

SOPARC Outcomes in Rural Play Streets

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Robert Wood Johnson
Foundation

The Team

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³ Gramercy Group



Why?

- Only 21.6% of 6-19 year olds meet PA guidelines, with even fewer females, and youth from communities of color meeting PA guidelines (NPAP, 2016)
- Over 19% of the U.S. population lives in rural communities (ERS, 2017)
- People living in rural communities face a variety of unique obstacles to incorporating PA into their daily routines, including dispersed land use, fewer walkable destinations, and scarcely available infrastructure (Hansen et al., 2015; Umstattd Meyer et al., 2016)





- Temporary street closures that for a specified time period create safe spaces for play (closures can be recurring or episodic)
- Create safe place for children to be physically active
- Build a culture around safe play, and build partnerships / increase social cohesion
- Have occurred in urban areas, but never in rural environments
- Limited implementation and/or evaluation research on Play Streets exists

Methods: Rural Play Streets

Formative
work

Four Rural
ethnically
diverse
communities

Mini-grants
(\$6,000)

Host 4, 3-hour
Play Streets



Communities

	Cameron, TX	Oakland, MD	Talihina, OK	Warrenton, NC
Town/City Population Size (2016)¹	5,565	1,873	1,099	852
County Population Size (2013)¹	24,174	29,950	49,881	20,445
<18 yrs, race/ethnicity description (%) ²	36.37 Hispanic or Latino	98.29 white	44.87 American Indian	62.77 Black or African American
High School Graduates (%)¹	75.3	87.5	79.1	86.4
Median Annual Household Income (\$) ¹	34,058	36,833	23,125	30,441
Adult Obesity (%)³	29.7	30.6	39.1	39.2
Adult Physical Inactivity (%)³	24.0	28.0	33.0	31.0
Access to Exercise Opportunities (%) ³	40.0	66.0	46.0	39.0
RUCA Code (rural-urban commuting area code)	7.1	10.3	9.0	10.2

¹ Data from the US Census

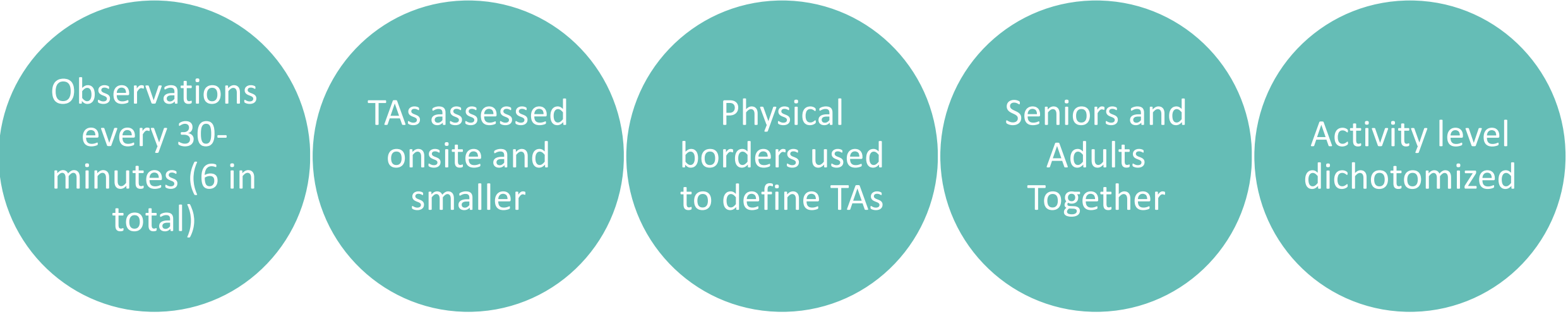
² Data from the US DOE (2014-2015 school year for school districts)

³ Health measures from 2013 County Health Rankings: Warren County (NC), Garrett Country (MD), Le Flore County (OK), Milam County (TX)

Methods: SOPARC for Play Streets

- System for Observing Play and Recreation in Communities
- Target areas
- Observations (Frequency of...)
 - Age group
 - Sex
 - Activity type
 - Target area category
- 1,661 (1,109 primary, 552 secondary) Total Observations
- Reliability – (0.41-0.62)





Observations
every 30-
minutes (6 in
total)

