



INCREASING COMMUNITY ENGAGEMENT THROUGH SCHOOL-BASED PHYSICAL ACTIVITY OPPORTUNITIES

COMMUNITY BENEFITS



The Joint/Shared Use Moving People to Play (JUMPP) Coalition is co-convened by Los Angeles County Departments of Public Health (DPH) and Parks and Recreation (DPR). JUMPP facilitates the development and implementation of shared use policies and practices to increase opportunities for community physical activity.

In this data brief we will share the results of an online survey used to gather community perspectives on school-based physical activity opportunities for adults. In some Los Angeles County communities, school-owned property represents a vital public health resource.¹ The Los Angeles County Park Needs Assessment, conducted in 2016, showed many communities to be park-poor with limited recreation space; 80% of existing parks are under high “park pressure,” meaning the number of residents likely to access park facilities is greater than the park can support.² Creating partnerships with school districts to allow community use of school facilities for recreation could have multiple potential benefits for a variety of stakeholders, like easing park pressure, increasing community engagement with schools as a community hub, and increasing physical activity opportunities for youth and adults.³ Physical activity can help improve youth academic achievement.⁴ Providing programming at school sites – such as fitness classes – can further increase community health benefits, attracting community members of all ages to the space and improving safety.^{3, 5, 6} Partnering with school sites to provide

community access and programs is known as shared use, and it is an integral solution to creating spaces and opportunities for physical activity to ultimately improve health.

COMMUNITY PERSPECTIVES ON SCHOOL-BASED ACTIVITY RESOURCES

In 2016, the Los Angeles County Department of Public Health conducted an Internet panel survey to collect community feedback related to:

1. Relationship between voter support for schools and use of school-based resources,
2. The current level and nature of access to school-based physical activity resources, and
3. The physical activity resources community members would like to see.

SHARED USE SCHOOLS

Schools are a hub of the community, and an integral solution to create spaces to build community relationships and improve health.

SURVEY METHODS:

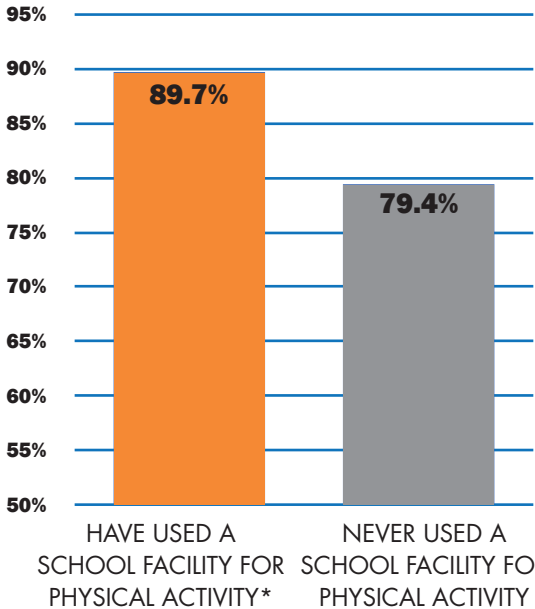
The survey was administered in spring 2016 by an online survey vendor contracted by DPH. Participants were recruited from the vendor’s panel of subscribers and were eligible to participate if they lived in Los Angeles County, were over 18 years of age, spoke English or Spanish, and were willing to provide basic demographic information (e.g. income). Sampling quotas and weights were developed by the vendor to recruit a sample that was approximately representative of the demographics of Los Angeles County and to account for non-response by hard-to-reach sub-groups. The survey cooperation rate was 82%; of the 1,611 individuals that clicked into the survey, 987 met eligibility and sampling quota criteria, of which 807 completed the survey. Weighted analyses were conducted by DPH staff in fall 2016.

1. Centers for Disease Control and Prevention – Division of Community Health. A Practitioner’s Guide for Advancing Health Equity: Community Strategies for Preventing Chronic Disease. Atlanta, GA: US Department of Health and Human Services; 2013.
2. Los Angeles Countywide Comprehensive Parks and Recreation Needs Assessment, May 6, 2016
3. Sharing School Facilities: How Collaboration Can Increase Physical Activity in Communities, 2012
4. Centers for Disease Control and Prevention. The association between school based physical activity, including physical education, and academic performance. Atlanta, GA: U.S. Department of Health and Human Services; 2010.
5. Lafleur M, Gonzalez E, Schwarte L, Banthia R, Kuo T, Verderber J, et al. Increasing Physical Activity in Under-Resourced Communities Through School-Based, Joint-Use Agreements, Los Angeles County, 2010–2012. *Prev Chronic Dis* 2013; 10:120270. DOI: <http://dx.doi.org/10.5888/pcd10.120270>.
6. DeFosset AR, Gase LN, Gonzalez E, Kuo T. (2016). Access to and use of schools for physical activity among adults in Los Angeles County. *Health Promotion Practice*. 17(3):416-428



