

**Cook Park, GA**

We partnered with the City of Atlanta and the community to transform 16 acres of flood prone land into a vibrant new city park.

Photo by: Alex Jackson



**Park Qualities Incubator – Mapping Park Experiences, Session 1**  
November 16, 2022



Connecting everyone to the outdoors™



# Welcome!

Take a moment to let us know what park experience you're looking forward to in this poll:

[pollev.com/christinajan159](https://pollev.com/christinajan159)

# Meet the team

## Track Leads

Program



**Christina Jang**  
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## Facilitators



**Will Klein**  
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Associate Director, Policy & Systems Change



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Sr. Program Manager, Geospatial Analytics



**Arissa Lahr**  
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Program Director, Camden



**Kim Wolff**  
GIS Analyst

# Park Qualities Incubator: Mapping Park Experiences – Session 1

## Agenda:

- Workshop Series Overview
- Plenary presentations:
  - **Aaron Hipp, PhD.**, Associate Professor of Community Health and Sustainability, NCSU
  - **Paula Acevedo**, Co-Director, El Paseo Community Garden
  - **Michelle Kondo, PhD.**, Research Social Scientist, USDA Forest Service
- Breakout Groups
- Closing





# About The 10-Minute Walk<sup>®</sup> Program

Trust for Public Land envisions a future where every community has safe, equitable access to a high-quality park within a 10-minute walk of home.

- In collaboration with cities and partners, we address pressing questions and challenges to park equity
- Launched in 10-Minute Walk Program launched in 2017 with partners National Recreation and Park Association and ULI, 10MW has been working to expand assistance, reach and focus
- The 10-Minute Walk Program is an award-winning national effort to improve safe, easy access to parks and green spaces

# The 10-Minute Walk<sup>®</sup> Mission: Closing the Park Equity Gap

**1 in 3 U.S. residents** do not have a park or green space within a 10-minute walk of home.

We call on mayors to accelerate the creation of parks that drive equitable, healthy and thriving communities.



# How We Work

The 10-Minute Walk Program helps cities expand access to quality parks and green spaces for everyone. We focus on:

- **Peer Learning & Networking**
  - Our [10-Minute Walk Community of Practice](#) provides a platform for cities to connect, workshop ideas, and learn from each other
- **Tailored Support**
  - Our [Park Equity Accelerator](#) brings resources and support to cities to test and share promising policies and practices that advance park equity
- **Policy Recommendations**
  - The [10-Minute Walk Policy Platform](#) will provide cities with high-impact policy recommendations to scale support and accelerate actions to close the park equity gap
- **City Leadership Engagement & Partnerships**
  - Our [Mayor Panels and engagement](#) work to make the case and amplify work to expanding park equity
  - Our partnerships amplify and accelerate actions to ensure residents in all U.S. cities have access to a close-to-home park

# Park Equity Communities of Practice

## Cohort 1

- 146 city practitioners from 52 cities
- Session topics:
  - Park Equity: Approaches and Measures
  - Incorporating Equity into Project Prioritization
  - Centering Community in Parks Decision-Making
  - Increasing “Access” through a Holistic Lens
  - The Power of Partnerships for Stronger Parks and Systems Changes
  - Healthy and Resilient Communities: Long-Term Park Impacts

## Cohort 2

- 159 registrations from 62 cities
- Deep dive tracks
  - **Community Engagement for Lasting Impact-** Exchange best practices and opportunities for conducting meaningful, equitable community engagement and gain tools to apply in your community.
  - **Park Qualities Incubator: Mapping Park Experiences-** Discuss and co-develop new approaches to measuring park experience types as a next step towards building park quality attributes for use in equity and impact analyses.
  - **Developer Park Partnership Strategies-** Tackle hard questions related to the growing trend of parks being built by private developers.



# Park Qualities Incubator – Mapping Park Experiences

## Series Overview:

- **Nov 16:** Framework – Linking park experience types and health outcomes
- **Dec 14:** Framework – Translating concepts to metrics and action
- **Jan 18:** Workshop – Review 2 or 3 new mapping approaches developed from the first two sessions
- **Feb 15:** Workshop – Review revised approaches and open review period for participants
- **Mar 15:** Beyond experiences – Exploring additional approaches to park quality metrics



