INCLUSIVE HEALTHY PLACES

COMPANION GUIDE
FOR PARK AND RECREATION PROFESSIONALS

NRPA

NATIONAL RECREATION
AND PARK ASSOCIATION

ACKNOWLEDGEMENTS

CONTRIBUTORS

Darci Schofield, Senior Program Manager, NRPA

Dianne Palladino, Senior Evaluation Manager, NRPA

Jared Mummert, Program Manager, NRPA

Jennifer Nguyen, Editor, NRPA

Vitisia Paynich, Executive Editor, NRPA

Adriana Akers, Project Manager, Gehl

Eamon O'Connor, Project Manager, Gehl

Julia D. Day, Director, Gehl

Ivy McCormick, Designer, NRPA

David Donoso, Freelance Designer, NRPA

ABOUT NRPA

The National Recreation and Park Association (NRPA) is the leading not-for-profit organization dedicated to building strong, vibrant and resilient communities through the power of parks and recreation. With more than 60,000 members, NRPA advances this mission by investing in and championing the work of park and recreation professionals and advocates — the catalysts for positive change in service of equity, climate-readiness, and overall health and well-being. For more information, visit [www.nrpa.org.](.) For digital access to NRPA's flagship publication, *Parks & Recreation*, visit [parksandrecreation.org.](.)

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INTRODUCTIONS

Gehl's Inclusive Healthy Places (IHP) Framework[2] offers a comprehensive analysis to guide the creation of places where everyone can live a healthy life. While access to quality clinical care and healthcare is critically important, the places where people live, work, learn and play are key indicators of health outcomes and health inequities. The distribution of wealth, resources and power often determine health equity. Parks and recreation play a critical role in fostering positive social, emotional and physical health and creating healthy places. Not only can inclusive, healthy places improve the physical activity of community members, but also they foster a sense of belonging, provide added social-emotional benefits and ensure long-term environmental health.

To address systemic barriers to equitable health outcomes, Gehl, with the Robert Wood Johnson Foundation, created the IHP Framework to advance health equity into public spaces. The framework provides a comprehensive approach to leverage inclusion and health equity using drivers, indicators and metrics that inform the planning, design, development and evaluation of public spaces.

How Can the IHP Framework Help Park and Recreation Professionals?

Inclusive Healthy Places is a means for transforming parks and recreation where all people feel welcomed, respected, accommodated and safe. It recognizes and respects the needs and values of people using the space, actively engages and establishes trust with the community, and acknowledges that diversity in race, ethnicity, ability and socioeconomics is a strength. Communities can apply the IHP at all scales and advance access to high-quality parks for equity, health and resilience for all (Table 1).

What are Inclusive Healthy Places?

Place is a key indicator of people's health both individually and community-wide. The physical and social characteristics of our environment influence health outcomes. For example, park places with trees have better capacity to absorb air pollution caused by vehicles, reducing the risk of respiratory distress. Parks located in communities within a 10-minute walk from home enable residents the opportunity to connect with people, play and recreate. Nature in parks can lower incidences of mental health challenges, like stress, anxiety and depression. Parks create places for people to gather and play, enhancing community-building and resilience.

However, communities may not have equitable distribution of parks to serve the needs of the community or mitigate environmental risks influencing positive health outcomes. The challenge is rooted in disinvestment, redlining, lack of diverse representation and community leadership in decision making, and lack of accessibility, whether by language, mobility or acceptance.

Inclusion is an ongoing process rather than an outcome. It is highly contextual to your community, but the process acknowledges that everyone has unique needs, ensures needs are met and dismantles barriers to good health through park and recreation planning, design, development, programming and maintenance. The framework and this companion guide help launch a movement of Inclusive Healthy Places that becomes an inherent practice in your entire park and recreation system.

Table 1.

Park and Recreation professionals can apply IHP concepts at all scales — from the park parcel to the watershed region — for planning, design, improvements and programming.

SCALE OF IHP IMPLEMENTATION	PARCEL	NEIGHBORHOOD	CITY OR TOWN WIDE	REGION
PARKS PLACE	Community park design process	Create regional waterfront park	Park master plans, resilience planning for waterfront parks	Public land conservation plan
PARK TRANSPORTATION	Street and sidewalk plaza redesign	New bike lanes on street networks	Mobility plan, bikeshare network, bike racks	Regional rails to trails project
PARK PROGRAMMING	Street closure programs	New Park Friends group formation	Environmental justice campaign	National 10 minute walk goal
PARK SAFETY AND WELL BEING	Sidewalk lighting	Food distribution areas	City-wide active design guidelines	Regional tree planting intiatives

FOUR GUIDING PRINCIPLES

Four guiding principles drive the IHP Framework and they build inclusion in parks, increase health equity, and assess its impacts using indicators and evaluation metrics. Below are the definitions of the four guiding principles.

PRINCIPLE 1: COMMUNITY CONTEXT. Understand and acknowledge community context by cultivating knowledge of existing conditions, assets and lived experiences that relate to health equity.

PRINCIPLE 2: INCLUSION PROCESS. Support inclusion in the processes that shape public space by promoting civic trust, participation and social capital.

