Session: Developing and Executing a Population Health Strategy

Creating Equitable, Healthy and Resilient Communities

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Philadelphia and Deep Poverty

Of the nation’s 10 most populous cities, Philadelphia has the highest rate of deep poverty — 12.2 percent, or nearly 185,000 people, around 60,000 of whom are children.

A family of three living in deep poverty would have an income of around $10,000 annually; the figure is half the poverty rate of $20,000 for a family of the same size.

<table>
<thead>
<tr>
<th>City</th>
<th>Total population</th>
<th>Percentage living in poverty</th>
<th>Number living in deep poverty</th>
<th>Percentage living in deep poverty</th>
</tr>
</thead>
<tbody>
<tr>
<td>Philadelphia</td>
<td>1,510,294</td>
<td>26.3%</td>
<td>184,218</td>
<td>12.2%</td>
</tr>
<tr>
<td>Phoenix</td>
<td>1,497,409</td>
<td>23.6%</td>
<td>168,969</td>
<td>11.3%</td>
</tr>
<tr>
<td>Chicago</td>
<td>2,661,511</td>
<td>23.0%</td>
<td>287,093</td>
<td>10.7%</td>
</tr>
<tr>
<td>Dallas</td>
<td>1,242,153</td>
<td>24.4%</td>
<td>122,617</td>
<td>9.8%</td>
</tr>
<tr>
<td>Los Angeles</td>
<td>3,817,978</td>
<td>23.0%</td>
<td>375,898</td>
<td>9.8%</td>
</tr>
<tr>
<td>Houston</td>
<td>2,163,663</td>
<td>22.4%</td>
<td>198,115</td>
<td>9.1%</td>
</tr>
<tr>
<td>New York</td>
<td>8,268,526</td>
<td>20.9%</td>
<td>748,321</td>
<td>9.0%</td>
</tr>
<tr>
<td>San Antonio</td>
<td>1,385,442</td>
<td>19.6%</td>
<td>115,475</td>
<td>8.3%</td>
</tr>
<tr>
<td>San Diego</td>
<td>1,322,205</td>
<td>15.8%</td>
<td>99,507</td>
<td>7.5%</td>
</tr>
<tr>
<td>San Jose</td>
<td>988,021</td>
<td>12.8%</td>
<td>54,463</td>
<td>5.5%</td>
</tr>
</tbody>
</table>

While Camden is not large enough to be ranked with those cities, it has a rate higher than Philadelphia’s.

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</thead>
<tbody>
<tr>
<td>Camden</td>
<td>74,044</td>
<td>42.6%</td>
<td>14,816</td>
<td>20.0%</td>
</tr>
</tbody>
</table>

SOURCE: Inquirer analysis of the U.S. Census’ 2013 American Community Survey
MIKE PLECENTRA / Staff Artist
Environmental, Social & Economic Justice

Delaware Valley Regional Planning Commission

Source: Delaware Valley Regional Planning Commission, Environmental Justice, dvrpc.org/webmaps/EJ2014/
Environmental, Social & Economic Justice

Home Owners Loan Corporation Map, 1936

Source: http://www.nis.cml.upenn.edu/redlining/
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Effects of Poverty on Children

One in five children in U.S. lives in poverty
These children often have:

- Issues with cognitive development and reduced educational attainment
- Increased reliance on public benefits
- Increased rate of incarceration
- Lower lifetime earnings
- Lower birth weights
- Food insecurity
- Chronic illness, disease and disabilities
- Lower life expectancies
- Higher divorce rates
- Difficulty escaping the cycle of poverty

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Socio-economic Status and Health

Life expectancy at birth
- 68 to 71
- 72 to 75
- 76 to 79
- 80 to 88

Source: Virginia Commonwealth University; U.S. Census Bureau; Philadelphia Police Department
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connect  inspire  transform

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Vision Statement:

Every individual has the right to a sustainable community that is: Socially, Economically + Ecologically Healthy

Project:
Women of Change Safe Haven Homeless Shelter Dorm Station Design, Fabrication & Installation
Community Partner: Project H.O.M.E.
Faculty: David Kratzer, AIA
Studio Course: ARCH510 Architecture Design Research
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Mission Statement:

LUSI employs research + design to unite stakeholders, students and faculty in collective action to empower + meaningfully contribute to a community’s quality of life.