# Why Measure Park Qualities?



**RESEARCH & CASEMAKING**

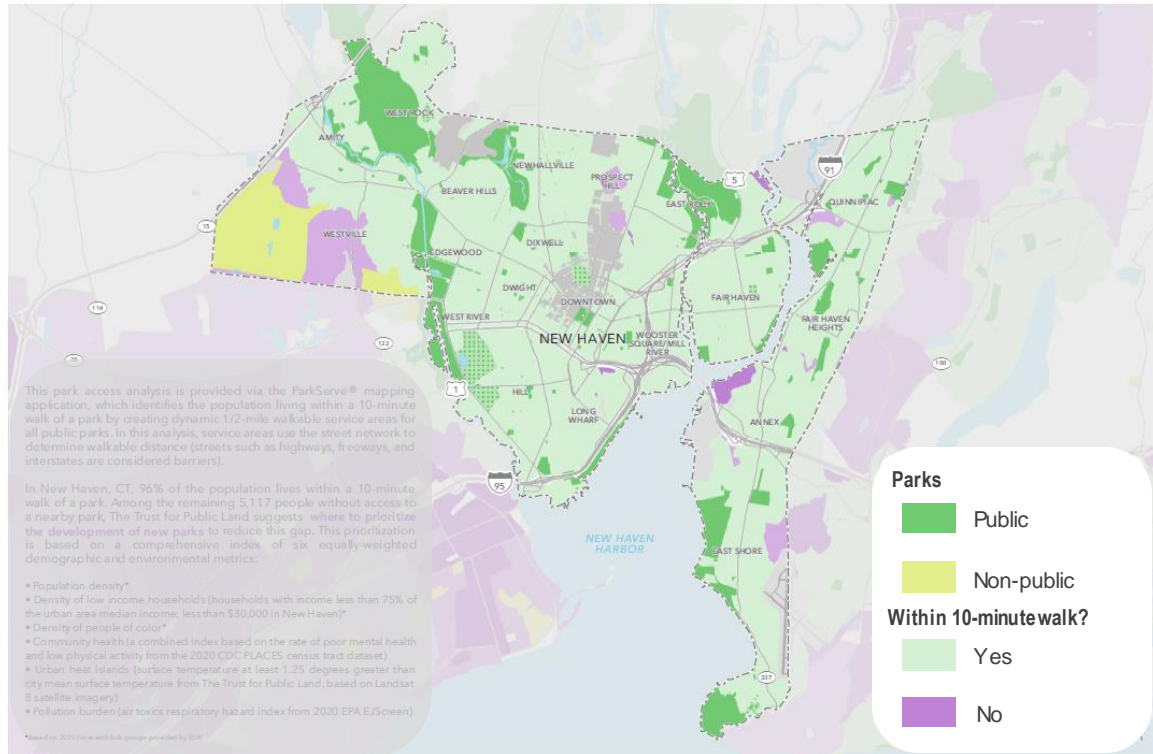


**PRIORITIZATION & PLANNING**

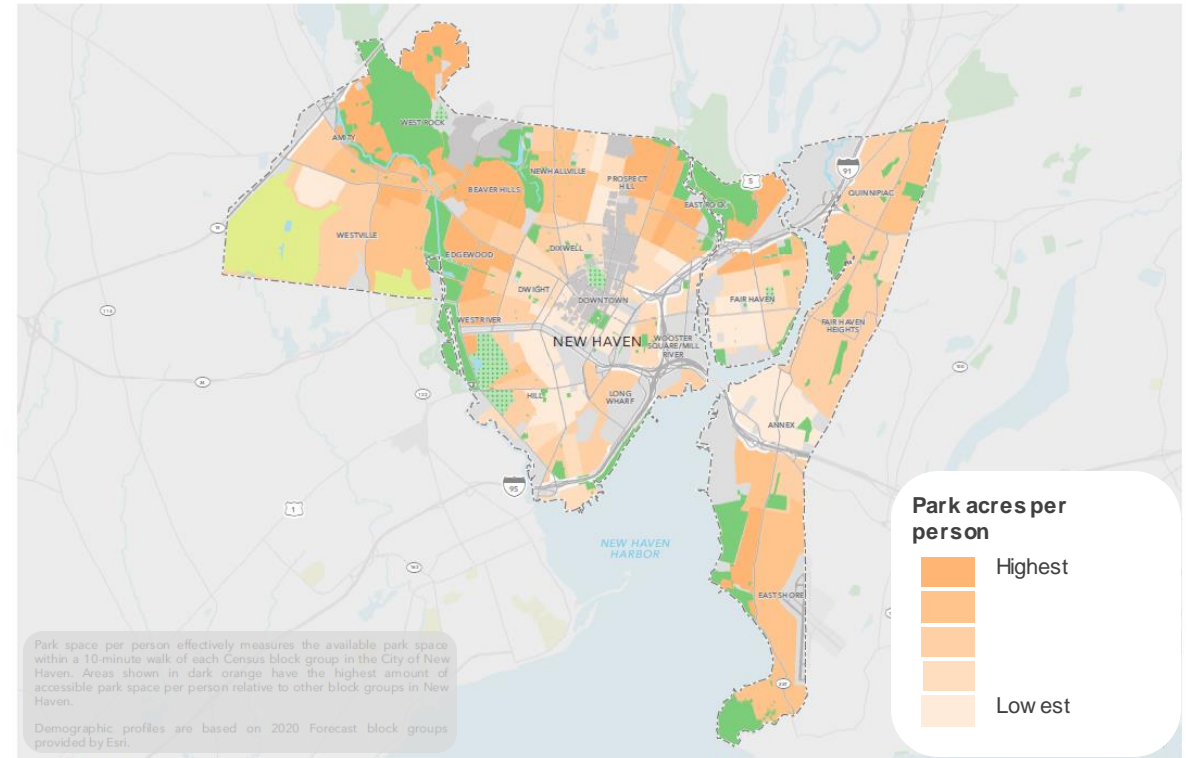


**DESIGN STANDARDS**

# Using Park “Qualities” Metrics to Assess Equity

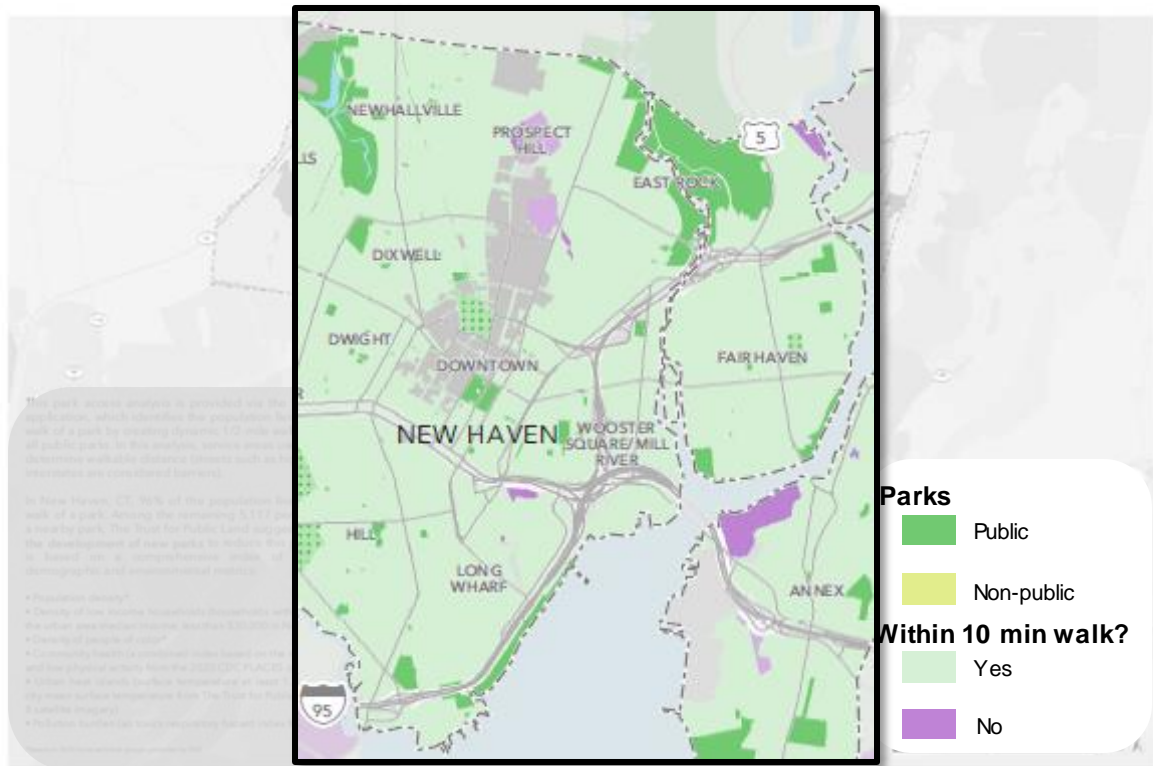


% residents within **10-minute walk** of a park by race and income

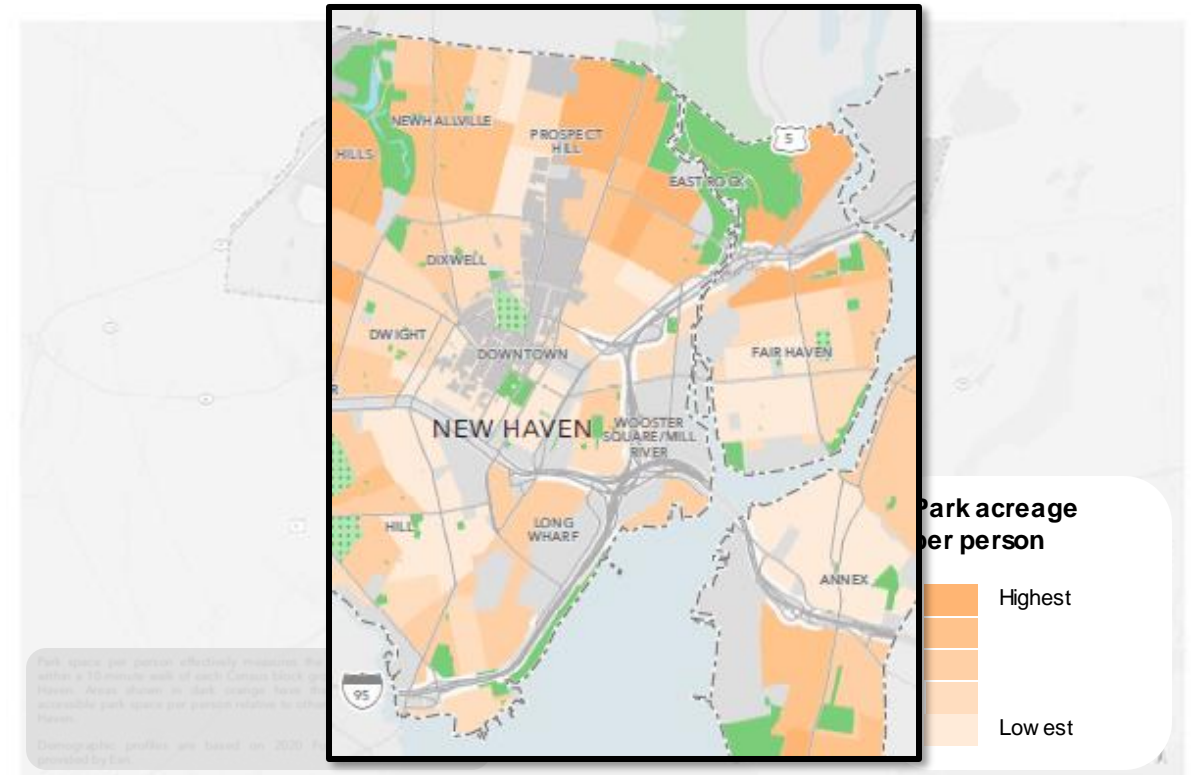


Comparison of **park acreage per capita** between neighborhoods by race and income

# Different Qualities, Different Stories



% residents within **10 minute walk** of a park by **race and income**



Comparison of **park acreage per capita** between neighborhoods by **race and income**

## Data tells a story.

*10-minute walk access is better for people of color*



## Better data tells a more complete story.

*Park acreage per person: neighborhoods of color have much less park space*



# From Park Quality to Park Qualities



## Presence of a park

Do residents have at least one park or open space within a 10-minute walk?

✓ 10-minute walk park access %

## Park acreage

Is there enough park space for everybody to enjoy?

✓ Park acres per capita

## Park activities

Are there a wide range of activities (amenities and programming) for residents to do?



## Park investment / maintenance

Are the parks clean and well-maintained?

## Park visitation/perception

Do people feel welcome? Is the space being used by the community?

# Wait... aren't you missing a few things?



## Process Measures

- Design process
- Relationship building
- Community engagement

## Contextual Measures

- Route to park
- Neighborhood characteristics (e.g. economic well-being)

## Outcome metrics

- Environmental (heat, flood, air)
- Civic (cohesion, empowerment)
- Health (mental health, physical activity)

# Mapping Activities & Park Experiences

Where are there opportunities to...



get active?



enjoy nature?



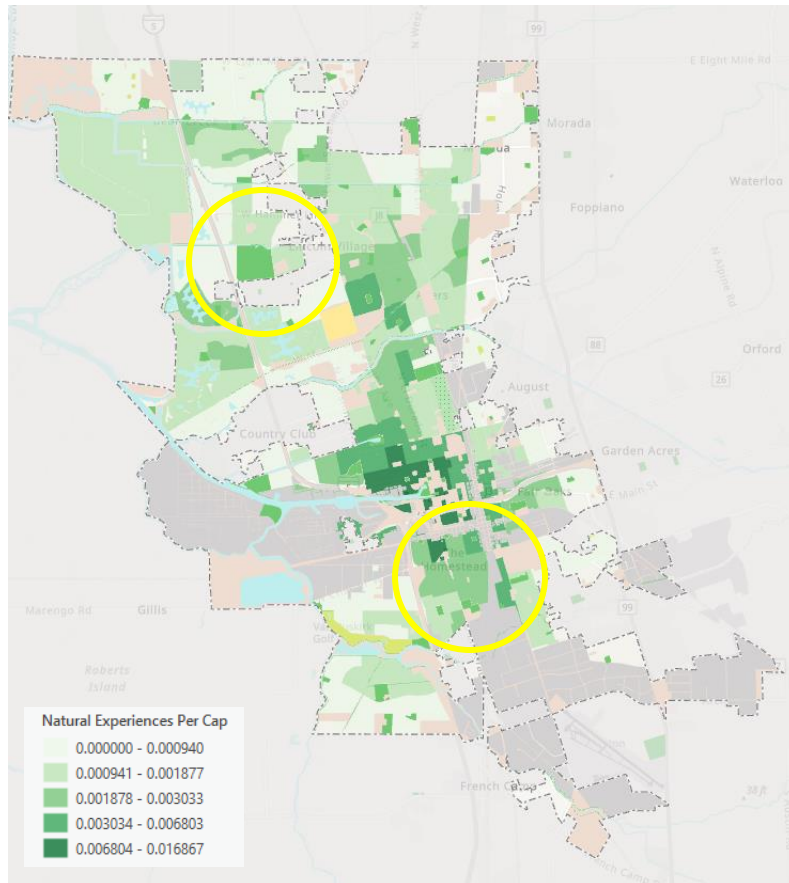
gather?