PRINCIPLE 3: INCLUSIVE DESIGN AND PROGRAM. Design and program public space for health equity by improving quality, enhancing access and safety, and inviting diversity.

PRINCIPLE 4: SUSTAINING INCLUSION. Foster social resilience and capacity of local communities to engage with changes in place over time by promoting agency, representation and stability.

The principles pertain to places and process, and they all intersect, overlap and interconnect. For example, democratic design of parks is an indicator of civic trust (Principle 1), which correlates to the strength of community networks and resilience (Principle 4). The quality and perceived safety of a public space (Principle 3) influence both people using the place (Principle 3) and the frequency people use the park (Principle 2). Funding for maintenance and care of a public space (Principle 4) may benefit the community, but the degree of benefit of that funding relates to the demographic of decision-makers investing public funding (Principle 2).

Importantly, due to the interconnectedness of the guiding principles, park and recreation professionals can adapt and tailor the four guiding principles and tangible activities in a manner that reflects your agency and community's readiness and goals. Choose the most appropriate principle for your park and recreation system at any given time, while maintaining the flexibility to adapt to changing conditions or community needs.
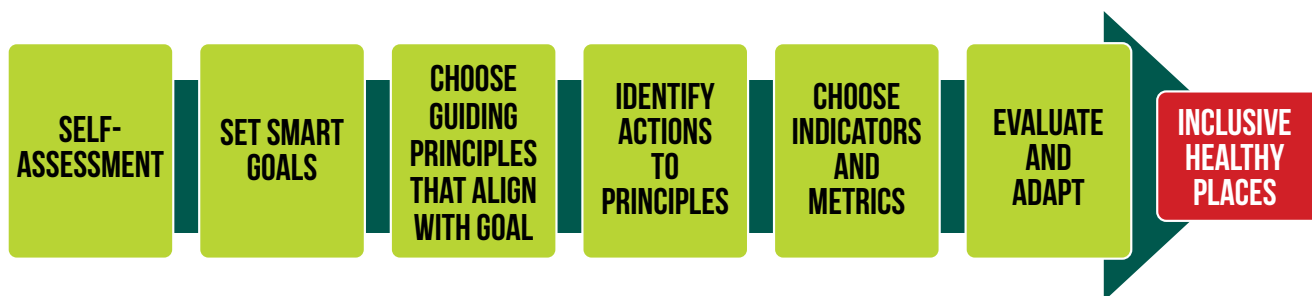
INCLUSIVE HEALTHY PLACES IMPLEMENTATION:
STEP BY INTERCONNECTED STEP

The IHP Framework is a tool to advance the process and outcome of inclusion across all scales and through all operations. Community leaders, residents and stakeholders can champion inclusive healthy parks and recreation as park and recreation professionals advance the process. Inclusion is a process that occurs while working toward the desired inclusion outcomes, which:

- Reflect shared values with dignity and respect

- Promote trust and leadership, particularly among Black and Indigenous people and other people of color, LGBTQ+ people, low-income households, people with disabilities, and diverse ages.

- Create opportunities for everyone to enjoy and use parks and recreation.

- Promote better physical and mental well-being through a lens of equity.

- Preserve and protect the natural and cultural assets of a place and its people.

GETTING STARTED

Transforming practices to Inclusive Healthy Places is a journey where each step advances the process and outcome of inclusion. To begin, understand your agency's capacity, level of commitment and perseverance. Perform the Self-Assessment in NRPA's *Elevating Health Equity through Parks and Recreation*[3] to your agency's readiness.

SELF-ASSESSMENT → SET SMART GOALS → CHOOSE GUIDING PRINCIPLES THAT ALIGN WITH GOAL → IDENTIFY ACTIONS TO PRINCIPLES → CHOOSE INDICATORS AND METRICS → EVALUATE AND ADAPT → INCLUSIVE HEALTHY PLACES

Begin by selecting one or more guiding principles that align with your level of commitment and goals. Using the data tables, choose three or more indicators and metrics to advance your approach. For evaluation, define what metrics of success are relevant to your community and your agency's goals. Finally, create a plan to execute with specific actions that support the overall framework. The following pages provide sample actions, evaluation metrics, IHP indicators and metrics for each Guiding Principle. See hyperlinks for data resources and case studies to inspire implementation.

ACTIONS AND EVALUATION
IMPLEMENTING COMMUNITY CONTEXT

Understand and acknowledge your community context by cultivating information of existing conditions, assets and lived experiences that relate to health equity.

PRINCIPLE 1 ACTIONS

1. **Collect demographic data** by location, gender, age, race and ethnicity, homeownership, single-family households, income/poverty, disabilities, language and country of origin to understand your community composition and socioeconomic opportunities for equity and IHP.

2. **Collect spatial environmental health-risk data**, such as tree canopy, air and water pollution, limited access to parks, and hazardous or toxic sites, to identify communities at risk and opportunities for parks as solutions to healthy outcomes.

3. **Collect public health data by census track** to determine how location affects health outcomes. Examples include asthma, allergies, cardiovascular disease, obesity, mental health, trauma, crime, etc.

