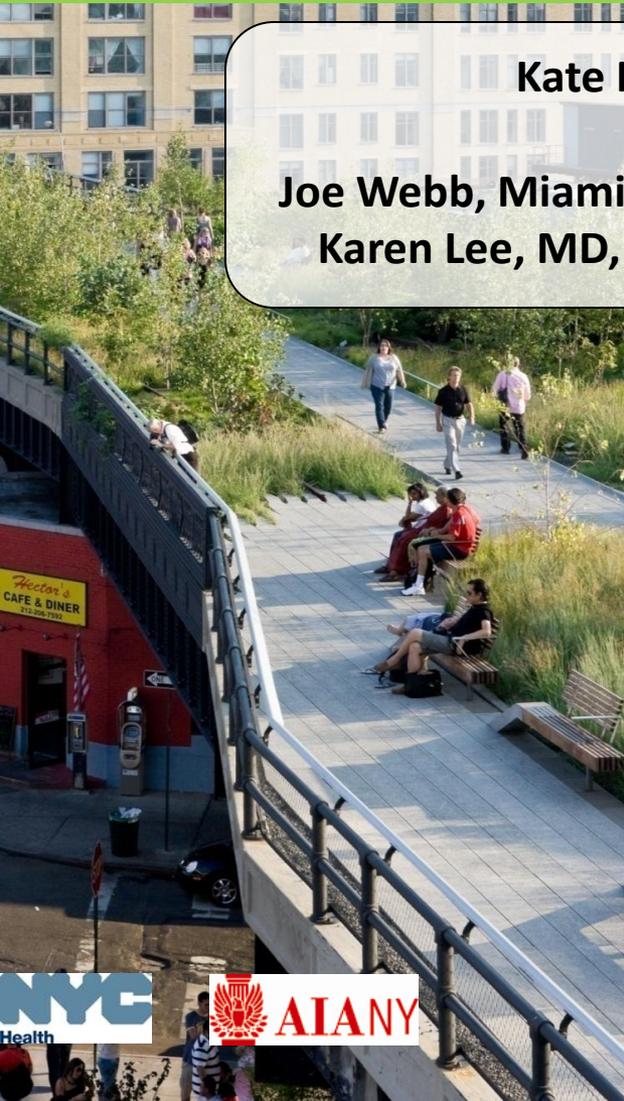


# Creating Healthy Communities Through Design: Improving Parks and Active Recreation Opportunities

Tuesday, March 6<sup>th</sup> | 2:00-3:15pm EST | 1.0 CE/CM Unit

Kate Rube, NYC Active Design Program & AIANY  
Peter Harnik, Trust for Public Land  
Joe Webb, Miami-Dade County Parks, Recreation and Open Spaces Dept  
Karen Lee, MD, MHSc, FRCPC, NYC Dept of Health & Mental Hygiene



# Goals for Today's Webinar

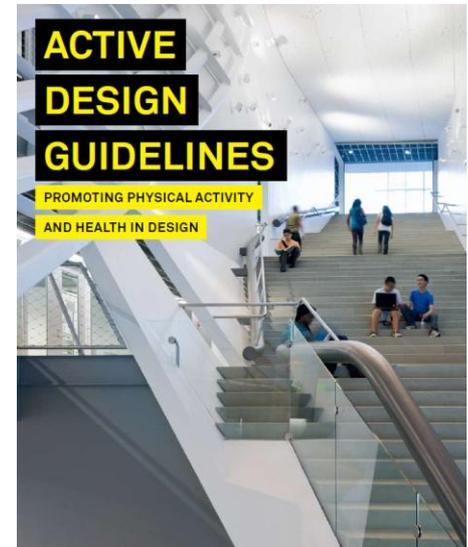
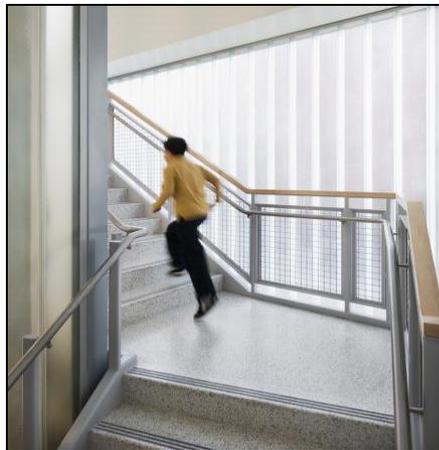
## *Learn about:*

- ❑ How increasing opportunities for active recreation and open space in your community can **help improve your community's health, economy, and environmental sustainability**
- ❑ Best practices in **creating spaces that encourage physical activity and active recreation**
- ❑ **How to encourage more people to walk, run, and bicycle to your parks and recreation facilities**
- ❑ **Maximizing efficiencies in your existing public spaces to encourage physical activity and active recreation**

# What is Active Design?

Designing our neighborhoods, streets, and buildings to encourage physical activity and improve access to healthy food and beverages