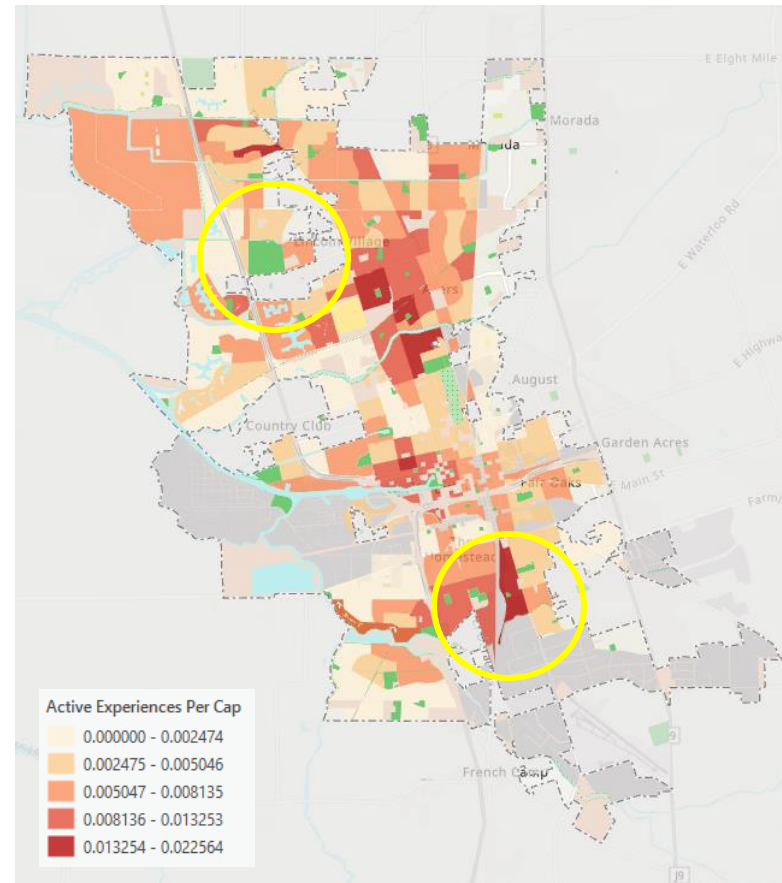
# Case Study – Stockton, CA

## Distribution of experiences:

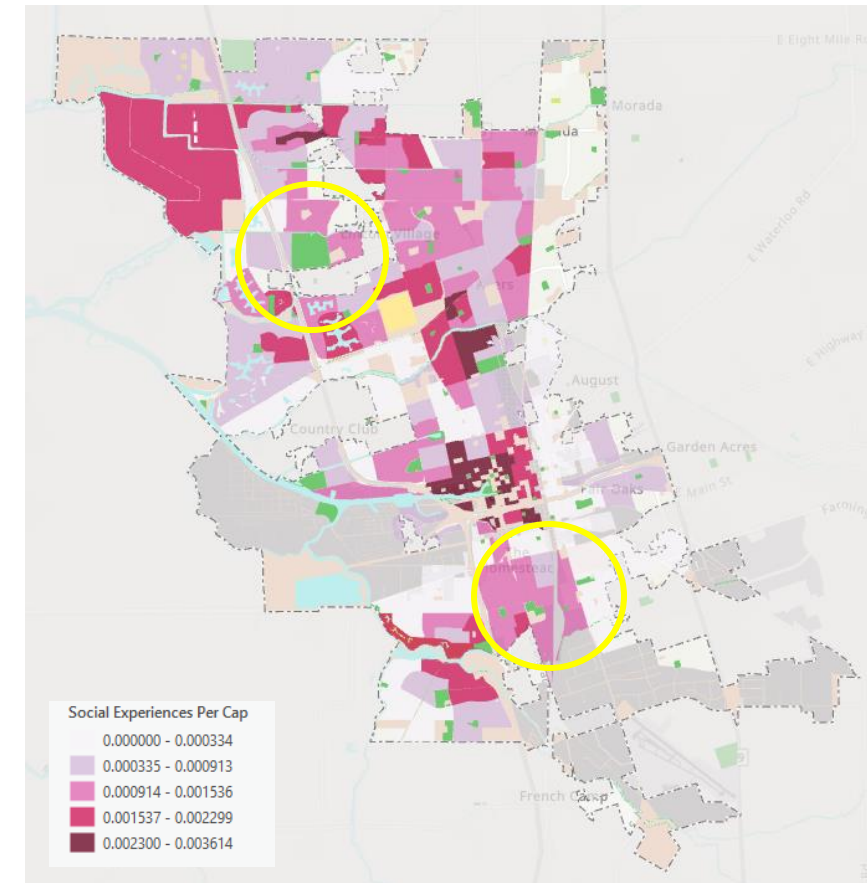
Natural



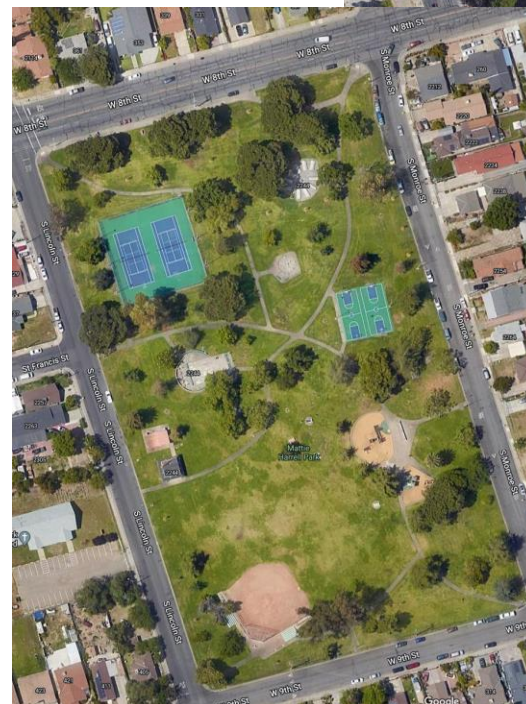
Active



Social gathering/mixing



# Park experience types can characterize access in a way access alone cannot



# Making the Case – Park Experiences & Health Outcomes

From a research perspective, how can mapping park experiences facilitate better research on the impact of parks and health outcomes?



**Aaron Hipp, PhD**  
**North Carolina State University**

Parks, Recreation, and Tourism  
Management

Center for Geospatial Analytics

[jahipp@ncsu.edu](mailto:jahipp@ncsu.edu)

**NC STATE UNIVERSITY**

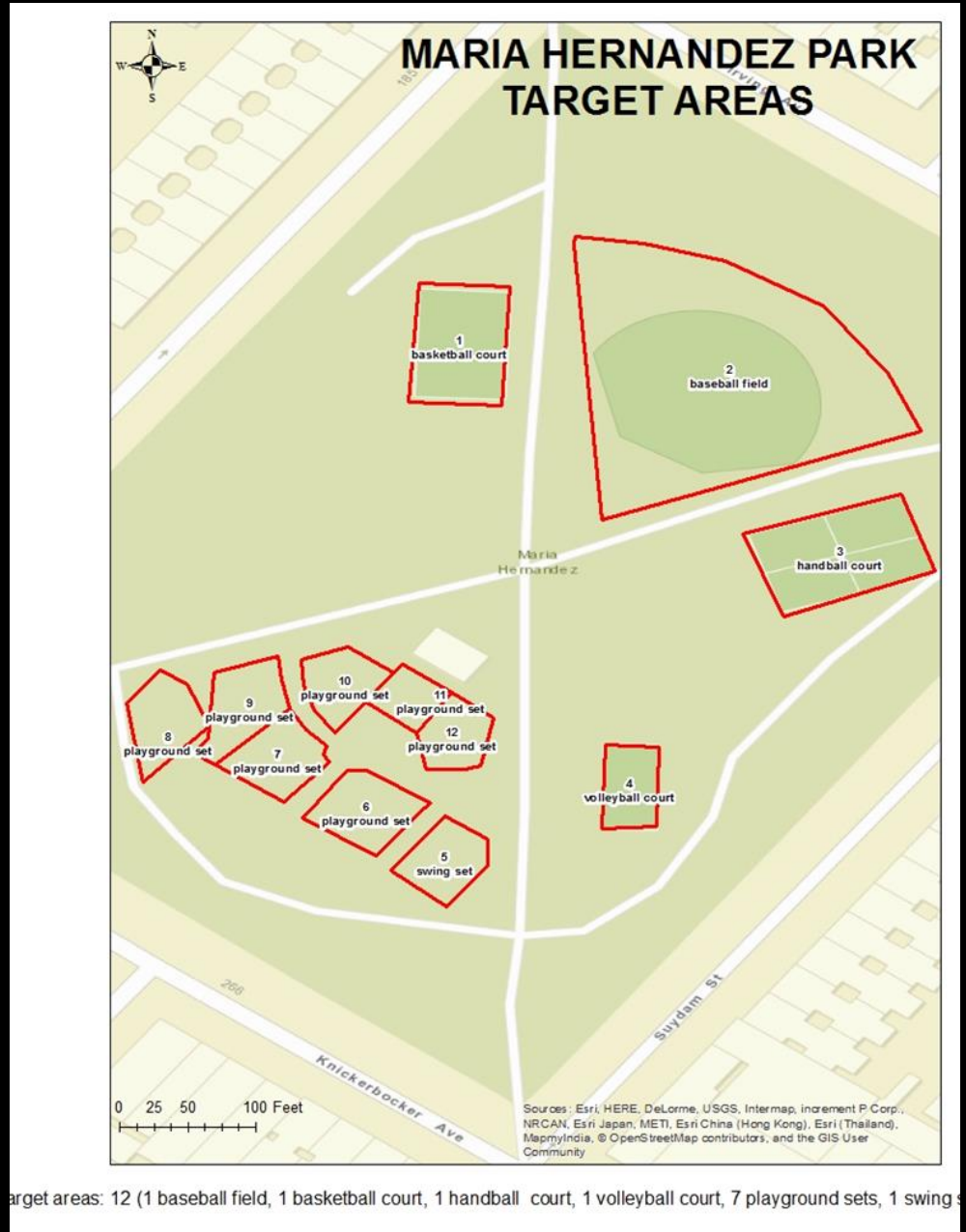
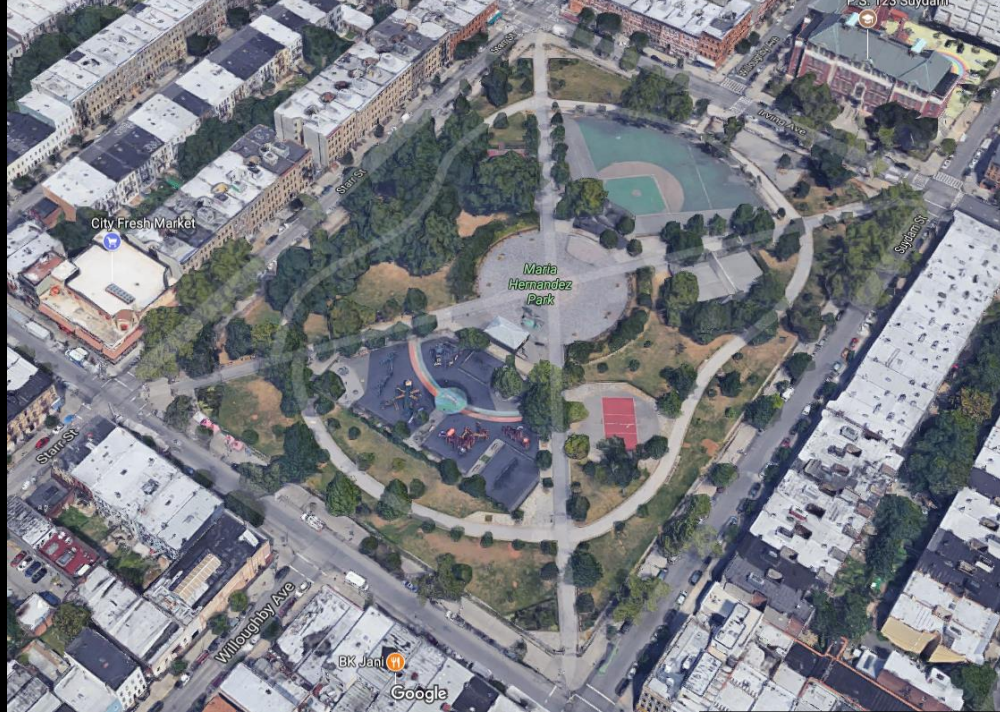






**In low-income neighborhoods, just 4 out of 10 parents report a park within a 10 minute walk of their home. The same number say they're concerned about safety near the park.**





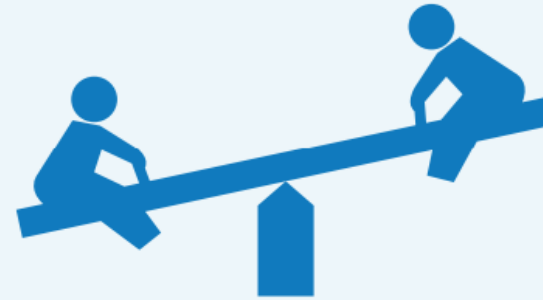
Park ID: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_ Day of week: \_\_\_\_\_ Round: \_\_\_\_\_  
 Target area ID: \_\_\_\_\_ Period: 10am 3pm 6pm Observer ID: \_\_\_\_\_ Start time: \_\_\_\_\_  
 Conditions of target area: Accessible Supervised Equipped Usable Organized Dark Empty  
 Shade cover: Predominately shade Shade/sun mix Predominately sun Style of play: Free play Informal organized Formal organized

