Tulsa Parks: Health Impact Analysis
Community Health and Built Environment

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OU- Tulsa
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A Health Impact Assessment is "a combination of procedures, methods, and tools by which a policy, program, or project may be judged as to its potential effects on the health of a population, and the distribution of those effects within the population." (ECHP 1999, p. 4).
A HIA is intended to produce a set of evidence based recommendations to inform decision making (Taylor & Quigley 2002, p. 2) and maximize the positive health impacts and minimize the negative health impacts of proposed policies, programs or projects.
Tulsa City Parks

SITE ANALYSIS AND CONSIDERATIONS

Screening

The City of Tulsa is planning to repurpose or sale 11 of the local parks. An HIA is to be developed to determine the way parks are chosen, and why these in particular, as to make recommendations on how to preserve the parks in better shape and use, or in this case, advice according to health context of the population.
List of Parks for Sale or Repurposing in Tulsa

2. Adams Park, 1627 N. Atlanta Place
3. Hall Park, 3340 N. Delaware Ave.
4. Loving Park, 9162 E. Latimer Place
5. Willow Creek Park, 4200 E. 71st St.
6. Chittom, also known as Clinton Park, 3121 E. Queen Place
8. Hawthorne Park, 955 E. 33 St. North
9. Lantz Park, 821 N. Yale Ave.
10. Mitchell Park, 5949 E. 36th Place
11. Reed West Park, 4200 S. Zenith Ave.

In addition to this, we chose Westside Park, located on 4009 S Pittsburg Ave, 74135, as our reference park, which we would analyze in more detail to compare to the other 11 that were selected for being considered underused assets or lack vital infrastructure and utilities (source: tulsaworld.com)
Through the scoping step, we intend to determine which impacts will be considered and the plan for the HIA. To do this, we had to analyze and observe the actual state of the parks for sale and the reference park, as well as the health conditions of people in the area.
The Kevin Lynch Model

This model follows the analysis of 5 basic elements that describe the image and structure of the city:

1. **Nodes** can be intersections or focal points where people tend to gather and encourage development.
2. **Landmarks** are identifiable objects which serve as a reference point in a city.
3. **Districts** are relatively large sections of a city that are distinguished by some characteristic.
4. **Paths** are defined as channels by which people travel. These can be streets, trails, or sidewalks.
5. **Edges** are boundaries that make travel from one location to another difficult or impossible.
MAP WITH PARKS in which we identify all 3 parks in our study on an portion of the city.

Loving Park in better days
We identified different kinds of **NODES**, as shown in the map, like Tulsa International Airport, universities, commercial areas, main parks and country clubs, museums and event areas, etc.
LANDMARKS we identify in the studied portion include mainly the Downtown area with its art deco skyline; parks such as Turkey Mountain and Mohawk; The Tulsa State Fair and its Golden Driller; the Arkansas River and Riverside, and the historical Route 66.
DISTRICTS which are considered important and notorious are found in the Downtown Tulsa area (CBD, Arts and Blue Dome); Cherry Street, 11th Street (Route 66), Brookside and Riverside.
MAIN PATHS in the city are found in the shape of main streets and avenues, highways, secondary streets, sidewalks, bike paths, train tracks and the river to determine the trace and shape of the city.
BORDERS, such as certain intersections, busy streets and highways, peripheric streets, the airport, Turkey Mountain and Mohawk Park, train tracks and the Arkansas River.
Loving Park - 9162 E. Latimer St. 74115
Loving Park - 9162 E. Latimer St. 74115

FACILITIES AND FEATURES

1. SPORTS FIELD
2. SOCCER FIELD (1)
3. PARKING
4. BASKETBALL COURT (2)
5. POOL
6. POOL HOUSE WITH WC
7. PLAYGROUND
8. COVERED PICNIC AREA