CURRENT COMMUNITY ACCESS TO SCHOOL-BASED PHYSICAL ACTIVITY RESOURCES

Percentage of voters who are more likely to vote in support of taxes that would benefit schools



AMONG VOTERS, USE OF A SCHOOL FOR PHYSICAL ACTIVITY WAS ASSOCIATED WITH MODERATELY HIGHER SUPPORT FOR FUTURE PROPOSED TAXES THAT WOULD BENEFIT SCHOOLS.

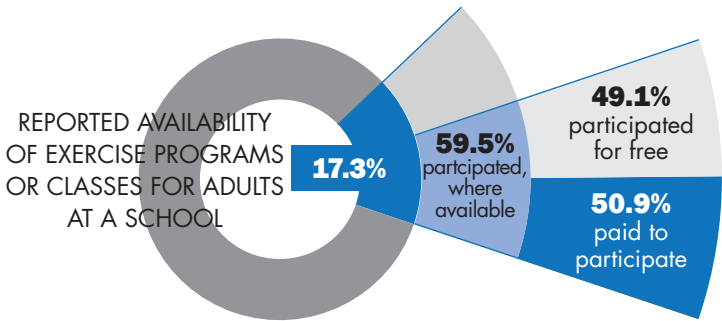
* Use at least daily to less than once a month

Using school facilities for physical activity has caused me to...



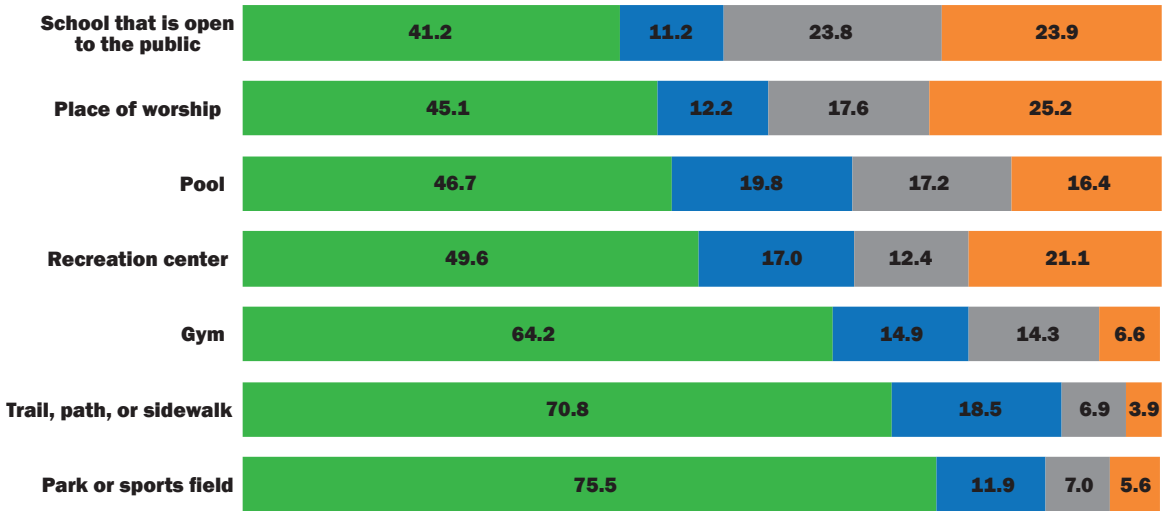
WHERE AVAILABLE, SCHOOL-BASED RESOURCES MAY HELP COMMUNITY MEMBERS GET AND STAY ACTIVE.†

† Sample size: n=207



COMMUNITY MEMBERS REPORTED LOW ACCESS TO SCHOOL-BASED PHYSICAL ACTIVITY PROGRAMMING FOR ADULTS, BUT WHERE AVAILABLE, MANY SAID THEY PARTICIPATED, EVEN WHEN THERE WAS A FEE.

