participation in organized sports and other recreational opportunities



***“Parks are essential to the health and well-being of all Americans”***

- Will Rogers



# Challenges

- Enormity of the scale and needs of a very diverse City
- Available land
- Property values
- Budget cuts
- Available resources
- Capital funding
- On-going Maintenance



# Meeting the Challenge

Local Partnerships

Community Focused Design Process

Low Maintenance & Sustainable Designs





# Meeting the Challenge

## Local Partnerships

- First developed priority areas – 2009 Needs Assessment
- Inventoried available properties (Surplus City, County, or State Land, Right-Of-Ways, For Sales, Foreclosures, etc.)
- Partnerships (LANI, TPL, LAPF, LANLT, MRCA)
- Funding Strategies (including alternative, non-traditional)



# Meeting the Challenge

## Community Focused Design Process

- Collaborative planning and design process with area stakeholders
- Community build days – develops ownership
- Sustainable design with eye on reduced maintenance and utility costs





# Meeting the Challenge

## Low Maintenance & Sustainable Designs

- Standardize infrastructure and site amenities but customize site layouts, playgrounds and type and scale of amenities
- Involve maintenance from planning through construction
- Prequalify contractors and used in-house construction teams



# Sustainable Park Design

## Drought Tolerant Landscaping



## Solar Compacting Trash Cans



## Smart Irrigation System



## Solar Lighting



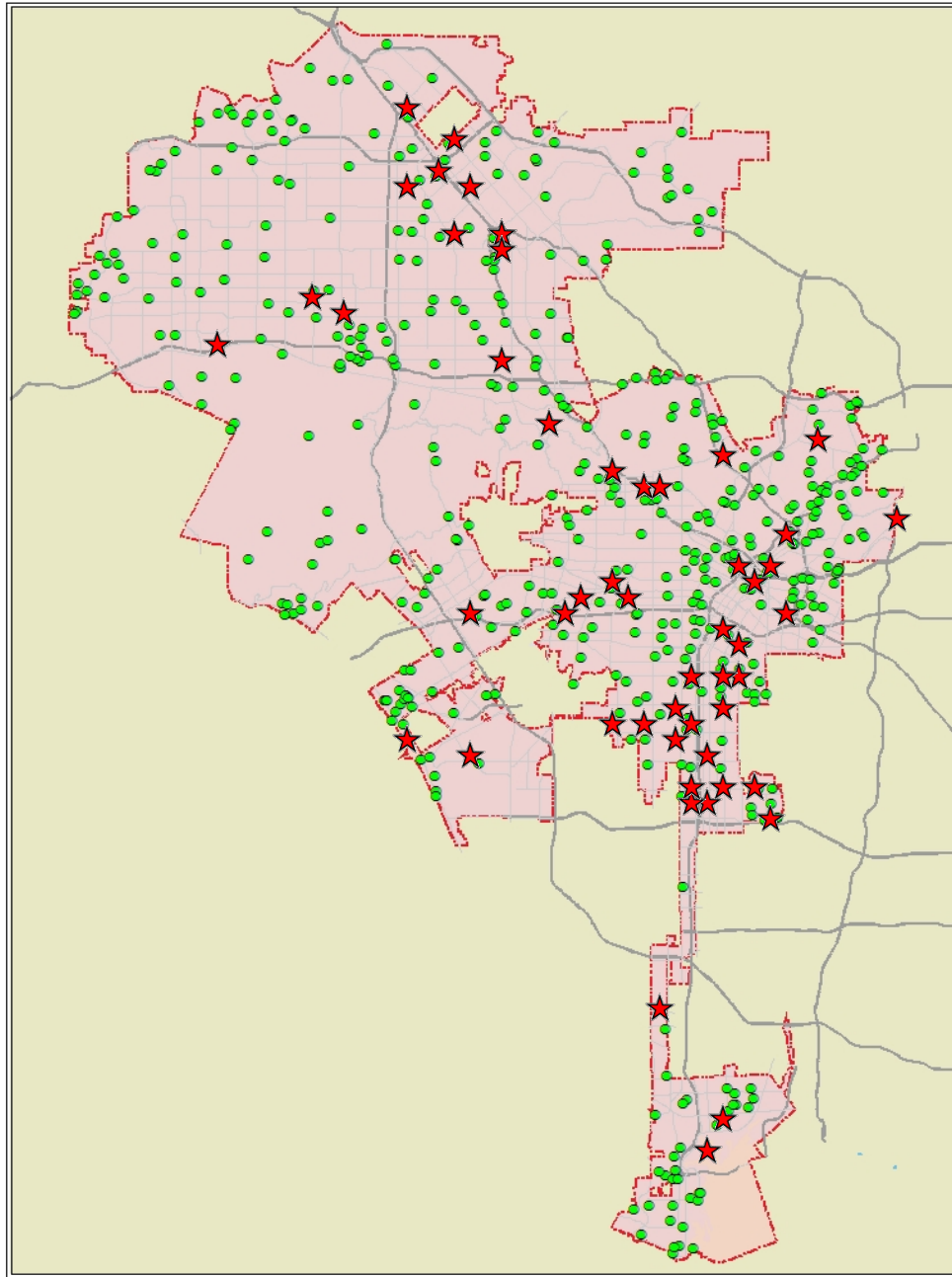
## Automatic Gates





# Status

- **61 Sites Identified**
- **\$129M in Funding**
- **More than a dozen project Partners**





# History/Status

- **Initiated in Fall 2010**
- **53 sites acquired**
- **24 new parks opened**
- **10 parks in construction**
- **Approx. 80,000 people live within ½ mile of the 7 new parks opened last year**
- **Partners doing 23 of the 61 parks**



