



Increasing Access through a Holistic Lens

10-Minute Walk City Community of Practice

Session 4
May 11, 2022





Opening poll

Share an innovative way your city has activated parks, green spaces, and/or natural areas.

Agenda

Topic: Increasing Access through a Holistic Lens

Agenda

- Moderated Panel Discussion
 - Des Moines, Iowa
 - Toledo, Ohio
 - Washington DC
- Breakout groups
- Closing



Meet the Community Where They Are

- Use parks as a common ground to identify, respond, and adapt to other community values and needs
- Create **multiple touch points** through in-person, digital, and mobile outreach, and provide multilingual materials
- Find ways to show, not tell, your commitment to the community



Build Out Networks

- **Map out stakeholders** who bolster support for CBOs and community members
- **Institutionalize stakeholder input and feedback** for park projects, planning and investments
- **Provide capacity building and support** to align goals among different groups



Invest in Local Leaders

- **Integrate local leaders** into city processes, including unofficial community leaders
- **Dedicate staff, funds, and resources** to local representatives
- **Socialize city practices** and processes to increase involvement from local leaders

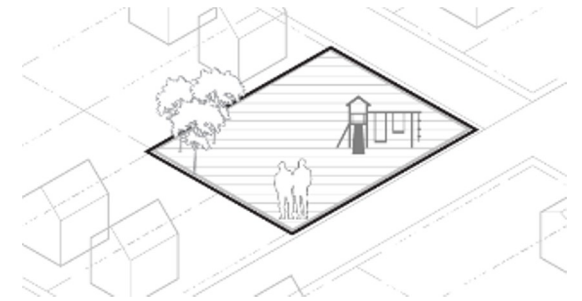
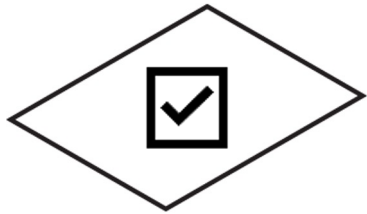


'That's the **nearest** park'

'That's the **nicest** park'

'That's the park **everybody goes to**'

'That's my **favorite** park'



Proximity
Acreage

Amenities
Investment
Maintenance

Visitation
Programming

Sense of belonging

Physical Access

Social Access

Breakout Groups

- TPL facilitator in each group
- 40 minutes
- Videos + Mics on

Questions:

1. What could your city do to increase social access and the sense of belonging in parks, green spaces, and natural areas?
1. Elevate 1-2 strategies to discuss policies, tactics and barriers.





Exit Survey

Over halfway through the year!

Please take a minute to complete the exit survey.