10 ACRES
Loving Park - 9162 E. Latimer St. 74115
Hawthorne Park - 955 E. 33rd St. North, 74106

FACILITIES AND FEATURES

1. SPORTS FIELD
2. PARKING
3. BASKETBALL COURT
4. POOL
5. POOL HOUSE WITH WC
6. PLAYGROUND
7. FLOODPLAIN
Whiteside Park - 4009 S Pittsburg Ave, 74135
Whiteside Park - 4009 S Pittsburg Ave, 74135

FACILITIES AND FEATURES

1. OUTDOORS GYM
2. BASEBALL FIELD (4)
3. SOCCER FIELDS (3)
4. PARKING
5. PARK CLUB HOUSE
6. SPLASH PAD
7. TENNIS COURT (2)
8. POOL
9. POOL HOUSE WITH WC
10. PLAYGROUND
### The Steps of HIA

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
</tr>
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<tbody>
<tr>
<td>1. <strong>SCREENING</strong></td>
<td>Determine whether an HIA is needed and likely to be useful.</td>
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<td>2. <strong>SCOPING</strong></td>
<td>In consultation with stakeholders, develop a plan for the HIA, including the identification of potential health risks and benefits.</td>
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<td>Develop practical solutions that can be implemented within the political, economic or technical limitations of the project or policy being assessed.</td>
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<td>5. <strong>REPORTING</strong></td>
<td>Disseminate the findings to decision makers, affected communities and other stakeholders.</td>
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<td>6. <strong>MONITORING AND EVALUATION</strong></td>
<td>Monitor the changes in health or health risk factors and evaluate the efficacy of the measures that are implemented and the HIA process as a whole.</td>
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### Preliminary Questions

- **What park are you auditing today?**

- **What is your name?**

- **What is the date?**

- **What is your start time? What is your end time?**

- **Is there anyone currently using the park? If so, how many?**

### Accessibility

- **What's the parking situation?**
  - [ ] Parking lot
  - [ ] Street parking (free)
  - [ ] Street parking (metered)

- **Are there bike lanes on the streets adjacent to the park?**
  - [ ] Yes
  - [ ] No

- **Are there sidewalks on the perimeter of this park?**
  - [ ] Yes
  - [ ] No

### Amenities

- **How many garbage cans are in the park?**
  - [ ] Yes
  - [ ] No

- **Are there restrooms?**
  - [ ] Yes
  - [ ] No

- **How full are the garbage cans?**
  - [ ] Full
  - [ ] Half or less
  - [ ] Empty

- **How many picnic tables?**
  - [ ] Yes
  - [ ] No

- **How many benches?**
  - [ ] Yes
  - [ ] No

- **How many drinking fountains?**
  - [ ] Yes
  - [ ] No

### Maintenance / Hazards

- **Which of the following maintenance issues exist?**
  - [ ] Walkways are crumbling, cracking, or overgrown
  - [ ] Trees and shrubs are overgrown or have fallen
  - [ ] Lawns / fields are overgrown
  - [ ] Overhead wires in trees
  - [ ] Excessive litter
  - [ ] Graffiti — how many instances?
  - [ ] Vandalism (e.g., spray painting)
  - [ ] Evidence of crime (drug paraphernalia, bullet casings, etc.)
  - [ ] Confrontational vagrant persons
  - [ ] Loose dogs/cats
  - [ ] Animal waste
  - [ ] Slope erosion

### Overall Feelings

- **Do you feel safe in the park?**
  - [ ] Yes
  - [ ] No

- **Does this seem like a good place to have fun?**
  - [ ] Yes
  - [ ] No

- **Does this seem like a good place to relax?**
  - [ ] Yes
  - [ ] No

- **Does this seem like a good place to bring children?**
  - [ ] Yes
  - [ ] No

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For all questions where there is more than one answer, please indicate yes or no times the number of amenities. For example, if there are 6 picnic tables, and 4 are usable, then respond Yes (4) and No (2).
The State of Place™ Index

