



HEALTH & PARKS: Making the Connection



**Parks
&
Recreation**
Enriching People's Lives

COMMUNITY WELLNESS EDUCATIONAL FORUM
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Nancy L. Rapp, Parks and Recreational Director

Parks and Community

- ◆ City parks and open space improve our physical and psychological health, strengthen our communities, and make our cities and neighborhoods more attractive places to live and work.

- The Trust for Public Land



The Benefits of Parks

- ◆ Physical Health and Well-being
- ◆ Economic
- ◆ Environmental
- ◆ Social



Parks and Health

- ◆ People living within 1 mile of a park were 4 times as likely to visit that park once a week or more, and had more physically active exercise sessions per week than those living further away from parks.
- ◆ Adults who reported convenient and attractive environmental surroundings were 40% more likely to walk for exercise
- ◆ Citizens who had better access to parks, visited parks more frequently, engaged in physically active park behaviors and made fewer visits to their doctor
- ◆ Neighborhoods with a greater proportion of parks were more likely to contain children who had higher levels of physical activities.
- ◆ People who visited parks more frequently were more likely to have a more positive perception of their general health.

Elements of Parks: Think Broad

- ◆ Parks
- ◆ Sports fields and facilities
- ◆ Trails
- ◆ Community Gardens
- ◆ Urban Forest
- ◆ Community centers, recreation centers
- ◆ Green spaces, open space, natural areas



Santa Barbara: Park Land Need

PARK TYPE	EXISTING INVENTORY	EXISTING INVENTORY	YEAR 2015 NEED
Passive Parks	10	79 acres	+ 4 acres
Neighborhood Parks	13	72 acres	+ 16 acres
Community Parks	9	118 acres	+ 45 acres
Beach Parks	3	3.4 miles	+ 5 miles
Regional Parks	2	256 acres	+ 13 acres
Open Space Parks	11	1,183 acres	+ 241 acres
Sports Facilities	11	162 acres	+ 28 acres

Santa Barbara: Facility Needs

- ◆ Indoor Recreational Facilities
 - Current: 16 special use facilities
 - Need: one large multi-purpose recreation center
- ◆ Aquatic Facilities
 - Current: 2 pools
 - Need: 1 large multi-pool aquatic complex