Participants	Primary Activity	Adult role	0-4 years (dependent)			5-10 years (independent)			Teen			Adult			Senior		
			Sed	Mod	Vig	Sed	Mod	Vig	Sed	Mod	Vig	Sed	Mod	Vig	Sed	Mod	Vig
Female																	
White																	
Black																	
Asian																	
Latino																	
Other/Unsure																	
Participants	Primary Activity	Adult role	0-4 years (dependent)			5-10 years (independent)			Teen			Adult			Senior		
Male																	
White																	
Black																	
Asian																	
Latino																	
Other/Unsure																	

Comments:

target areas: 12 (1 baseball field, 1 basketball court, 1 handball court, 1 volleyball court, 7 playground sets, 1 swing set)

**16,577** 5-10 year olds were observed during 79 visits to New York City Parks in 2017



**31.0%**



**15.3%**



**4.10%**



**22.3%**



**12.4%**

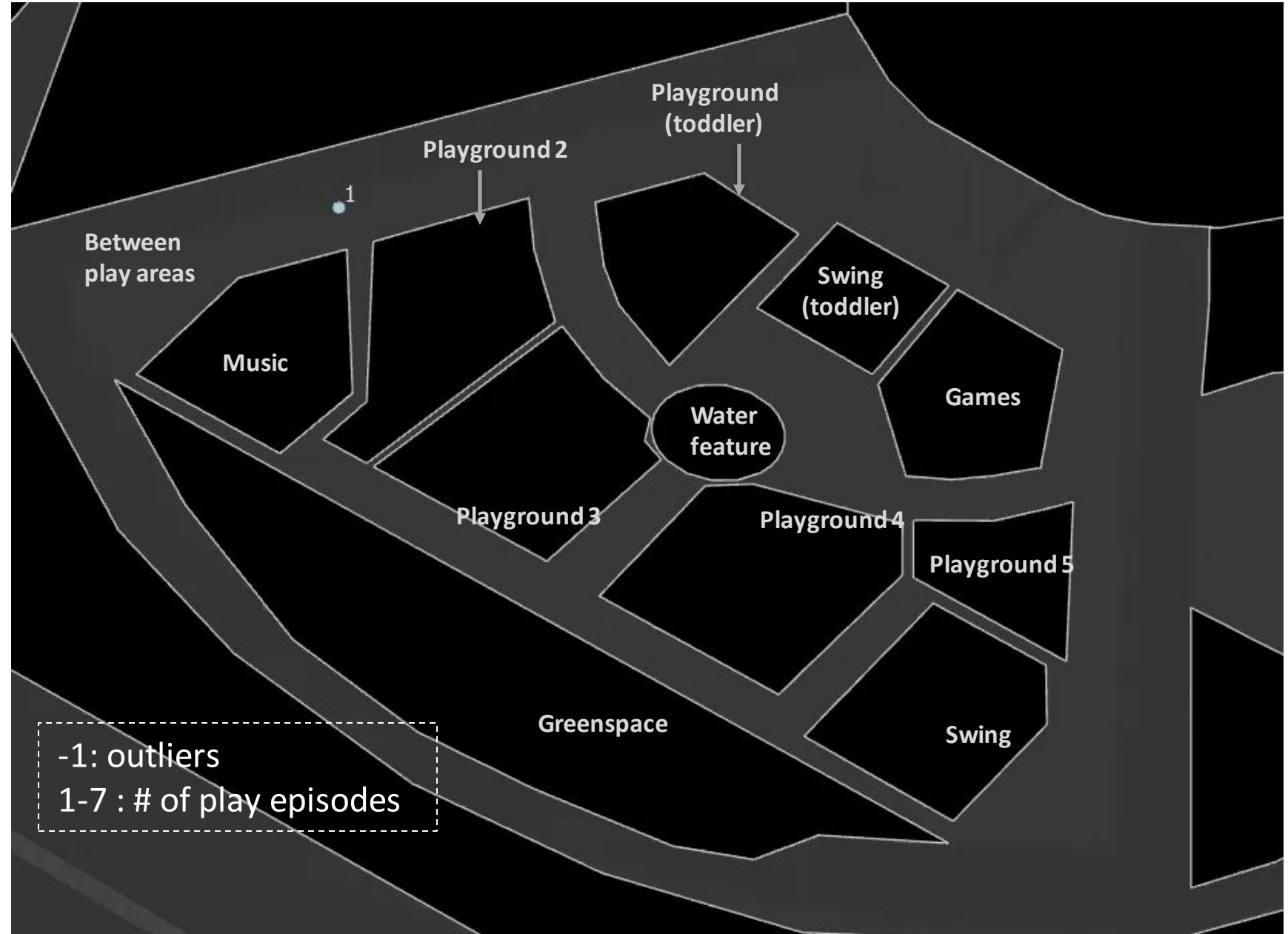


**14.9%**

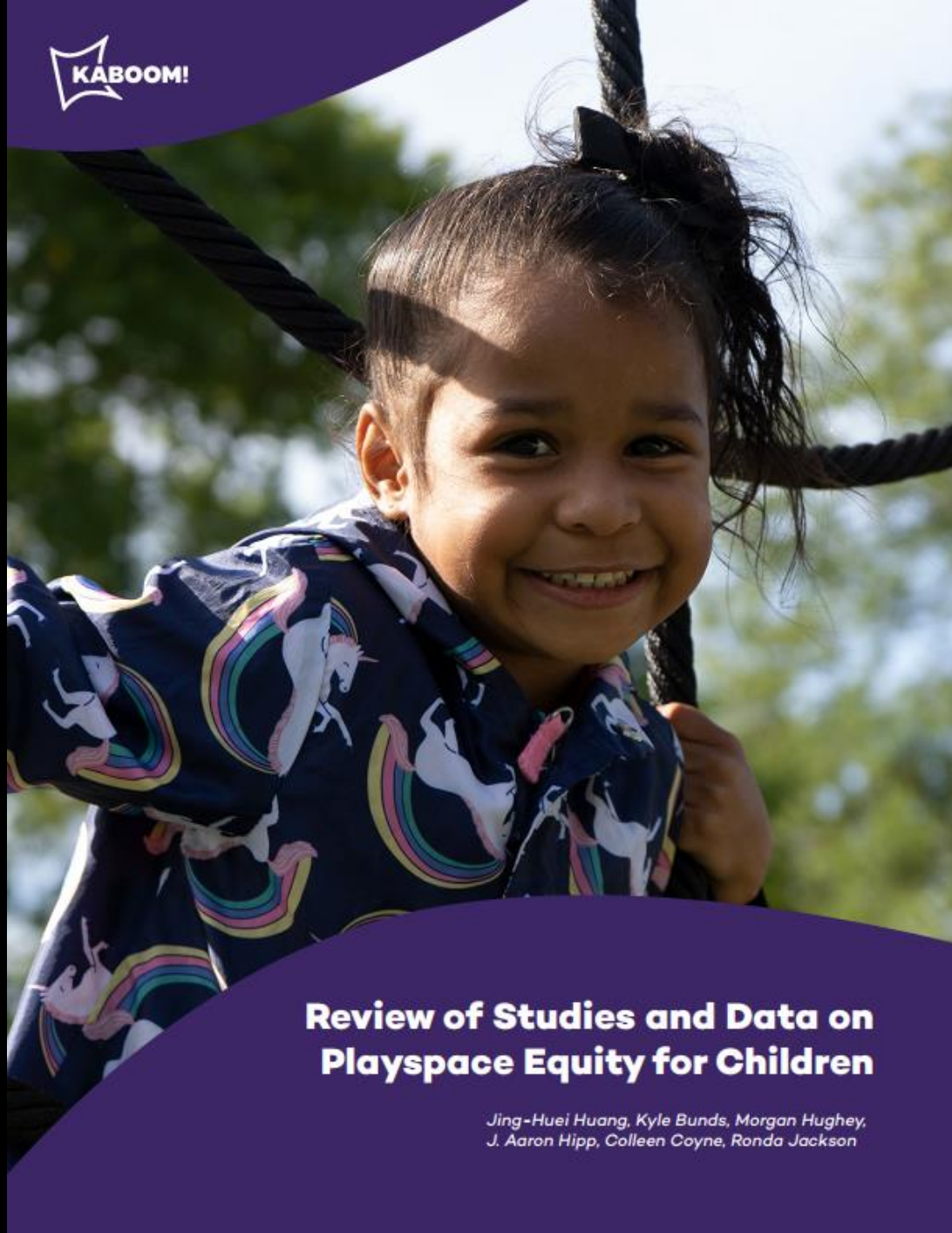




**Example:**  
**7 play episodes from**  
**148 data points**  
**generated by a 7-year-**  
**old boy**

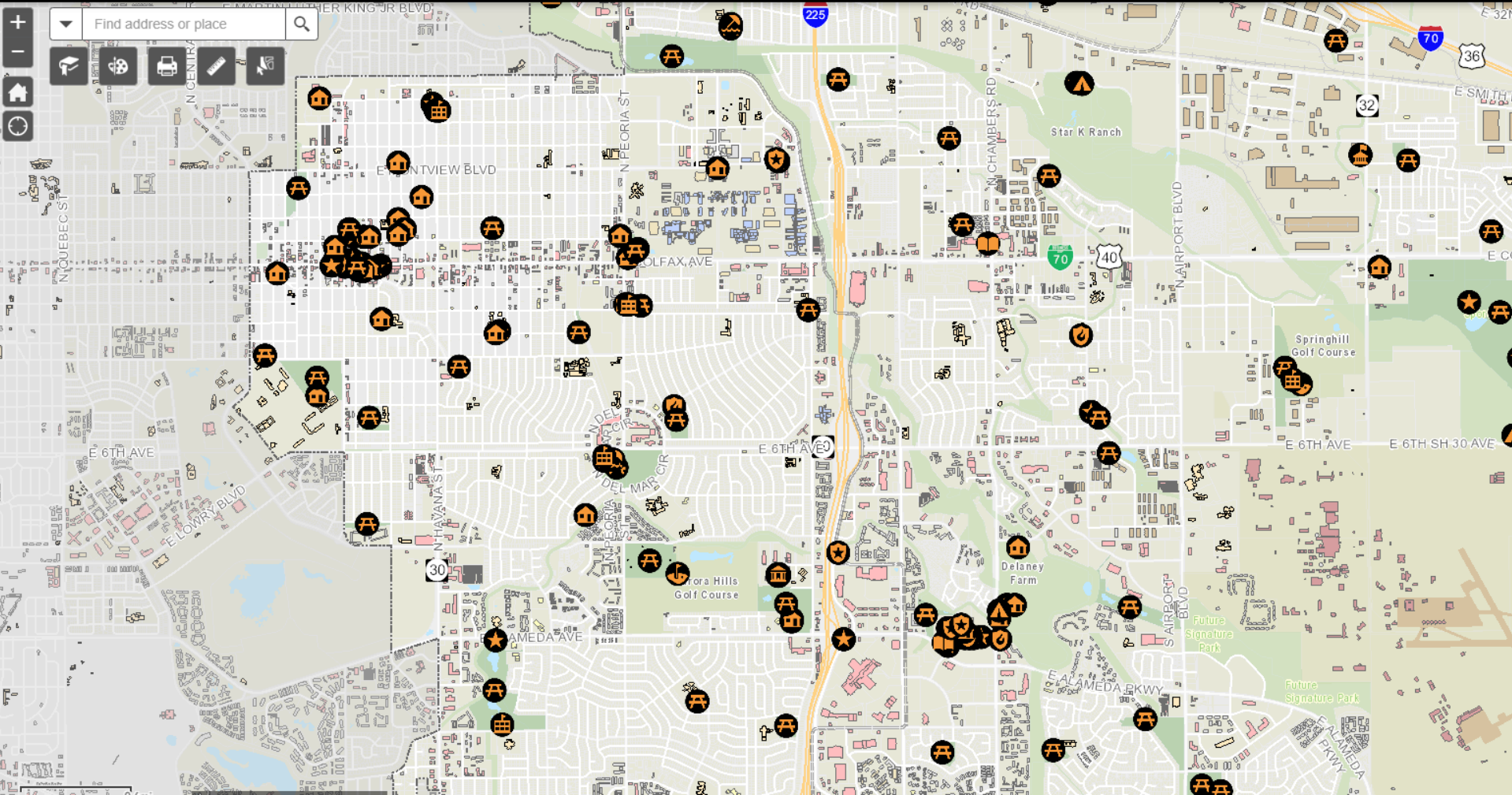






## **Review of Studies and Data on Playspace Equity for Children**

*Jing-Huei Huang, Kyle Bunds, Morgan Hughey,  
J. Aaron Hipp, Colleen Coyne, Ronda Jackson*



**Legend** ⌵ ✕

- Water Facilities
- 
- Recreation Facilities
- 
- Pool
- 
- Police
- 
- Parks
- 
- Open Spaces
- 
- Nature Center
- 
- Libraries
- 
- Historical Sites
- 
- Golf Courses
-



#286 | KABOOM!