Upcoming workshops

July 13- Power of Partnerships for Strong Parks and Systems Change

Sept 14- Healthy and Resilient Communities: Long-Term Park Impacts



Thank you + Contact Us

Christina Jang

Program Manager, 10-Minute Walk

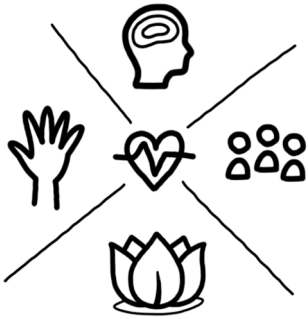
christina.jang@tpl.org

10MinuteWalk.org

@10MinWalk

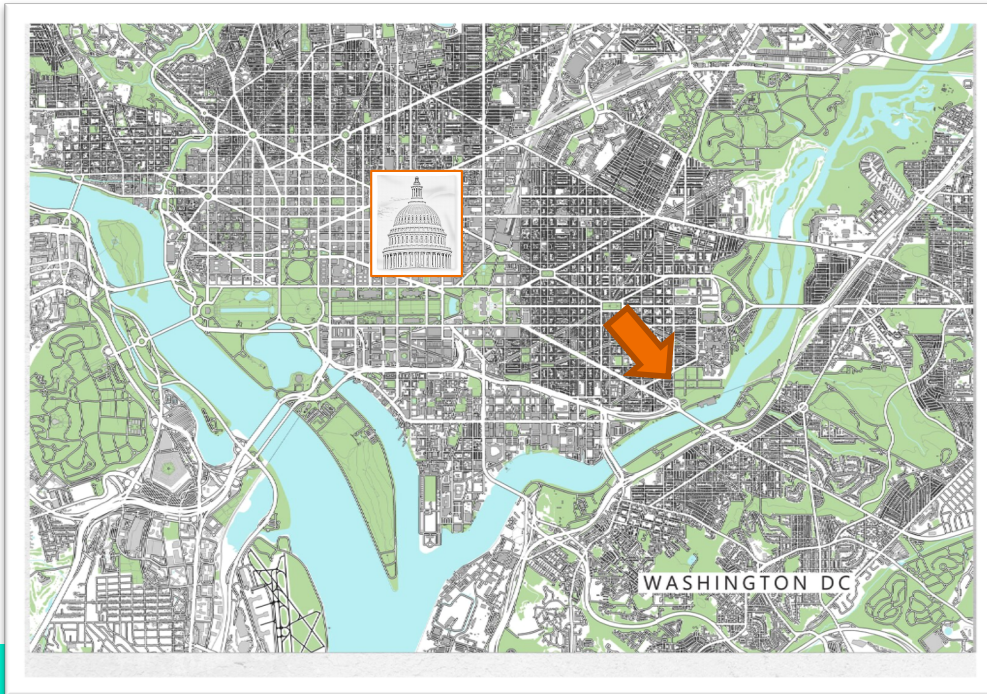
Don't forget to take the exit survey!



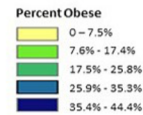
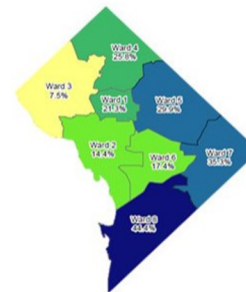


Meaningful Park Engagement: Making Park Experiences Count for Stressed Communities

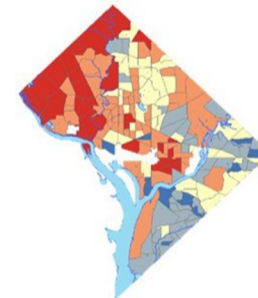
Supporting trauma informed engagement in Anacostia Park.



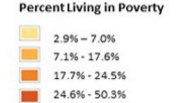
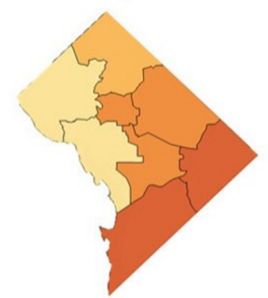
DC Obesity Rates
2010 – By Ward



DC Median Household Income
2011 – By Census Tract



DC Childhood Poverty Rate
2014 – By Ward



What it means to be a "friend" of Anacostia Park

HOW THE PARK HELPS ME



HOW WE CAN HELP THE PARK



Mental Health

"Time alone in nature."

Physical Health

"Get off my diabetes medicine."

Social Health

"Spending quality time with my kids and my family."

Human Capital

I can help keep the park clean and safe.

Social Capital

I can tell my networks about park events and announcements in community context.

Financial Capital

I can help fundraise and promote park to funders, partners, grantees.

COMMUNITY NEEDS

PARK NEEDS



PHYLLIS NELSON

OPERATIONS MANAGER

CORE SKILLS & EXPERIENCE

- ADDICTION RECOVERY ADVOCATE
- COMMUNITY ENGAGEMENT
- CONNECTING W/ STRESSED AUDIENCES
- YOUTH/TEEN ENGAGEMENT

Working in Anacostia Park has helped me better myself. It gives me the chance to use my people skills and life experience to connect with park users in new ways that make a difference.

PARK GOALS

To help meaningfully engage visitors impacted by trauma, and protect it as a safe space for all.

