Inclusive Healthy Places: Equitable Access to Green Spaces, Parks, Community Garden, and Trails

Genesis Ordonez
MPH Candidate | Health Policy & Administration

LIVE WELL PERRIS

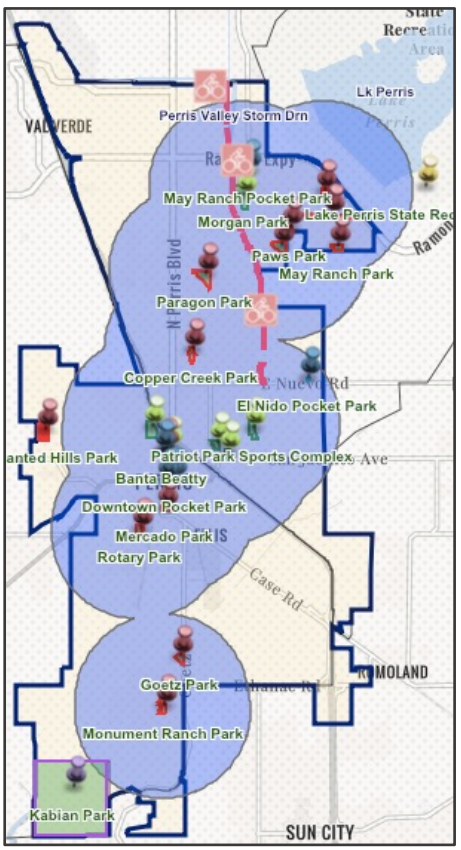
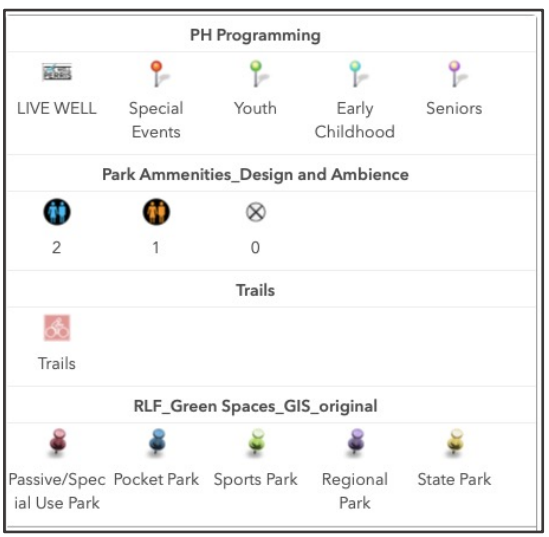
The City of Perris created the Live Well Perris campaign in 2013 with the overall goal to inspire healthier lifestyles in the community. To support healthy neighborhoods into its built environment, the City promotes healthy diet and nutrition, sponsors physical fitness programs and activities, and adopts City design and planning principles. The City's achievements have led to innovations in projects encompassing park adaptations, policy changes, access to nutritious foods, and active living. With the vision of City leadership, the team implements projects to achieve health equity in the community through various initiatives and programming.

GROW PERRIS

The Grow Perris initiative was created in 2016 by the City to improve health outcomes by expanding health equity through urban faming and creation of platforms to promote healthy behaviors.

- Reduce the risk of chronic diseases and improve overall wellbeing amongst Perris residents
- Increase accessibility and affordability of healthy foods to underserved communities
- Develop 31 food gardens throughout the City to create a sustainability platform of crop development, sale, and health education
- Create platforms for promoting healthy behaviors through collaboration with community-based organizations and City health education programs at community garden sites

GIS MAPPING

With the use of ESRI's Geographic Information System (GIS) Software to address inclusive access in the built environment, the City's 27 parks, Perris Valley Trail, Perris Green City Farm, and Green Spaces were mapped. A 10-minute or 0.6-mile radius buffer surrounds parks and community garden to supplement the "Parks Make Life Better" Campaign and the "10-Minute Walk" Campaign. Residents living within a 10-minute radius of safe and accessible parks are more likely to engage in physical activity and form connections with residents.

To address equitable programming, identification of programming offered at various parks highlights areas of improvement to make it more equitable to residents. Identifying unique amenities in parks while combining location of regular Public Health programming will assist in implementing a sense of community to families.