"The importance of public space for promoting physical activity in under-resourced populations: The case of Trojan Park"

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Background

- Public access to exercise and play is important for health promotion in urban populations
- While urban parks have traditionally provided openly accessible recreational opportunities to community members, the impact of such endeavors may vary depending on multiple factors.
- Introducing ways to assess these factors would not only help determine the impact of individual parks, but also identify features that could be improved or more widely implemented.

Trojan Park

- Trojan Park is one of the few green spaces in the city Wellston which has a population of 1,882, a median household income of approximately $18,000, and a median age of 28 years.
- The park opened October 8, 2016 to provide its residents a place to play and exercise.

Fitness Zones

- Fitness zones have been shown to increase physical activity in parks where these types of programs are located
- Found to primarily benefit segments of the population that are at higher risk for physical inactivity and other poor health outcomes
- By nature of it being free, these types of facilities and programs are appealing to a segment of the population that could not otherwise afford "for fee" activities

Methods

- We measured use of the park by conducting park intercept surveys and analyzing video surveillance footage obtained with permission from Great Rivers Greenway.
- We used the SOPARC (System for Observing Play and Recreation in Communities) method with video footage dividing the park into seven target zones.
- We scanned these specific areas for five time periods (8:00 am, 11:00 am, 2:00 pm, and 5:00 pm) on alternating days for a period of two weeks during the summer of 2018.

Methods

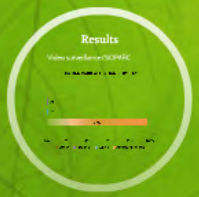
- In addition, we conducted park intercept surveys of park users over a period of approximately four weeks at 7 p.m. on alternating days.
- Only adults over 18 years old were interviewed and they completed an oral informed consent form.
- IRB approval for this study was obtained from Washington University in St. Louis prior to beginning data collection.

Results

Video surveillance/SOPARC

Results

Video surveillance/SOPARC



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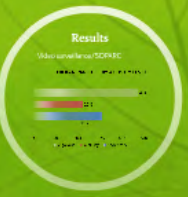

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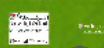
Park Intercept Interviews Results

Conclusions

Funding

This project was supported by funding from the REACH, Inc. Community Health Action Grant at the Institute for Public Health at Washington University in St. Louis.



Prezi

"The importance of public space for promoting physical activity in under-resourced populations: The case of Trojan Park"

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- Introducing ways to assess these factors would not only help determine the impact of individual parks, but also identify features that could be improved or more widely implemented.

Trojan Park

- Trojan Park is one of the few green spaces in the city Wellston which has a population of 1,582, a median household income of approximately $18,000, and a median age of 28 years.
- The park opened October 8, 2016 to provide its residents a place to play and exercise.

Fitness Zones

- Fitness zones have been shown to increase physical activity in parks where these types of programs are located.
- Found to primarily benefit segments of the population that are at higher risk for physical inactivity and other poor health outcomes.
- By nature of it being free, these types of facilities and programs are appealing to a segment of the population that could not otherwise afford "for fee" activities.

Methods

We assessed use of the park by conducting park intercept surveys and analyzing video surveillance footage obtained with permission from Great Rivers Greenway.

- We used the SOPARC (System for Observing Physical Recreation in Communities) method with video footage, dividing the park into seven target areas.
- We scanned these specific areas for four time periods (8:00 am, 11:00 am, 7:00 pm, and 9:00 pm) on alternating days for a period of two weeks during the summer of 2018.

Methods

- In addition, we conducted park intercept surveys of park users over a period of approximately four weeks at 7 pm on alternating days.
- Only adults over 18 years old were interviewed and they completed an oral informed consent form.
- IRB approval for this study was obtained from Washington University in St. Louis prior to beginning data collection.

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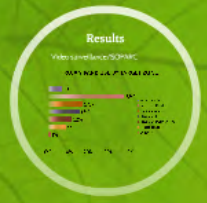

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Funding

This project was supported in part by Siteman Cancer Center, NIH, the Community Health Access Fund for the Institute for Public Health at Washington University in St. Louis.

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- In addition, we conducted park intercept surveys of park users over a period of approximately four weeks at 7 p.m. on alternating days.
- Only adults over 18 years old were interviewed and they completed an oral informed consent form.
- IRB approval for this study was obtained from Washington University in St. Louis prior to beginning data collection.
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Prezi