4. **Acknowledge and document areas of historic and present predictors of exclusion**, such as redlining, discrimination by race, ability, gender, income, etc., and lived experience of disparity through focus groups and/or public surveys.

PRINCIPLE 1 EVALUATION EXAMPLE

Spatially evaluate park distribution, historic redlining, air pollution and public housing. Quantify historic investments (programs, park investments, etc.) in excluded areas in comparison with the remaining community. Measure progress for advancing investments to ensure equity.

PRINCIPLE 1 IN ACTION

As part of its Park Equity initiative, the Maryland Department of Natural Resources in partnership with the University of Maryland School of Public Health created the [Maryland Park Equity Mapper](.)[4] The interactive map illustrates areas in need of parks and better access to nature, particularly for underserved communities. Their goal is to provide park access for all, infants to seniors, for health, social and environmental resilience.
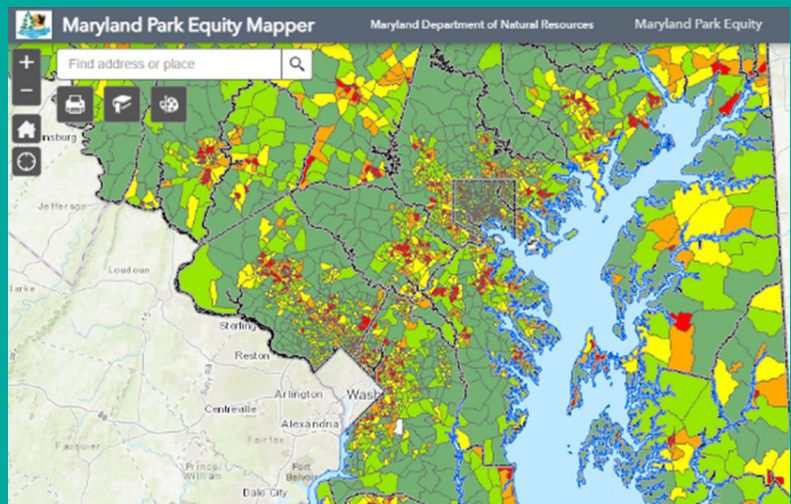
PRINCIPLE 1:

INDICATORS, METRICS AND DATA RESOURCES
IMPLEMENTING COMMUNITY CONTEXT

*Indicators and metrics tables derived from Inclusive Healthy Places by Gehl.

INDICATOR	DATA	METRIC
CHARACTERISTICS OF PEOPLE PRESENT		
Demographics		Population by age, sex, gender or gender identity, race and ethnicity, individual income, education, nativity status
COMMUNITY HEALTH CONTEXT		
Vital statistics		Life expectancy by sex, race and ethnicity, neighborhood income
		All-cause mortality rate by sex, race and ethnicity, neighborhood income
		Leading causes of mortality rate by sex, race and ethnicity, neighborhood income
		Leading causes of mortality rate by sex, race and ethnicity, neighborhood income
		Self-reported state of health and rate of physical activity
Socioeconomic conditions		Percentage of population living below federal poverty line
		Percentage of population employed by age, sex, race and ethnicity, etc.
Environmental conditions related to physical space		Air pollution rates
		Number of residents within maximum 10-minute walk from the public space (level of service measures)
		Supermarket square footage per neighborhood area
		Proportion of large park space (6+ contiguous acres) to neighborhood land area
		Percentage of children living within one mile of a safe and well-maintained playground
		Proportional area of urban tree canopy to land area
		Proportion of low-income residents with access to green space
Housing		Proportion of secure affordable options (rent control, public housing, affordable housing, etc.)
		Reported level of incidences of housing quality issues
		Housing tenure
		Duration of residence in neighborhood
PREDICTORS OF EXCLUSION		
Inequality		Median household income by race and ethnicity
		Rates of incarceration by race and ethnicity, sex, age and income
		Concentration of residential poverty based on income on a citywide or district scale (measured as a percentage)
		Presence of historical and current discriminatory practices (e.g., redlining, predatory lending)
		Self-reported rates of unfair treatment or experiences of discrimination by race and ethnicity and other relevant demographics

COMMUNITY ASSETS

Public assets		Proportion of open spaces to land area (by active and passive recreation)
		Mobility: Percentage of transportation mode split to work (car, public transport, bike, walking)
		Mobility: Average transit commute time
		Mobility: Cost of transportation as a percentage of median income
Public assets		Quality of sample public spaces compared with a larger boundary of analysis (surrounding neighborhoods, district, county, borough, etc.)
		Access to free public facilities (school, library, recreation, etc.)
		Presence of community services (e.g., early childhood education centers, community recycling facilities, cultural organizations, Meals on Wheels, etc.)
Local institutions		Number of diverse local institutions, both public and private (e.g., schools, libraries, police, service agencies, nonprofits, major businesses)
		Number of community-relevant local health and social services provided (measured either as a total number or as a percentage of total services provided)
		Presence of local landmarks, symbols and local art
		Presence of cultural organizations and institutions
		Presence of religious organizations and institutions