# Rockwood Before





# Rockwood After





# 11 Ave. Before





# 11 Ave. After



# 49<sup>th</sup> St. Before





# 49<sup>th</sup> St. After



JuanCarlos Chan / LA Dept Rec and Parks

# **APHA and APA Webinar**

**“The Role of Parks and Recreation in Planning for Health”**

**Maria Nardi**

**Chief of Planning, Research and Natural Areas**



**MIAMI-DADE PARKS, RECREATION AND OPEN SPACES DEPARTMENT**



# **CONNECTING**

**PEOPLE - PARKS - PUBLIC SPACES**

**MIAMI-DADE PARKS, RECREATION AND OPEN SPACES DEPARTMENT**

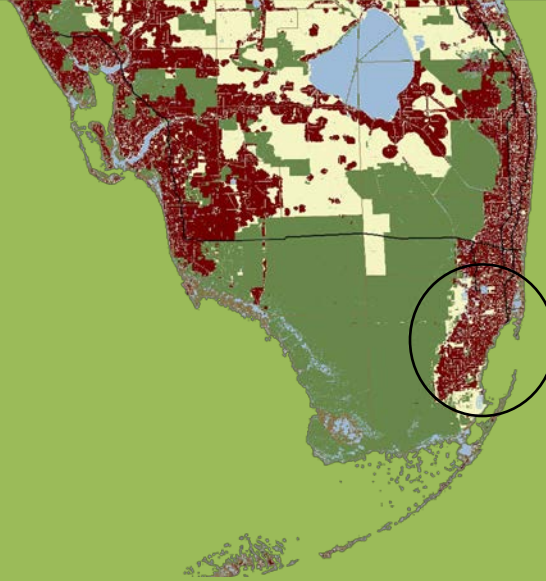
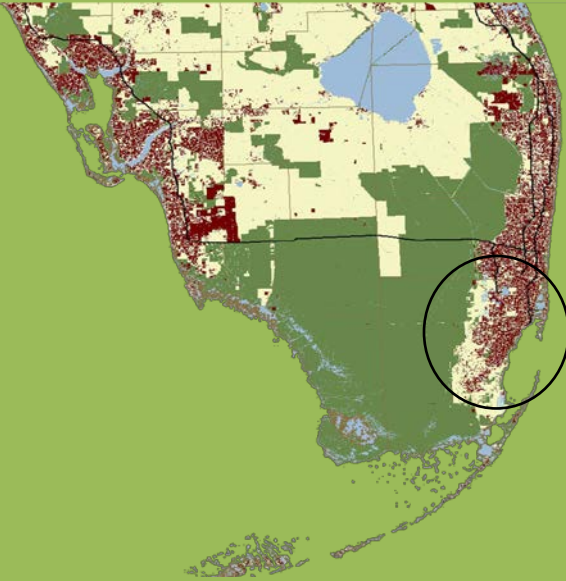
# WHO WE ARE...



- One of the Largest Park & Public Space Systems in the Nation
- Only Metropolitan Region Bordered by Two National Parks
- Over 260 Parks, Greenways and Recreational Facilities
- Over 12,500 Acres
- 26,000 Acres of Environmentally Endangered Lands
- Includes Beaches, Regional, Neighborhood Parks, Historic Sites, Botanical Gardens, Greenways, Nature Preserves, Marinas, to name a few...