State of Place categorizes communities into different levels of place quality and walkability based on ten urban design characteristics:

<table>
<thead>
<tr>
<th>Built Environment Features</th>
<th>Description/Example Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>Density</td>
<td>Measure of enclosure based on building concentrations and height</td>
</tr>
<tr>
<td>Proximity</td>
<td>Presence of non-residential land uses</td>
</tr>
<tr>
<td>Connectivity</td>
<td>Measure of disconnectivity; Potential Barriers (e.g., six-lane roads)</td>
</tr>
<tr>
<td>Form</td>
<td>Measure of streetscape discontinuity (e.g. drive-thrus)</td>
</tr>
<tr>
<td>Parks and Public Space</td>
<td>Parks, Playgrounds, Plazas, Playing Fields</td>
</tr>
<tr>
<td>Pedestrian Infrastructure/Amenities</td>
<td>Curbcuts, Sidewalks, Street Furniture, Bike Racks</td>
</tr>
<tr>
<td>Personal Safety</td>
<td>Graffiti, Litter, Windows with Bars</td>
</tr>
<tr>
<td>Traffic Measures</td>
<td>Traffic Signals, Speed Limit, Traffic Calming</td>
</tr>
<tr>
<td>Aesthetics (Pleasurability &amp; Maintenance)</td>
<td>Attractiveness, Open Views, Outdoor Dining, Maintenance</td>
</tr>
<tr>
<td>Recreational Facilities</td>
<td>Gym/Fitness Facilities, Other Recreational Uses</td>
</tr>
</tbody>
</table>

The burglaries and thefts in a Philadelphia precinct dropped 90%, after police helped neighborhood volunteers clean up vacant lots and plant gardens, falling from 40 crimes each month before the cleanup to an average of only four per month afterward (TPL, 1994).
Research suggests that parks are more likely to be used for exercise purposes if they are more aesthetically appealing to the public (Cohen et al. 2006. And Coen, S. and Ross, N. 2006).
Loving Park – actual state
Loving Park – actual state
Hawthorne Park – actual state
Hawthorne Park – actual state
Whiteside Park – actual state
Whiteside Park – actual state
Whiteside Park – actual state
Whiteside Park – actual state
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Whiteside Park – actual state
Accessibility – Loving Park

PEOPLE WALK 1/4 MILE IN A RANGE OF 5 MINUTES (1300 FT)

PEOPLE BIKE 1 MILE IN A RANGE OF 5 MINUTES

2916 PEOPLE CAN BE FOUND IN A 5 MINUTE BIKING DISTANCE

1465 PEOPLE CAN BE FOUND IN A 5 MINUTE WALKING DISTANCE
Accessibility – Hawthorne Park

PEOPLE WALK 1/4 MILE IN A RANGE OF 5 MINUTES (1300 FT)

PEOPLE BIKE 1 MILE IN A RANGE OF 5 MINUTES

4687 PEOPLE CAN BE FOUND IN A 5 MINUTE BIKING DISTANCE

1364 PEOPLE CAN BE FOUND IN A 5 MINUTE WALKING DISTANCE
Accessibility – Whiteside Park

PEOPLE WALK 1/4 MILE IN A RANGE OF 5 MINUTES (1300 FT)

PEOPLE BIKE 1 MILE IN A RANGE OF 5 MINUTES

7904 PEOPLE CAN BE FOUND IN A 5 MINUTE BIKING DISTANCE

1911 PEOPLE CAN BE FOUND IN A 5 MINUTE WALKING DISTANCE
Every time sedentary people walk a mile, they add 21 minutes to their life, saving society 34 cents in medical and related costs (O’Sullivan, 2001).

Physical activity alone can reduce intra-abdominal visceral fat, which many scientists believe is the most dangerous kind, according to a controlled Seattle study of 173 women (Hellmich, 2003).