PRINCIPLE 1 RESOURCES

• *Demographic Data: American Community Survey,*[5] *Census Online Mapping Tool*[6]

• *Predictors of Exclusion Data: Mapping Inequality,*[7] *Redlining,*[8] *Residential Poverty,*[9]

• *Environmental Data: Impaired waters,*[10] *air pollution,*[11] *Hazardous sites,*[12] *tree canopy presence,*[13] *environmental justice areas,*[14] *and Park access*[15]

• *Public Health Data: National Center for Environmental Health,*[16] *Local, County and State Health Data,17 U.S. Health Map*[17]

ACTIONS AND EVALUATION
IMPLEMENTING AN INCLUSIONARY PROCESS

Advance equity and inclusion by promoting civic trust, diverse participation and social capital. Building civic trust is the foundation of meaningful engagement and ongoing inclusion. IHP creates space for dialogue, acknowledgment of past exclusion and acceptance of lived experiences.

PRINCIPLE 2 ACTIONS

1. **Create and execute a robust community engagement plan.** Use best practices for social justice engagement. Evaluate progress and adapt as needed.

2. **Meet community at their places** to ensure diverse participation. Ensure accessibility for mobility and language. Offer incentives (e.g., gift cards, food).

3. **Hire and train community leaders to facilitate engagement.** Draw from active residents, community-based organizations and existing social networks.

4. **Enable and enact community-led decision making.** Facilitate community prioritization of park and recreation projects and programs and enact their priorities.

5. **Have engagement fun!** Everyone enjoys a little fun. Use creative strategies or artists to engage outside your normal procedures.

6. **Showcase community priorities publicly and communicate your agency's progress and achievement of community priorities.**

PRINCIPLE 2 EVALUATION EXAMPLE

Measure the number of new creative engagement events, number of new multimedia communication strategies and their reach, and community response to community leaders.

PRINCIPLE 2 IN ACTION

Chattanooga, Tennessee, hired a local artist to lead a creative process for the design[18] of Lynnbrook Park.[19] Fun and engaging festivities at the site captured the racial, cultural and social assets of the neighborhood. Learn the story at NRPA's Parks Build Community Lynnbrook Park video.[20]
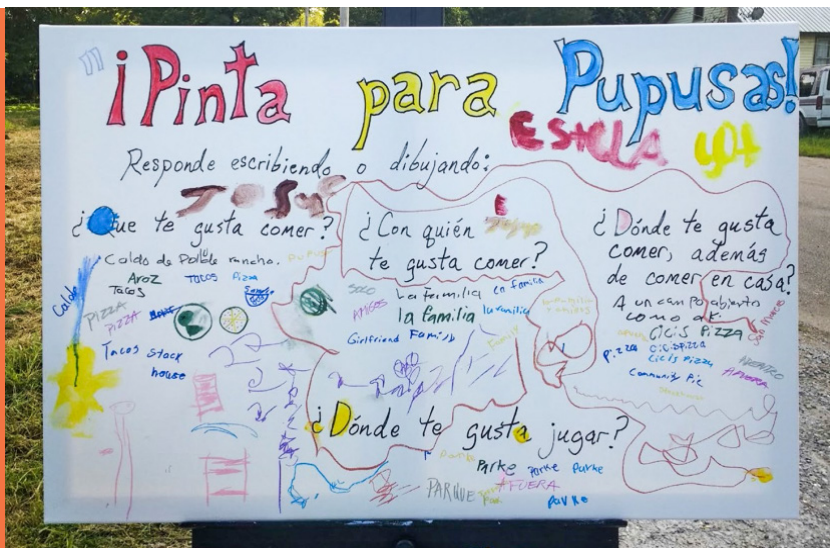
COMMUNITY ENGAGEMENT BOARD FOR THE DEVELOPMENT OF LYNNBROOK PARK. PHOTO COURTESY OF JOSIAH GOLSON.

PRINCIPLE 2:
INDICATORS, METRICS AND DATA RESOURCES
IMPLEMENTING AN INCLUSIONARY PROCESS

*Indicators and metrics tables derived from Inclusive Healthy Places by Gehl.

INDICATOR	DATA	METRIC
CIVIC TRUST		
Civic Participation		Voter turnout by relevant demographics
		Self-reported rate of civic participation (e.g., participation at political meetings, membership in political clubs, advocacy and organizing groups, participatory budgeting)
Local knowledge of inclusive processes		Self-reported level of local awareness of public process and various levers of power within government
		Level of local awareness of funding structures that can support community-oriented development
Reported trust		Self-reported trust in government and civic associations
		Self-reported trust in fellow community members (on a scale created/determined by the evaluator)
		Self-reported rate (e.g., daily, weekly, etc.) of informal socializing
		Self-reported frequency (e.g., daily, weekly, etc.) of unplanned contact
PARTICIPATION		
Events of programming		Number of community programs that are relevant to the community /represent diverse cultural identities
		Number of community events (e.g., festivals, street fairs, sporting tournaments, etc.)
		Percentage of community-led public events and programs
		Number of volunteer efforts (e.g., park cleanup, corporate-sponsored efforts, etc.)
Attendance		Presence of community members at city-level celebrations or other organized events
		Percentage of total population that is actively participating in local programs or activities (membership heterogeneity)
		Reported rate of attendance
Investment in particatory processes		Allocation of funding available for public engagement per capita
		Allocation of funding available for community-generated projects per capita
		Presence of technical assistance for community-generated projects
		Presence of participatory budgeting
		Presence of public process that accommodates, supports or requires multiparty partnership: multiagency, private-public, private-private
Local stewardship		Presence of community-led volunteer projects or programs
		Presence of grassroots organizing groups or efforts