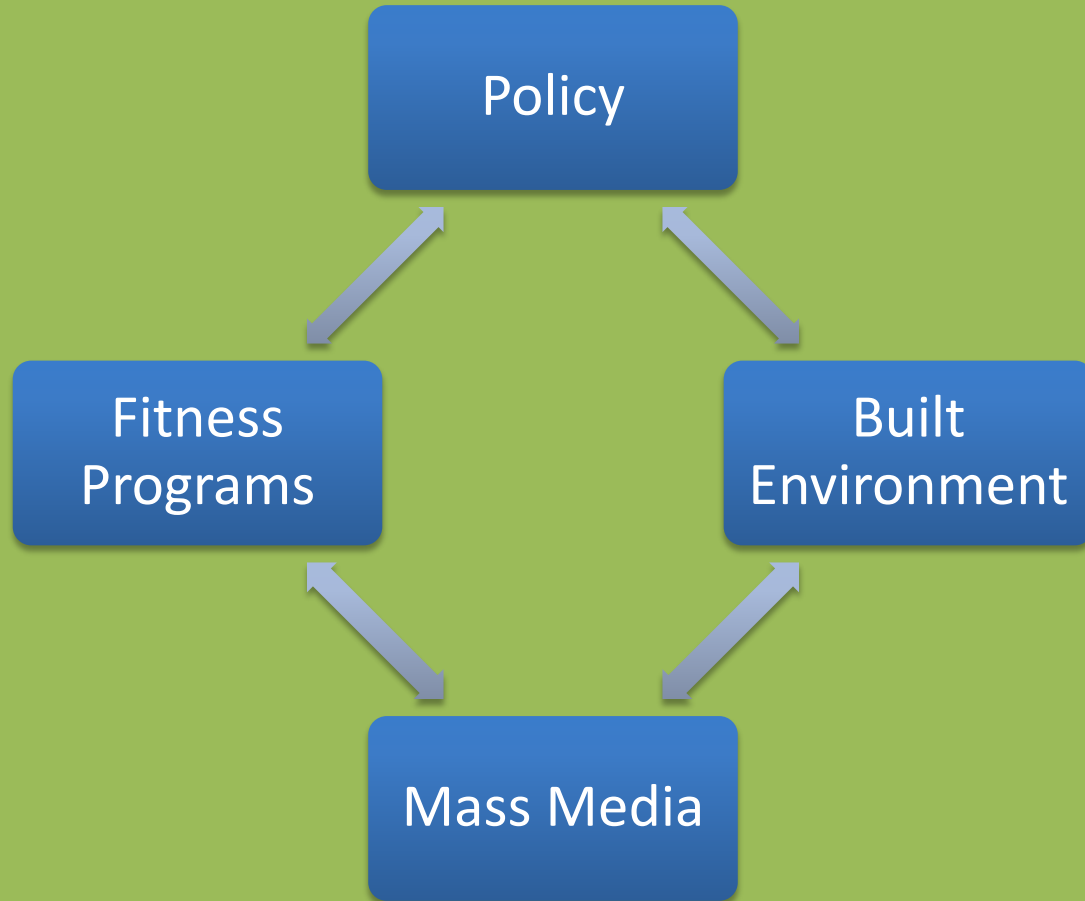


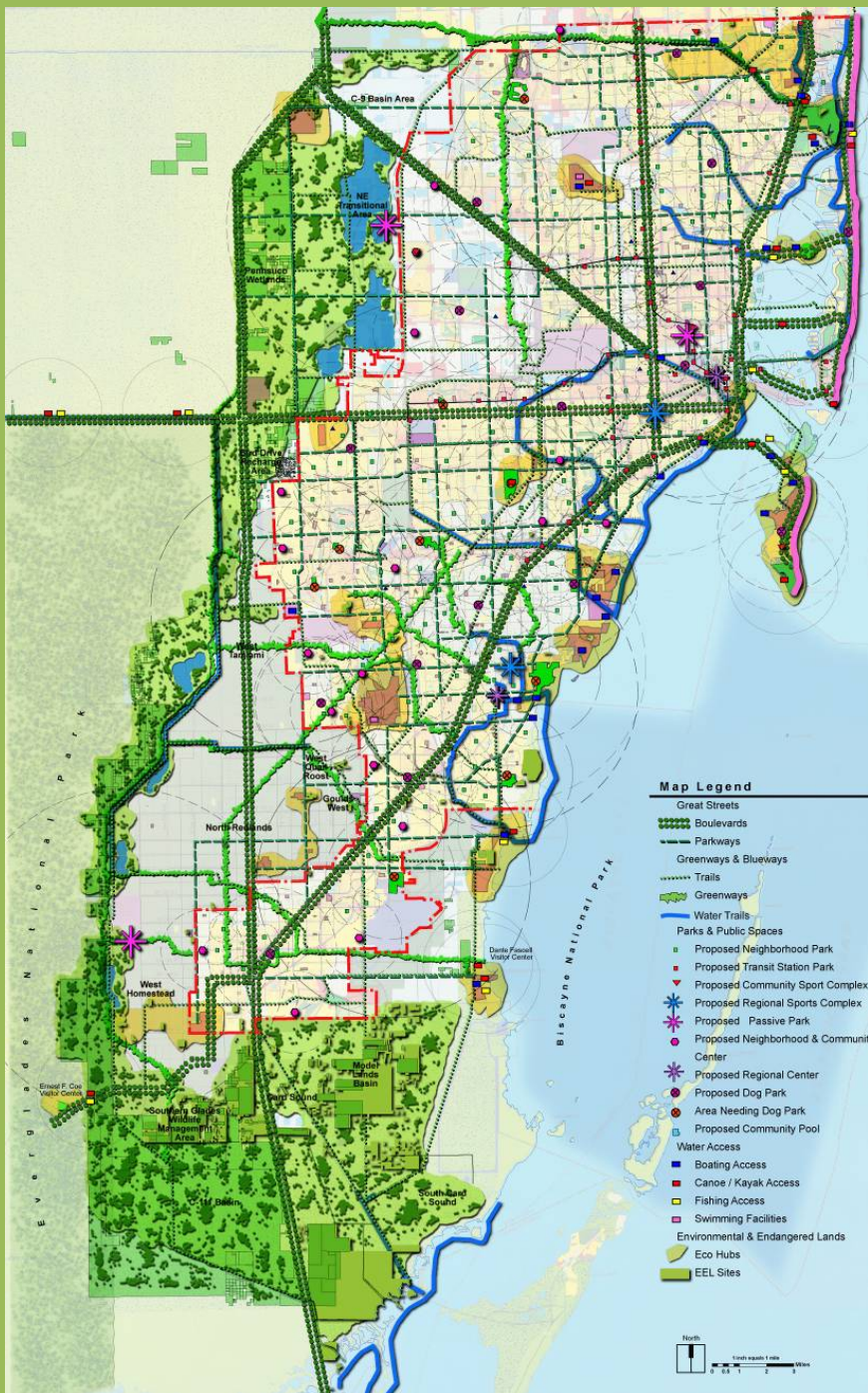
# CHALLENGES





# ACHIEVING HEALTH EQUITY





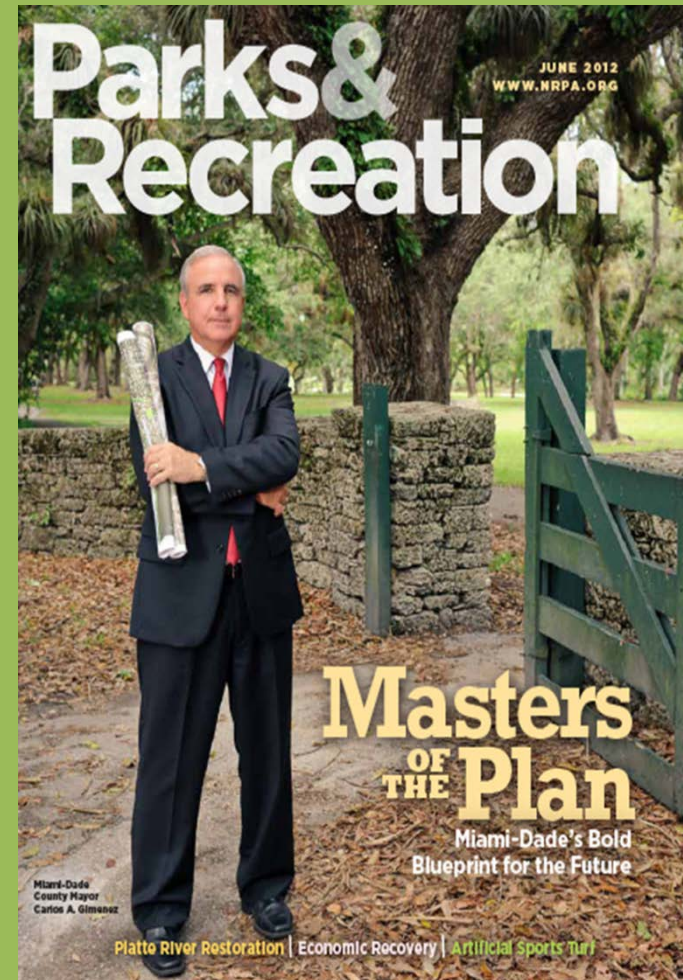
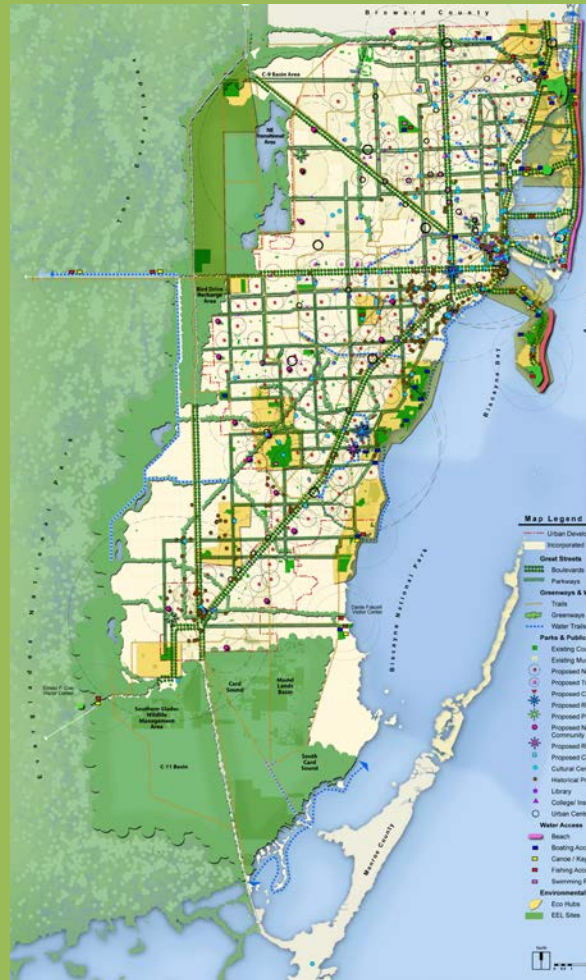
# The Public Realm:

- Great Parks
- Great Public Spaces
- Great Natural and Cultural Places
- Great Greenways and Blueways
- Great Streets

## PRINCIPLES

1. Equity
2. Access
3. Beauty
4. Seamlessness
5. Sustainability
6. Multiple Benefits



[illegible]



# SOUTH FLORIDA PARK COALITION

## South Florida Parks Coalition

A Coalition of City, County, State and Federal Parks in Miami-Dade County

A Vision as ambitious as the Miami-Dade County Parks and Open Space System can only be accomplished through the seamless collaboration of City, County, State, and Federal Park agencies working together to create a more livable Miami-Dade County through a vision that includes great parks, public spaces, natural and cultural areas, greenways, water trails and streets.

## The Charter

### Preamble:

*The South Florida Parks Coalition is created to foster a seamless, connected, and sustainable parks system for the South Florida community. The Coalition will meet, collaborate, share knowledge and professional expertise regarding park, recreation and conservation open spaces.*

*Our work is rooted in the fundamental values of recreation opportunity and environmental stewardship. It is dedicated to building a model park system that will promote a greener, healthier, and more livable South Florida community.*

*We believe that a model park system consists of parks and public spaces, recreation facilities, greenways, blueways, great streets and conservation lands.*

*We believe that a sustainable, model Park System must be planned and created with an eye to its impact on the neighborhood, city, county and region as a whole. It must be effective, efficient, fair and balanced. It must work with other public and private agencies; and it must enhance the health, safety, happiness and well-being of all residents and visitors to South Florida, now and in the future.*

*We believe that a model park system is integral to social, environmental and economic sustainability; it must become a vital part of everyday human experience; it must be connected spiritually and physically; and it must provide accessibility for people of all means and abilities. The model Park System must raise the standard of living for the region and inspire generations of people to care for and contribute to their communities.*