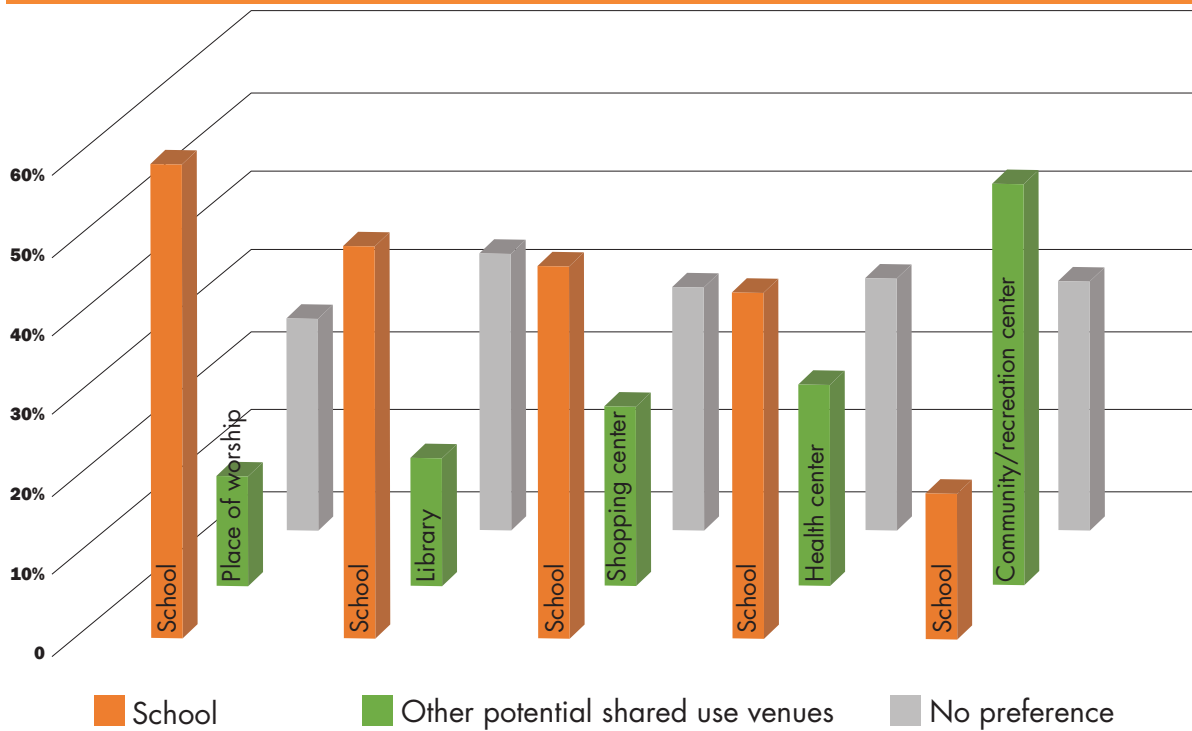
OPPORTUNITIES EXIST TO EXPAND ACCESS TO SCHOOL-BASED PHYSICAL ACTIVITY RESOURCES WITH 41.2% OF COMMUNITY MEMBERS REPORTING ACCESS TO A SCHOOL WHERE THEY CAN BE ACTIVE IN THEIR NEIGHBORHOOD.◇



■ % who report access near home
 ■ % who report access, but not near home
■ % who report no access
 ■ % who responded 'Don't know/not sure'

