

Parks: a Vital Community Health Condition



Sadiya Muqueeth, DrPH
Director of Community Health
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 2025, we will directly engage more than 300 communities and improve quality of life for more than 85 million people.



LANDS

We will generate more than \$10 billion in funding for land protection and establish 500 protected places for public benefit, deploying innovative tools to advance community conservation goals.



PARKS

We will put a quality park within a 10-minute walk of five 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 6 million people across the country and open green schoolyards in 20 underserved school districts.



TRAILS

We will connect more than 3 million people to 1,000 miles of local and national trails and greenways.

WHY we do it OUR COMMITMENT TO COMMUNITIES



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.

COMMUNITIES

CLIMATE

Everyone deserves climate-smart communities. The parks we create and the lands we protect safeguard people from extreme 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.

HOW we do it OUR TOOL KIT



PUBLIC LAND FOR PUBLIC GOOD

We help communities protect lands and waterways to benefit every one.



PARK CREATION AND TRANSFORMATION

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



DATA AND INSIGHT

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



ADVOCACY

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



FUNDING AND LEVERAGE

We help communities generate public funding for parks and open space, 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

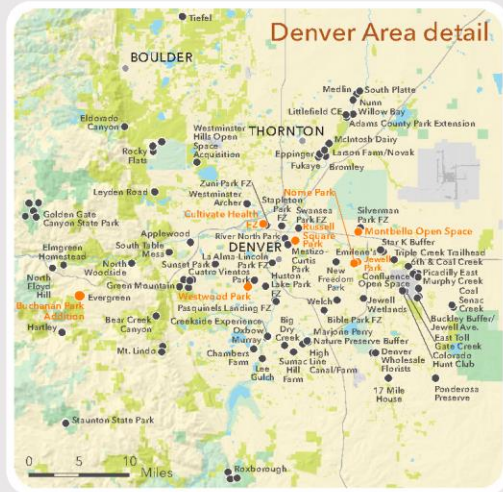
Green
space

Remote
forests

Nature
&
Outdoors

Language





- The Trust for Public Land**
- Completed land protection or park development project
 - Current land protection or park development project
 - National Park Service land
 - Other federal land
 - State land
 - Tribal land
 - Other local or protected land
 - Military land

Note: FZ = Fitness Zone®

Land Ownership/Management Sources: Colorado Natural Heritage Program and the Geospatial Centroid, 2016; The Colorado Ownership and Protection Map (COMAP), Colorado State University, Ft. Collins, CO; PADUS 1.4; NCEd, 2016; NPS, 2016; National Atlas, 2014



Colorado

CURRENT AND COMPLETED PROJECTS

July 16, 2019. Copyright © The Trust for Public Land. The Trust for Public Land and The Trust for Public Land logo are federally registered marks of The Trust for Public Land. Information on this map is provided for purposes of discussion and visualization only. Public access to private land is not allowed unless specifically stated otherwise on both the map and by the landowner. www.tpl.org



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

- **Health**

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

- **Health care**

Range of health services, includes factors such as utilization, quality, financing, etc. (Braverman, 2003)