### Based on these beliefs, we assert that the Model Park System shall:

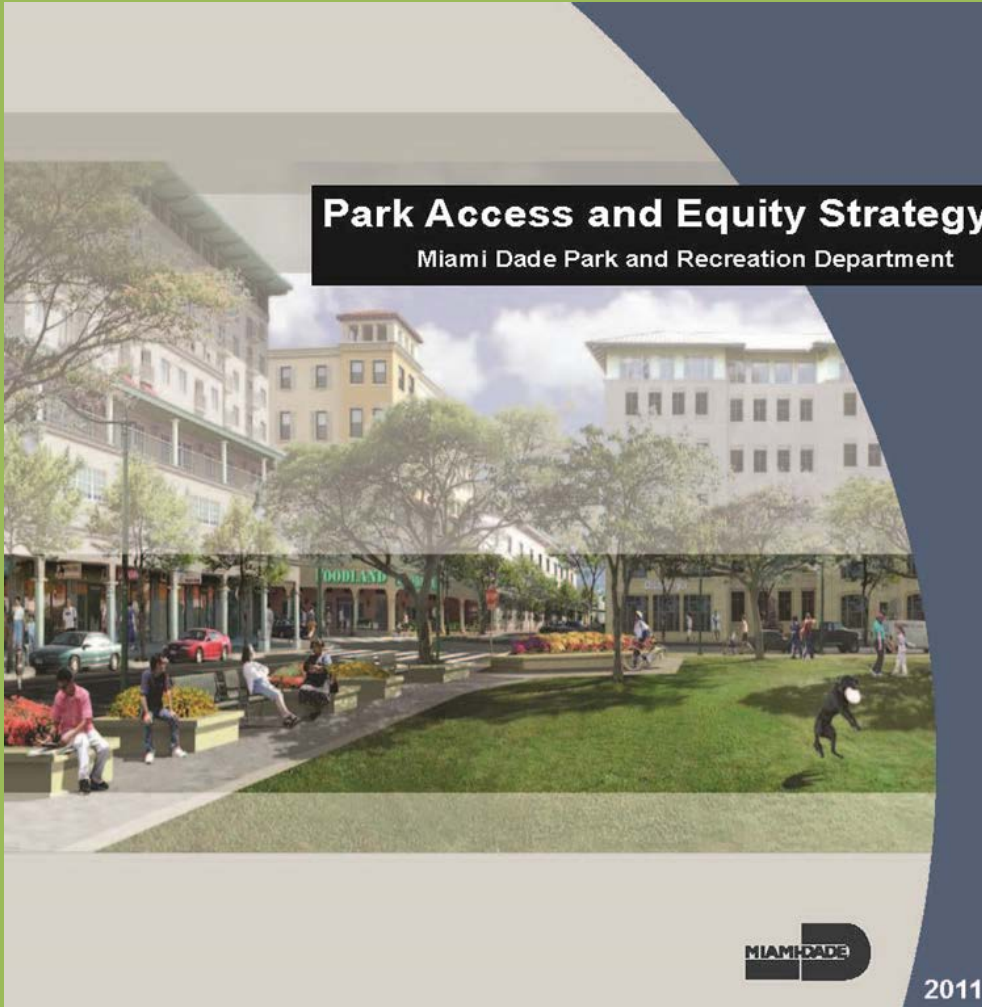
- Ensure an accessible, diverse and balanced system of passive and active recreation opportunities that promote safety, security and healthy lifestyles.
- Ensure the preservation, protection and enhancement of ecological resources to sustain and preserve biodiversity and the environmental health of the region.
- Ensure the preservation, protection and enhancement of cultural resources to sustain landscapes and their historical and heritage features.
- Ensure that park, recreation and conservation open spaces guide the shape of urban form.
- Ensure that there is no net loss of park, recreation or conservation lands and mandate replacement of land of equal value, context and significance.
- Ensure community stewardship of park, recreation, and conservation open spaces by fostering educational and recreational programming, civic art, volunteerism and support of philanthropic and grassroots organizations.
- Ensure the continual enhancement of economic development and quality of life in the region by partnering and collaborating with the business community.
- Ensure the equitable distribution of park, recreation and conservation open spaces for all communities in the region.
- Ensure and support responsible growth to conserve environmental and cultural resources, promote economic investment, and support neighborhood stability, while reclaiming marginal and abandoned areas.
- Ensure the support and development of an interconnected framework of transportation alternatives such as transit, pedestrian, bicycle and waterway systems that link parks, recreation and conservation open spaces to each other and to communities.
- Ensure high standards of design excellence, innovation and beauty to support economic, social and environmental sustainability of the region.