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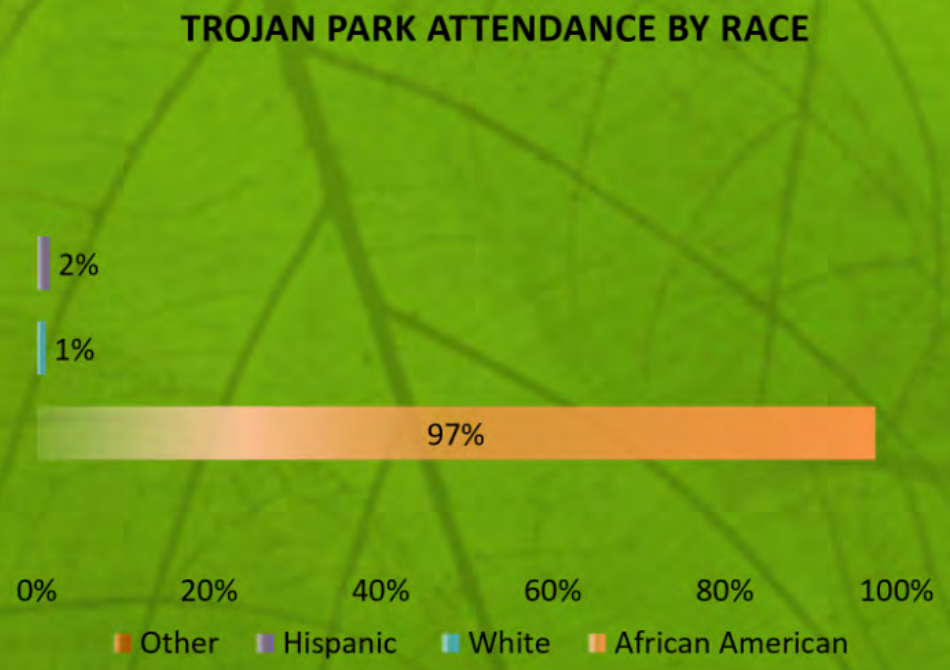

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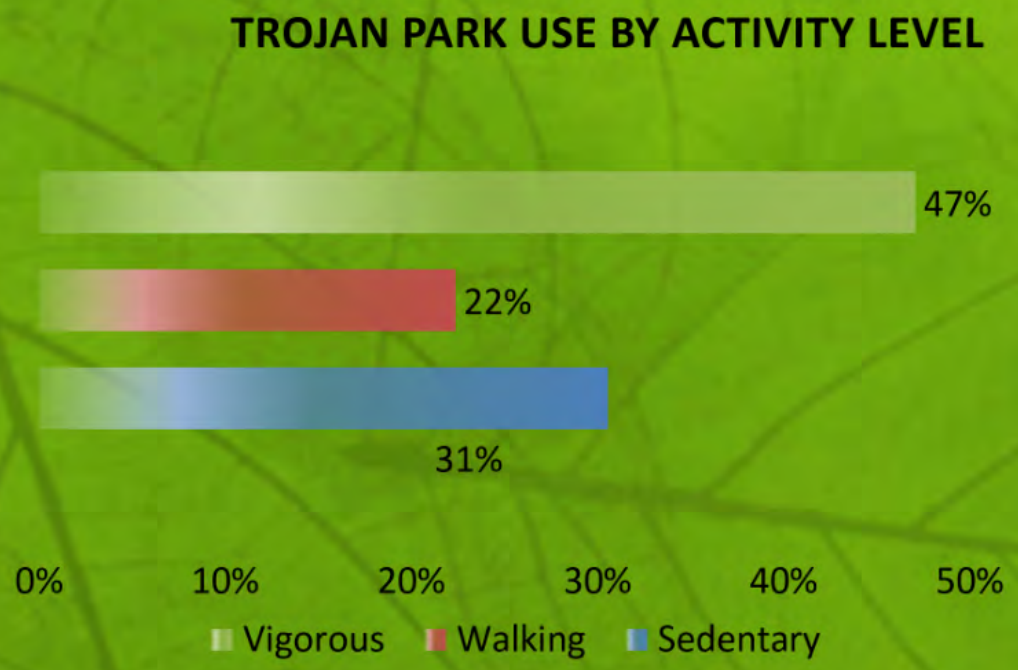

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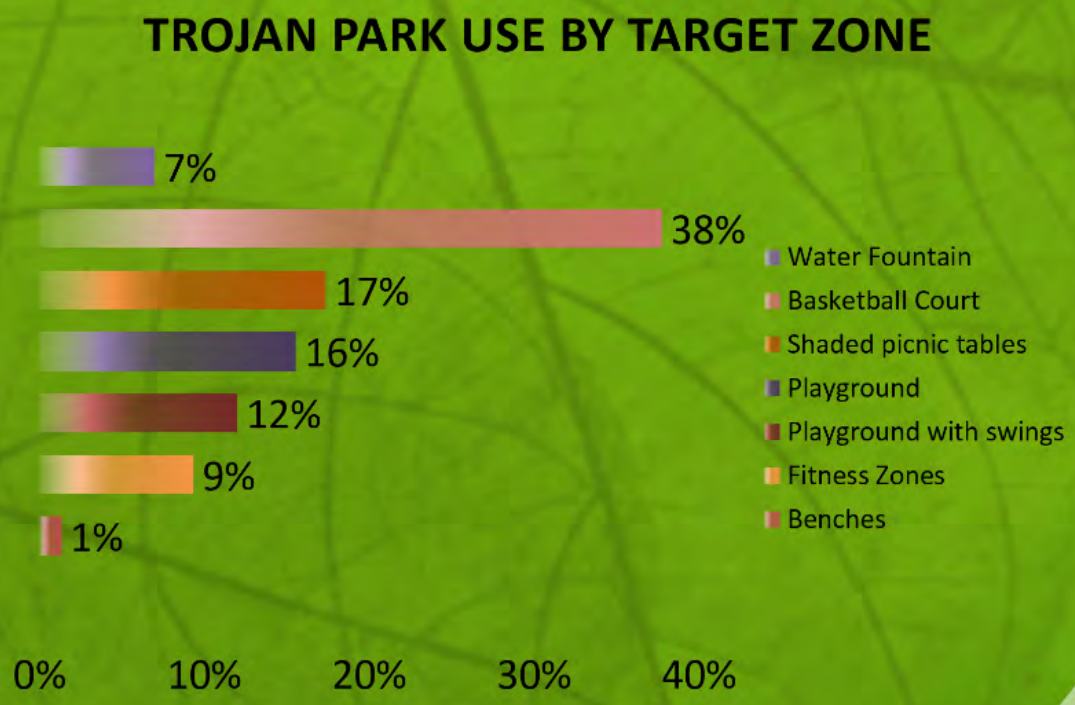