Language

- **Health**

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

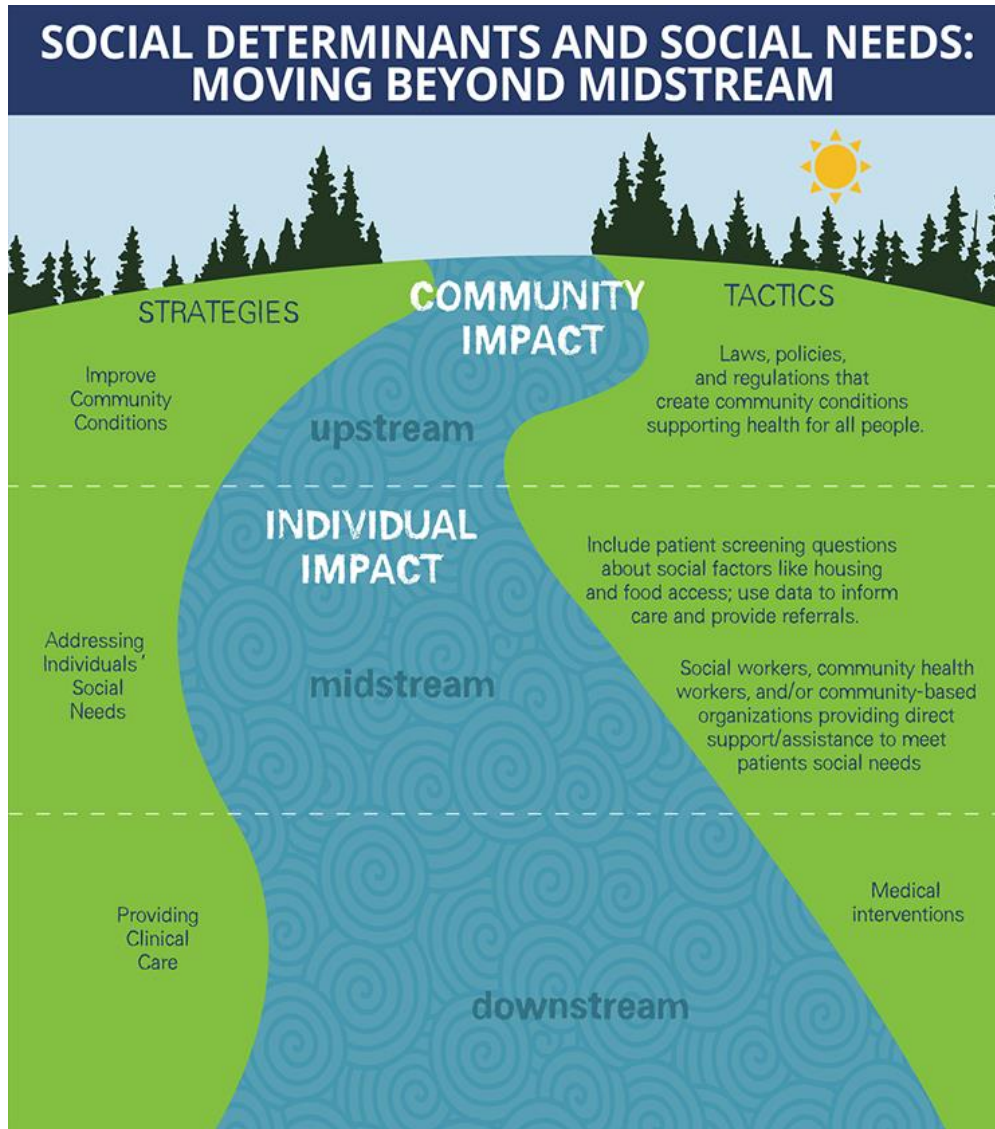
- **Community Health**

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)

- **Health care**

Range of health services, includes factors such as utilization, quality, financing, etc. (Braverman, 2003)

