Walking the Walk:
How Cities & Universities Can Work Together
to Increase Physical Activity

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Jamie Dunnington
Kate Mohr
Tyler ScullawI
In 2007 *Men’s Fitness* listed Oklahoma City as No. 8 on the magazine’s fattest cities in America.
“We've got to get people out of their cars, out of those drive-thru windows, get them walking, get them in parks and get them more active.” – Mayor Mick Cornett
Success Story: Oklahoma City Drops 1 Million Pounds

What happens when a city makes our "Fattest" list? The mayor puts it on the line and it all changes...

by Sam DeHority
• American Fitness Index reports Oklahoma City as being one of the least fit, ranking 49th out of 50.

• BRFSS data indicates that OKC is the 17th out of 50 for obesity rates (32.4%)

• BRFSS data indicates that OKC is the 13th out of 50 for physical inactivity (28.5%)
RESIDENTIAL PARCELS WITHIN A 10-MINUTE WALK OF A PUBLIC PARK

25.1% of the total population
400,076 people
64.2% of the total population
What if we add in schools?

<table>
<thead>
<tr>
<th></th>
<th>Population within a 10-minute Walk</th>
<th>% of Total Population</th>
<th>Population within a 1-Mile Drive</th>
<th>% of Total Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>Just Parks</td>
<td>156,130</td>
<td>25.10%</td>
<td>400,076</td>
<td>64.20%</td>
</tr>
<tr>
<td>Parks and Schools with Access (Current)</td>
<td>181,756</td>
<td>29.17%</td>
<td>473,200</td>
<td>75.96%</td>
</tr>
<tr>
<td>Parks and All Schools</td>
<td>241,793</td>
<td><strong>38.81%</strong></td>
<td>517,950</td>
<td><strong>83.14%</strong></td>
</tr>
</tbody>
</table>
MY ROLE

• Create assessment tools
• Collect and analyze data
  – Can’t do it on my own!
• Assist with evaluation of student presentations
Are the parks worth going to in the first place?

- Asset inventory
- Accessibility
- Experience
- Hazard identification
Can residents be physically active at their neighborhood school?

- Joint-use agreement compliance
- Asset inventory
- Accessibility
Do residents feel safe walking to and from their park or school?
Is there sufficient pedestrian infrastructure for residents to get to their neighborhood park or school?
STUDENT PROJECT SUMMARY

Environmental Health Students

- Spring 2016 (28)
- Fall 2016 (29)
- Spring 2017 (30)
- Fall 2017 (29)

Evaluated more than 3,000 streets and intersections
PARTNERSHIP

• Mutually beneficial

• The city of OKC, college students, & community members

• Benefits for students:
  o Service learning
  o public health & the built environment
  o local government
  o value of partnerships
MY ROLE

• My personal desire
• To provide background of the built environment’s influence on human health
• Divide students into groups
• Class time
  – Training day
  – Data collection time
  – Group presentations
• Tools: waiver, peer evaluation, presentation guidelines, and grading criteria
UNIVERSITY OF
Central Oklahoma

VOLUNTEER/PARTICIPANT RECORD

Activity Program Enrollment Form

The undersigned for good and valuable consideration, receipt of which is hereby acknowledged, and in consideration of being allowed voluntary participation or enrollment in the foregoing program, with such program not to be perused, or through UCO, spouse with UCO's sense and conditions as follows:

1. Warrant: I have voluntarily to participate in the activity described below. I have been advised of all safety measures, and I understand and agree that I am responsible for all actions taken while participating in this activity. I understand that UCO is not responsible for any injury or damage to myself or others as a result of negligence on my part.

2. Injury that could be potentially severe, and I need to be advised that UCO is not responsible for any injury or damage to myself or others as a result of negligence on my part.

3. Participation in this activity:

   a. SAURIN (Joon) R. D. C. N. A.
   b. SAURIN (Joon) R. D. C. N. A.
   c. SAURIN (Joon) R. D. C. N. A.
   d. SAURIN (Joon) R. D. C. N. A.

   e. SAURIN (Joon) R. D. C. N. A.
   f. SAURIN (Joon) R. D. C. N. A.

4. My contact in this activity may make the following arrangements:

   a. Contact my physician before participating in this activity.
   b. Contact my physician before participating in this activity.
   c. Contact my physician before participating in this activity.
   d. Contact my physician before participating in this activity.

   e. Contact my physician before participating in this activity.
   f. Contact my physician before participating in this activity.

5. I understand that I am responsible for all actions taken while participating in this activity.

   a. SAURIN (Joon) R. D. C. N. A.
   b. SAURIN (Joon) R. D. C. N. A.
   c. SAURIN (Joon) R. D. C. N. A.
   d. SAURIN (Joon) R. D. C. N. A.

   e. SAURIN (Joon) R. D. C. N. A.
   f. SAURIN (Joon) R. D. C. N. A.