Download the  
Guidelines at:  
[www.nyc.gov/adg](http://www.nyc.gov/adg)



**ACTIVE  
DESIGN**

***Learn more about Active Design by watching previous webinars:***

**Creating Healthy Communities Through Design: Active Design 101**

**Karen Lee, MD, MHSc, FRCPC | NYC Dept. of Health & Mental Hygiene**

**Skye Duncan | NYC Dept. of City Planning**

**Story K. Bellows | Mayors' Institute on City Design**

**The Honorable Deke Copenhaver | Mayor, City of Augusta, GA**

**The Benefits of Active Design for Business & Real Estate Development**

**Hugh Morris, AICP, LEED AP | National Association of Realtors**

**Kevin Green | Midtown Alliance**

**Lee Sobel | EPA Office of Sustainable Communities**

**Joanna Frank | NYC Food Retail Expansion to Support Health (FRESH) Program**

**Becoming a Fit City: Top Opportunities in Healthy, Active Design**

**Kate Rube | NYC Active Design Program & AIANY**

**Mark Plotz | Project for Public Spaces**

**Reena Agarwal | NYC Departments of Design + Construction  
and Health & Mental Hygiene**

**Eva Ringstrom | University of Washington**

***Webinar Recording & Presentations available at: [www.nyc.gov/adg](http://www.nyc.gov/adg)***

**ACTIVE  
DESIGN**

# Benefits of Parks & Active Recreation: Health

- **Children in neighborhoods lacking access to sidewalks or walking paths, parks, or playgrounds, or recreation or community center have 20-45% higher odds of becoming obese or overweight** compared to children who have access to these amenities.

*Source: White House Task Force on Childhood Obesity: Report to the President (2010)*

- **Creating or enhancing access to places for physical activity combined with informational outreach can produce a 48.4 percent increase in the frequency of physical activity.** Easy access to a place to exercise results in a 5.1 percent median increase in aerobic capacity, along with weight loss, a reduction in body fat, improvements in flexibility, and an increase in perceived energy.

*Source: The Health Benefits of Parks, Trust for Public Land*



# Benefits of Parks & Active Recreation: Healthcare Savings

## MEASURING THE ECONOMIC VALUE *of a* CITY PARK SYSTEM



THE TRUST *for* PUBLIC LAND  
CONSERVING LAND FOR PEOPLE

- Save people money on avoided healthcare costs and expenses

Available at: <http://cloud.tpl.org/pubs/ccpe-econvalueparks-rpt.pdf>

### Health Care Savings: Physically Active Users of Sacramento Parks, 2007

Cost Description	Residents Physically Active in Parks*	Average Medical Cost Difference Between Active and Inactive Persons	Amount
Adult users under 65 years of age	71,563	\$250	\$17,890,750
Adult users 65 years of age and older	6,054	\$500	\$3,027,000
Subtotals combined	77,617	—	\$20,917,750
Regional cost multiplier (based on statewide medical costs)			0.95
<b>Total Value</b>			<b>\$19,871,863</b>

\*People engaging in moderate, vigorous, or strenuous activity at least half an hour, three days per week

# Benefits of Parks & Active Recreation: Increase property values and create more desirable places to live

- Research reveals that **excellent parks add 15% to the value of homes within 500 feet of those facilities**. A Trust for Public Land study estimates that conservatively, an average park would add 5% to the value of homes within 500 feet of those facilities. Higher home values would translate into higher tax property tax revenues for local governments.

- **Trails are a top-ranking outdoor community asset according to the National Association of Home Builders**, which found that **57% of prospective homebuyers would like to see trails in their new community**.

*Source: From Kitchen to the Wild in 30 Seconds, The New York Times (September 7, 2006)*

<http://www.nytimes.com/2006/09/07/fashion/07FITNESS.html>



# Benefits of Parks & Active Recreation: Environmental Benefits

- Water pollution reduction due to greater rainfall retention in parks and open space facilities, which **saves money required to treat stormwater**
- Park trees and landscaping **help to absorb and mitigate air pollution**

Stormwater Costs in Philadelphia per Cubic Foot	
Rainfall on impervious surface	8,667,269,456 cu. ft.
Annual expenditure on water treatment	\$100,000,000
Cost per cubic foot	\$0.012

Cost Savings Due to Runoff Reduction: Philadelphia's Parks	
Results for Typical Year – 43.29 inches of rainfall	Cubic Feet
Annual rainfall over Entire City of Philadelphia	1,623,928,386
Amount of actual runoff from parks (81.3% perviousness)	168,480,901
Runoff if parks didn't exist and if that acreage were of the same permeability as rest of city (34.9% perviousness)	664,198,620
Reduction in runoff due to parkland's perviousness	495,717,719
Estimated stormwater costs per cubic foot	\$0.012
Total savings due to park runoff reduction	\$5,948,613