HIGH

# MAPPING FOR IMPACT: PARKS & PLAYSPACE MAPPING IN RIO GRANDE COUNTY, COLORADO

Mapping for Impact · United States

Support KABOOM! in achieving playspace equity by mapping parks & playspaces in Rio Grande County, Colorado.

This playspace location data will become the basis of a strategic roadmap that details not only where playgrounds are, but their condition- enabling KABOOM!, community members, municipal leaders, and other philanthropic partners to accurately understand what playspace inequity looks like within these communities and address it through advocacy and data-guided investment.

[READ MORE](#)

### TYPES OF MAPPING



### IMAGERY

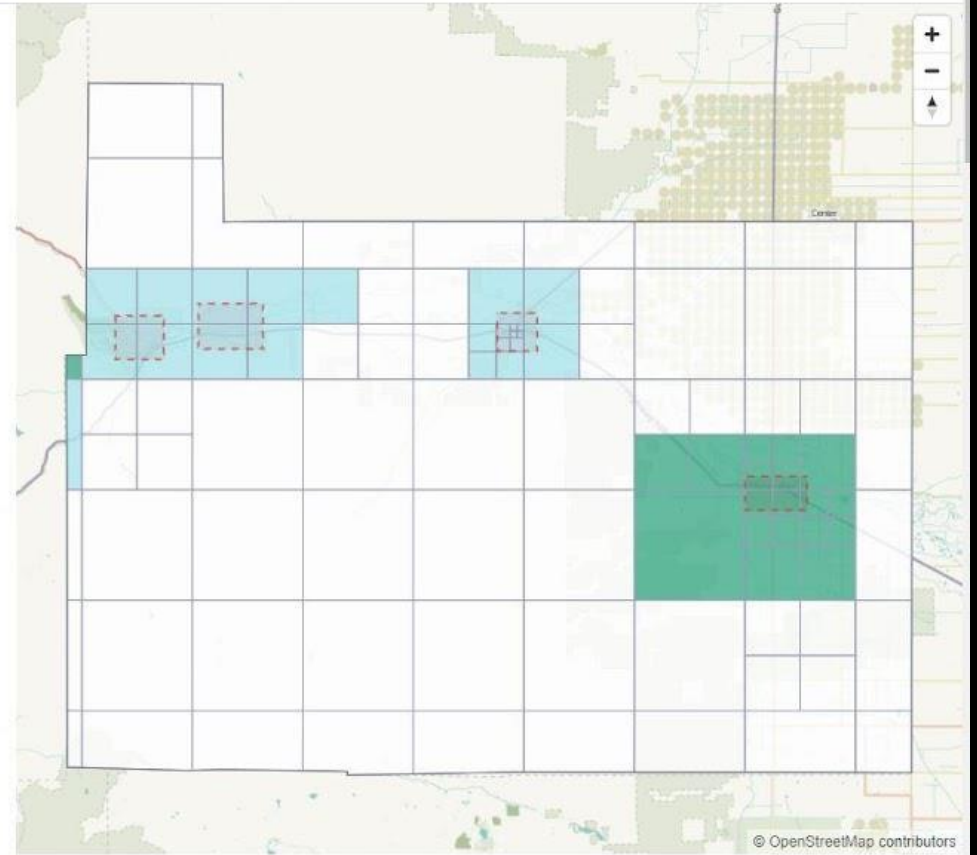
Bing

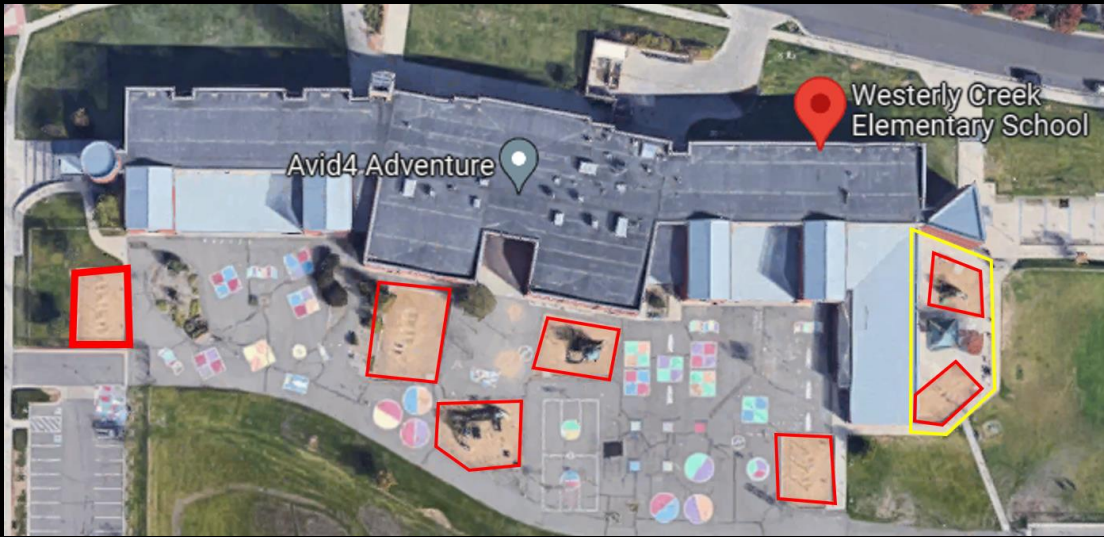
4 contributors

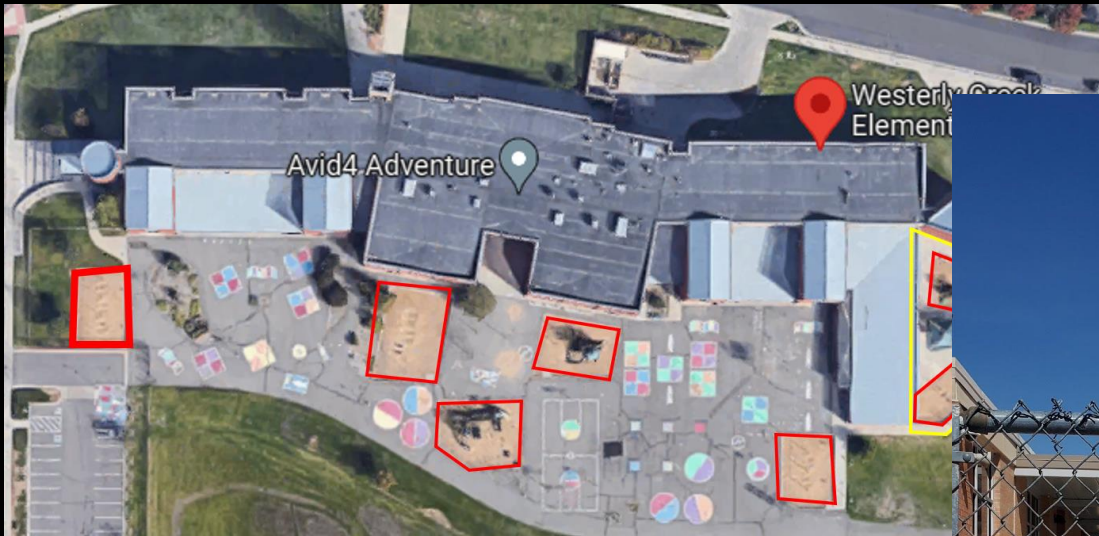
Last contribution 2 hours ago