CIVIC TRUST		
Local stewardship		Rate of volunteerism in public spaces
		Rate of volunteerism in the community
		Self-reported level of volunteerism
SOCIAL CAPITAL		
Social networks		Representation within local leadership (religious, civic, etc.)
		Self-reported willingness to cooperate, help and exchange favors
		Self-reported strength of ties (strong or weak) within a relevant network
		Presence of place-based conditions that inhibit the formation of neighborhood social ties (e.g., crowding and high-density living, dangerous or noisy streets, presence of high crime or high fear of crime)
		Self-reported frequency of contact with social network within a specific amount of time (e.g., week, month)
Recognition of diverse cultural identities		Representation of different cultures via public art, monuments, signage and other physical symbols in public spaces
		Frequency of opportunities for cross-cultural social interaction
Development or strengthening of partnerships between orgnazations or groups		Self-reported presence of collaborations and information sharing between organizations
		Presence of cross-sectoral partnerships
		Evidence of successful outcomes from partnerships
Collective action		Participation in collective action (e.g., protests, public gatherings, voter registration drives, presence of active political membership groups, etc.)

PRINCIPLE 2 RESOURCES

• *NRPA's Community Engagement Resource Guide[21] as a framework for inclusionary engagement strategies*

• *Groundwork USA Best Practices for Meaningful Community Engagement[22]*

• *Racial Equity Community Engagement Tools[23]*

• *Making Social Justice Work Inclusive[24]*

• *The Urban Institute Community Engagement During the COVID-19 Pandemic and Beyond[25]*

• *Webinar on Shared Practices for Engagement in Virtual Meetings[26]*

• *Creative Engagement – Arts and Culture Toolkit[27]*

ACTIONS AND EVALUATION
IMPLEMENTING AN INCLUSIVE DESIGN AND PROGRAM

Design and program public space for health equity by improving quality, enhancing access and safety, and inviting diversity.

Parks, recreation and natural areas are essential to everyone's health and well-being. Quality of a park, programming and recreation is an indicator of community health levels around that space. An inclusive healthy design understands the quality and use of any given park or park system to guide and inform inclusive transformation.

PRINCIPLE 3 ACTIONS

1. **Perform a park quality or user assessment.** Do your parks have inviting entrances, are absent of trash, include socialization space, provide recreation assets, have safe and well-maintained park amenities, provide a safe place to gather and contain natural features. ocioeconomic opportunities for equity and IHP.

2. **Assess your parks for Americans with Disabilities Act (ADA) compliance.** Ensure all people of different mobilities can enjoy the park and its programming.

3. **Enable community-driven decision making.** Invite the community to provide ideas and wishes for design and programming and enable participants to prioritize and vote for their preferences.

PRINCIPLE 3 EVALUATION EXAMPLE

Are your park and playground surfaces and amenities accessible to people in wheelchairs or using other mobility equipment? What is the quality and safety of the sidewalks and crosswalks near and around your park? How many community priorities has your agency accomplished?

PRINCIPLE 3 IN ACTION

The Malden River Works[28] Steering Committee promotes equitable project outcomes by centering the voices of Malden, Massachusetts, residents of color. Their collective vision is "to create a climate-resilient waterfront park for all on the Malden River."

MALDEN RIVER WORKS STEERING COMMITTEE AND PROJECT TEAM. PHOTO COURTESY OF KHALIL KABA.
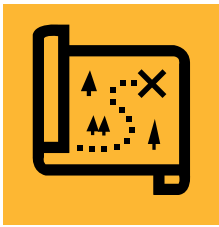
PRINCIPLE 3:

INDICATORS, METRICS AND DATA RESOURCES
IMPLEMENTING AN INCLUSIVE DESIGN AND PROGRAM

*Indicators and metrics tables derived from Inclusive Healthy Places by Gehl.