# C.P.P.W. GRANT

## Park Access and Equity Strategy

Miami Dade Park and Recreation Department

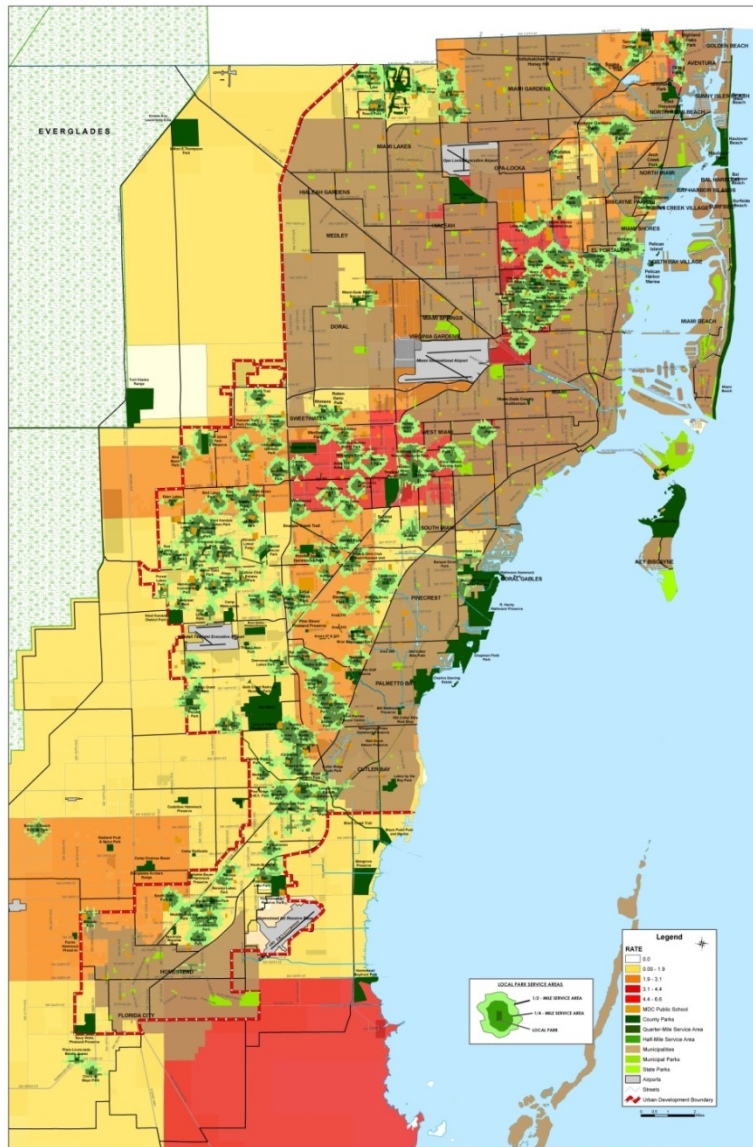


**THIS PARK IS  
TOBACCO FREE**

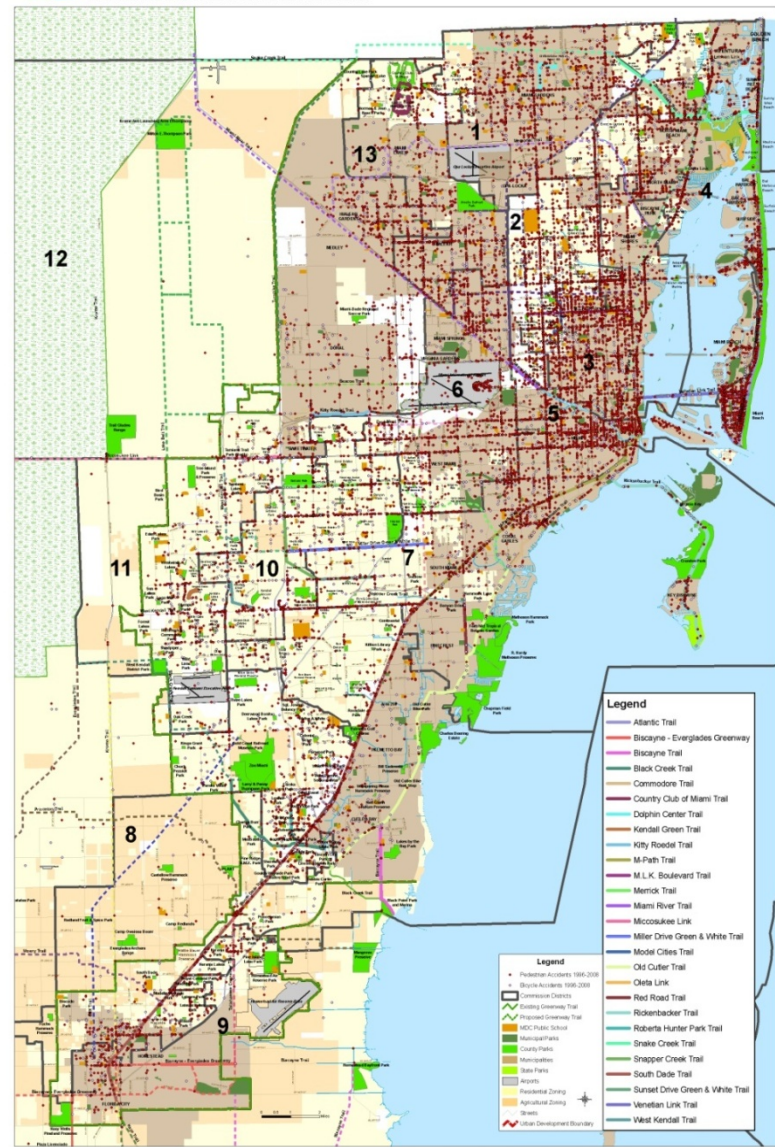


**WE APPRECIATE YOUR COOPERATION**

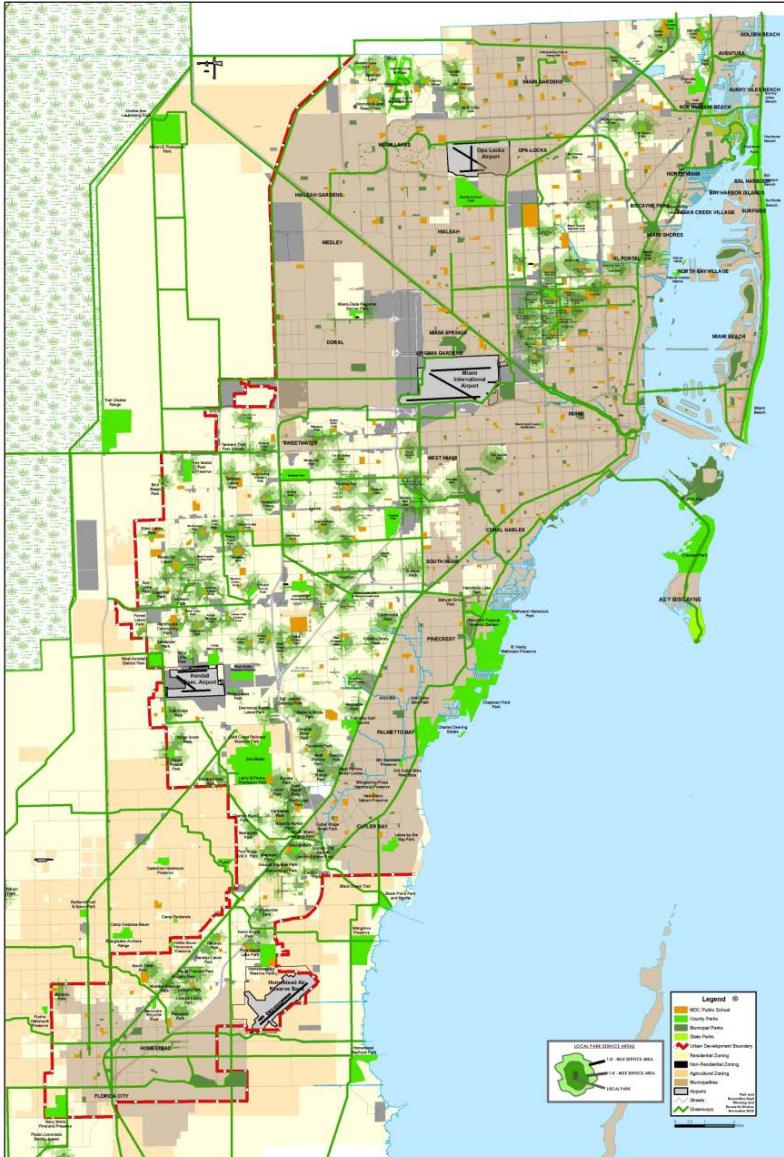




Cardiovascular Mortality

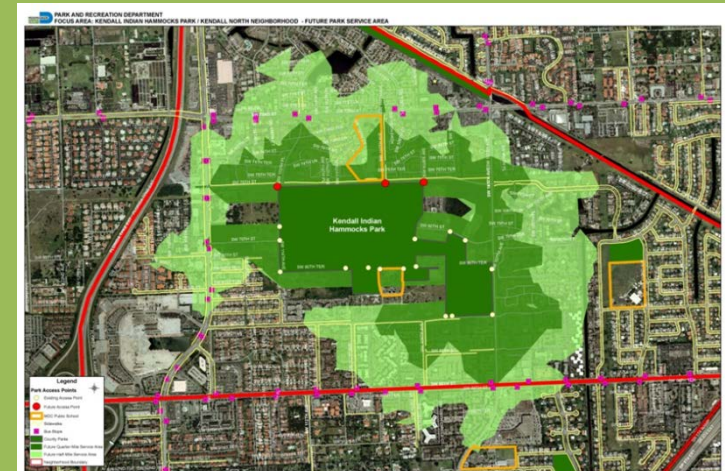






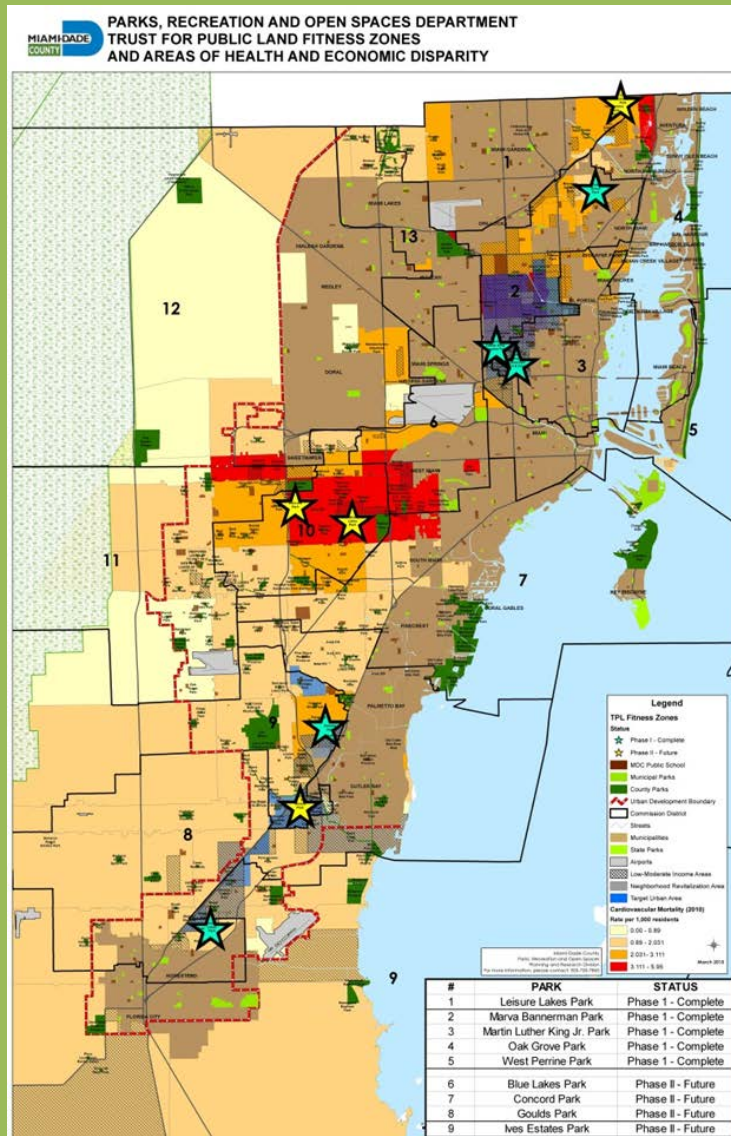
# LOCAL PARKS

1/4 - 1/2 mile walk shed





# ENHANCED FITNESS



## Miami-Dade Parks

### OUTDOOR FITNESS ZONE

Exercise & Nutrition Log

**MIAMI-DADE COUNTY**

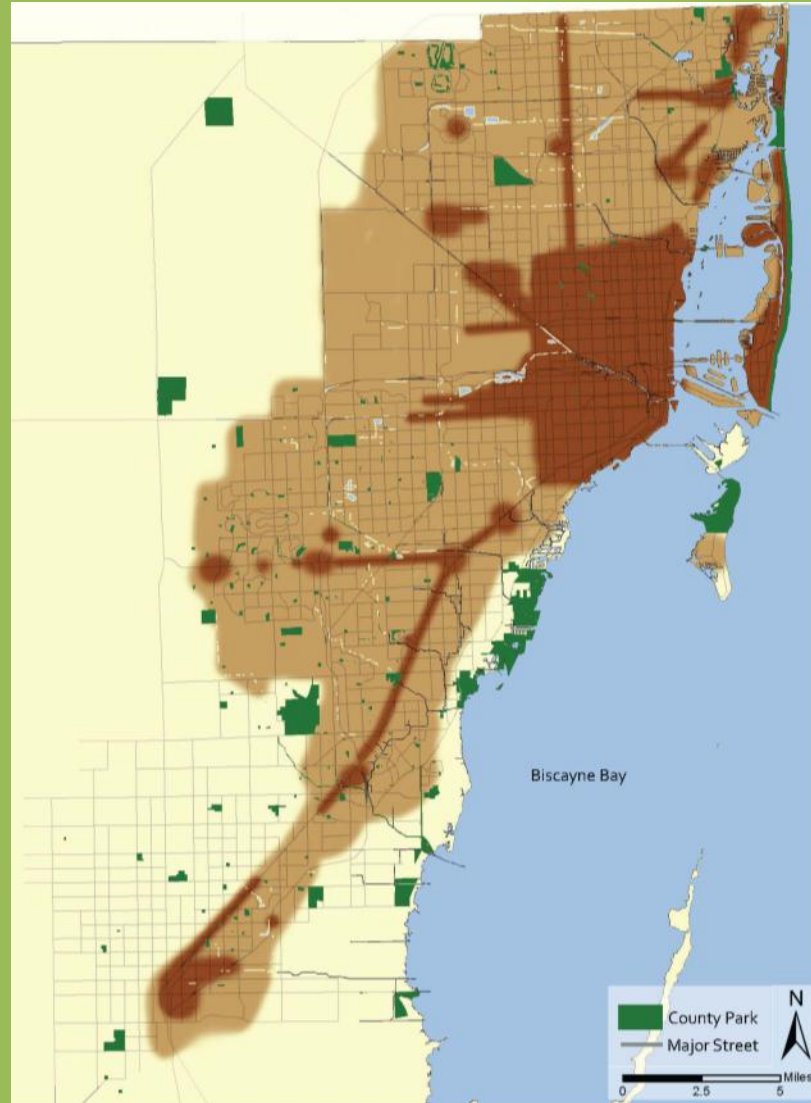
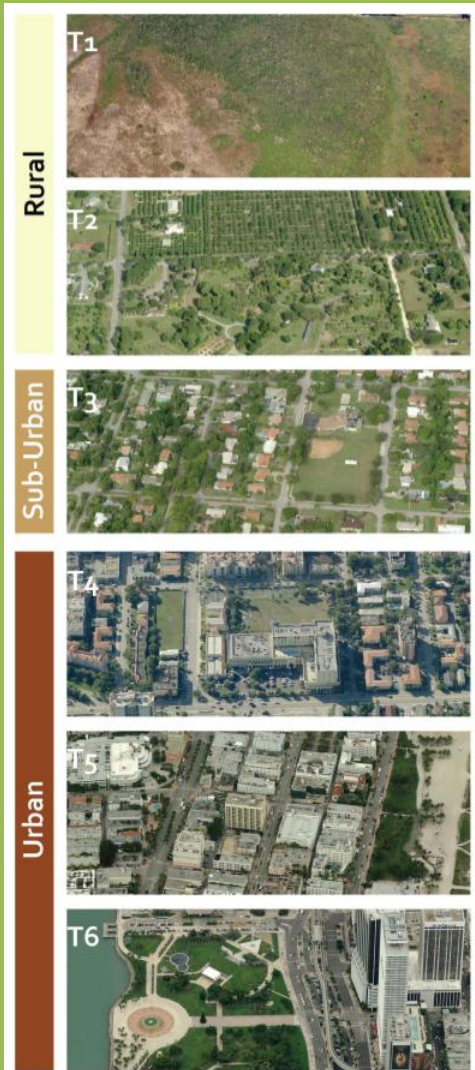
[www.miamidade.gov/parks](http://www.miamidade.gov/parks)