TAs assessed
onsite and
smaller

Physical
borders used
to define TAs

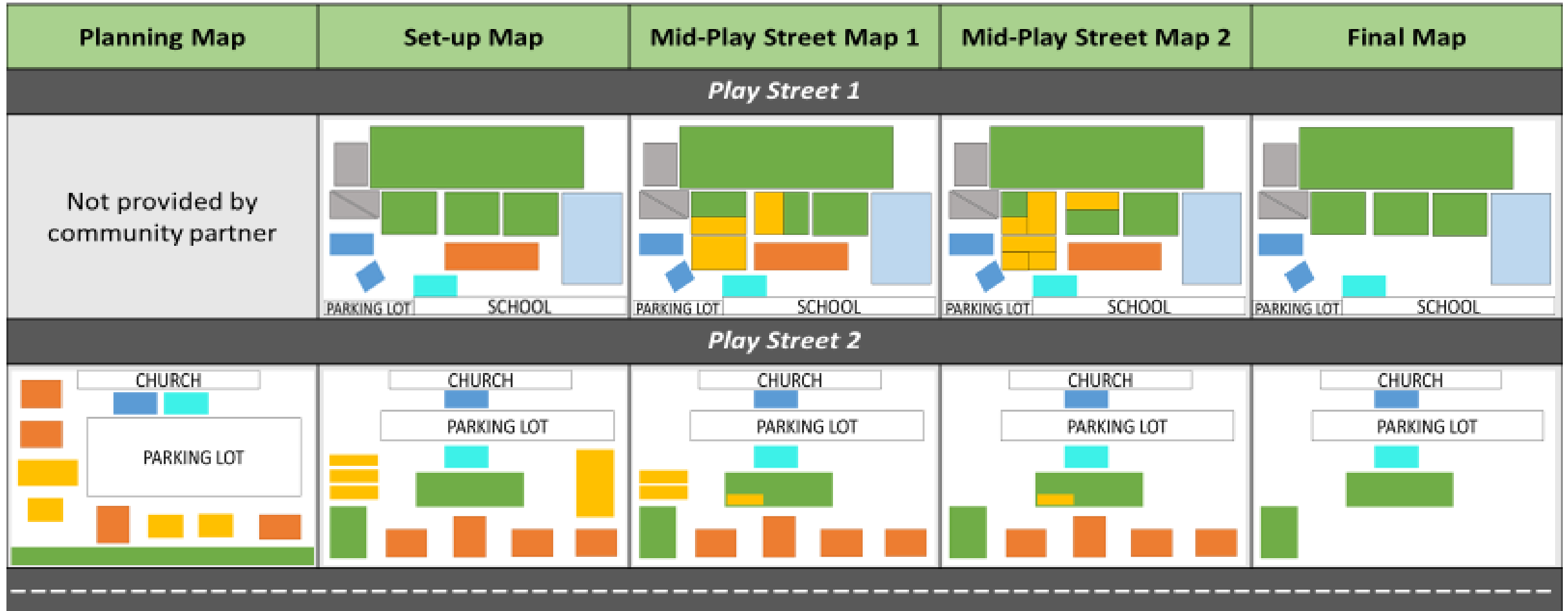
Seniors and
Adults
Together

Activity level
dichotomized



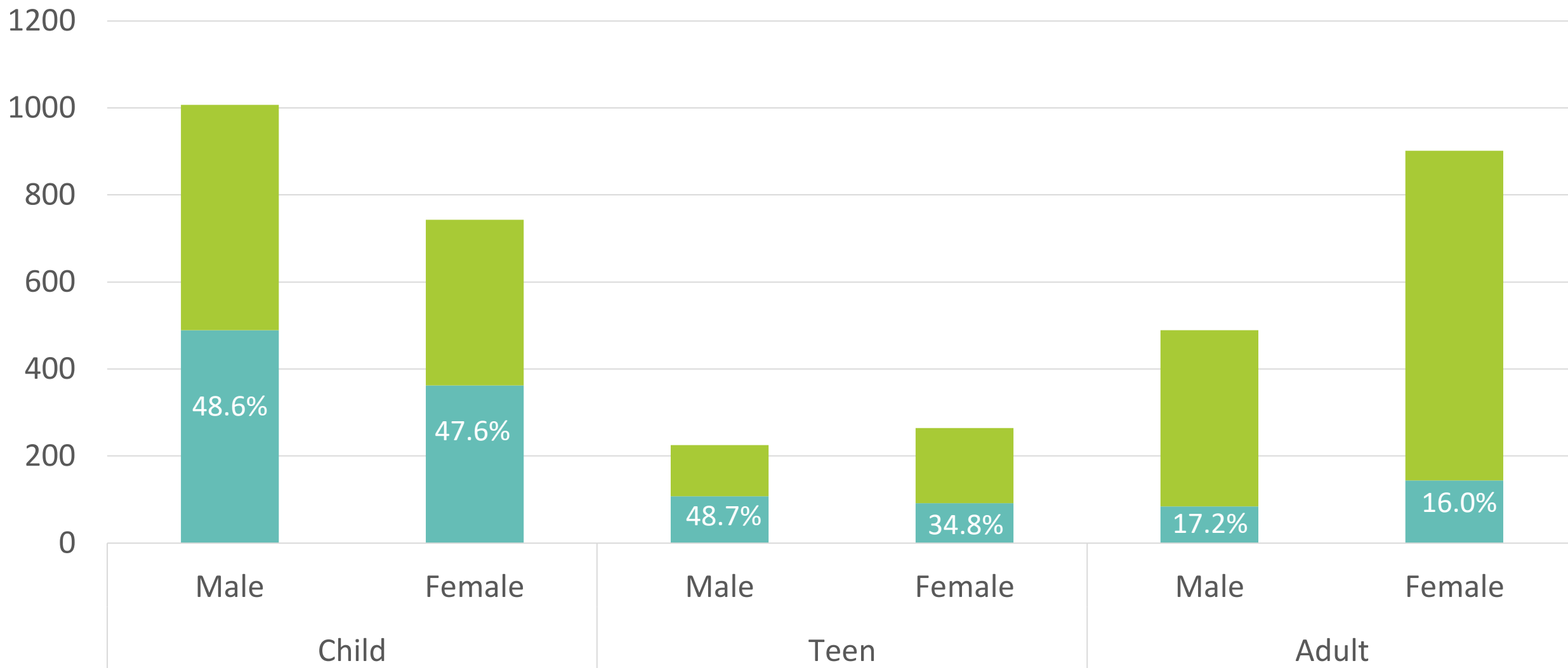
Modifications for SOPARC at Play Streets