COMMUNITY

ANACOSTIA PARK

CHALLENGES

1. Crime
2. Employment
3. Drugs
4. Mental Health
5. Community Economics
6. Youth Engagement

1. Poor Restrooms
2. Trash / Litter
3. More/Better Playgrounds
4. Invasive Plants/Animals
5. More Picnic Tables/Grills
6. NPS Understaffed

POWERS

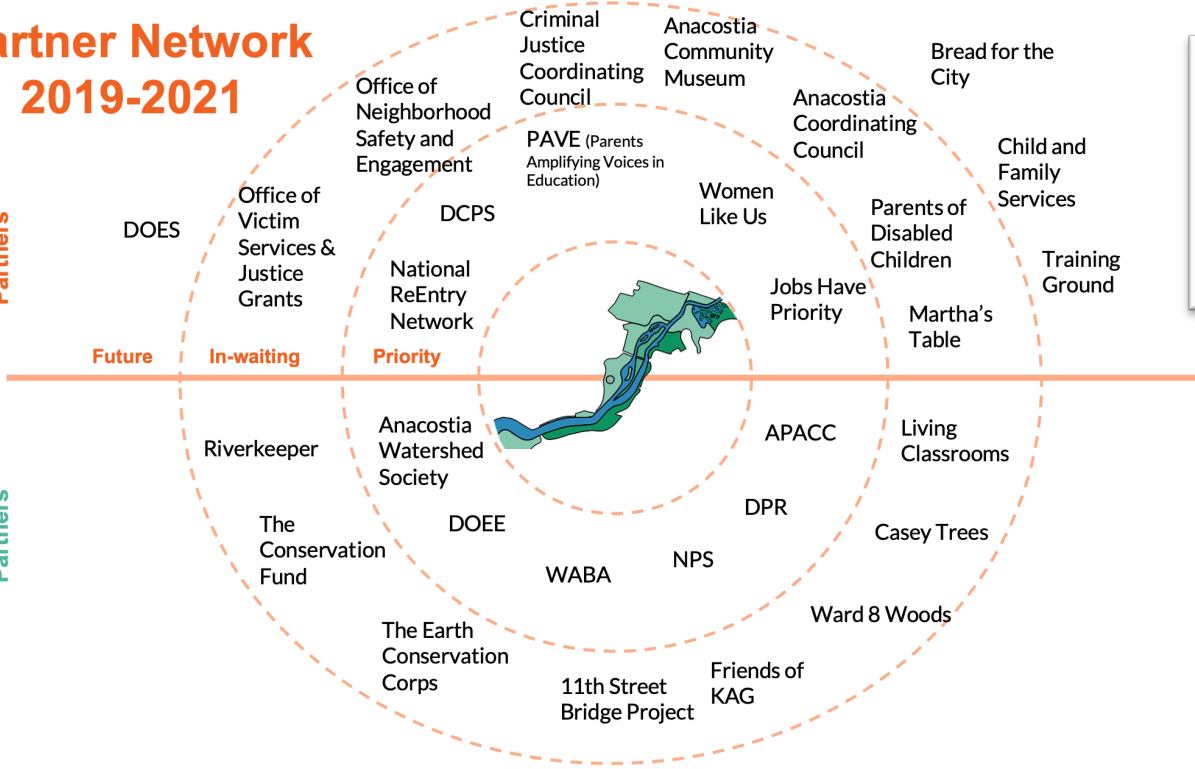
1. Schools
2. Youth
3. Elders
4. Artists
5. Anti Crime Groups
6. Relationships

1. Open Green Space
2. Bike / Walking Path
3. Playgrounds
4. Recreational Activities
5. Peace & Quiet
6. Familiar /Historic Park