INDICATOR	DATA	METRIC
QUALITY OF PUBLIC SPACE		
Presence of nature		Percentage of the space with vegetative cover
		Number, size and locations of trees within a public space
Level of maintenance		Presence of features and amenities that demonstrate maintenance: - Lack of presence of litter - Presence of staff - Presence of volunteer stewards - Quality of overall condition of repair of space and features
Presence of welcoming edges and entrances		Quality assessment of entrances, access routes and crossing intersections
		Number of entrances per linear foot of a public space's boundary and number of points of access
Presence of site furnishings and materials that invite people to linger		Presence of basic public space features and amenities that encourage lingering and physical activity, including: - Children's playground or play features - Seating, formal or informal - Picnic tables - Shade or sheltering structures - Barbecues - Gardens of planted areas - Evidence of programming - Concessions, kiosks or other commercial activity serving the space - Public access toilets - Use of noise-reduction strategies in the space - Use of natural materials in the space - Water features
Presence of amenities and site furnishings that invite people to actively use the space		Presence of features and amenities that enhance diversity of public space experience, including: - Features or facilities that promote physical activity - Walking paths - Bike paths - Shade along walking paths or seating areas - Signs that dogs are allowed
Quality of experience		Self-reported degree of satisfaction with quality of the public pace
		Degree of disparity in self-reported perceived quality of a public space among different groups
		Distribution of space to people's demonstrated or desired patterns of use (e.g., percentage of area dedicated to pedestrians based on volume of pedestrians)

		Self-reported level of positive sensory experience, sense of high-aesthetic quality in the space
Sense of place		Self-reported perceived value of public spaces
Objective quality assessment		Positive rating of features (e.g., advocacy report cards, agency asset assessment, structural reports, etc.)
Capital investment		History of capital investment in a space or within a study area

ACCESSIBILITY

ADA		Presence of ADA-required features in project area and surrounding space
		Level of quality and maintenance of pavements and surfaces
Universal design elements		Principle 1: Equitable Use
		Principle 2: Flexibility in Use
		Principle 3: Simple and Intuitive Use
		Principle 4: Perceptible Information
		Principle 5: Tolerance for Error
		Principle 6: Low Physical Effort
		Principle 7: Size and Space for Approach and Use
Walkability and quality of the sidewalk and street experience		Absence of obstructions along pathways and access points
		Pedestrian crossings at street level
		Safe and attractive routes to/from residential homes to public space/local park
		Pedestrian count

ACCESS

Access based on street network		Street network distance to the nearest (same type of) public space from a study participant's home address
		Total number of (same type of) public spaces within one mile of a study of participants' home
Per capita level of service measure		Number of residents within a maximum 10-minute walk from the public space
		Total area of (same type of) public space within a one-mile street network
		Total area of (same type of) public space by population
		Total number of hours of access to space, in specified unit of time (e.g., daily, weekly, etc.)
Use and users		Number of users (e.g., measured in a snapshot, over time, by zone)
		Number of users performing an activity (e.g., cycling, walking, sitting, etc.)
		Number or percentage of users characterized by a specific attribute (e.g., users participating in groups, eating food, using electronics, walking dogs, etc.)
		User volume throughout the day, week, year
		Self-reported individual frequency of use
Evidence of social mixing		Presence of physical design features or site elements that promote diverse types of use
		Presence of racial and/or ethnic, age and gender diversity
		Presence of socioeconomically diverse user groups within the same public space
Level of physical activity		Self-reported time spent outside per day/week
		Self-reported level of physical exercise
		Self-reported type of physical activity

Flexible use of the space		Presence of a diversity of user groups over time
		Ratio of allocated space for flexibly programming
		Number of diverse groups hosting programs or events in the space over a defined period of time
SAFETY AND SECURITY		
Presence of features intended to improve levels of safety and security		Presence of crime prevention strategies
		Presence of sufficient lighting for the space
		Presence of visible care and investment in the space (e.g., gardening, murals)
		Percentage of women and percentage of children using the public space
		Presence of active streets surrounding the space; proportion of activated commercial areas adjacent to the space, day/night; proportion of blind street fronts adjacent to the space
		Incidence or rate of injury, crime or violence documented within the space or surrounding area
		Reported safety rating of features in parks and public spaces used for play

PRINCIPLE 3 RESOURCES

• _NRPA Park Check: Parks and Recreation Quality Assessment Tool_[29]

• NRPA Community Needs Assessment _Create the Assessment_[30]

• NRPA research on park quality and user experience _Awareness and the Use of Parks_[31]

• _NRPA checklist for assessment goals and strategies "Measuring the Use of Public Neighborhood Parks."_[32]

• _GIS Asset Management in a Park and Recreation District_[33] _Willamalane Park and Recreation District_

ACTIONS AND EVALUATION
IMPLEMENTING ONGOING AND SUSTAINING INCLUSION

Foster social resilience and capacity of local communities to engage with changes in place over time by promoting representation, agency and stability. Park and recreation systems and communities are dynamic and inclusive parks and recreation adapt and leverage dynamic changes. Evaluation ensures IHP parks and recreation advance community needs and center on equity and inclusion.

PRINCIPLE 4 ACTIONS

1. **Create and evaluate a park capital improvement plan.** Create an equitable rotation cycle of capital improvements. Begin by prioritizing investments of historically disinvested neighborhoods and evaluate equity in the level of investment.

2. **Conduct a park and recreation quality assessment.** Measure community satisfaction to parks and recreation at the park, region and community-wide level to ensure the system is serving the needs of the community and is equitable and inclusive.

3. **Evaluate effectiveness of your community engagement plan.** Is your engagement plan increasing and retaining diverse participation by your community? How can you adapt to meet your community engagement goals?