**Foundation**



# PARK STRUCTURE AND LANDSCAPE

## Pattern Book





# Urban Design Manuals

## Private and Public Development



This illustration of a low-density residential street shows successful spatial definition of the public realm, which is a result of a street cross section that produces visual enclosure and a positive human scale. The ratio of street width to adjacent building walls generates a place of singular character.



The public realm is a critical part of a community's infrastructure that creates significant value and distinction for a neighborhood. A well-designed public realm encourages social interaction, civic engagement, physical activity and time spent outdoors.

# TRANSIT ORIENTED PARKS (TOPS) AND....DEVELOPMENT



Dover Kohl & Partners and  
University of Miami School of Architecture



# The Public Realm:

- Great Parks
- Great Public Spaces
- Great Natural and Cultural Places
- **Great Greenways and Blueways**
- Great Streets

## Greenway System

Goal: 500 miles

Built: 140 miles

WIP: 25 miles





# The Underline

Friends of The Underline, PROS and MDT



Station - Brickell **Now**



Station - Brickell **After**, courtesy LandscapeDE

# The Underline

Friends of The Underline, PROS and MDT



Park - University of Miami **Now**



Park - University of Miami **After**, courtesy Anna Baez

**Miami-Dade Parks, Recreation and Open Spaces Departments**  
**[www.miamidade.gov/parks](http://www.miamidade.gov/parks)**