Movement during Play Streets



- Inflatables (bounce houses); Food, Water, and Sitting Areas; Loose Equipment and General Play Areas (e.g., hoola hoops, sack races, etc...);
- Sports Fields and Courts; Open Spaces (e.g., open fields); Permanent Playground Equipment (e.g., swings, play structures, etc...);
- Sedentary Planned Activity Areas (e.g., arts & crafts, reading, etc...); Community Gardens; Evaluation Table.

Total Frequencies of Activity by Sex and Age Category

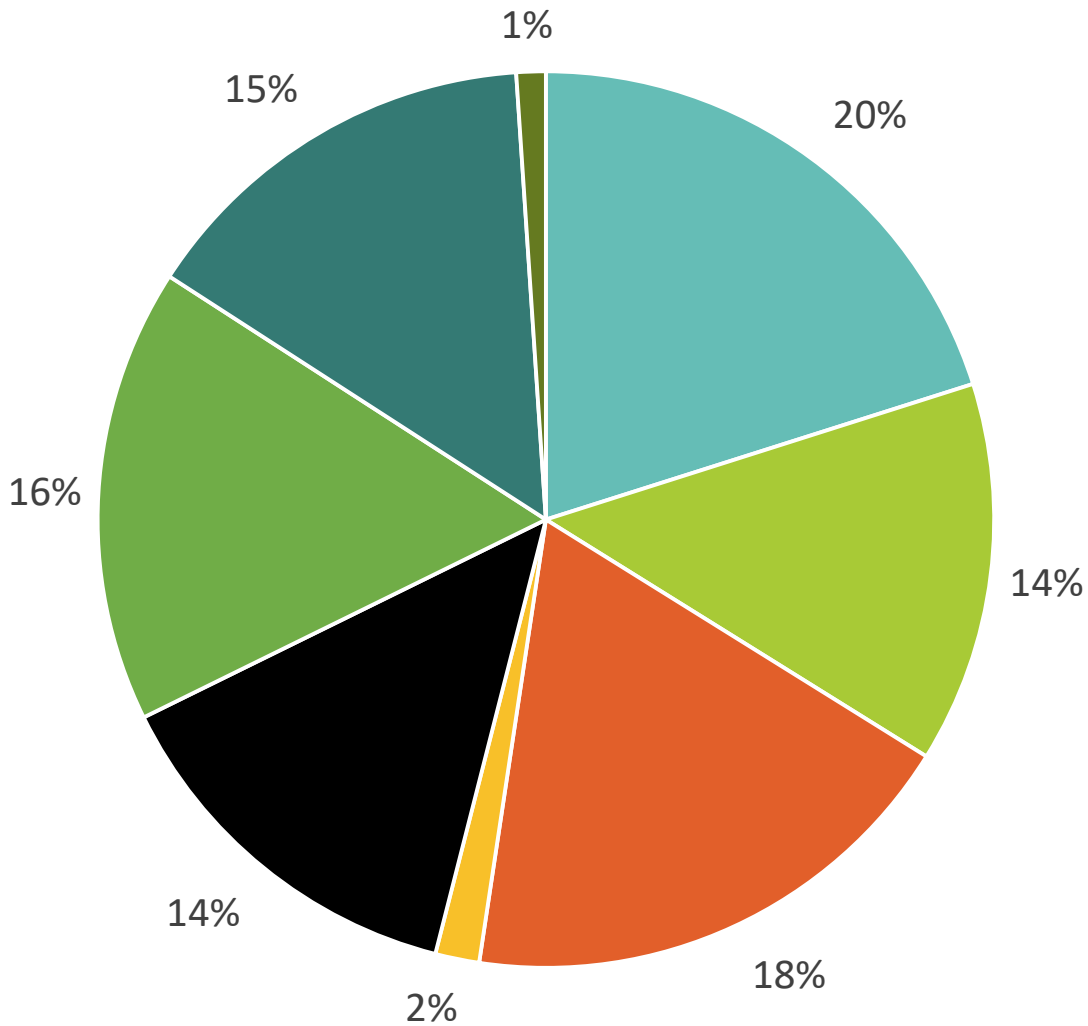


■ Active ■ Sedentary

*Significant Differences (% active):