Upstream Thinking



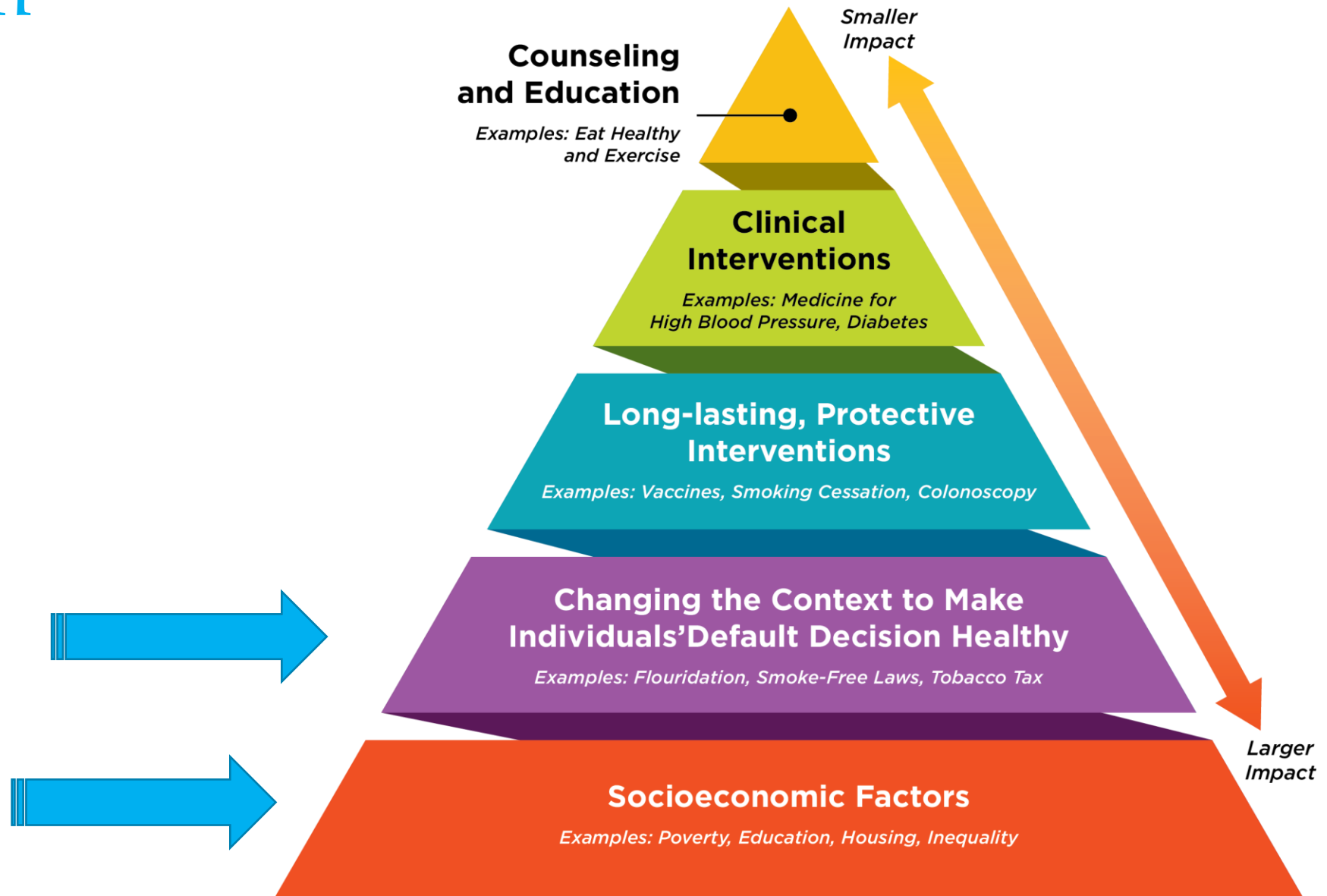
Source: Castrucci, B., & Auerbach, J. (2019). Meeting individual social needs falls short of addressing social determinants of health. Health Affairs Blog.

Upstream Thinking



Source: Frieden, T. R. (2010). A framework for public health action: the health impact pyramid. American journal of public health, 100(4), 590-595.

