



Accessibility Greenness & Health

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*Miami-Dade Age-
Friendly Workshop Series*
**Parks & Outdoor
Spaces**
Wednesday, Sept 7, 2016
12:00 – 2:30 pm

Accessibility & Fitness

Trust for Public Land Fitness Zone® areas



Morgan Park, LA

Marva Bannerman Park, Miami



Paralympian Jen French, Azalea Park, St. Petersburg



Photo credit: Azalea, Greenfields Outdoor Fitness

Access is the nub of the solution.
William H. Whyte

Accessibility, Mixed-Use & Mobility

4,000 elders 65 + / central North Carolina

Walkable Neighborhoods
Mixed-Use
Public Transit
+ basic activities
+ independence



Accessibility & Safety



273 Blocks & Elders 75+ / East Little Havana

Stoops & Balconies
+ physical function
+ social support
- depression

NIMH/NIEHS Grant No. MH63709; NIA Grant No. AG27527;

Scott C. Brown, Craig A. Mason, Tatiana Perrino, Joanna Lombard, Frank Martinez, Elizabeth Plater-Zyberk, Arnold Spokane, Jose Szapocznik, "Built Environment and Physical Functioning in Hispanic Elders: The Role of "Eyes on the Street" 2008, *Environmental Health Perspectives*, 116(10), 2008, 1300-7.

