

ENUMERATING AND EVALUATING PARKS IN SAN DIEGO COUNTY: NIK STUDY*

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*Funded by NIH

Overview

- ⦿ Parks & physical activity
- ⦿ Neighborhood Impact on Kids Study (NIK)
- ⦿ Park enumeration procedures
- ⦿ Results of park enumeration in San Diego County
- ⦿ Introduction to park observation measure: EAPRS
- ⦿ Results of EAPRS screening measures

Parks and Physical Activity (PA)

- ⦿ Individuals who use parks and sports fields were more likely to be regularly active
- ⦿ People with parkland <.6 km from residence were 41% more likely to meet physical activity recommendation
- ⦿ How specific attributes of parks and playgrounds are related to PA is unknown, so we need a comprehensive assessment of these environments
 - All parks are not created equal
- ⦿ Understanding which park attributes are related to PA can inform park designs to optimize health

Park Tallies by Data Source

- Total of 873 unique parks
- City or other municipality source 362
- GIS parcel level 338
- Thomas Guide 287
- County 224
 - Credit source, Jeffrey Swain, (858) 505-6497
- Found in field 21
- Participants reported going there 60
- Multiple sources 401
 - GIS only (n=158)
 - City only (n=106)
 - Thomas Guide only (n=127)
 - County only (n=0)

Park Tallies by City

City	Number of parks	Total from city source	% of total from city source
Carlsbad	29	24	82.8
Chula Vista	77	46	59.7
Coronado	34	23	53.5
El Cajon	40	15	37.5
Encinitas	40	33	82.5
Escondido	27	19	70.3
La Jolla	30	11	36.7
Oceanside	39	34	87.1
Poway	23	20	86.9
San Diego	303	38	12.5
San Marcos	29	23	79.0
Vista	17	13	76.0

Environmental Assessment of Public Recreation Spaces: EAPRS

- Direct observation instrument for the environmental assessment of public recreation space (EAPRS) characteristics and contexts
- Requires training of observers & assessment of inter-observer agreement
- Assessment time varies by size & complexity of park: 5 min to several hours
- Developed by Brian Saelens and team. Now at U of Washington
- Funded by Active Living Research
 - www.activelivingresearch.org

Element categories	Large element example	Sub-element example
Trails and paths	Paved trail	Distance markings
Non-water designated areas	Picnic area	Drinking fountains
Water areas	Pond/lake, swimming pool	Slides
Other amenities and facilities	Maps	n/a
Play equipment and fields and courts	Soccer fields	Components