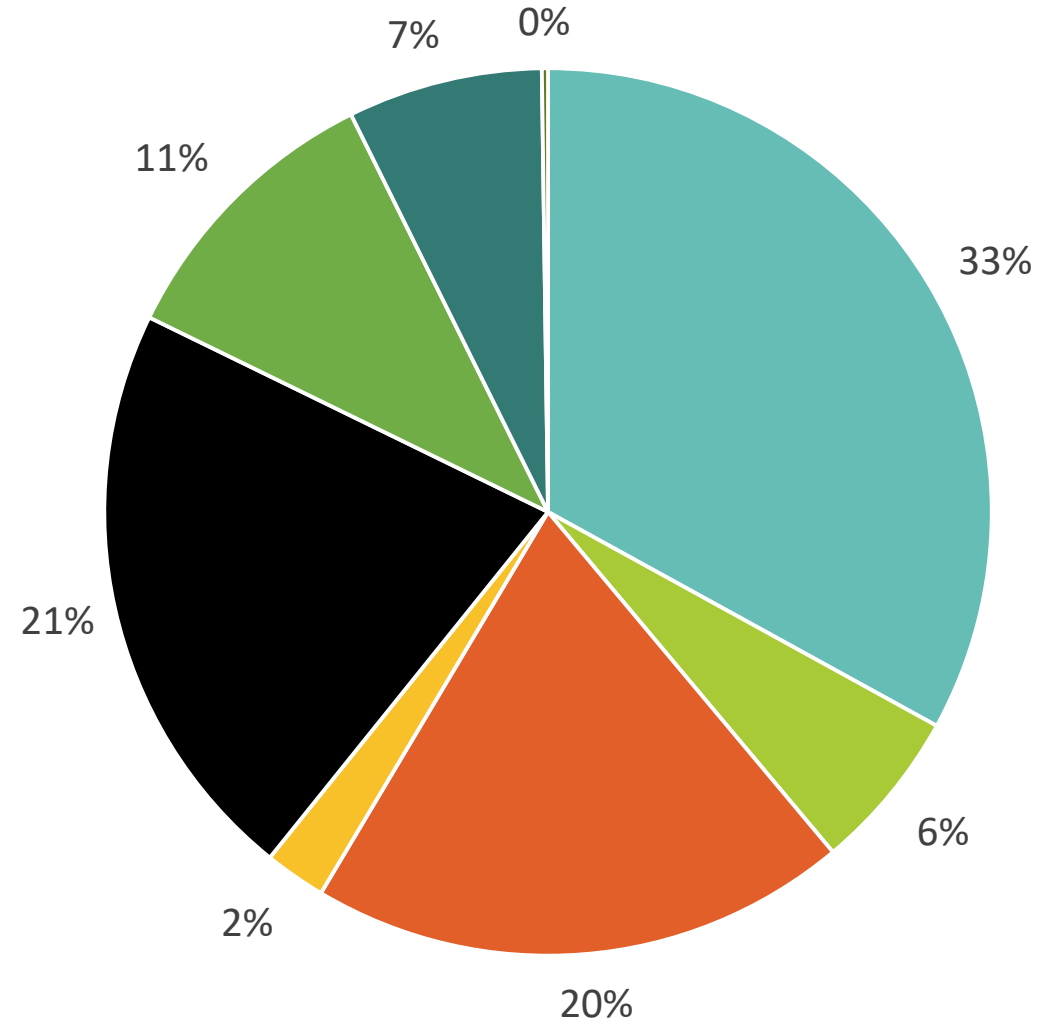
- Teens by sex
- Children and Teens

Percentage of TAs at Play Streets

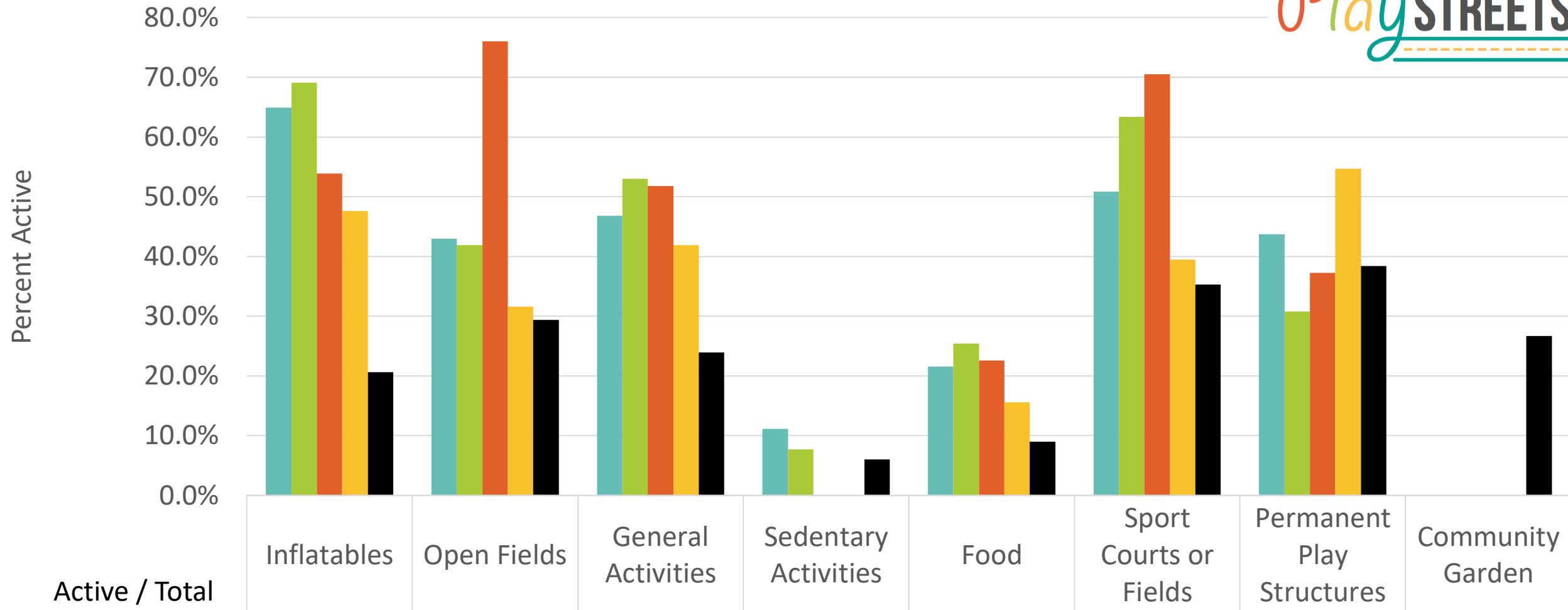


- Inflatables
- Open Fields
- General Activities
- Sedentary Activities
- Food
- Sport Courts or Fields
- Permanent Play Structures
- Community Garden

Percentage of Teens and Children by TAs



Percent Active by Target Area



Active / Total	Inflatables	Open Fields	General Activities	Sedentary Activities	Food	Sport Courts or Fields	Permanent Play Structures	Community Garden
Male Children	242/373	28/64	80/170	2/18	37/172	64/126	36/83	0/1
Female Children	170/247	13/19	83/157	2/26	43/170	32/50	18/57	0/4
Male Teen	30/56	13/17	29/55	0/4	13/59	20/28	2/6	0/0
Female Teen	30/63	6/19	24/57	0/2	12/80	12/30	7/13	0/0