Intermediate Mapper

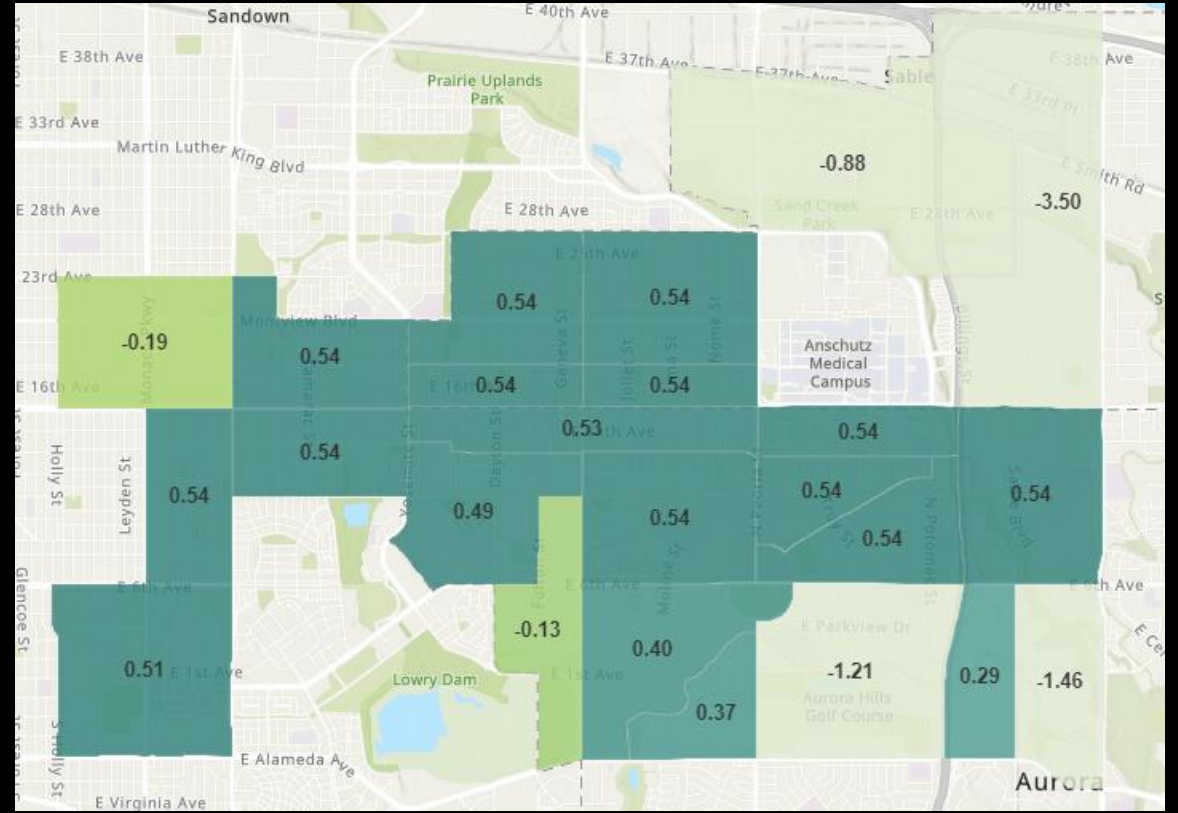
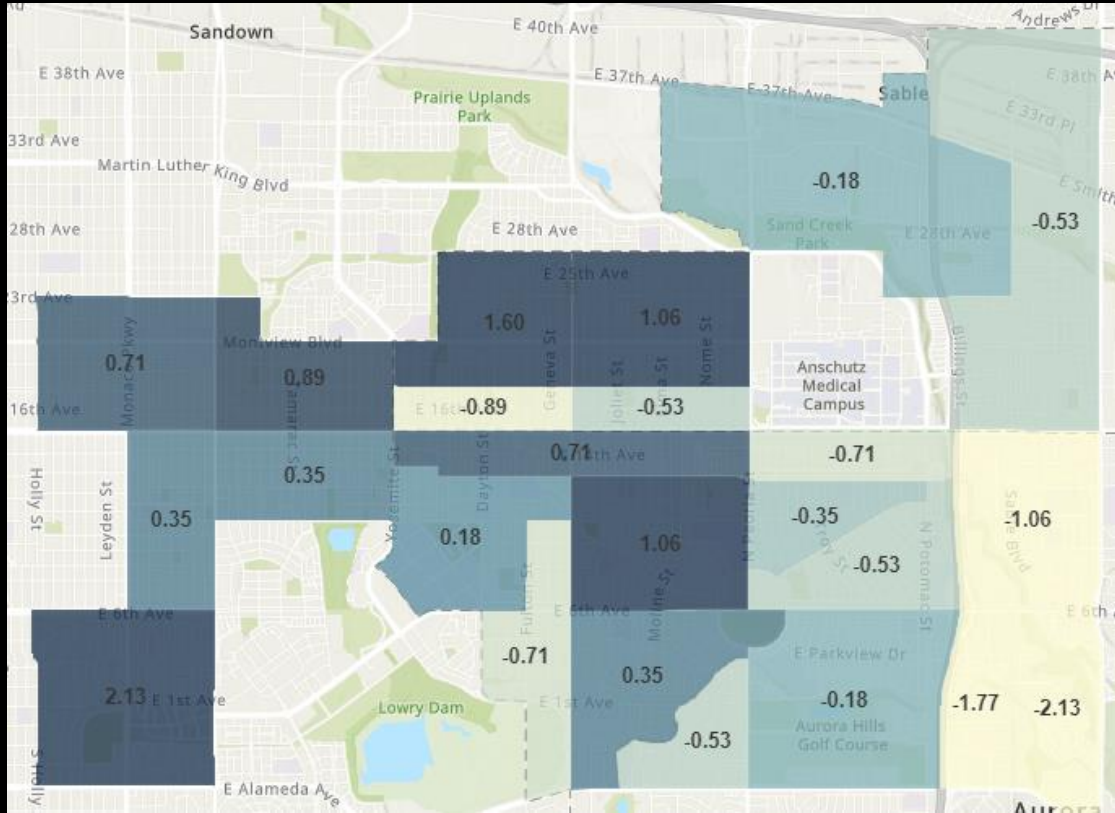
4 days left

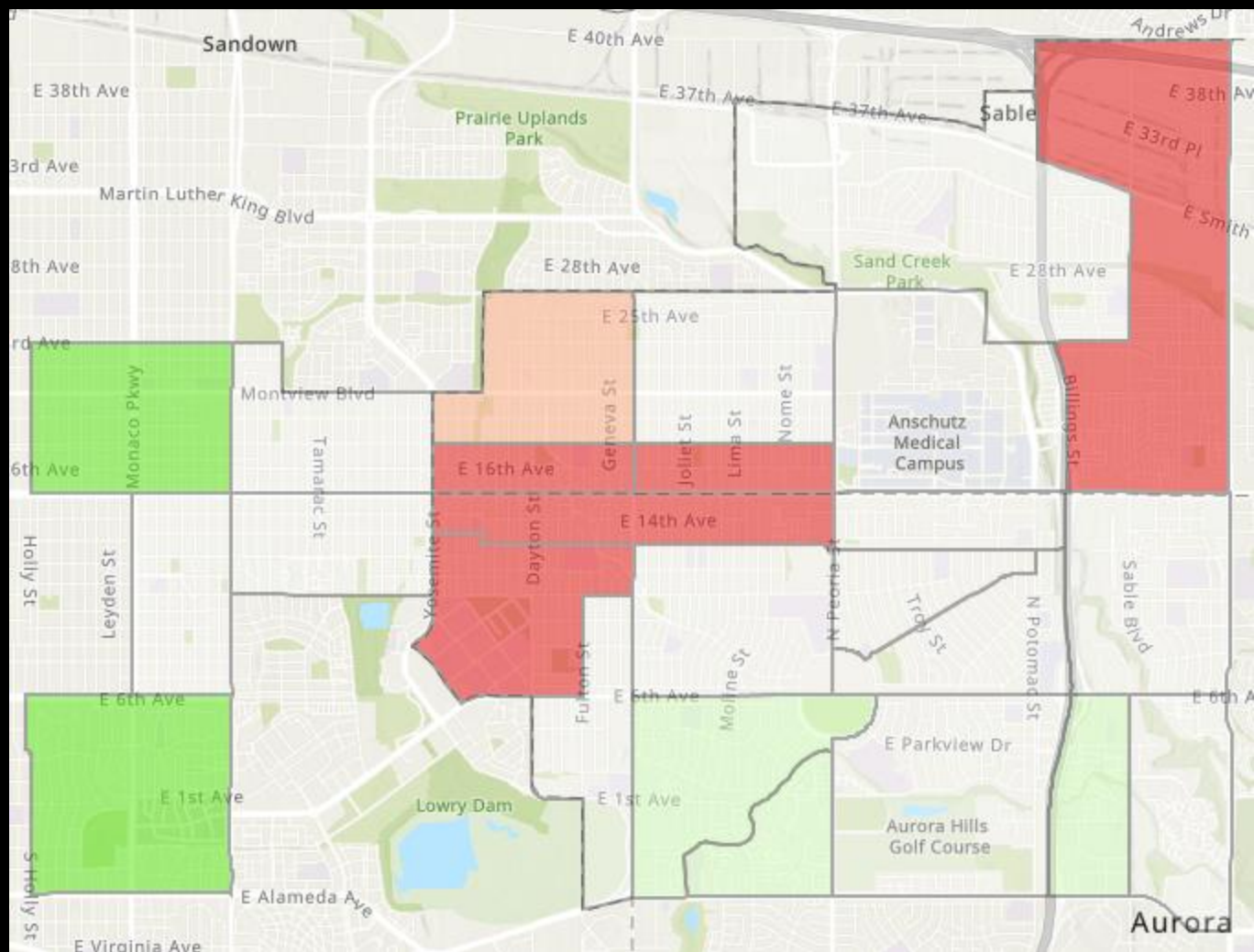












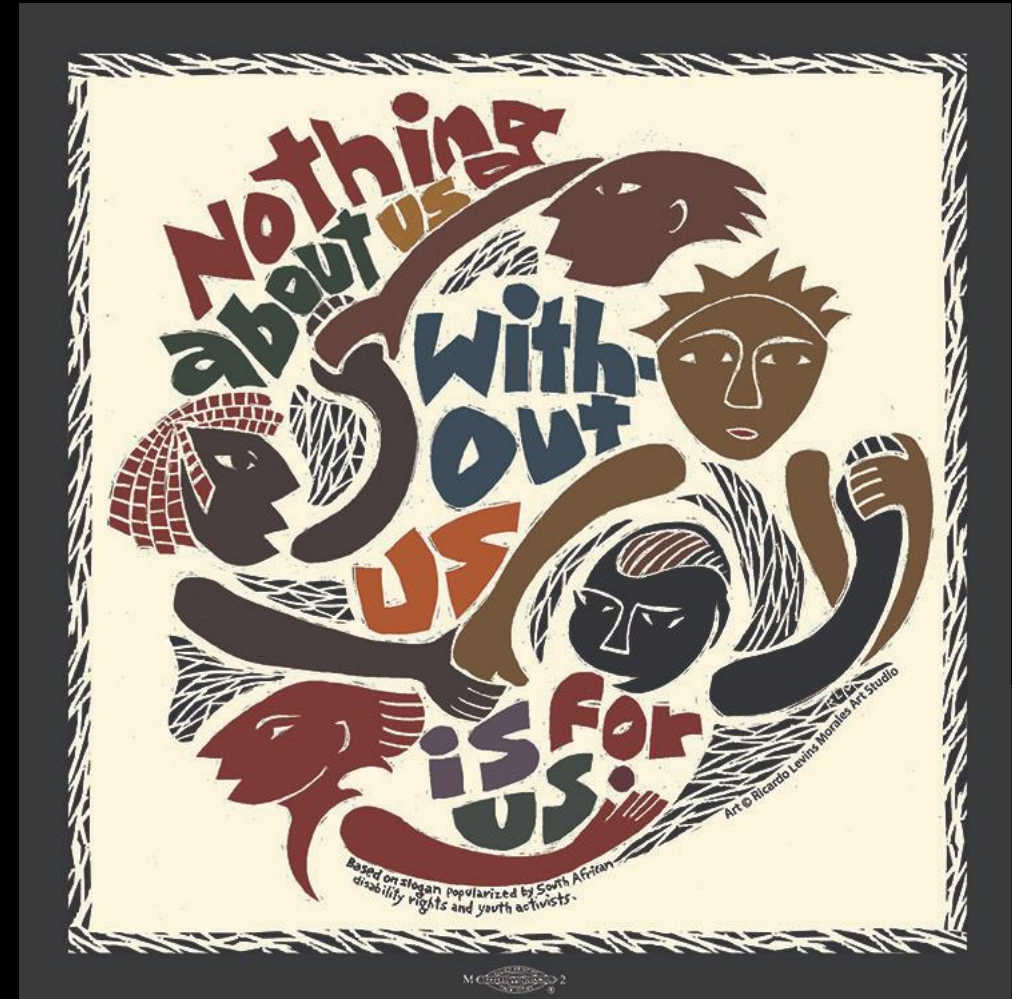


Streetwyze

Chapman Park		Fix Stuff	Great park, tons and tons of room for anything however the bathrooms are horrible.
Chapman Park		Fix Stuff	We love the playground, but the bathrooms are unsanitary for the children and/or the adults.
Chapman Park		Good Stuff	I love this park because it has so much open space and shade for kids. My kids are always sitting under the trees and playing on the playground!
Chapman Park		Good Stuff	provides a very big space to partake in various activities. Park could use some updates as far as playground and basketball hoops however the space is very well kept.