PRINCIPLE EVALUATION EXAMPLE

Measure increase and retention of diverse participation in community engagement events. Measure frequency of park and recreation investments in low-income, diverse or redlined neighborhoods. Measure frequency of implementing community-identified priorities.

PRINCIPLE 4 IN ACTION

In 2014, Mayor Bill de Blasio and the New York City (NYC) Parks Department released Framework for an Equitable Future[34] to prioritize equity in parks, particularly for the city's lowest income and poverty neighborhoods. Through the Community Parks Initiative,[35] the neighborhoods and NYC Parks are redesigning and reconstructing parks in neighborhoods with the greatest needs and supporting these parks with investments in programs.

NYC Parks: Framework for an Equitable Future

COVER OF THE NEW YORK CITY (NYC) PARKS DEPARTMENT'S FRAMEWORK FOR AN EQUITABLE FUTURE. PHOTO COURTESY OF NYC PARKS.

PRINCIPLE 4:

INDICATORS, METRICS AND DATA RESOURCES
IMPLEMENTING ONGOING AND SUSTAINING INCLUSION

*Indicators and metrics tables derived from Inclusive Healthy Places by Gehl.

INDICATOR	DATA	METRIC
ONGOING REPRESENTATION		
Local political engagement		Rate of voter participation in elections comparative to citywide rates by relevant demographics
Engaged governance		Percentage of population participating in public processes (e.g., organizing networks, planning for service delivery, public sustainability efforts)
		Number of engagement or points of access for community participation (e.g., promotion of meetings, online communications, person invitation, flier distribution, etc.)
Representation of local stakeholder		Diversity of stakeholders participating in decisions shaping their local environment proportional to community demographics (e.g., community boards, public process, community organizing and advocacy)
		Consistency of level of participation in public meetings or programs (e.g., count of meeting attendees, proportional rate of program participation, etc.)
		Level of leadership and engagement of local nongovernmental organizations
Space serves a diversity of community members		Proportional representation of people using the space in relation to overall neighborhood demographics (i.e., If neighborhood is 30% Hispanic/Latino, are 30% of users Hispanic/Latino?)
		Number of programs and activities in a public space centering toward a diverse neighborhood demographic
		Level of diverse participation in programs or activities
		Number of community-organized activities
COMMUNITY STABILITY		
Housing affordability		Housing cost (rental and property value in relation to city/county median, including changes over time)
		Amount of secured affordable tenure options (e.g., rent control, public housing, affordable housing, etc.)
Neighborhood economic conditions		Median area household income in relation to city/county median by relevant demographics
		Percentage of population employed
		Number of diverse retailers (e.g., large chain stores, mom-and-pop shops, pharmacies, health food stores)
COLLECTIVE EFFICACY		
Legitimacy of stakeholder input		Level of impact of stakeholder involvement on local decision making
		Presence of local culture in design elements
		Proportion of decisions made with stakeholder input
		Self-reported levels of perception of ownership over a public space
		Presence of effective mechanisms for cross-sector collaborations

Social cohesion		Self-reported strength of personal local networks
		Self-reported sustained feelings of trust toward other people, in or beyond a public space
		Self-reported ongoing levels of recognition among neighbors
		Sustained rate of passive contact and spontaneous interaction

ONGOING INVESTMENT IN PUBLIC SPACE

Presence of equitable funding structure and investment		Presence of funding structures that support equitable distribution of public assets
		Public/private project budgets and timelines accommodate quality stakeholder engagement
		Allocation of funding available for public engagement per capita
		Presence of policies enabling locally supported investment
		Allocation of funding available for community-generated projects per capita
Demonstration of local care		Presence of ongoing maintenance of the public space
		Number of local stewards of the public space

PREPAREDNESS FOR CHANGE

Versatility of space to support changing needs		Housing cost (rental and property value) in relation to city/county median including change over time
		Percentage of space that is not allocated to a specific fixed use
Capacity for ongoing evaluation		Presence of a process for evaluating the space over time (e.g., use, benefits, safety)
		Presence of the capacity to evaluate the space over time
		Existence of mechanisms for evaluation to translate to future change

PRINCIPLE 4 RESOURCES

• *Park Investments for Equity Social Equity in Baltimore's Parks*[36]

• *Anti-displacement Strategies Greening without Gentrification,*[37] *Learning from Parks and Anti-displacement Strategies Nationwide*[38]

• *Seattle Race and Social Equity Project Participatory Budgeting Racial Equity Toolkit, Assessing racial equity impacts on park budget reductions*[39]

APPENDIX 1:
PARKS AND RECREATION IHP CASE STUDIES

NRPA hosted an IHP grant program to provide resources to park and recreation professionals for advancing inclusive, equitable park and recreation systems. The City of Perris, California, and Crawford County, Arkansas, piloted the IHP Framework for their respective park systems and used the *Inclusive Healthy Places Companion Guide for Park and Recreation Professionals* to create a plan for implementing IHP in their parks. The following case studies provide a profile of Perris' and Crawford County's IHP goals, Guiding Principles, Indicators, Metrics, Actions and Evaluation following the steps in the Companion Guide. The profiles illustrate the beginning and broadening of their inclusive, equitable parks and recreation.