Adult	35/170	17/57	72/301	4/66	62/685	25/72	10/25	4/15

Conclusions

- Kids are active at Play Streets
- Kids liked playing on bounce houses/inflatables
- No significant differences in activity level of Children by sex
- Male Teens are more likely to be active
- Consistent evaluation
- Sustainability potential of Play Streets

Thank you!

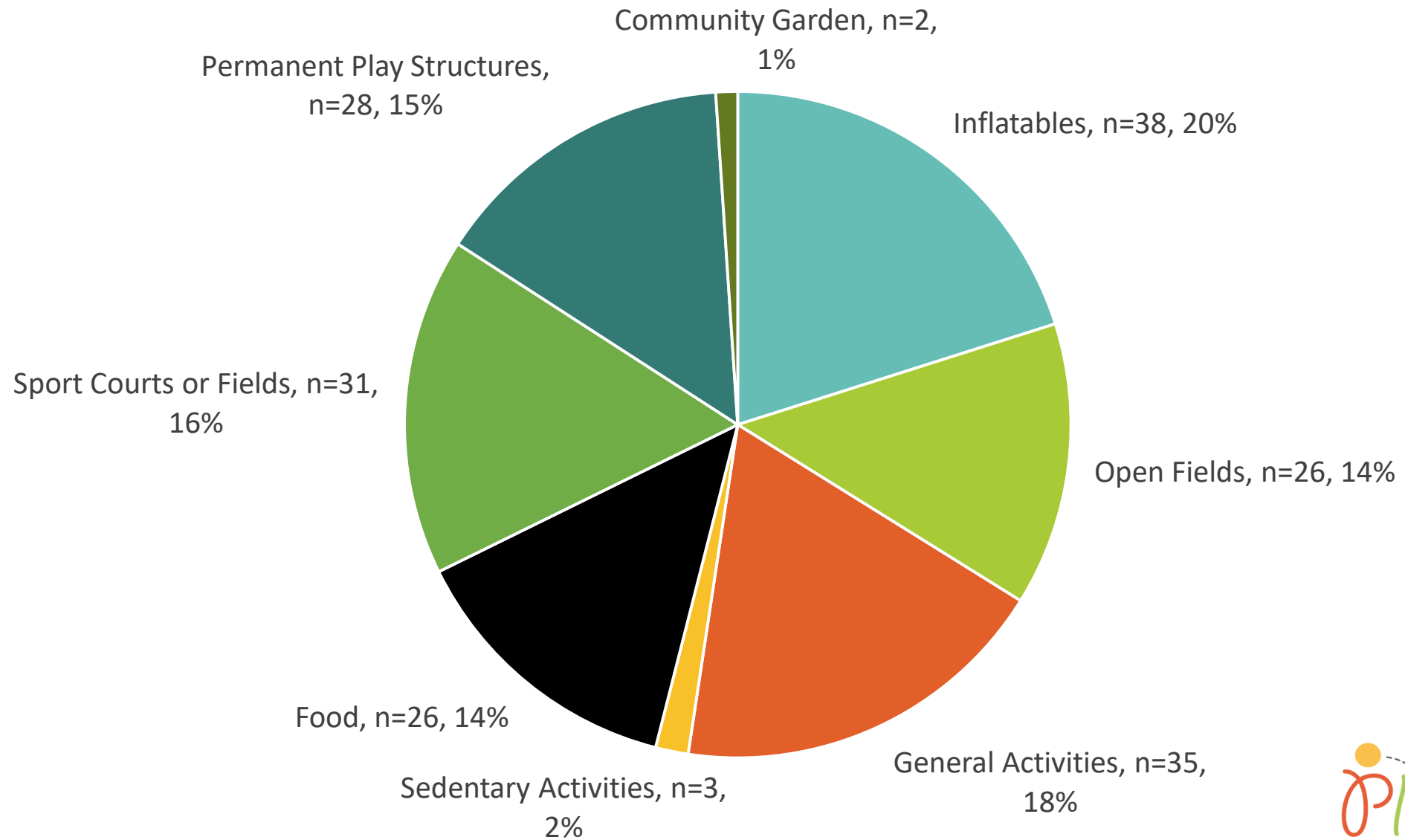
- Research Team Members
- Tom Schmid, CDC
- PARC
- Community Partners
 - Choctaw Nation of Oklahoma, Talihina, OK
 - Coley Springs Baptist Church, Warrenton, NC
 - Garrett County Health Department, Oakland, MD
 - Milam County AgriLife Extension Service, Cameron, TX
- This project was funded by the Robert Wood Johnson Foundation through the Physical Activity Research Center.



