

CONNECTING PEOPLE AND PLACE

**Parks, Trails, and Open Space
in Underserved Communities:
*-A Public Health Perspective***

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What is Health?

Health is the state of complete physical, mental and social well-being and not merely the absence of disease or infirmity

- World Health Organization



What Factors Determine Our Health?



Family Health History



Behaviors/Lifestyles

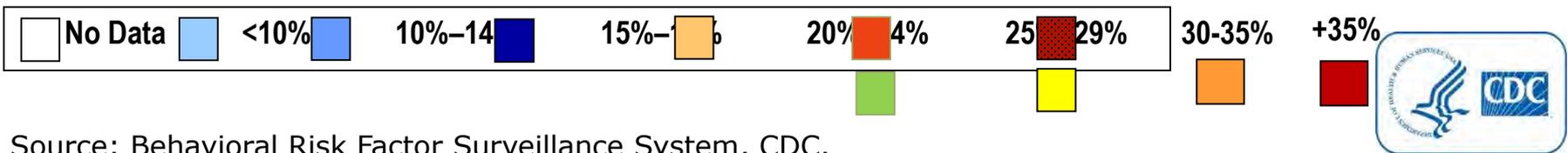
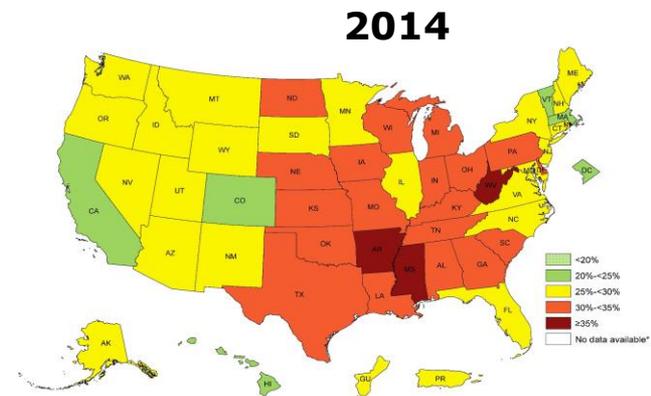
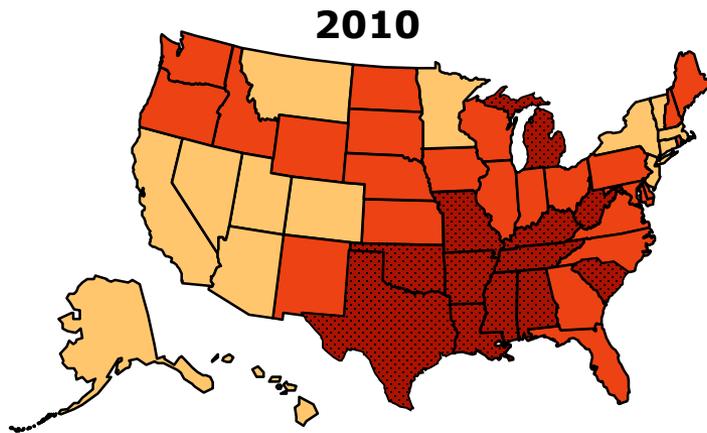
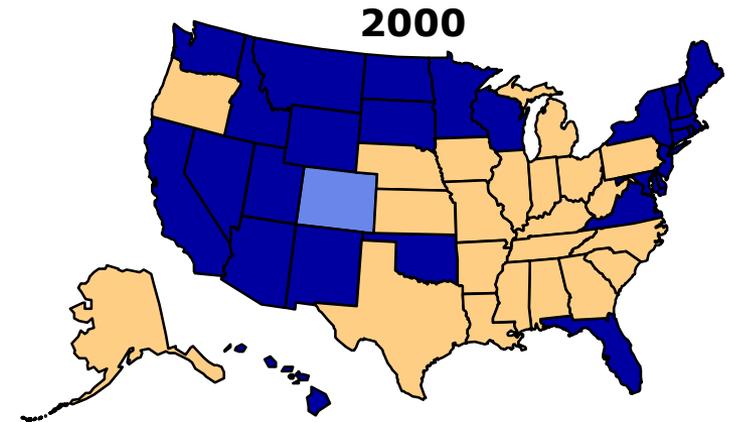
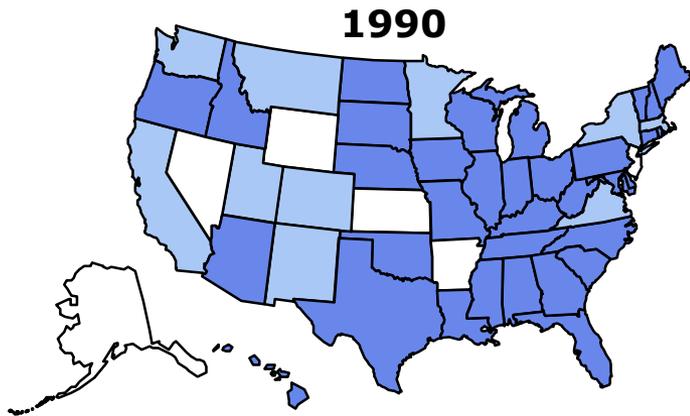