### Benefits from physical activity

<table>
<thead>
<tr>
<th>Trait or Disorder</th>
<th>Effect</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression</td>
<td>Moderate</td>
<td>Decreases symptoms; efficacy similar to psychotherapy in patients with mild-to-moderate depression; unclear whether physical activity (PA) prevents onset of depression, but it may reduce symptom severity</td>
</tr>
<tr>
<td>Anxiety</td>
<td>Small-to-moderate</td>
<td>Reduces state anxiety but unclear whether it improves trait anxiety</td>
</tr>
<tr>
<td>Panic disorder</td>
<td>Small</td>
<td>Often produces transient increase in anxiety, but anxiety dissipates with time if patient adheres to regimen of activity</td>
</tr>
<tr>
<td>Energy/vigor</td>
<td>Large</td>
<td>Intensive PA increases perceived energy level; unclear whether regular PA influences habitual energy levels</td>
</tr>
<tr>
<td>Self-esteem</td>
<td>Small-to-moderate</td>
<td>Greatest improvement found in those with low self-esteem before PA</td>
</tr>
<tr>
<td>Positive affect</td>
<td>Small-to-moderate</td>
<td>Effect most pronounced if PA involves social interaction</td>
</tr>
<tr>
<td>Eating disorders</td>
<td>Unclear</td>
<td>Intensive PA or exercise may be symptom of an eating disorder</td>
</tr>
</tbody>
</table>

Source: Fontaine, 2000
Green environments are associated with better self-reported health, lower blood pressure, and lower psychophysiological stress (Sugiyama et al. 2008, Hartig et al. 2003, Bowler et al. 2010, & Lee et al. 2011).

Research suggests that parks are more likely to be used for exercise purposes if they are more aesthetically appealing to the public (Cohen et al. 2006, And Coen, S. and Ross, N. 2006)
According to the National Parks and Recreation Association, there are notably fewer publically-provided resources such as parks, trails, and playgrounds in low and medium SES communities than in high SES communities (NPRA 2012).

Counties that had the largest acreage of recreational space had more people meeting the recommended levels of physical activity (Rosenberger, R. et al. 2005.)
There is some evidence that walking in a natural environment compared to an urban environment has benefits in terms of cardiovascular restoration (Hartig et al. 2003).

<table>
<thead>
<tr>
<th>Zip Code</th>
<th>Heart Disease Death Rates (age-adjusted)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hawthorne 74106</td>
<td>317.0</td>
</tr>
<tr>
<td>Loving 74115</td>
<td>306.8</td>
</tr>
<tr>
<td>Whiteside 74135</td>
<td>211.9</td>
</tr>
</tbody>
</table>
Active people are better protected against overweight and obese health risks. Obese individuals who were active also had a lower incidence of disease and mortality than did normal-weight men/women who were sedentary (Welk & Blair, 2000).

<table>
<thead>
<tr>
<th>Diseases</th>
<th>Zip Code</th>
<th>Cancer Death Rates (age-adjusted)</th>
<th>Stroke Death Rates (age-adjusted)</th>
<th>Diabetes Death Rates (age-adjusted)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hawthorne</td>
<td>74106</td>
<td>278.2</td>
<td>85.7</td>
<td>45.8</td>
</tr>
<tr>
<td>Loving</td>
<td>74115</td>
<td>292.6</td>
<td>64.6</td>
<td>23.8</td>
</tr>
<tr>
<td>Whiteside</td>
<td>74135</td>
<td>167.5</td>
<td>38.2</td>
<td>16.6</td>
</tr>
</tbody>
</table>
The risk of Type II diabetes decreased progressively with increasing levels of physical activity, as found in a long-term study of 5,159 men. (Wannamethee et al., 2000).