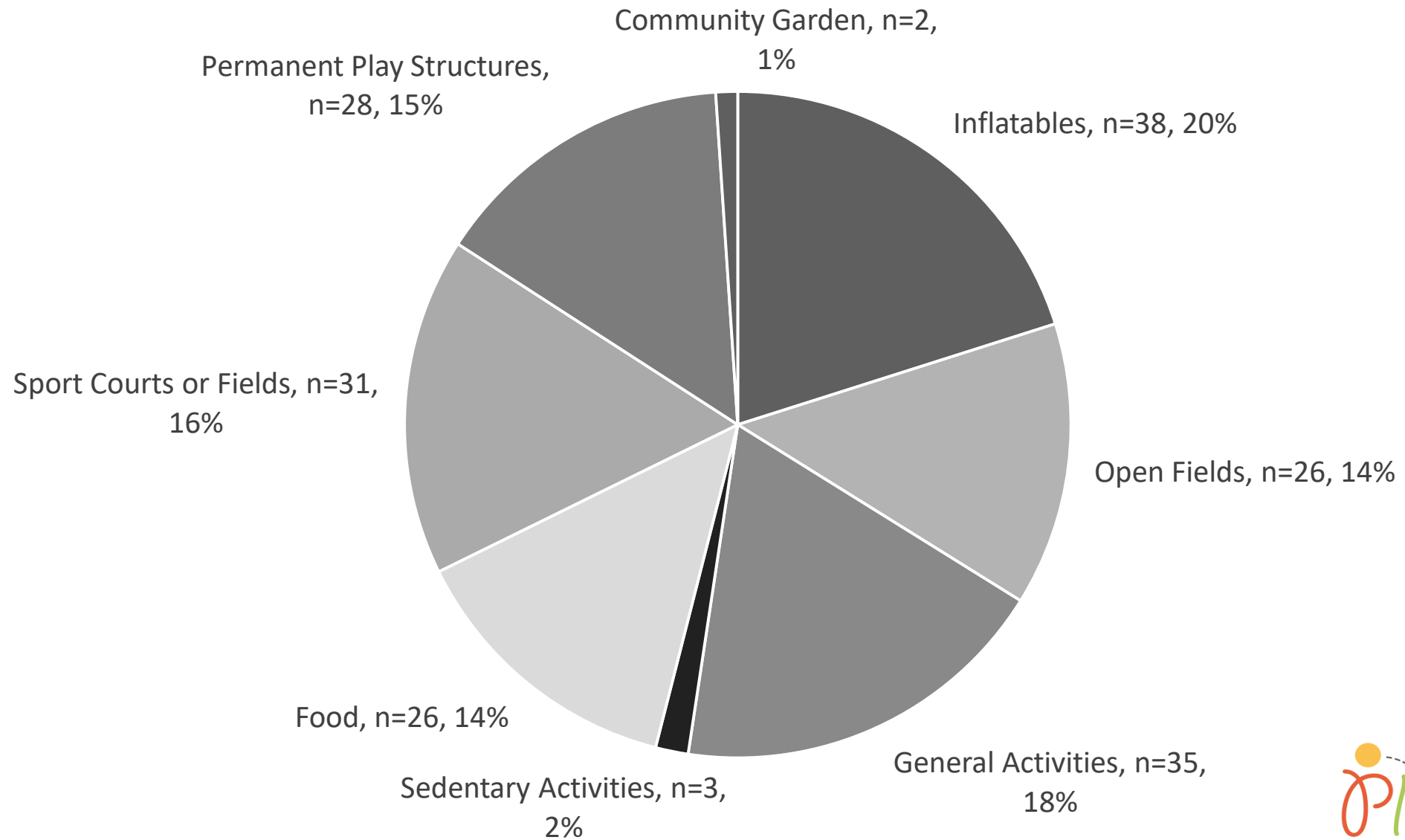
Questions?