Environment

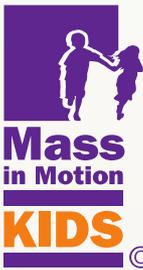
Obesity Trends* Among U.S. Adults

BRFSS, 1990, 2000, 2010, 2014

(*BMI ≥ 30 , or about 30 lbs. overweight for 5'4" person)

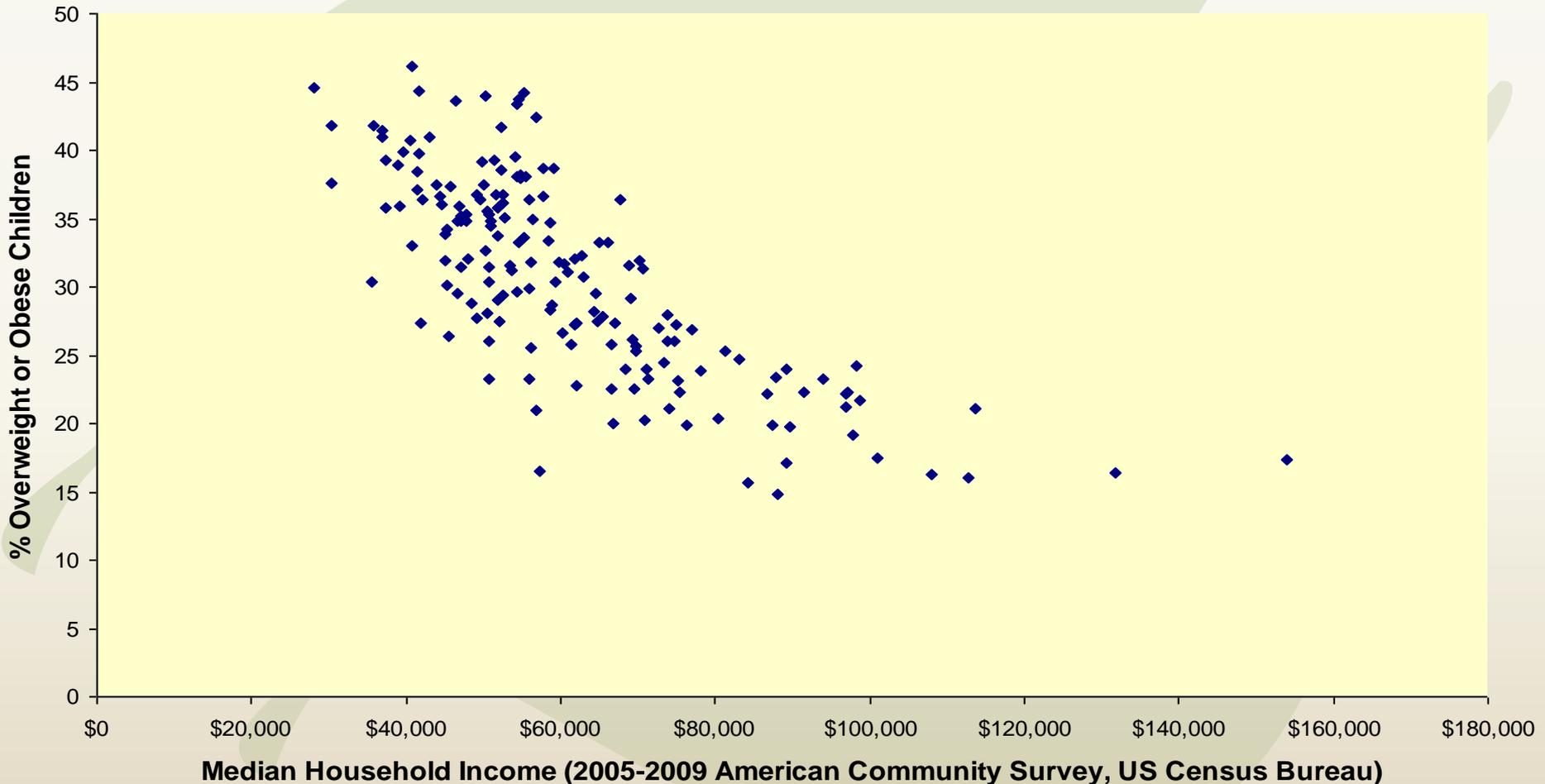


Source: Behavioral Risk Factor Surveillance System, CDC.