Parks & Health



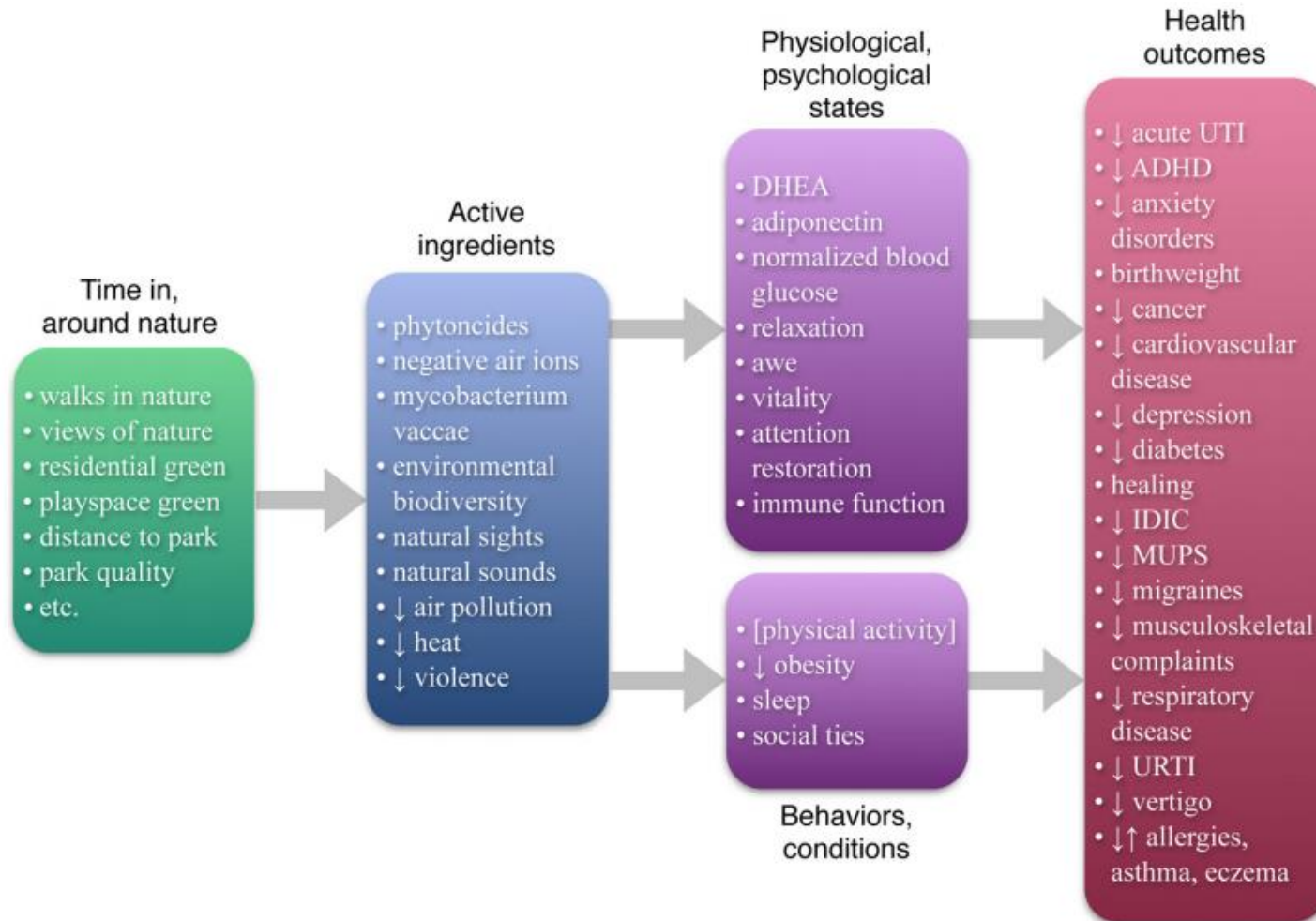
Source: Frieden, T. R. (2010). A framework for public health action: the health impact pyramid. American journal of public health, 100(4), 590-595.

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)