Participation in organized fitness and sports programs helps children build higher bone density, combating osteoporosis in later life (Shaw & Snow, 1995).
<table>
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Moderately and highly active individuals have been shown to have lower risk of both ischemic and hemorrhagic strokes (25-64%) compared to low-active individuals (Lee, Folsom, and Blair 2003).
Parks and Health Impact Facts

Research suggests that parks are more likely to be used for exercise purposes if they are more aesthetically appealing to the public (Cohen et al 2006. And Coen, S. and Ross, N. 2006)

Moreover, perceived and objective personal safety is also a factor that determines park use. Perceived safety is how safe one feels in and around parks while objective safety is the actual rate of crime that occurs in and around parks (Bedimo-Rung, A., Mowen, A. & Cohen, D. 2005.)

A study showed that residents who witnessed signs of disorder in their neighborhoods such as graffiti, garbage, vandalism, etc. and felt unsafe after dusk were less likely to let their children play in public playgrounds. In contrast, adults who felt safe in their neighborhood were 60% more likely to let their children play in public playgrounds (CQuebec en Forme. 2011. Parks, Playgrounds and Physically Lifestyle. Research Summary Number 3)
Diseases Present: Obesity

Obesity has many causes. The reasons for the imbalance between calorie intake and consumption vary by individual. Your age, gender, genes, psychological makeup, and environmental factors all may contribute.

Obesity increases demand on heart and musculoskeletal system to perform mobility and daily skills

Examples:
- **Family lifestyle**: Obesity tends to run in families. This is caused both by genes and by shared diet and lifestyle habits.
- **Emotions**: Some people overeat because of depression, hopelessness, anger, boredom, and many other reasons that have nothing to do with hunger.
- **Environmental factors**: Overeating and sedentary habits (inactivity) are the most important risk factors for obesity. Obesity has also been shown to be a causal factor for diabetes, stroke, heart disease, and some cancers
Diseases Present: Diabetes

**Type 1** is thought to be caused by a combination of genetic susceptibility and environmental factors such as diet and activity level, though several other factors are still unclear.

**Type 2** diabetes, cells become resistant to the action of insulin, and the pancreas is unable to make enough insulin to overcome this resistance.

**Symptoms:**
- Polyuria
- Excessive thirst
- Hyperglycemia
- Fatigue
- Blurry vision
- Numbness in feet and toes

Diabetes can lead to nerve damage, blindness, kidney damage, gum damage
Diseases Present: Stroke

A stroke occurs when the blood supply to your brain is interrupted or reduced. This deprives your brain of oxygen and nutrients, which can cause your brain cells to die.

**Risk factors:**
- Being overweight or obese
- Physical inactivity
- High blood pressure
- Cigarette smoking or exposure to secondhand smoke
- High cholesterol
- Diabetes
- Race

**Symptoms:**
- Trouble with speaking and understanding
- Paralysis or numbness of the face, arm or leg.
- Trouble with seeing in one or both eyes
- Headache
- Trouble with walking
Diseases Present: Cancer

Cancer is the umbrella term for a broad group of diseases with many causes. However, diet and physical activity have been linked to many types of cancers including breast, colorectal, lung, and pancreatic. Further obesity has been associated with the above cancers as well as kidney, thyroid, esophageal, and endometrial cancers.

General symptoms for cancer:
• Fever
• Weight loss
• Fatigue
• Pain
• Changes in bowel habits

Potential reasons why obesity can increase cancer risk:
• Fat tissue produces high levels of estrogen which, in excess, have been associated with breast and endometrial cancer
• Obese people are more likely to have high levels of insulin in the blood which has been linked to tumor production
• Fat cells produce hormones, called adipokines, that may stimulate or inhibit cell growth
• Fat cells may also have direct and indirect effects on other tumor growth regulators

Studies have shown that weight loss due to a better diet and physical activity have lowered the risk of colon, breast, and endometrial cancer.
Recommendations are to be made once the full analysis through scoping and assessing has been done.
Autonomy within an organization or community is proven to:

- Ownership
- Pride
- Increased Involvement

**Recommendations**

**Tulsa City Parks**

**Health Impact Analysis**

**Adopt-A-Park Program**

**What is Adopt-A-Park?**

The primary purpose of this program is to assist city maintenance crews with assigned tasks and projects within a park in order to create a clean park environment for all to enjoy!

