Parks: a Vital Community Health Condition

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Ideas Roundup: 10.20.2020
Our Mission

The Trust for Public Land creates parks and protects land for people, ensuring healthy, livable communities for generations to come.

What we do

Our Initiatives

By 2023, we will directly engage more than 200 communities and improve quality of life for more than 20 million people.

Lands

We will generate more than $10 billion in funding for land protection and establish 60 protected places for public benefit, deploying 100 sales tools to advance community conservation goals.

Parks

We will put a quality park within a 10-minute walk of two million people who currently lack access by creating new parks or transforming underutilized parks in the communities of greatest need and by activating local and national partnerships.

Schoolyards

We will grow our schoolyards program to expand park access for nearly 4 million people across the country and open green schoolyards in 20 underserved school districts.

Climate

Everyone deserves climate-smart communities. The parks we create and the lands we protect safeguard people from adverse heat, poor air and water quality, flooding, and sea level rise, making communities more resilient and prepared for change.

Equity

Everyone deserves access to the benefits of nature. Working hand in hand with communities, we support the efforts of historically marginalized groups to create access to the outdoors by delivering park and green space solutions that energize their efforts and address wide-ranging challenges.

Why we do it

Our Commitment to Communities

How we do it

Our Tool Kit

Health

Everyone deserves healthy communities. We create opportunities for all people to experience the physical and mental health benefits nature provides, from close-to-home parks to awe-inspiring outdoor experiences.

Public Land for Public Good

We help communities protect land and waterways to benefit everyone.

Park Creation and Transformation

We help communities create and transform parks to reflect local histories, cultures, heritage, and aspirations.

Data and Insight

We help communities prioritize investments in public land, using data-driven mapping technology and insights to prioritize where nature is most needed.

Advocacy

We mobilize support for critical bills and policies to advance the use of public land for society.

Funding and Leverage

We help communities generate public funding for parks and open spaces, leveraging donations to achieve a return of $2,000 in public funds for every $1 donated.

Join us to reimagine and realize the power of land for people to create stronger communities that move society forward.
Language

- Open space
- Conserved land
- Green space
- Remote forests
- Nature & Outdoors
Parks
Language

- **Health**
  
  State of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.
  
  (World Health Organization, 1946)
Language

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- **Health care**
  Range of health services, includes factors such as utilization, quality, financing, etc. (Braverman, 2003)
**Language**

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- **Community Health**

  A multi-sector and multi-disciplinary collaborative enterprise that uses public health science, evidence-based strategies, another approach to engage and work with communities, in a culturally appropriate manner, to optimize the health and quality of life of all persons who live, work, or are otherwise active in a defined community or communities. (Goodman, 2014)
Upstream Thinking

SOCIAL DETERMINANTS AND SOCIAL NEEDS: MOVING BEYOND MIDSTREAM

STRATEGIES
- Improve Community Conditions

COMMUNITY IMPACT
- Laws, policies, and regulations that create community conditions supporting health for all people

INDIVIDUAL IMPACT
- Include patient screening questions about social factors like housing and food access; use data to inform care and provide referrals

Providing Clinical Care

TACTICS
- Social workers, community health workers, and/or community-based organizations providing direct support/assistance to meet patients' social needs

Medical interventions

Upstream Thinking

## Social Determinants of Health

Conditions in the places where people live, learn, work, and play affect a wide range of health risks and outcomes (CDC, 2018)

<table>
<thead>
<tr>
<th>Economic Stability</th>
<th>Built Environment</th>
<th>Education</th>
<th>Social Context</th>
<th>Food Insecurity</th>
<th>Health &amp; Healthcare</th>
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<tbody>
<tr>
<td>Earned income tax credits</td>
<td>Housing First programs</td>
<td>Home improvement grants (e.g. asthma)</td>
<td>Early Childhood Education/Childcare</td>
<td>Social integration programs</td>
<td>Hunger/food access</td>
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<td>Medical bills support</td>
<td>Transportation support (patients)</td>
<td>Pediatric reading programs</td>
<td>Community plot improvements</td>
<td>Anti-bias &amp; racism training</td>
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<td>Culturally &amp; linguistically appropriate approach</td>
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<td>Coverage &amp; access services</td>
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<td>Quality</td>
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Connection to Health

Connection to Health

- Mood
- Blood pressure
- Heart rate
- Immune function
- Physical activity
- Social connectedness
- Air quality


Connection to Health

Physical health
Connection to Health

Physical health

Mental health
Connection to Health

Physical health

Mental health

Social well-being
Connection to Health

Physical health

Mental health

Social well-being

Environmental health
Race is a social construct. A proxy measure for **Racism**.

**Health in America**

**Institutionalized racism**
- Initial historical insult
- Structural barriers
- Inaction in face of need
- Societal norms
- Biological determinism
- Unearned privilege

**Personally mediated racism**
- Intentional
- Unintentional
- Acts of commission
- Acts of omission
- Maintains structural barriers
- Condoned by societal norms

**Internalized racism**
- Reflects systems of privilege
- Reflects societal values
- Erodes individual sense of value
- Undermines collective action
Park disparities: non-white communities

Parks in majorit
non-white
neighborhoods are
1/2 as large
and serve
nearly 5 times
more people
than parks in
majority-white
neighborhoods.
Park disparities: low-income communities

Parks in majority low-income neighborhoods are 1/4 as large and serve nearly 4 times more people than parks in majority high-income neighborhoods.
Structural racism

Historic wrongs contribute to today’s inequities

Commitment

To ensure that underinvested communities with structural barriers around access to high-quality public spaces have a fair and just opportunity to derive the physical, mental, social, and environmental health benefits of nature & public parks.
Parks and the Pandemic

- Less likely to spread outdoors
- Pre-pandemic Context
  - Loneliness epidemic pre-covid19
  - American sedentary lifestyle
  - Increasing focus on mental health needs
  - Inequities; disparities; power differentials

**Pandemic: Amplifies**
Building Resilience

- Prioritize equity & justice
- Protect lands and parks
- Targeted investment
- Everyday places and views
- Multiple options
- Engage people to look at multiple benefits: land & people
Path Forward

Drive Evidence-based Action

Boost Community Partnerships

Change Mindsets
Path Forward

- Drive Evidence-based Action
- Boost Community Partnerships
- Change Mindsets

Increased access to high-quality parks
Increased usage of parks
Increased support and stewardship for parks
Path Forward

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- Increased access to high-quality parks
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- Increased support and stewardship for parks

Healthy, livable communities for generations to come
Thank you