Partner Network 2019-2021

Community Partners

Environmental Partners



SOCIAL WELL BEING	SPIRITUAL HEALTH	MENTAL HEALTH	PHYSICAL HEALTH
<ul style="list-style-type: none"> • Family Reunification Circles • Restorative Justice Circles • Family Cookouts • River Tours • Anacostia Park Events • "Grouptivities" • Education Programs 	<ul style="list-style-type: none"> • Family Reunification Circles • Restorative Justice Circles • Mourning Space • Peace Efforts 	<ul style="list-style-type: none"> • Walking /Talking Groups • Recovery / Support Walking Groups • Running Groups • Forest Bathing • Yoga • Meditation 	<ul style="list-style-type: none"> • Bike Riding, Tours • Field Games • Sports • Skating • Walking Groups • Running Groups • Yoga /Mediation • Swimming • Canoeing • Kayaking

TPL Community of Practice

Increasing “Access” through a Holistic Lens

Amarre Negussie, Recreation Supervisor

Colby Fangman, Park Planner II

Janis Steele, Recreation Manager

Daniel Calvert, Development and Planning Administrator

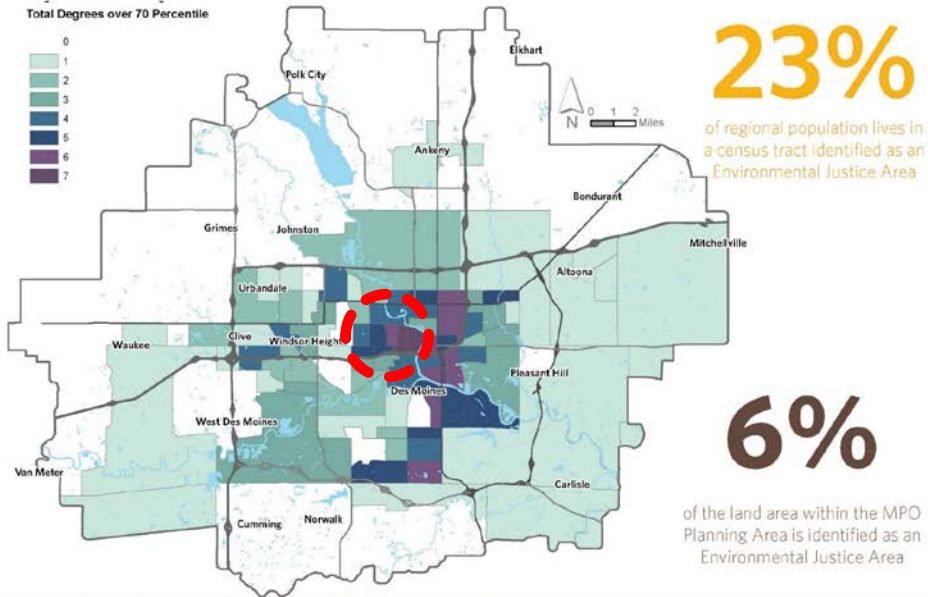


Increasing "Access" through a Holistic Lens - JUSTIFICATION

IDENTIFYING EJ AREAS

Regional Degrees of Disadvantage

The map below shows the overlaying of each degree of disadvantage throughout the MPO planning area at the census tract level. The darker the shade of purple in this map represents a higher degree of disadvantaged populations. While concentration is highest in the central urban areas, outlying communities also have disadvantage populations, especially so near clusters of multi-family housing units.



FEDERAL MANDATES

"No person in the United States shall, on the ground of race, color, or national origin be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving Federal financial assistance."

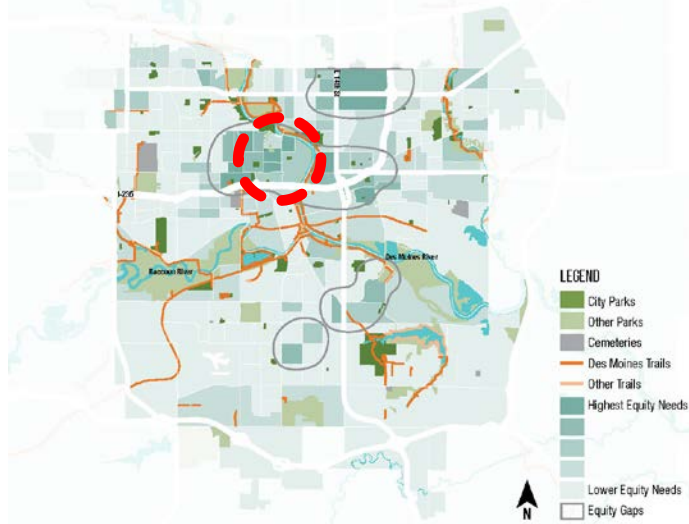
- TITLE VI OF THE CIVIL RIGHTS ACT OF 1964