Childhood Obesity is Not Randomly Distributed Among our Communities

Childhood Obesity and Median Household Income, 2010-2011
(N = 172 local and regional academic School Districts, 100 or more students screened, all 4 grades reported)



Individual vs Environmental Approach to Health

Individual approaches

- Focus on knowledge, attitudes, and skills

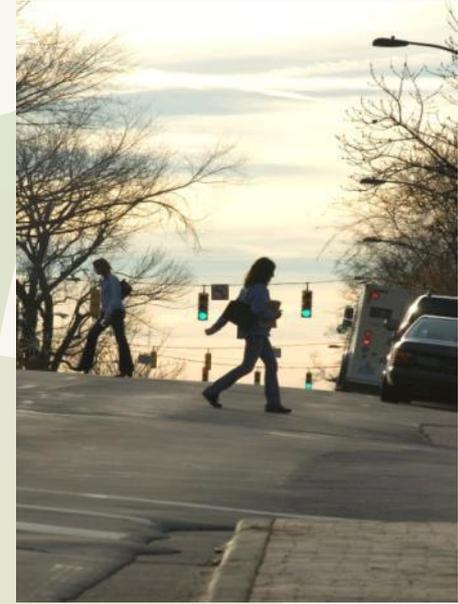
Environmental approaches

- Change setting making healthy choice the easy choice

Environments that support sedentary behavior



Environments that support active living



Parks, Trails, and Open Spaces Building Healthy Community

Air and Water Quality

Social Connections

Physical Activity Levels

Mental Well Being

Connect with Nature

Traffic-related Crashes

Social Equity

Connections to Places and Opportunities

Parks and Trails in Underserved Communities

Health Equity Issue

Limited Access

- Fewer recreational facilities
- Lack transportation or safe routes

Barriers to Use

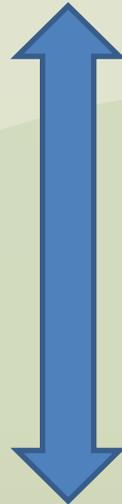
- Litter, unkempt conditions
- Safety concerns

Factors to Consider in Underserved Communities

- Creative financing
- Community Awareness and Involvement
- Safety
- Social and Programming

Community Mobilization Network

Traditional Leaders and Groups in Power



Grassroots and emerging informal community leaders



Parks and Open Spaces

Adopt a Park

- Parks adopted by residents/groups
- Partnered with the Police and Parks Department
Create Park Safe Zones, help with clean up, engage in programming

This Park Is Part of Fitchburg's Adopt-A-Park Program and is a Safe Zone

In partnership with Mass in Motion and Healthy Kids, Healthy Communities funded by the
MA Dept, of Public Health and Robert Wood Johnson Foundation

Help us keep this park safe and clean

To adopt a park near you or give your comments on this park
contact: **Fitchburg's Parks and Recreation Department**