# Further Thoughts

- Belonging and Equity
- Relevance
- Open data and data ownership
- Data literacy



Ricardo Levins Morales





# Paula Acevedo *El Paseo Community Garden*

NeighborSpace Protected Community-Managed Space





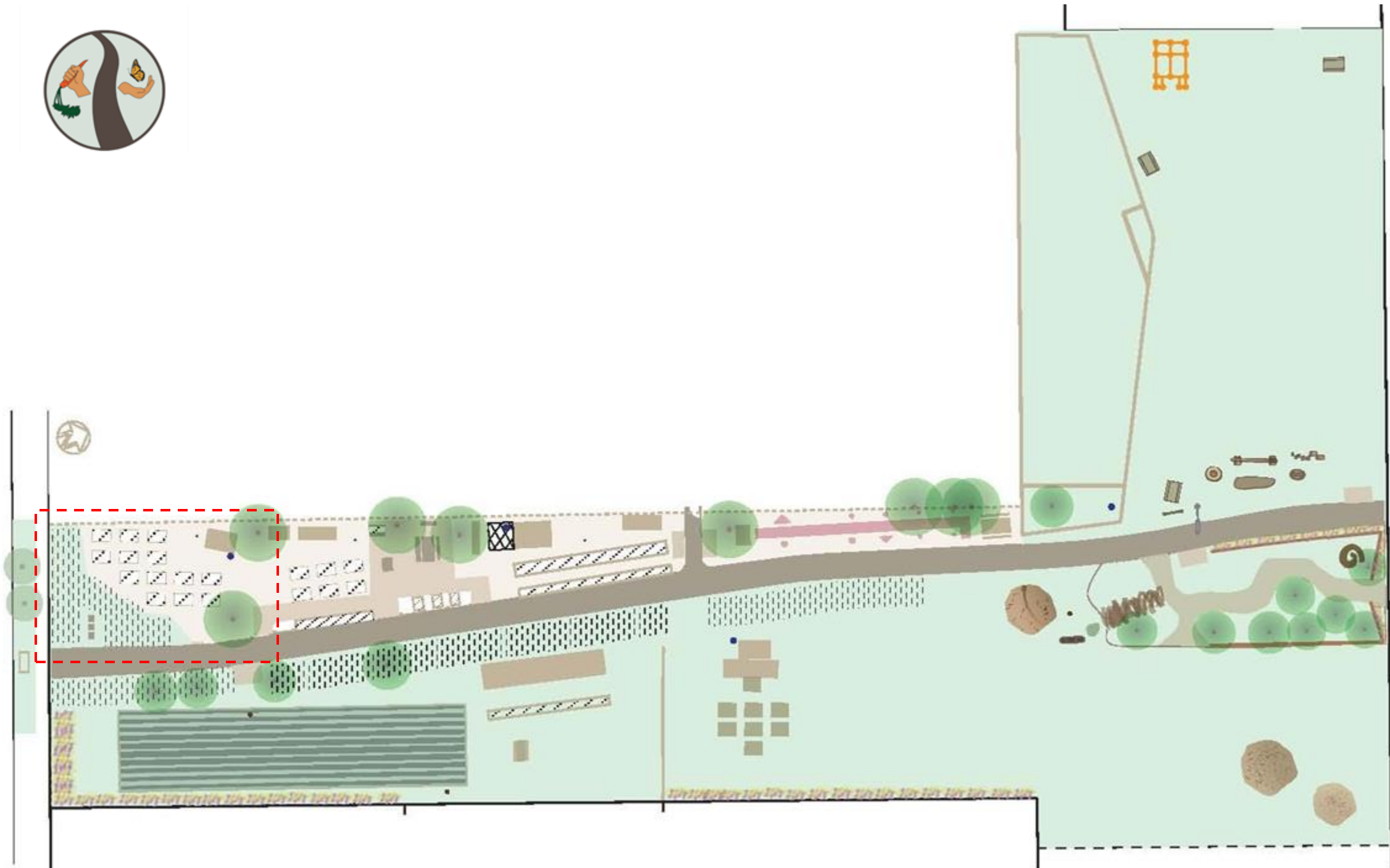


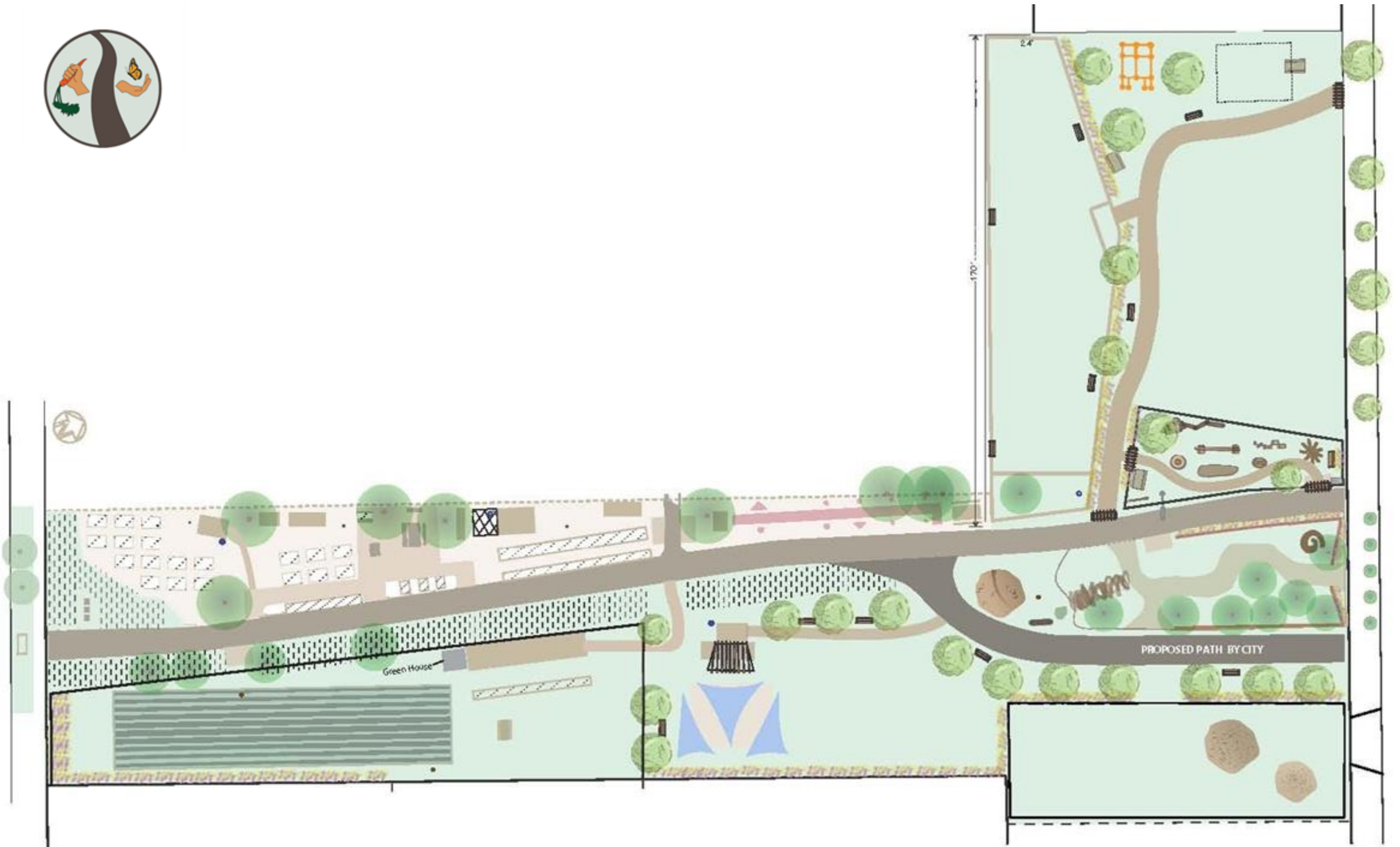
## EI PASEO COMMUNITY GARDEN

### *Empower through Nature*

- Steward and protect equitable green space with and for community.
- Foster leaders and build relationships
- Be a platform to share knowledge & resources around issues of health and sustainability
- Grow Community and harvest fresh, healthy food
- Create Space for Community Care