Note: For those under 18, the parent or guardian must sign.
A copy of this signed form should be on file in the Office of Legal Counsel.

Environmental Group Project – OKC streets projects

Purpose: This instrument has been designed for you to rate your peers and their responsibilities on your group project. Your evaluation will be held in strictest of confidence; no one, except me, will see your responses. Please be honest, fair, and as objective as possible. Note that the information you provide will be factored into the project grade received by each member of your group. 

Evaluation Item | M.5 | M.10 | M.15 | M.20 | Self | Comments
--- | --- | --- | --- | --- | --- | ---
Effort | | | | | | 
Contribution to the Group | | | | | | 
Time Spent | | | | | | 
Quality of Work | | | | | | 
Cooperation | | | | | | 
Attitude | | | | | | 
Grade You Would Assign (A, B, C, D, F) | | | | | |
Project reports are due on 11/29 and will be presented to classmates and community members on 12/1.

Reports should be in presentation format (PowerPoint or Prezi). Include the following:

- Project title on first slide (including all team members’ names)
- Location assessed (the park and school)
- Observations/summary of experiences at each location/implications of your findings
- Can include photos, quotes
- Strategies for improvement at each location
- Potential impacts of your recommended strategies

Presentations should be approximately 10 minutes. Your team should divide the work evenly. Designate one or two people to present. Designate others to create/make the presentation. I encourage you to practice your oral presentation before the 29th. You will be evaluated on the following criteria:

1. Knowledge of subject matter
   - Presentation draws on class teachings and training, content is accurate and appropriate, depth of knowledge is displayed
2. Presentation skills
   - Delivered in a professional manner, professional presence, articulate, maintains good eye contact, does not read directly from notes/slides, good voice projection, appropriate pacing
3. Use and quality of visual aids
   - Slides include correct spelling, proper grammar, font size, graphics in focus, white space
4. Overall organization of ideas
   - Introduction attracts attention, transitions are smooth, time guidelines are met, points are clear, logical, organized, provides closure

<table>
<thead>
<tr>
<th>Group members:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Grading Scale</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>1: Poor</th>
<th>2: Fair</th>
<th>3: Good</th>
<th>4: Excellent</th>
</tr>
</thead>
</table>

Knowledge of subject matter
- Presentation draws on class teachings and training, content is accurate and appropriate, depth of knowledge is displayed

Presentation skills
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Use and quality of visual aids
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Overall organization of ideas
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Additional comments

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Environmental Health Project Report
Evaluating Access to Physical Activity – Parks & Schools

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LESSONS LEARNED

• People matter
• Safety concerns
• Challenges: incomplete data, team dynamics
• Adequate class time for data collection
• Flexibility
School Example: Martin Luther King ES
21% No vehicle
89% Minority
35% Poverty
26% Disabled
### Accessibility

<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>What’s the parking situation?</td>
<td>Parking lot: ☒ None</td>
</tr>
<tr>
<td></td>
<td>Street Parking (Free): ☒</td>
</tr>
<tr>
<td></td>
<td>Street Parking (Metered): ☐</td>
</tr>
<tr>
<td>Are there bike lanes on the streets adjacent to the school?</td>
<td>Yes: ☒</td>
</tr>
<tr>
<td></td>
<td>No: ☐</td>
</tr>
<tr>
<td>Is there a bus stop in sight?</td>
<td>Yes: ☒</td>
</tr>
<tr>
<td></td>
<td>No: ☐</td>
</tr>
<tr>
<td>Are there crosswalks at all intersections around the school?</td>
<td>Yes: ☒</td>
</tr>
<tr>
<td></td>
<td>No: ☐</td>
</tr>
<tr>
<td>Are there bike racks available for public use?</td>
<td>Yes: ☒</td>
</tr>
<tr>
<td></td>
<td>No: ☐</td>
</tr>
<tr>
<td>Are there sidewalks on the perimeter of the school?</td>
<td>Yes, All: ☒</td>
</tr>
<tr>
<td></td>
<td>Yes, Some: ☐</td>
</tr>
<tr>
<td></td>
<td>No: ☐</td>
</tr>
</tbody>
</table>

#### Recreation Facilities

- Playground: ☒
- Running/Walking Track: ☐
- Walking Trails: ☒
- Gymnasium: ☐
- Football Field: ☐
- Soccer Field: ☒
- Baseball/Softball Field: ☐
- Basketball Courts: ☒
- Swimming Pool: ☐
- Weight Room: ☐
- Auditorium/Event Center: ☐

**Other:** ____________________________
Recommended Improvements

Pedestrian Environment:
  166 ADA ramps
  15  Blocks of sidewalk
  7   Obstructions
  40  Lighting locations

Policy Changes:
  Allow local residents access to the school
  Provide bicycle racks
  Seek transit access
STUDENT PERSPECTIVE: TYLER