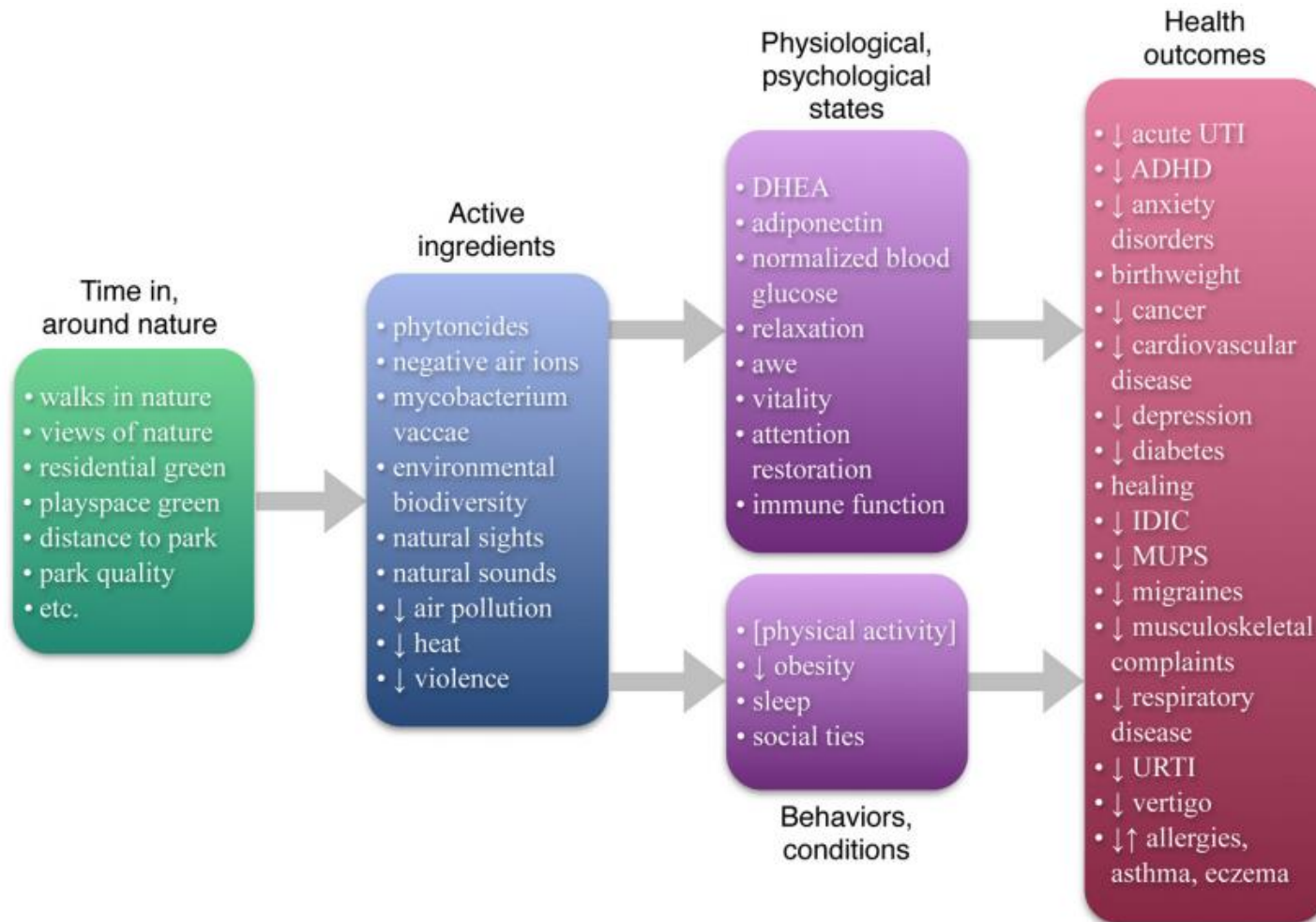
Economic Stability	Built Environment	Education	Social Context	Food Insecurity	Health & Healthcare
<p>Earned income tax credits</p> <p>Medical bills support</p>	<p>Housing First programs</p> <p>Home improvement grants (e.g. asthma)</p> <p>Transportation support (patients)</p> <p>Public</p>	<p>Early Childhood Education/ Childcare</p> <p>Pediatric reading programs</p>	<p>Social integration programs</p> <p>Community plot improvements</p> <p>Anti-bias & racism training</p> <p>Violence</p>	<p>Hunger/ food access</p> <p>Food system changes</p> <p>Nutrition programs</p>	<p>Culturally & linguistically appropriate approach</p> <p>Coverage & access services</p> <p>Quality</p>

Connection to Health



Source: Kuo, Ming. "How might contact with nature promote human health? Promising mechanisms and a possible central pathway." *Frontiers in psychology* 6 (2015): 1093.

Connection to Health



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

Frumkin, H., Bratman, G. N., Breslow, S. J., Cochran, B., Kahn Jr, P. H., Lawler, J. J., ... & Wood, S. A. (2017). Nature contact and human health: A research agenda. *Environmental health perspectives*, 125(7), 075001.

Connection to Health



Physical health

Connection to Health



Physical health



Mental health

Connection to Health



Physical health



Social well-being



Mental health

Connection to Health



Physical health



Social well-being



Mental health

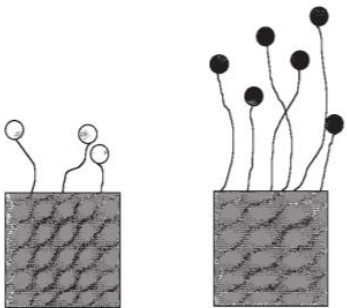


Environmental health

Health in America

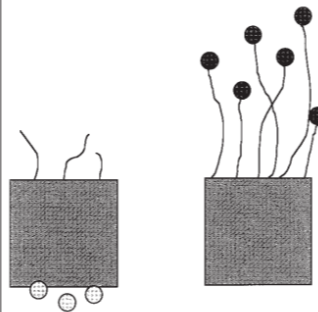
Race is a social construct.
A proxy measure for **Racism**.