Project: Patch Adams Free Clinic of Philadelphia Clinic Design Proposals
Community Partners: Patch Adams Design Committee & Tioga United Neighborhood Association
Faculty: David Kratzer, AIA
Studio Course: ARCH412 Comprehensive Building Studio
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University Agency and Advocacy for Public Interest Design:

• Have the intellectual resources to contribute to solving complex challenges and a responsibility to channel those resources effectively

• Provide real world learning and engagement for students

• Provide the understanding of the built environment as a facilitator of healthy behaviors - influencing and enabling communities to address environmental, economic and social conditions of their neighborhoods
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Creating Conduits for Inclusive Design:

• Communities possess critical experience, insights and knowledge about addressing issues of their neighborhood
• Collaboration with communities is an effective way to generate sustainable solutions to local and global challenges and opportunities
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Collaboration

• LUSI coordinates and facilitates

• Community shares vision

• Stakeholders contribute
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Values

• Promotes collaboration and joint responsibility
• Provides educational opportunities
• Enhances participation and decision making
• Captures economic value of all projects for a sustainable, robust and resilient community
• Increases the quality of life for all citizens
• Cultivates and celebrates strong community identity
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Participatory Action Research

• Involve Community and Researchers in all stages of the project
• Research used to influence social change
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Participatory Action Research: Asset Based Community Driven Development (ABCD)

Four Foundational Goals:

• Focus on Assets and Strengths
• Identifies and Mobilizes
• Community Driven
• Relationship Driven
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Focus on Assets and Strengths:

• Switch conventional focus on needs and problems to assets and strengths to avoid community internalization of issues

• Rephrase the questions:
  • What are the strengths of the community not What are the needs
  • When did you feel your community was at its best not What needs to change
  • What do you value about your community not What are the barriers to change
Rewilding: High Quality Healthy Spaces

Empowered Collaboration: Improving Healing Through Community Led Urban Design
Effects of Poverty on Children

“The lack of cognitive stimulation does not affect a child’s development. What seems to have more of an effect is the chaotic environments that many low-income kids grow up in and the often stressful relationships they have been adults around them.”

Source: Dr. Jack Shonkoff, Director of the Center on the Developing Child at Harvard University
Executive Function involves the mental processes that enable people to complete tasks from the planning stage to the final deadline.
Natural Play

• Young children prefer natural landscapes to built environments

• Linked to the development of imagination, independence, autonomy and creativity

Nature of Play:

More children and adults visit zoos and aquariums than attend all major professional sports combined

John Heinz National Wildlife Refuge
John Heinz National Wildlife Refuge
Rewilding: Network of outdoor spaces
Case Study: Kingsessing Design Process
An Integrated Community Vision
Case Study: Kingsessing Design Process

Philadelphia County Pennsylvania
USGS Topographical Map
Case Study: Kingsessing Design Process
Case Study: Kingsessing Design Process

During the semester:

- Develop Guiding Principles
- Assemble Focus Group of Key Stakeholders
- Series of Community Meetings
- Research, Inventory + Analysis
  - determine pertinent information to move forward
  - determine program
- Design Iteration
  - work with focus group and community on different design scenarios
- Design concept
  - finalize community vision of design concept
Case Study: Kingsessing Design Process

Community Garden: Guiding Principles (Example)

Principle 1:

- Enhance participation in the community and in decision making especially for the most disadvantaged
- Capture economic value of all projects in the community to achieve a sustainable and green economy that attracts new business and increases entrepreneurial opportunities
- Increase the quality of life of all residents by providing environments that are socially, aesthetically and environmentally healthy
Case Study: Kingsessing Design Process
Proposed and Existing Connectors
Case Study: Kingsessing Design Process
Cultural Areas to Connect and Partner
Case Study: Kingsessing Design Process