Phone: 978-345-9572

Email: parks@fitchburgma.gov



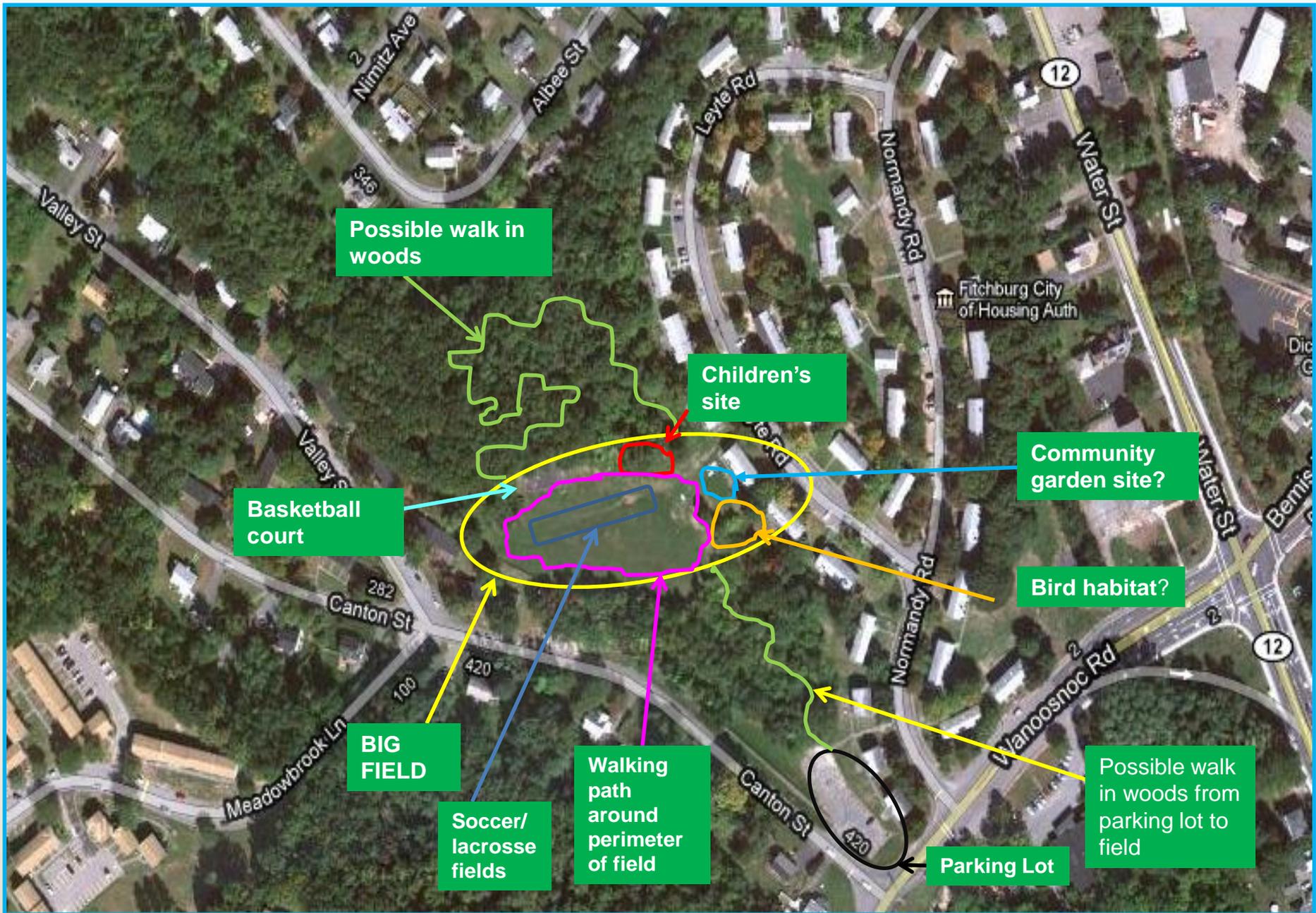
To report any suspicious activity at this park please contact
the Fitchburg police at: 978-345-9648



Parks and Open Spaces

Creating a Park at Public Housing





From Google Maps

Children's Butterfly Garden

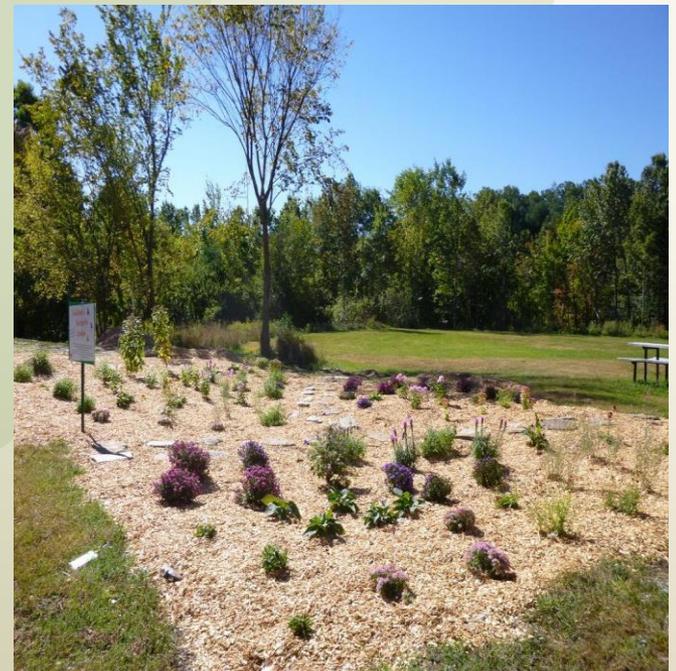
NEVER LOSE
YOUR SENSE
OF WONDER!



Built for the children with the help of community volunteers, the City of Fitchburg, the Montachusett Opportunity Council, Inc., the Fitchburg Housing Authority, A.T. Leonard and Associates and Fun 'n FITchburg.