Institutionalized racism



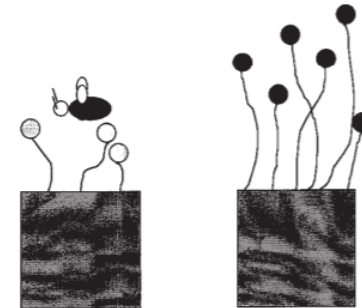
- Initial historical insult
- Structural barriers
- Inaction in face of need
- Societal norms
- Biological determinism
- Unearned privilege

Personally mediated racism



- Intentional
- Unintentional
- Acts of commission
- Acts of omission
- Maintains structural barriers
- Condoned by societal norms

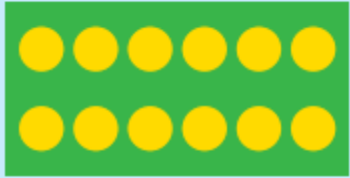
Internalized racism




- Reflects systems of privilege
- Reflects societal values
- Erodes individual sense of value
- Undermines collective action

Park disparities: non-white communities

Parks in **majority non-white** neighborhoods are



 = 1,000 people

1/2
as large

and serve
nearly

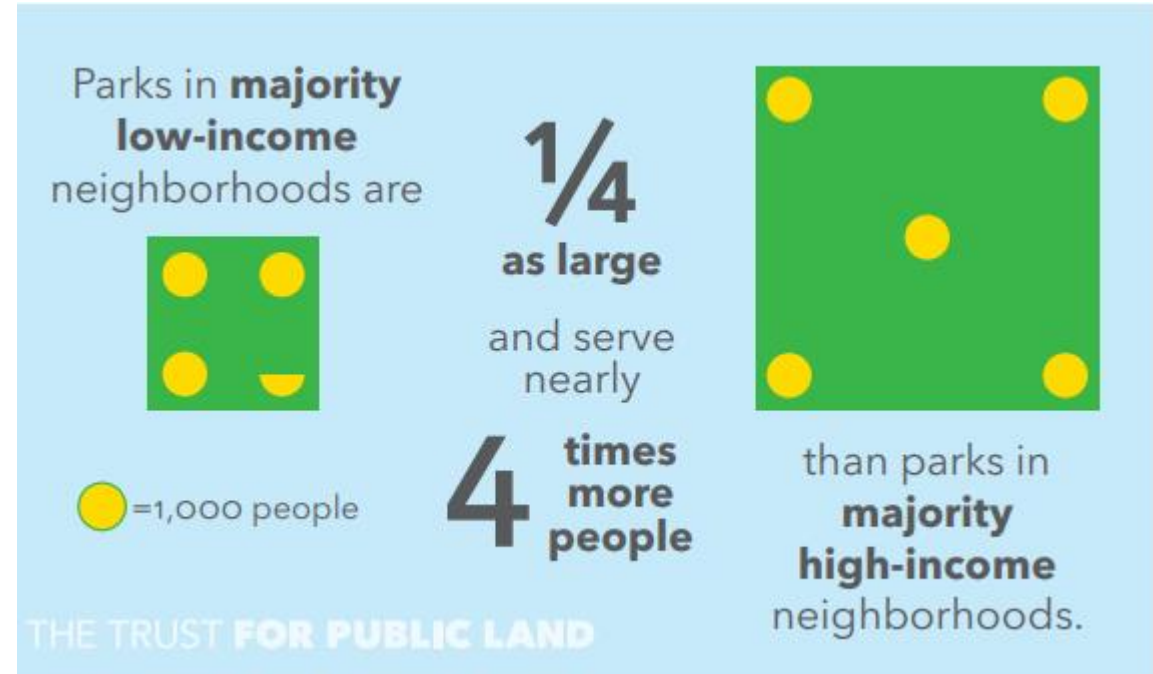
5 times
more
people

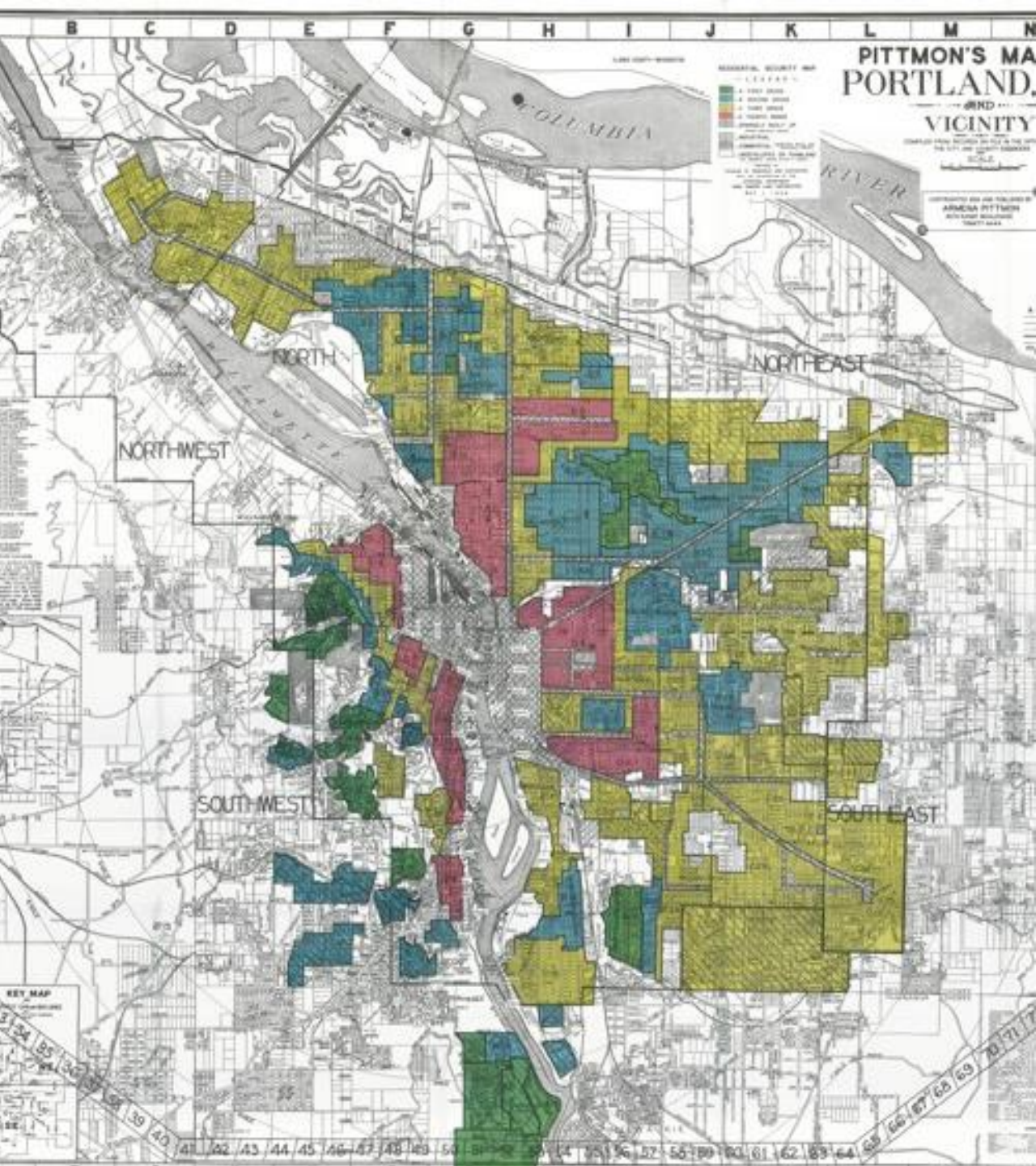


than parks in
majority-white
neighborhoods.