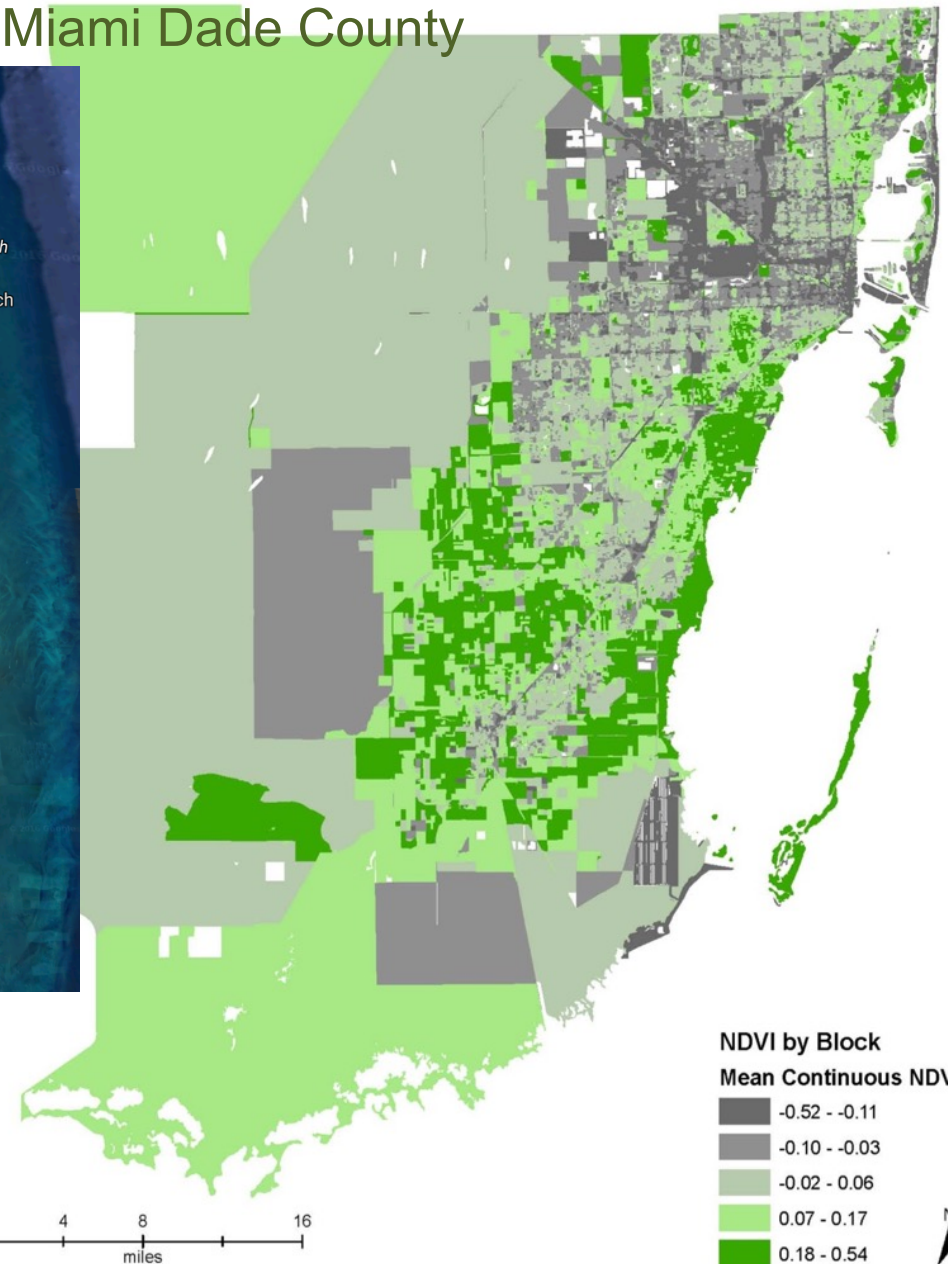
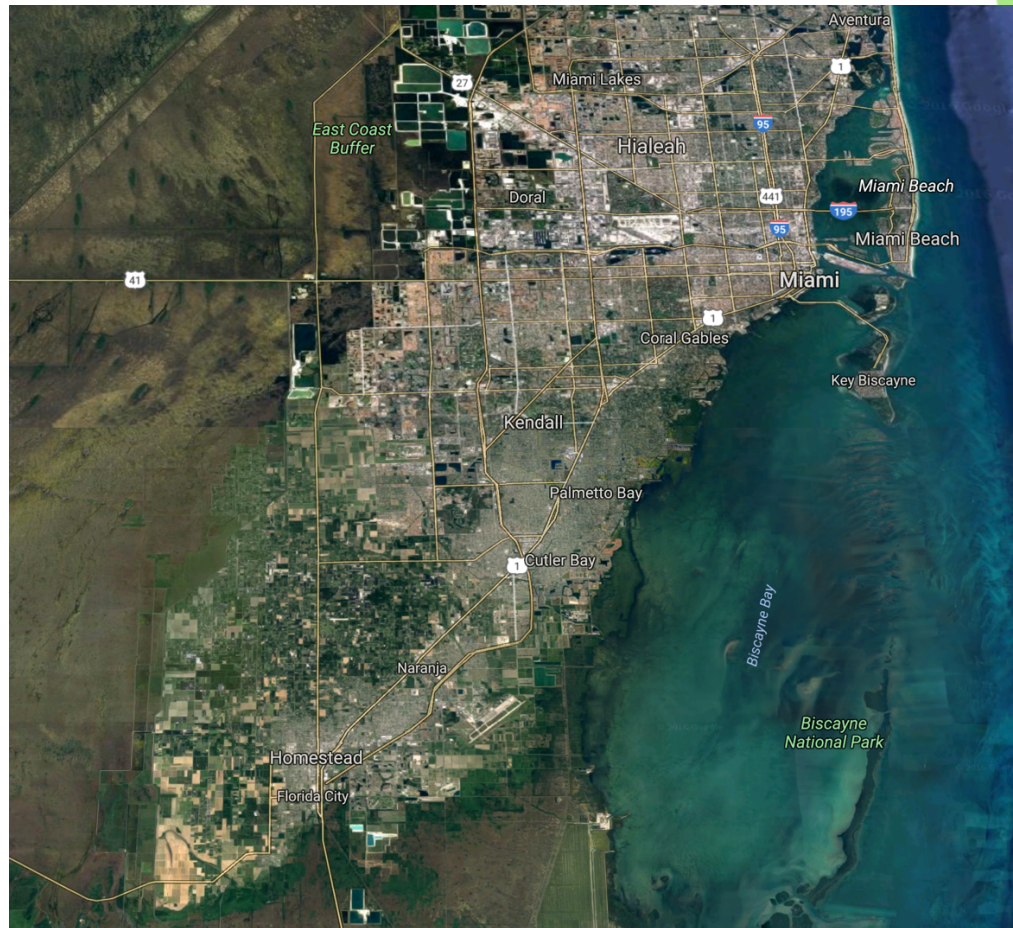
Accessibility Checklist