Tasks may include trash pickup, graffiti reporting, weeding/raking playgrounds, sweeping shelters, cleaning picnic tables, mulching trees/shrubs, restocking doggie bags, and reporting vandalism. Adopters can also help with special projects, such as graffiti cover-up, painting projects and planting flowers. Some projects and tasks are not available year-round and may be available only at specific parks.

**What are the Adopt-A-Park policies?**

1. The Adopting organization commits to a one-year period of adoption. At the end of that year an organization can renew, change sections (if available) or terminate.
2. Monitoring of the park should be done on a regular basis, usually at least once a week during the warm season, and as weather permits in the cold season. Some sites may require additional time commitments.
3. The City of Fort Collins will provide trash bags and will be responsible for collecting and disposing of the filled bags. Doggie bags will also be provided for restocking bag containers.
4. The City of Fort Collins will place a sign in your park crediting your organization for their assistance.
5. An adopting organization may keep any and all proceeds from any material with recyclable value that is found.
6. An adopting organization understand that they end/or the individual volunteers will not be paid or receive any other remuneration for services as a volunteer with the City. In addition, they understand that if there is an injury to a volunteer during the course and scope of the volunteer activities that their personal insurance is primary.
7. Each volunteer with the organization must sign/submit the Adopt-A-Park on-line application. Or, the application can be downloaded and completed with the organizations information and each volunteer can sign the hard copy application. The completed application, with signatures, should then be faxed to the Park Shop at 970-221-6849.
Who can participate?

- Individuals
- Senior Citizens
- Schools
- Neighborhood
- Associations
- Youth Groups
- Businesses
- Community Groups
- Scouts
- Non-profit organizations
- Churches
- Kiwanis
- Rotary
Stafford Township Adopt a Park

There will be signs placed in each park acknowledging the organization that has adopted the park and each organization adopting a park will be given a certificate of adoption. Organizations who have contributed money or materials in the form of in-kind donations will be recognized in the following manner:

- $250.00 Annual Donation: Park Patron
- $500.00 Annual Donation: Bronze Park Patron
- $1,000.00 Annual Donation: Silver Park Patron
- $2,500.00 Annual Donation: Gold Park Patron
- $5,000.00 Annual Donation: Platinum Patron
- $10,000.00 Annual Donation: Diamond Patron
California

Ninety-nine percent of California mayors believe that parks and recreation strengthen the community image and creates a sense of place (DPR, 2002).

Provide Educational courses for the residents on Park cleanup, environmental stewardship, disaster cleanup etc.
Tulsa City Parks

Health Impact Analysis

QuikTrip Plaza
Tulsa City Parks

Health Impact Analysis

Tulsa Gathering Place

A Gathering Place for Tulsa

River Parks Authority

LODGE

MIST MOUNTAIN

BLAIR POND

GREAT LAWN

ADVENTURE PLAY GARDEN

BOATHOUSE

SWING HILL

SKY GARDEN

FOUR SEASONS GARDEN

MUSEUM HILL

SPORTS COURTS

SKATE BOWL

ARKANSAS RIVER

ZINK BRIDGE

RIVERSIDE DRIVE

LAKEVIEW LAWN
Tulsa City Parks

Volunteer! Adopt-A-Spot / City of Tulsa

Tulsa Parks provides regular maintenance to City Parks, but with your help we can accomplish more.

Ways you can support a park include undertaking regular park clean-ups, mowing, maintaining plantings, weeding shrub beds, spreading mulch on playgrounds, painting shelters or other structures and removing graffiti.

Whether you or your group wants to volunteer for one project, or adopt a park we appreciate your help!
**Process**

### The Steps of HIA

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Raise Your Voice!

Promotion of activities and encourage people to use and take action in caring for their Neighborhood Park.