THE TRUST **FOR PUBLIC LAND**

Park disparities: low-income communities





Structural racism

Historic wrongs contribute to today's inequities

<https://www.bloomberg.com/news/articles/2020-01-22/the-link-between-redlining-and-extreme-urban-heat>

Equality



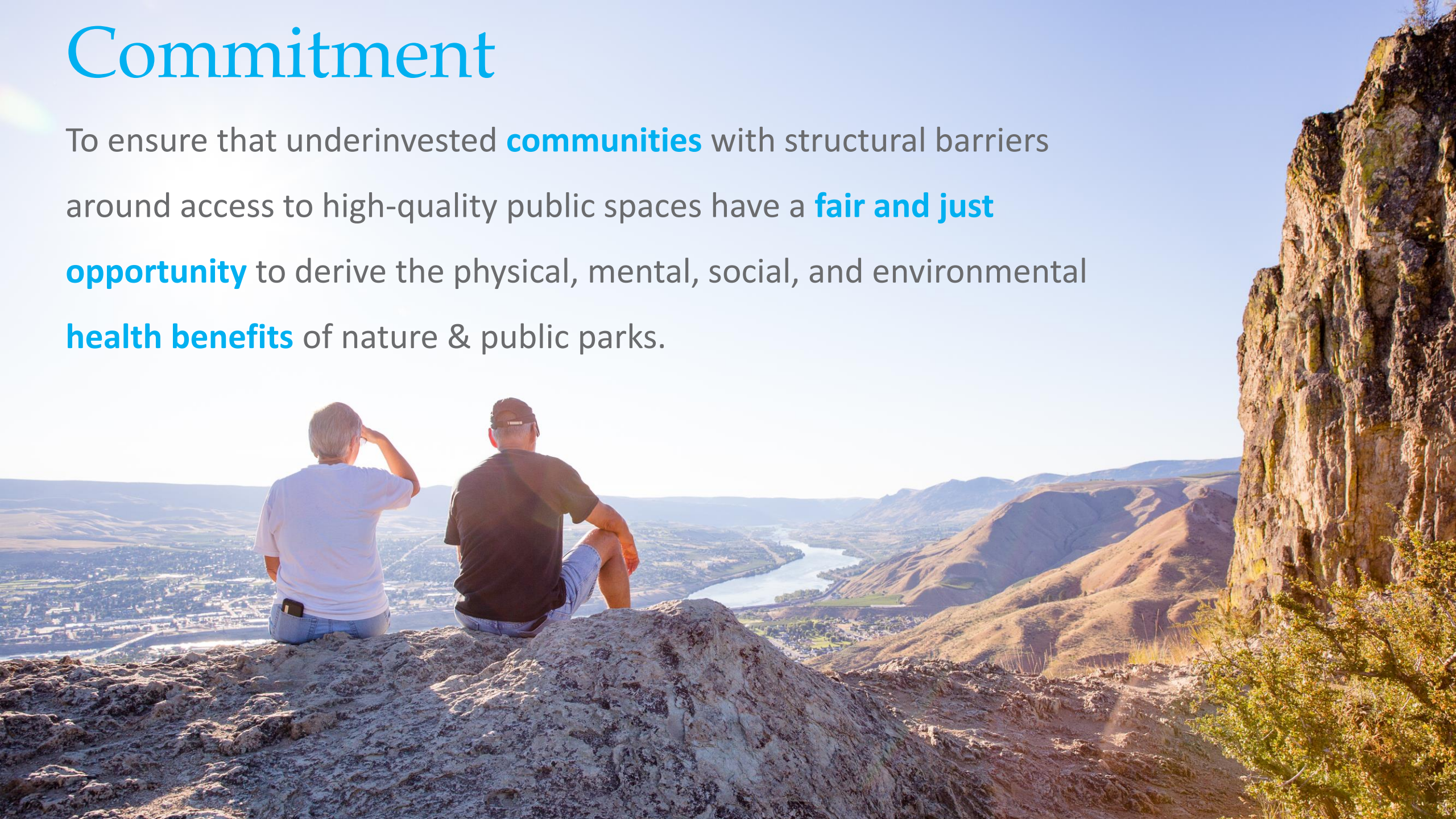
Equity





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

Increased access to
high-quality parks

Boost Community
Partnerships

Increased usage of
parks

Change Mindsets

Increased support and
stewardship for parks



Path Forward

Drive Evidence-based
Action

Increased access to
high-quality parks

Boost Community
Partnerships

Increased usage of
parks

Healthy, livable
communities for
generations to come

Change Mindsets

Increased support and
stewardship for parks



PARKS UNITE US

Thank you

THE
TRUST
FOR
PUBLIC
LAND

Bald Mountain, ME
PHOTO: CHRIS BENNETT