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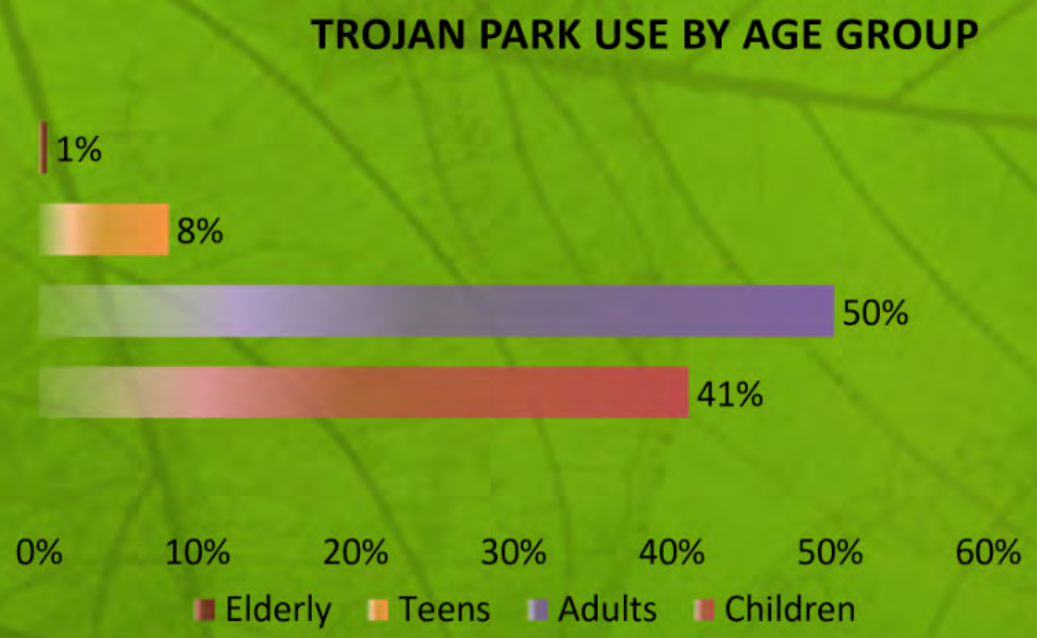

Results

Park Intercept Interviews Results

85% said park was easy to get to

39% ♂

56.2% ♀

92% black

5.7% Latino

3.4% White

100% felt safe

93 individuals interviewed

What did people do at the Park?

39.1%: Taking kids to Play

37%: Basketball

28.3%: Sitting at the park

27%: Meeting Friends at the park

26.1% : Fitness Zones

100% Said they would like to see more parks like this in St. Louis

90.2% Very Satisfied with the Park

41.9% Exercised in the Park

31.4% Exercised at the Gym

25.6% Exercised at Home

Conclusions

- Our findings establish that urban parks provide an important source of physical activity and social engagement for community members.
- In addition to fitness zones, playgrounds and basketball courts also served as preferred recreational opportunities for children and adults, respectively.
- Furthermore, we identify multigenerational accessibility as a key component to more widespread adoption of healthy practices at urban parks.
- Future studies may expand on ways to improve access across age groups through equipment design or the implementation of organized activities.

Funding

- This project was supported in part by funds from the MTM, Inc. Community Health Access Fund at the Institute for Public Health at Washington University in St. Louis.

Washington University in St. Louis
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Physical Therapy

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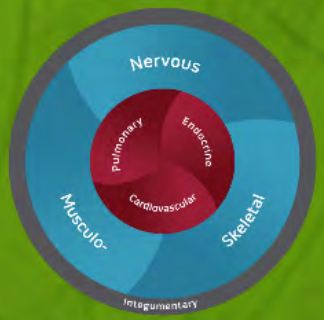

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