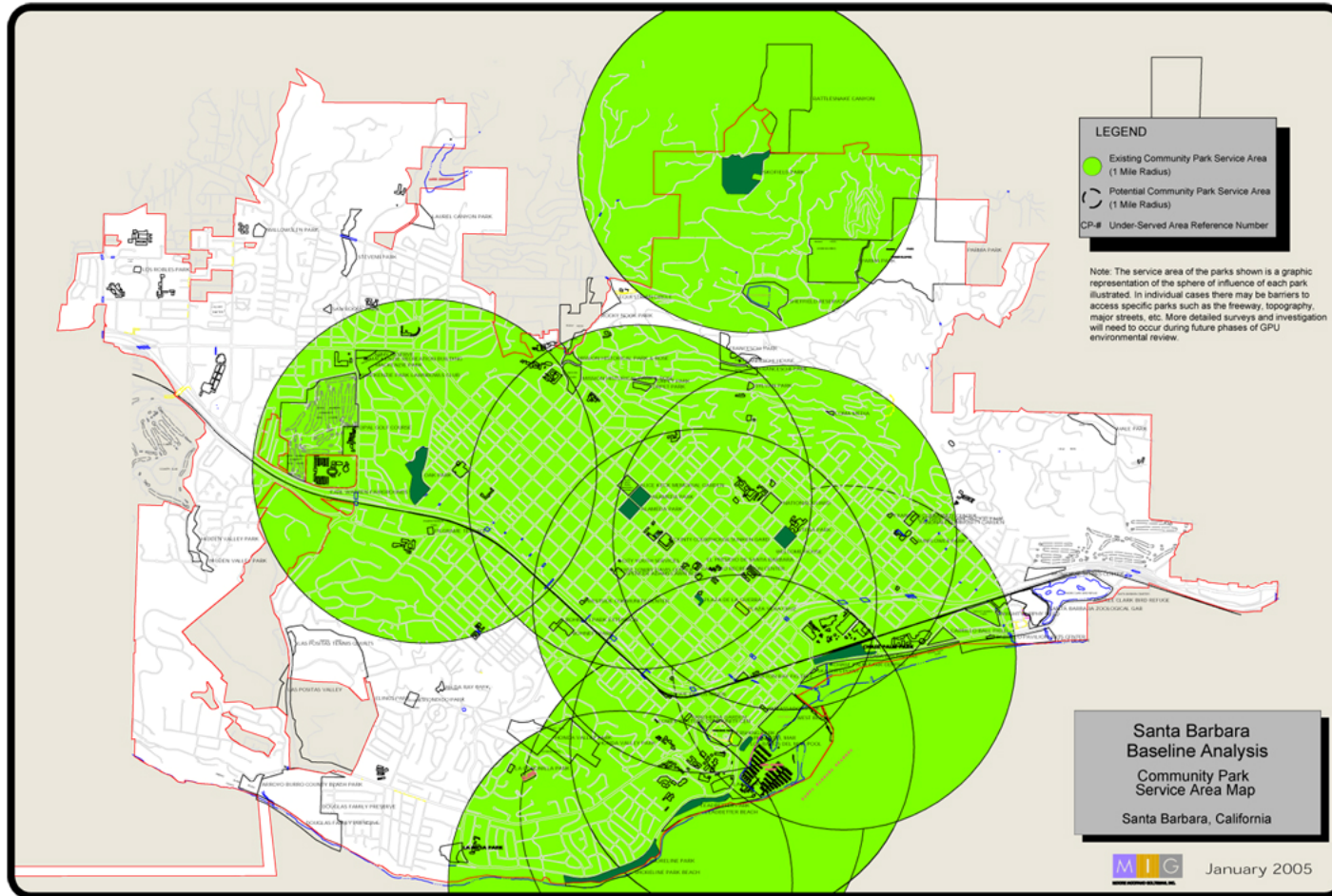


Issues & Challenges

- ◆ Uneven distribution of parkland

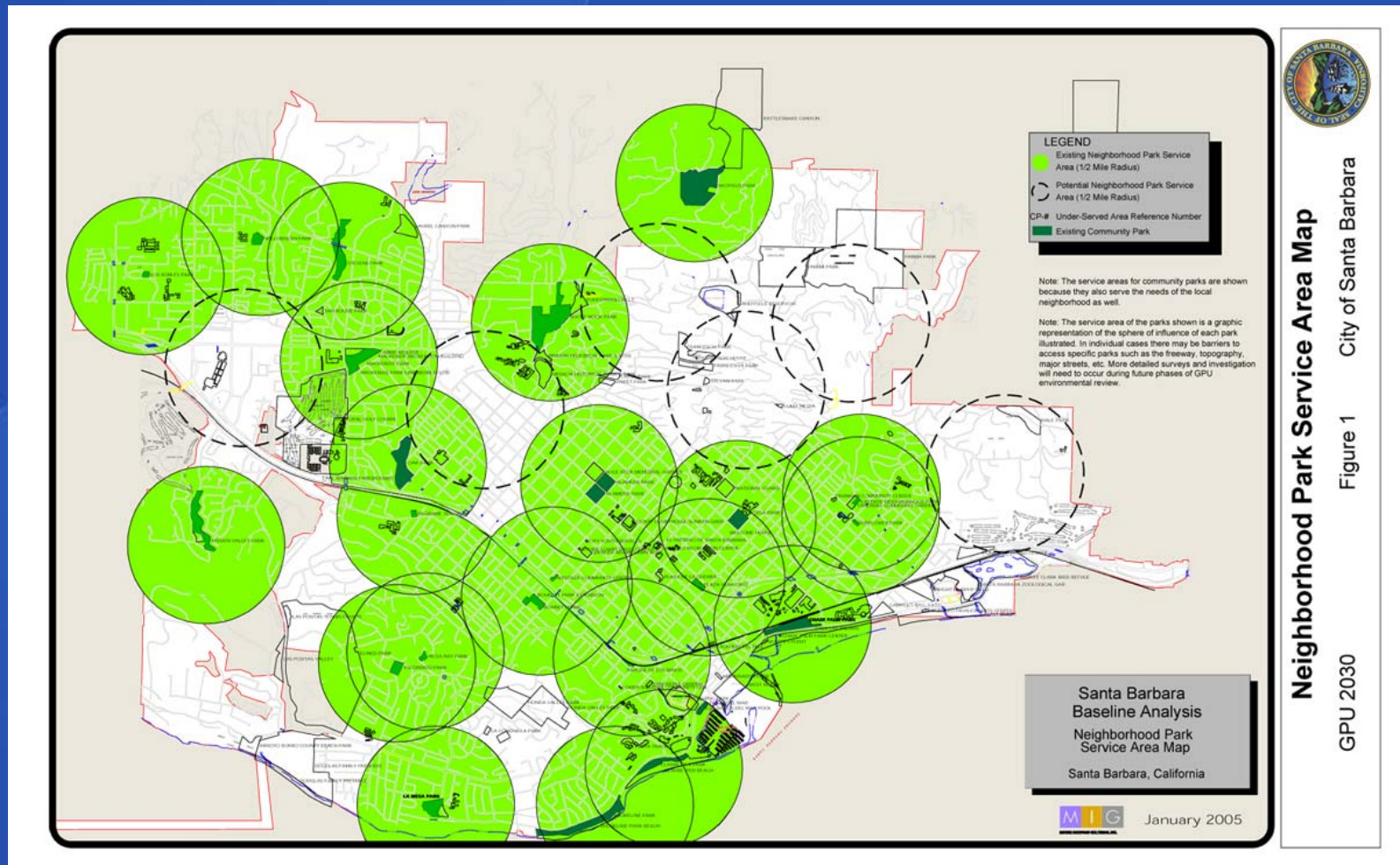


Community Parks



Community Park Service Area Map
GPU 2030
Figure 2
City of Santa Barbara

Neighborhood Parks



Neighborhood Park Service Area Map

Figure 1 City of Santa Barbara

GPU 2030

Issues & Challenges

- ◆ Land deficit - built out city, high cost
- ◆ Redevelopment trends:
 - Increasing neighborhood density
 - Downtown and commercial zones – mixed use zoning creating new neighborhoods
- ◆ Changing demographics

Issues & Challenges

- ◆ **Funding**
- ◆ **City is major regional provider of parks, facilities and programs**
- ◆ **Safety in some of our parks**
- ◆ **Political will**

Opportunities

- ◆ **Expand community partnerships**
- ◆ **Improve walkability of parks and connections with neighborhoods**
- ◆ **In areas with limited green space, consider activity-based facilities vs. parks**

Opportunities

- ◆ Reconsider how existing parks are designed and used
- ◆ Army Reserve/National Guard Armory
- ◆ Consider regional approach to meet regional needs
- ◆ Update Parks and Recreation Facilities Master Plan (last done 1985)

PARKS & RECREATION

Building Community thru People, Parks and Programs