"Each Federal agency shall make achieving environmental justice part of its mission by identifying and addressing, as appropriate, disproportionately high and adverse human health or environmental effects of its programs, policies, and activities on minority populations and low-income populations."

- EXECUTIVE ORDER 12898, FEDERAL ACTIONS TO ADDRESS ENVIRONMENTAL JUSTICE IN MINORITY POPULATIONS AND LOW-INCOME POPULATIONS, 1994

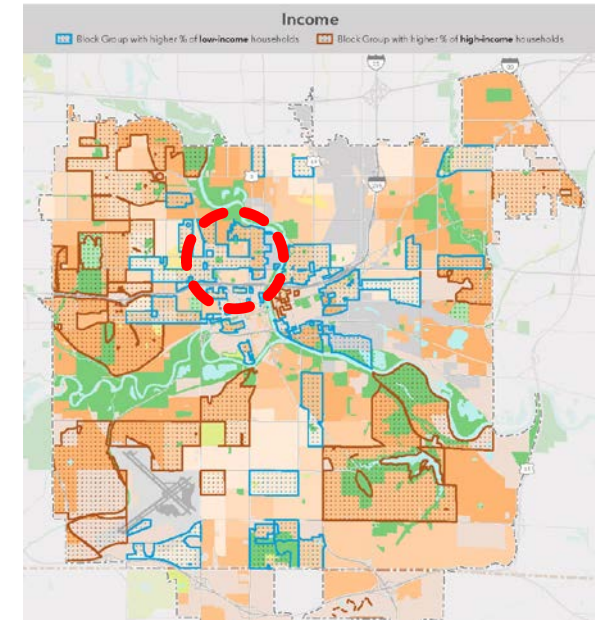
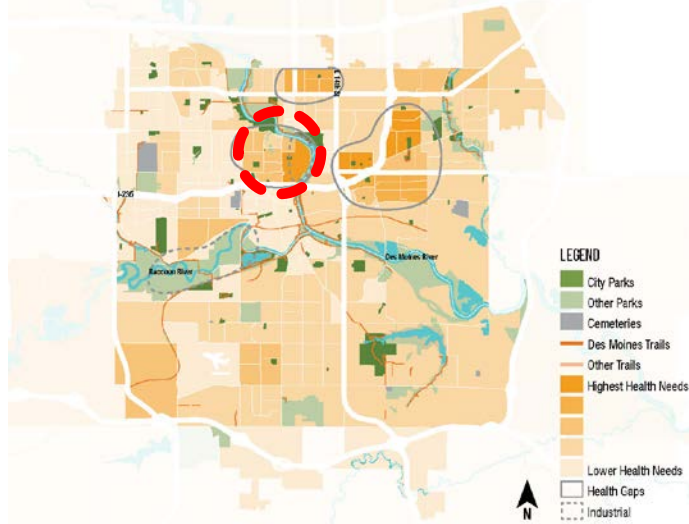
EQUITY LENS MAP: AREAS WITH GREATER EQUITY NEED (POVERTY, RACE POPULATION DENSITY AND CRIME)