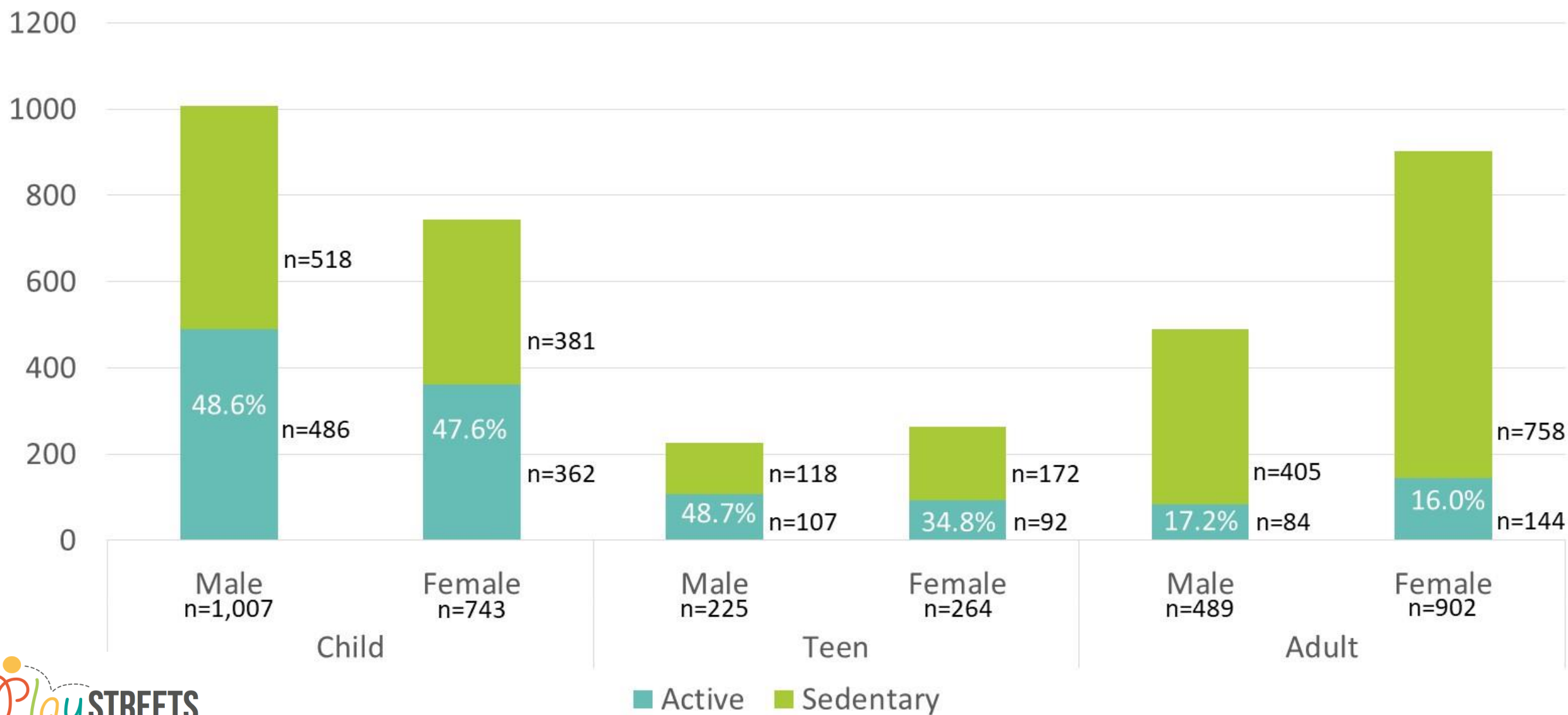
Number and Percentage of Target Area Categories Utilized at Play Streets