Fun 'n Fitchburg, a program of the Montachusett Opportunity Council, Inc., is funded by a Mass in Motion initiative sponsored by the Massachusetts Department of Public Health and the Robert Wood Johnson Foundation's Healthy Kids, Healthy Communities.



Children's natural play areas



Connection to the natural world



Walking and Biking Infrastructure

Complete Streets

- Adopt Pedestrian Generator Checklist
- Walk audits-Map sidewalk, signage, ADA curb
- Safe Routes to Parks
- Incorporate in Open Space/ Streets Plan
- Complete Streets Resolution/ Policy



Crosswalks

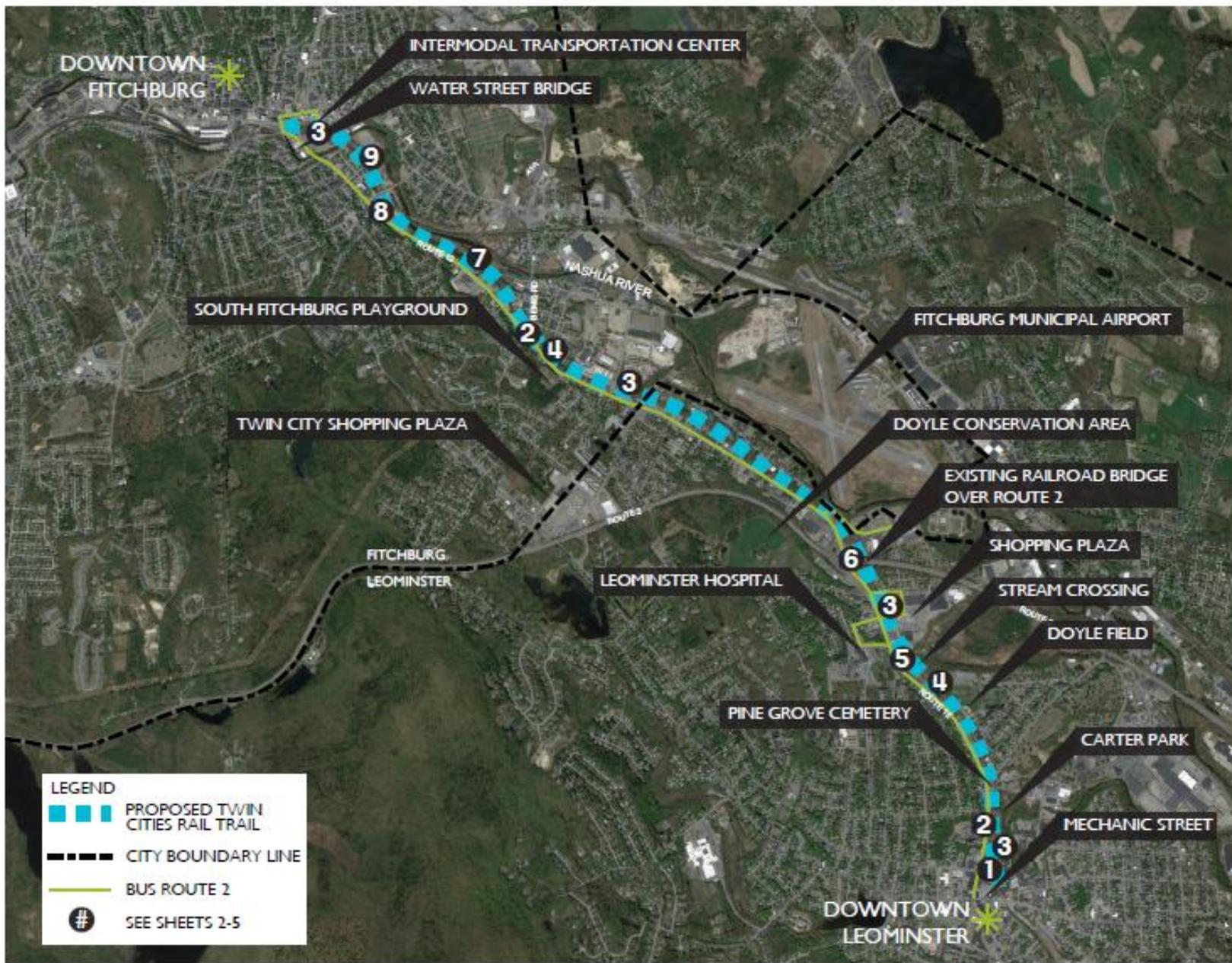


Traffic Calming



Curb Cuts

Walking and Biking Infrastructure: Fitchburg Leominster Rail Trail



Programming- Parks Days



Programming- Story Board Walk



For More Information

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