CLARITY for Historically Marginalized Park Users — Crawford County, Arkansas

Crawford County in partnership with the Frontier Metropolitan Planning Organizations, Arkansas Colleges of Health Education and Stanford Medical University, advanced IHP parks and recreation through its CLARITY program. Its goal was to advance park-user needs and those lacking a voice at the center of the parks' planning and evaluation efforts. Through this program, the team enabled the historically marginalized, disenfranchised and isolated as decision-makers to energize cultural diversity and activate their collective power.

PRINCIPLE 1:
COMMUNITY CONTEXT

PRINCIPLE 2:
INCLUSION PROCESS

PRINCIPLE 3:
INCLUSIVE DESIGN AND PROGRAM

CLARITY Project Goal and Opportunity

👁👁	"Change Life for All through Restoring Equity" (CLARITY)
	Transform park access and equity within a historically marginalized neighborhoods in or region.
🏃	Address significant health problems and chronic diseases caused by inactivity.
👪	Put park users needs and those lacking a voice at the center of our mission.
👁	With clarity, a vision is archieved.

INDICATORS AND METRICS

PREDICTORS OF EXCLUSION	
Inequality	Participants by race and ethnicity
CHARACTERISTICS OF PEOPLE PRESENT	
Demographics	Population by age, sex, gender or gender identity, race and ethnicity, individual income, education, nativity status
ONGOING REPRESENTATION	
Engaged governance	Percentage of population participating in public processes
	Number of engagement or points of access for community participation
	Number of diverse stakeholder groups engaged
QUALITY OF PUBLIC SPACE	
Presence of amenities and site furnishings that invite people to actively use the public space	Presence of features and amenities that enhance the diversity of public space experience, including: - Features or facilities that promote physical activity - Walking paths - Bike paths - Shade along walking paths or seating areas

ACTIONS AND EVALUATION

The team used the Our Voice approach to seek input from all with QR codes, texts, voicemails, emails and a mobile app. Inclusively recruited "community scientists" collected data and increased public knowledge of the Diamond Park project. Using the Discover Tool app on their smartphone, participants walked Diamond Park and recorded observations with photos, comments and emojis for positive and negative responses to the conditions of the park.

YOUR CRAWFORD COUNTY, YOUR PLAYGROUND
DIAMOND CENTER PARK
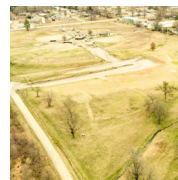HOW DO YOU PICTURE YOUR PARK?

TAKE THE SURVEY:
VISIT PUBLICINPUT.COM/DIAMONDCENTERPARK
OR
SCAN THE QR CODE
OR
TEXT **CLARITY** TO
855-680-0455

INCLUSIVE HEALTHY PLACES

Frontier MPO
Metropolitan Planning Organization

www.frontiermpo.org/

PHOTO COURTESY OF WESTERN ARKANSAS PLANNING AND DEVELOPMENT DISTRICT.

Copper Creek Park Evaluation in Perris, California

The City of Perris, California, used IHP to assess community needs at the local Copper Creek Park and developed a framework to create a more equitable, healthy, inclusive and safer park. By using the IHP framework, Perris expanded its reach to its community, incorporated more health outcomes in its evaluation process, leveraged community voices with leaders and decision-makers, and reinvigorated its parks marketing campaign #PerrisParksMakeLifeBetterforALL. The city chose the following from the IHP framework to guide for existing and future parks in the city.

PRINCIPLE 1:

COMMUNITY CONTEXT

PRINCIPLE 3:

INCLUSIVE DESIGN AND PROGRAM

INDICATORS AND METRICS

Environmental and physical conditions	Number of residents within a maximum 10-minute walk from the public space (level of service measures)
	Percentage of children living within one mile of a safe and well-maintained playground
	Proportion of low-income residents with access to green space
Demographics	Population by age, sex, gender or gender identity, race and ethnicity, individual income, education, nativity status
Level of physical activity	Self-reported time spent outside per day/week
	Self-reported level of physical exercise
ACCESS	
Access	Number of users (e.g., measured in a snapshot, over time, by zone)
	Number of users performing an activity (e.g., cycling, walking, sitting, etc.)
	Number of percentage of users characterized by a specific attribute (e.g., users participating in groups, eating food, using electronics, walking dogs, etc.)
	User volume throughout the day, week, year
	Self-reported individual frequency of use

PHOTO COURTESY OF CITY OF PERRIS.

ACTIONS – Using social media, print and electronic surveys, QR codes and community events in English and Spanish, Perris inquired about healthy eating, physical activity, park needs assessment, mobility, etc., around Copper Creek.

EVALUATION – Measured demographics to increase diverse representation of parks users, measured walkability to evaluate transportation needs, and measured user health by level of physical activity, healthy eating and chronic disease. Perris is using the evaluation results to increase park access to Copper Creek with mobility planning, programming that supports physical activity, and define investments based on community priorities.

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