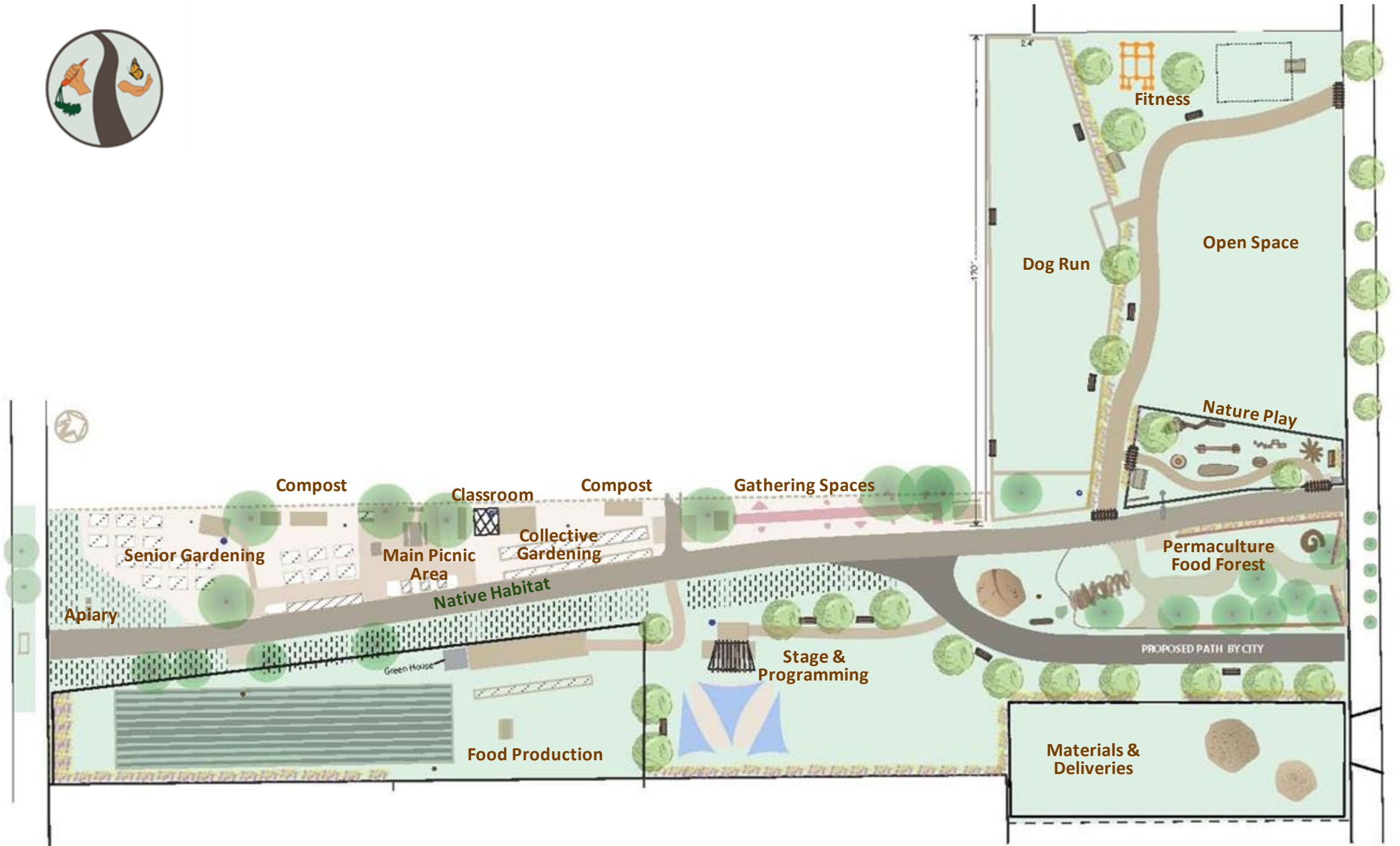






Green House

PROPOSED PATH BY CITY















# Green Space is a Right!



Not an Amenity / Anti-Displacement Measures



Needed for Health

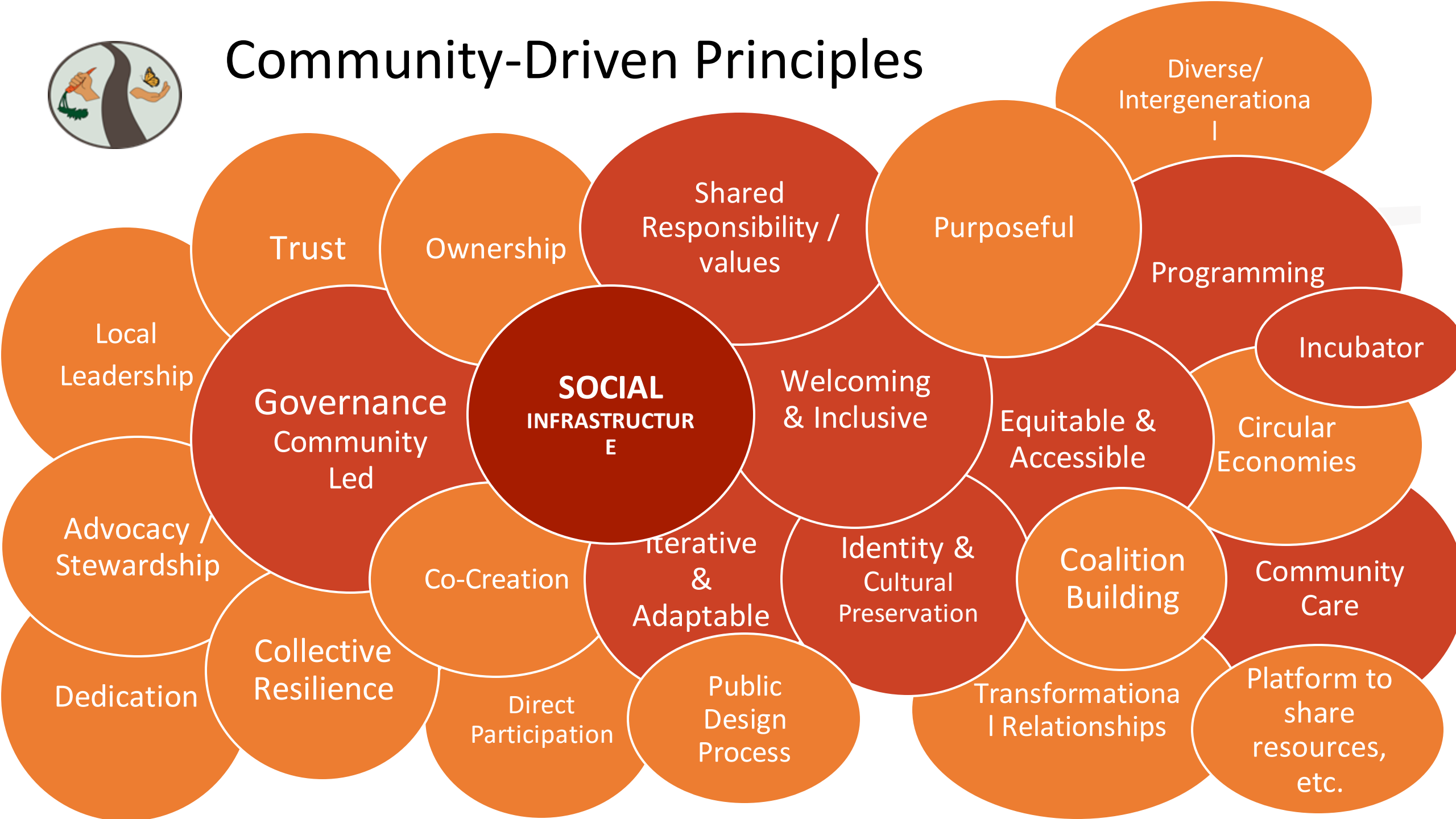


City Recommends 2 Acres Per 1,000 Residents





# Community-Driven Principles





**Questions?**



**Visit us / Contact us**

944 W. 21st Street Chicago, IL 60608

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







# Mental Health Benefits of Nature & Nature-Based Interventions in Urban Areas

Michelle C. Kondo, PhD

*Research Social Scientist*  
Philadelphia Field Station

USDA Forest Service  
#phillyfieldstation

Northern Research Station  
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@MichelleCKondo



# My Research Focus

- Place-based and nature-based interventions to reduce health disparities
- According to the National Institute of Mental Health:  
*In the United States, there are striking differences in the prevalence, course, and severity of mental illnesses, access to quality health care, and health outcomes based on sex, gender, age, race, ethnicity, and geography.*

# Current Projects

# Prescribe Outside

Prescribe Outside, Philadelphia's park prescription program, is a partnership between Children's Hospital of Philadelphia (CHOP) Primary Care, Awbury Arboretum, Let's Go Outdoors, the City of Philadelphia and the US Forest Service. The goal of the program is to provide physicians and families with tools to improve the health and wellness of Philadelphia children by *helping them locate and use safe, accessible and convenient public green space and increase their nature experiences.*



The graphic features a large green leaf on the left side with a white QR code and the text "SCAN ME" above it. The background is a collage of photos showing families enjoying nature: a man carrying a child on his shoulders, children playing in a field, and a group of people hiking. The text "Prescribe Outside" is at the top, followed by "Nature can heal." and "Free Programs for the whole family!". A three-step list is provided: 1. Scan the QR Code to find a Prescribe Outside Event in your neighborhood (or visit www.letsgooutdoors.net/events.html), 2. Join Us... for an outdoor adventure!, and 3. Repeat!. Logos for Children's Hospital of Philadelphia, Let's Go Outdoors, Awbury Arboretum, US Forest Service, and Temple University are at the bottom.

**Prescribe Outside**

**Nature can heal.**

**SCAN ME**

**Free Programs**  
*for the whole family!*

- 1 Scan the QR Code**  
to find a Prescribe Outside Event in your neighborhood  
Or visit [www.letsgooutdoors.net/events.html](http://www.letsgooutdoors.net/events.html)
- 2 Join Us...**  
for an outdoor adventure!
- 3 Repeat!**

**CH** Children's Hospital of Philadelphia®  
[www.chop.edu](http://www.chop.edu)

**Let's Go Outdoors**  
[www.letsgooutdoors.net](http://www.letsgooutdoors.net)

**Awbury Arboretum**  
Nature for All  
[www.awbury.org](http://www.awbury.org)

**US FOREST SERVICE**  
[www.fs.usda.gov](http://www.fs.usda.gov)

**Temple University**  
College of Liberal Arts  
Center for Sustainable Communities  
[liberalarts.temple.edu/research](http://liberalarts.temple.edu/research)

# Nature and Wellbeing Project

The Nature and Well-Being Project tests two intervention strategies designed to influence behavior and nudge people to spend more time in nature – one focused on changing places and the other focused directly on people. The first intervention is creating and building a community co-designed micro park space in a formerly greened vacant lot. The second intervention consists of a digital health intervention including a nature coach working with participants to increase the amount of time they spend outside in nature. We are working in 6 predominantly Black Philadelphia neighborhoods and tracking mental health and wellbeing outcomes.



## LandCare Program

PHS Philadelphia LandCare is a nationally recognized model of landscape treatment and urban revitalization that addresses the widespread challenge of land vacancy plaguing the city's neighborhoods.



Research on nature and nature-based  
interventions for mental health

# Mental Health Benefits of Nature Exposure

- ▶ Cognitive Function and Attention
- ▶ Mood and Emotion
- ▶ Stress
- ▶ Depression

# Mental Health Outcomes and Associations During the COVID-19 Pandemic: A Cross-Sectional Population-Based Study in the United States

Bella Nichole Kantor and Jonathan Kantor

Increased time outdoors (OR = 0.51, 95% CI [0.29, 0.92])...was associated with decreased odds of meeting depression criteria.



# Mood and Emotion

- ▶ Strong evidence of improved mood or emotion after nature exposure, compared to after exposure to a built urban environment.



Fig. 1. Streetscapes from study cities.

- ▶ Momentary mood response in 4 European cities (n=368).
  - ▶ Mobile-app based ecological momentary assessment (EMA), for 7 days.
  - ▶ Positive affect improved after passing through urban green/bluespace.

# LandCare Program

PHS Philadelphia LandCare is a nationally recognized model of landscape treatment and urban revitalization that addresses the widespread challenge of land vacancy plaguing the city's neighborhoods.



Original Investigation | Public Health

## Effect of Greening Vacant Land on Mental Health of Community-Dwelling Adults A Cluster Randomized Trial

Eugenia C. South, MD, MS; Bernadette C. Hohl, PhD; Michelle C. Kondo, PhD; John M. MacDonald, PhD; Charles C. Branas, PhD

- 541 vacant lots randomly assigned to treatment and control
- 442 participants surveyed before and after intervention
- Significant decrease in depression and feeling of worthlessness for participants living near treatment lots
- No change in feeling nervous, hopeless, restless, that everything is an effort, or poor mental health

# Today's Breakout Session

**What are characteristics of \_\_\_\_\_ park spaces in your city?**  
*e.g. for active spaces – walking loops, playgrounds, fitness zones*

**What type of data are out there to identify these spaces?**  
*e.g. trail data, amenity locations*

**We've identified 3 types of park experiences that would be key to mapping access for planning and research goals. Are there alternate indicators, metrics, or classification structures you would propose?**



**Active**



**Natural**



**Social gathering**

# Welcome Back!

Please take a moment to complete this poll:

[pollev.com/christinajan159](https://pollev.com/christinajan159)



# Thank you!

**Next session: Wednesday, December 14<sup>th</sup> - Translating concepts to metrics and action**

**Contacts:**

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- Track suggestions: [kirsten.mickow@tpl.org](mailto:kirsten.mickow@tpl.org)



Connecting everyone to the outdoors™