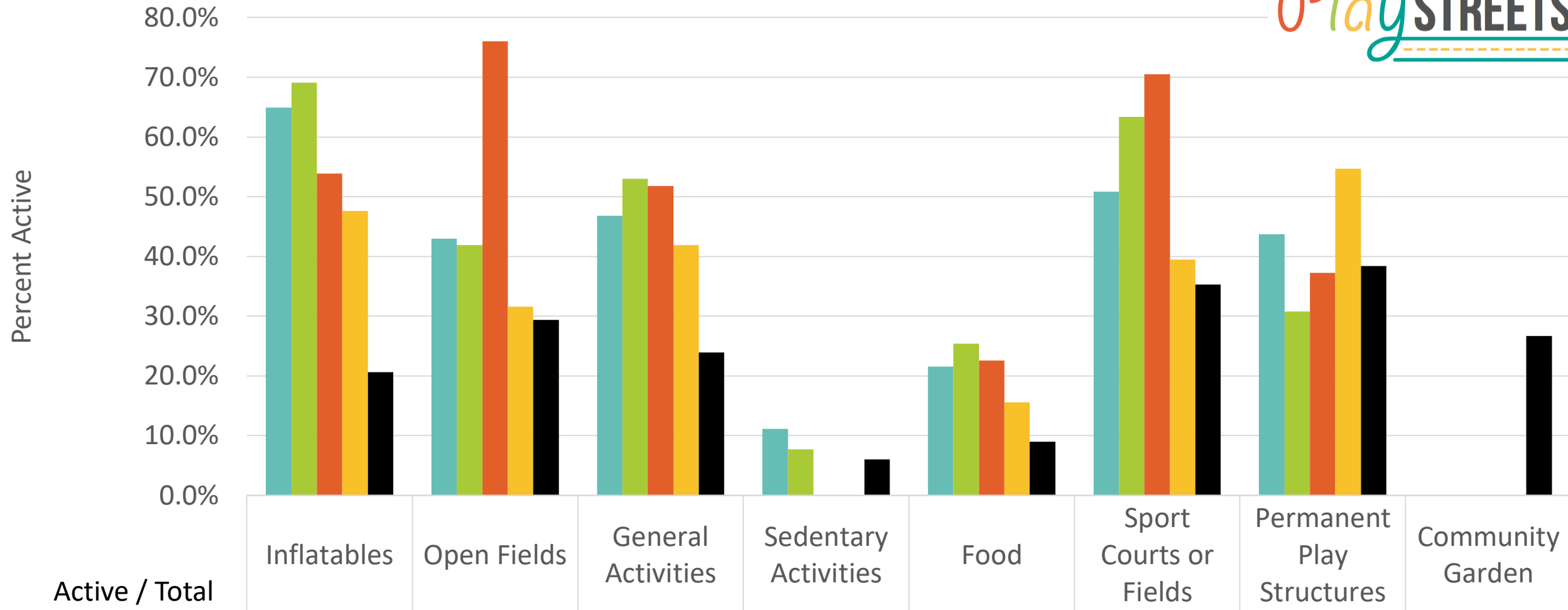
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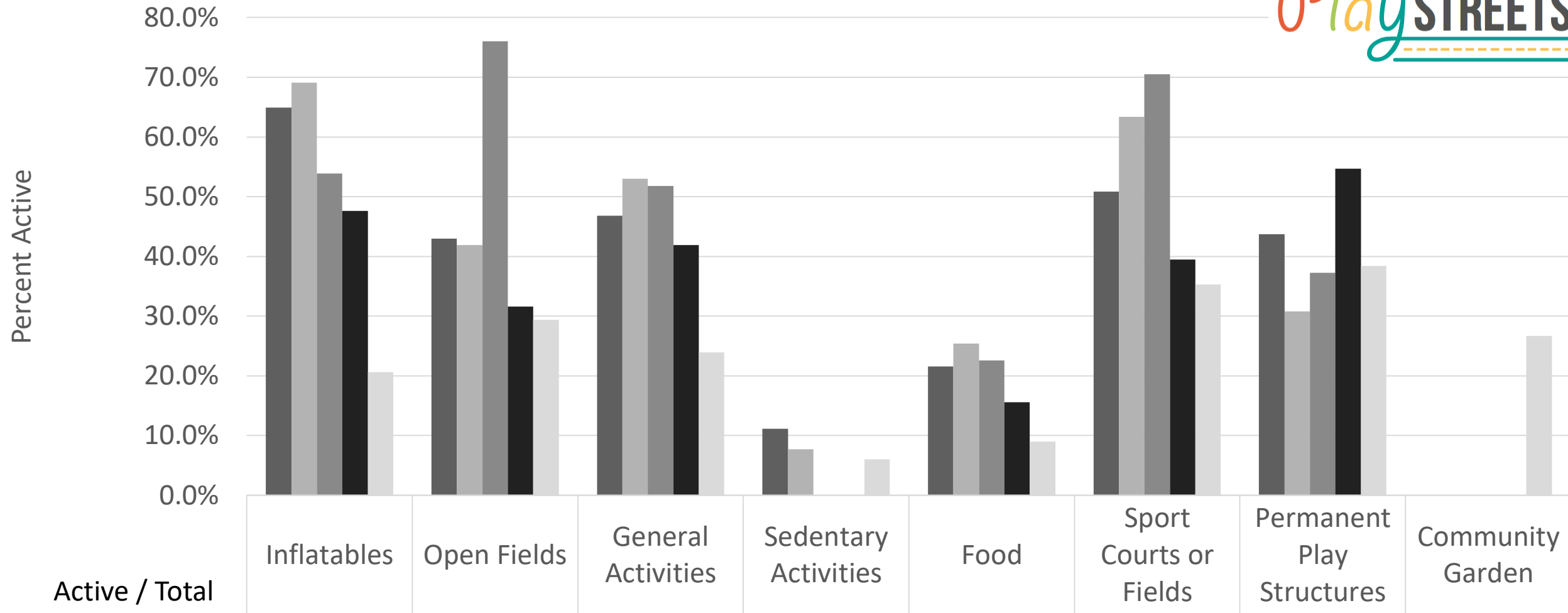


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