- ✓ Purpose
- ✓ Proximity
- ✓ Connectivity
- ✓ Safety

Greenness & Health

250,000 Medicare Beneficiaries 65 + / Miami Dade County



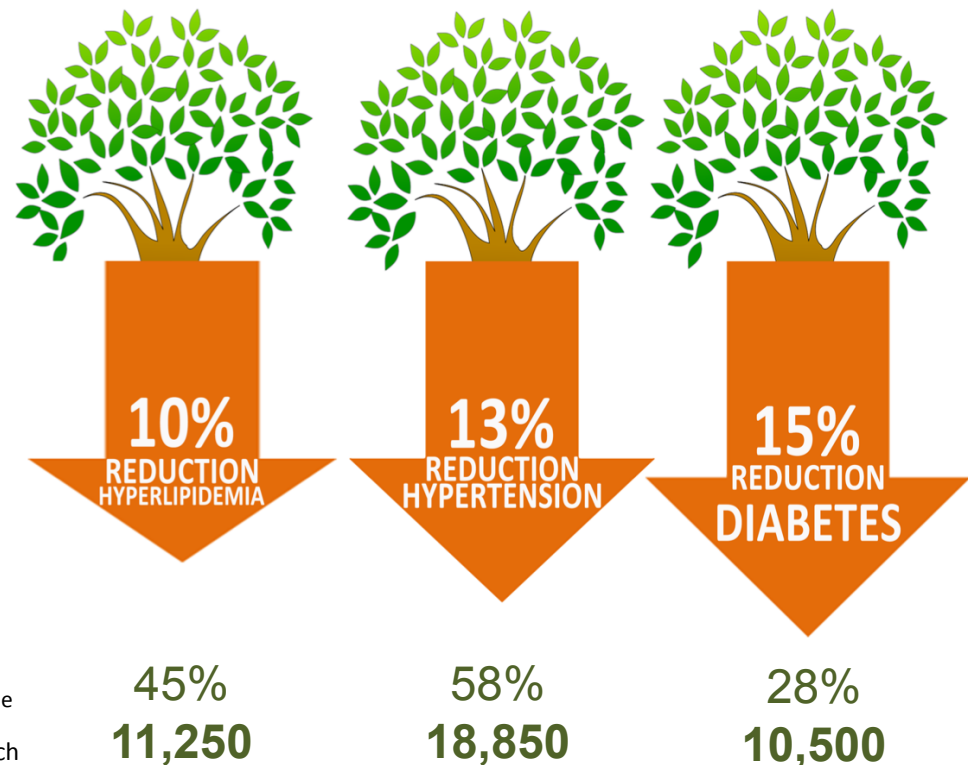
U.S. Dept. of Housing & Urban Development Sustainable Communities Research Grant #HUD H-21620-RG; Health Foundation of South Florida Grant; PIs: Scott Brown, Elizabeth Plater-Zyberk, Is: Joanna Lombard, Kefeng Wang

Scott Brown, Joanna Lombard, Kefeng Wang, Margaret Byrne, Matthew Toro, Elizabeth Plater-Zyberk, Daniel Feaster, Jack Kardys, Maria Nardi, Gianna Perez-Gomez, Hilda Pantin, José Szapocznik, "Neighborhood Greenness and Chronic Health Conditions in Medicare Beneficiaries," *American Journal of Preventive Medicine*, July 2016, Vol.51, Issue 1, 78–89.

Greenness & Health

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An increase in mean block-level NDVI from -1 SD below to +1 SD above the mean was associated with reductions of:



*Adjusting for age, gender, race, ethnicity, and neighborhood median household income

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- ❖ 3 years reduction in biomedical aging of population
- ❖ 49 fewer chronic conditions per 1000 individuals

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Greenness Checklist

Contributing to Social Interaction & Physical Activity



- ✓ Shady Social Spaces
- ✓ Sidewalks & Street trees
- ✓ Parks & Park Pockets