Polk County, City of Des Moines, RDG ESRI GIS and US Census Data



HEALTH SHED MAP: HIGHER PROPENSITY FOR HEALTH PARKS

Polk County, City of Des Moines, RDG and CDC GIS



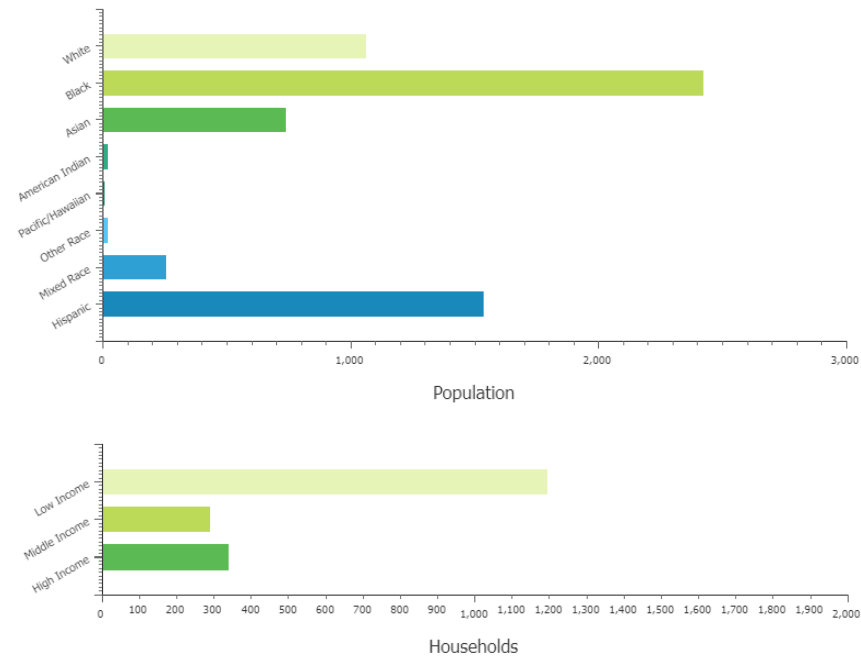
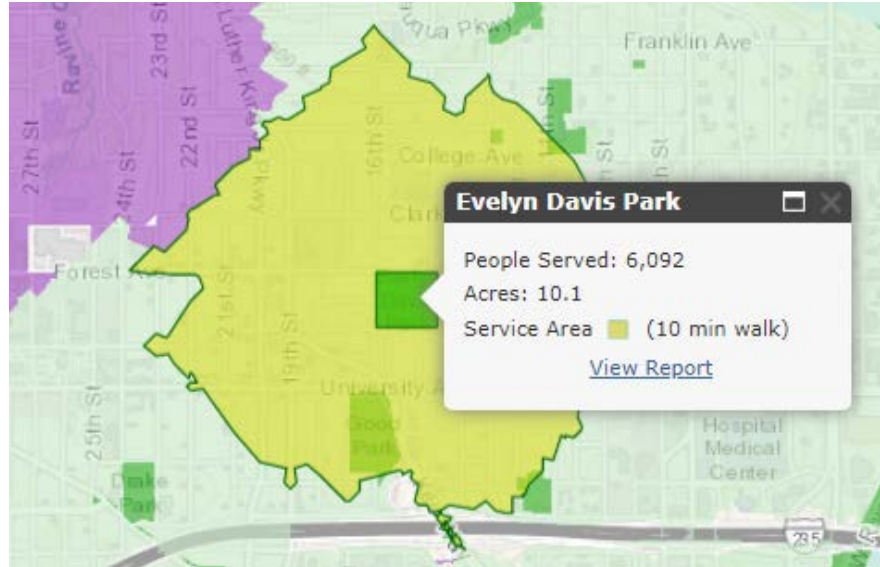
Increasing "Access" through a Holistic Lens - DEVELOPMENT

Central Place Levee Trail Route & Neighborhood Spurs

Phase 1 Northern Terminus: 1901 2nd Avenue, Des Moines, IA 50314
 Phase 1 Southern Terminus: 821 W River Dr, Des Moines, IA 50309



Increasing "Access" through a Holistic Lens - PROGRAMMING





- 2015**
- Wiregrass Lake Metropark
 - Fallen Timbers Battlefield
 - Westwinds Metropark
- 2016**
- Middlegrounds Metropark
- 2020**
- Cannonball Prairie Metropark
 - Glass City Metropark
 - Manhattan Marsh Metropark





**METROPARKS
TOLEDO**