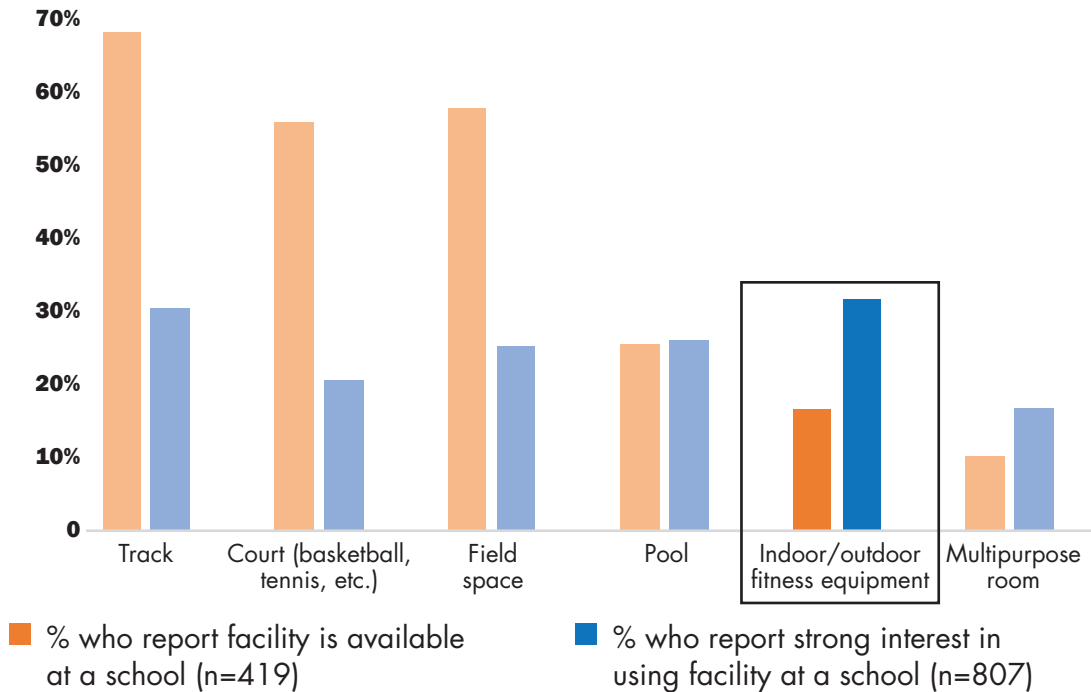
◇ Sample size: n=807

MOVING FORWARD: COMMUNITY INTEREST IN PHYSICAL ACTIVITY RESOURCES AND OPPORTUNITIES



COMMUNITY MEMBERS WERE **MOST INTERESTED IN BEING ACTIVE AT SCHOOLS** WHEN COMPARED TO OTHER POTENTIAL VENUES FOR SHARED USE.

COMMUNITY MEMBERS ARE INTERESTED IN A VARIETY OF FITNESS FACILITIES AT SCHOOLS. IN PARTICULAR, **FITNESS EQUIPMENT WAS OF GREATEST INTEREST** TO COMMUNITY MEMBERS, BUT WAS LESS FREQUENTLY AVAILABLE AT SHARED USE SITES.



RECOMMENDATIONS FOR ORGANIZATIONS WANTING TO INCREASE ACCESS TO PHYSICAL ACTIVITY SPACES BASED ON COMMUNITY PREFERENCES



Continue to **PRIORITIZE PARTNERSHIPS** with schools as a strategy to expand or enhance physical activity resources for all community members.



INCREASE AVAILABILITY AND PUBLICIZE OPPORTUNITIES for adult recreation, sport leagues, and/or exercise programs in partnership with schools.



Consider **MAKING FITNESS EQUIPMENT AVAILABLE** for community members at school sites during non-school hours. Schools can partner with park agencies to install appropriate outdoor fitness equipment on school district owned property.



Ensure a robust **COMMUNITY-WIDE AWARENESS** building campaign for shared use arrangements. Partners can strongly promote current and newly accessible resources to ensure community usage and encourage community demand for resources.

The JUMPP Coalition can provide resources and guidance to facilitate the process of entering into a shared use arrangement. Given the availability of school-owned land, the community's preference for schools as a venue for physical activity and recreation, and the potential multiple

benefits of shared use arrangements, shared use can be a valuable way to improve the well-being of Los Angeles County families. For more information, visit:

publichealth.lacounty.gov/cardio/jumpp.



Los Angeles County Board of Supervisors

Hilda L. Solis

First District

Mark Ridley-Thomas

Second District

Sheila Kuehl

Third District

Janice Hahn

Fourth District

Kathryn Barger

Fifth District

Los Angeles County Department of Public Health

Barbara Ferrer, PhD, MPH, MEd, Director

Jeffrey D. Gunzenhauser, MD, MPH, Interim Health Officer

Cynthia A. Harding, MPH, Chief Deputy Director

Division of Chronic Disease and Injury Prevention

Tony Kuo, MD, MSHS, Director

Chronic Disease Prevention Strategy

Noel Barragan, MPH

Amelia DeFosset, MPH

Jennifer Torres Mosst, PhD, MSSW, MPH

Authors and Contributors

Ruth Bell, MS

Amelia DeFosset, MPH

Gabrielle Green, MPP

Eloisa Gonzalez, MD, MPH

Amy Truong

This project is supported in part by a cooperative agreement from the Centers for Disease Control and Prevention, Award #1U58DP005509-01

SUGGESTED CITATION

Los Angeles County Department of Public Health, Division of Chronic Disease and Injury Prevention. *Increasing Community Engagement through School-based Physical Activity Opportunities*. Data Brief. April 2018.