NIK Park Assessments

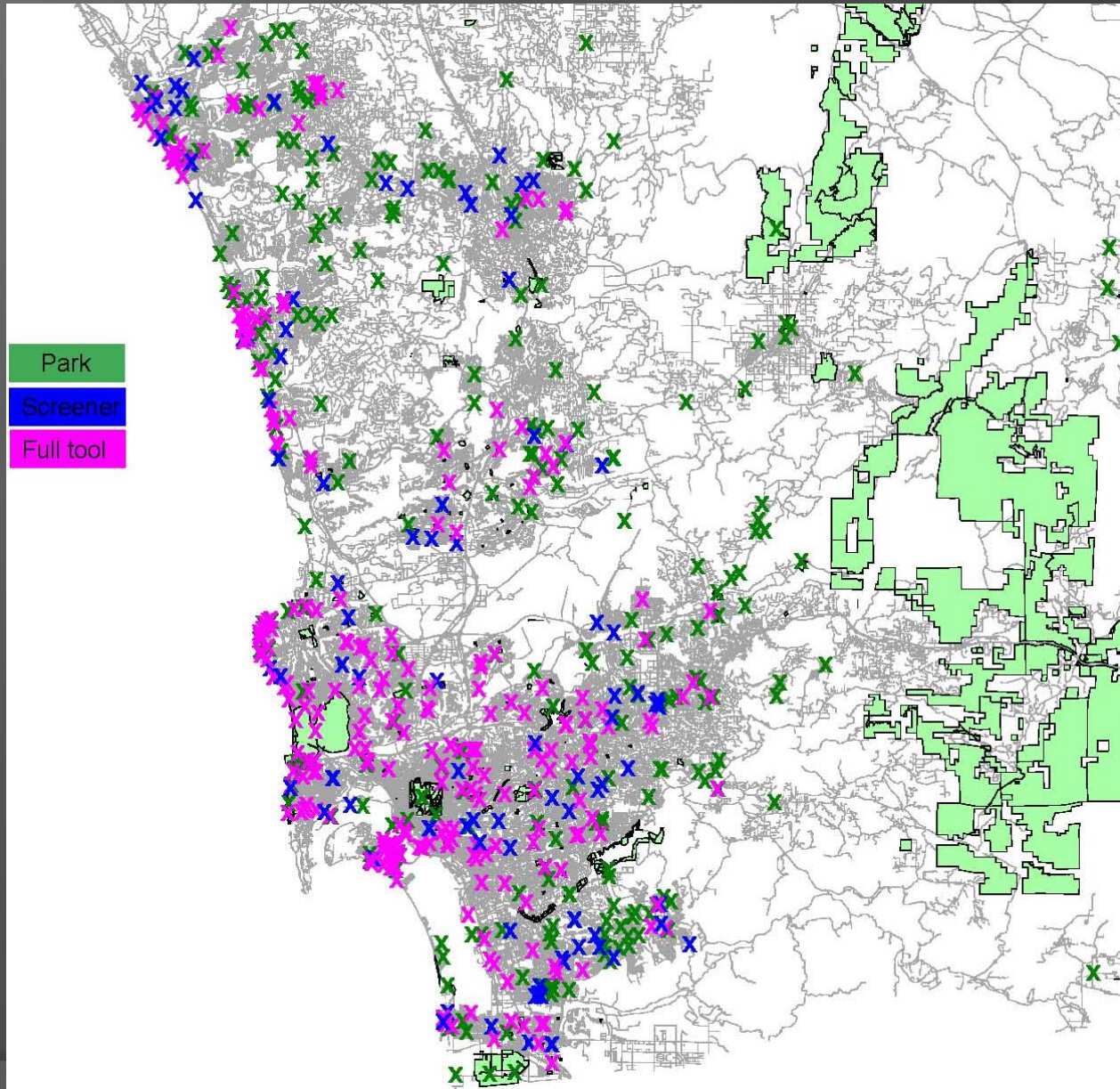
- ⦿ Screening: partial EAPRS focused on playgrounds & child-oriented features
 - Used for selecting study neighborhoods
 - Screened 298 parks
 - Quality score created with children's PA in mind
- ⦿ Full tool: used with parks in or near study neighborhoods
 - Measured 276 parks
- ⦿ Will analyze how park attributes are related to child PA

Park Quality Scores by City

- Screened all parks within .25 mile of an eligible block group boundary
- Used these scores to categorize block groups as “high” or “low” quality physical activity environment

City	N	Median	Min	Max	Std. Dev.	#audits
Carlsbad	10	187	43	544	199.4	9
Chula Vista	29	295	32	592	189.9	14
Coronado	18	94	31	708	174.8	22
El Cajon	9	254	46	594	211.5	6
Encinitas	16	350	52	617	201.3	16
La Mesa	12	383	74	711	164.1	11
Oceanside	18	330	51	638	181.6	11
Poway	10	408	82	1102	279.5	6
San Diego	107	401	48	900	202.6	129
Vista	10	354	78	553	156.4	6
Total	298	343	14	1102	200.7	276

SAN DIEGO COUNTY



Is this information useful?

- We hope so. We have limited ability to do analyses of parks in your city.
- Enumeration database and other information on CDs. Please inform us of gaps.
- Would be good to examine disparities in access to parks & quality of parks
- Can we find a way to observe remaining parks?
- Wouldn't it be nice to repeat these assessments in a few years?
- We want to be partners in improving parks and thus improving physical activity.