Available Lots
Case Study: Kingsessing Design Process
Where people live
Case Study: Kingsessing Design Process
Community Assets and Ecological Impacts
Case Study: Kingsessing Design Process

Research presented to the Community

COMMUNITY MEETING ONE
2/3/2016

After gathering the information through exploration and research, students sat down with those who know Kingsessing best. Community members gathered in the Francis Myers Recreation Center to confer on the data found by the students as well as give opinions on possible project ideas. Students presented both their inventory on Kingsessing and a collection of precedent images for the attendees to comment on.
URBAN MEADOW

FINAL ITERATIONS
PRESENTED APRIL 28, 2016
BY EVAN MCLAGHT

Kingsessing existed before Philadelphia and the name literally means, “Race where there is a meadow.” A great deal has changed in this neighborhood and there are meadows no more. The neighborhood is almost completely covered by residential housing, leaving little space for the people of the community to enjoy their neighborhood. The goal of the project is to bring back the history of Kingsessing through the urban meadow and work with the community to create a space they can be proud of. The meadow would be inherently community-based from start to finish and the use of annual plantings would encourage the local residents to be creative and take ownership of the space from year to year. The lots at 81st and 91st and 100th and 110th serve as a catalyst for the east of the neighborhood and a successful meadow here could be replicated throughout the community. Let’s go to Kingsessing, let’s go where the meadows are.

This year in the Kingsessing Meadows
A place to be proud of

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THE SEVENTEENTH POPULATION HEALTH COLLOQUIUM | MARCH 2017
BE, PLAY, LEARN
FINAL ITERATIONS
PRESENTED APRIL 28, 2016
BY KATHRYN MILLER AND PENELope SEGURA

COLLEGE of ARCHITECTURE and the BUILT ENVIRONMENT: LAB for URBAN and SOCIAL INNOVATION
THE SEVENTEENTH POPULATION HEALTH COLLOQUIUM | MARCH 2017
Roots of Kingsessing
Case Study: Kingsessing Design Process

End of the Semester

Community Meeting

Solicit Input on Final Design Schemes
Case Study: Kingsessing Design Process

Feedback

• Created a exhibit of the designs
• Developed a survey monkey to solicit input
• Developed goals for garden with a series of stakeholders
Main Goal:
- Each individual develops a personal understanding of nature

Provide:
- **Natural Unstructured Play Areas** offer children the daily benefits of direct experience with nature and engage in health-promoting, physical activity.
  - climbing, riding tricycles, digging, building, dress up, art opportunities, etc.
  - include areas for adults and children to interact
- **Ecological Opportunities**
  - habitat
  - ecological education opportunities
  - stormwater management
- **Respite**
  - shady and quiet sitting areas
  - areas for gathering with overhead cover
  - areas for games such as chess
Case Study: Kingsessing Design Process
Case Study: Kingsessing Design Process
Case Study: Kingsessing Design Process
Case Study: Kingsessing Design Process
View Looking From Cecil Street
View looking toward Teen Play Area
View from Kingsessing Avenue

Southwest Community Garden
Sidewalk Seating
Retaining Wall
Entrance

Cecil Street
Proposed Street Trees

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THE SEVENTEENTH POPULATION HEALTH COLLOQUIUM | MARCH 2017
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Network and Empower Communities

Partners:
- Bartram’s Garden
- Audubon PA
- John Heinz National Wildlife Refuge
- Philadelphia Parks and Recreation
- Philadelphia Zoo
- Overbrook Environmental Center
- Philadelphia Horticultural Society (PHS)
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Participatory Action Research: Collaboration with Thomas Jefferson University’s Master of Public Health Program
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Participatory Action Research Methods

- Assets Based Community Development (ABCD)
- System for Observing Play and Recreation in Communities: (SOPARC)
- Pre- and Post-assessment Surveys
- PhotoVoice
- Assessment of Children’s Emotion Skills (ACES)
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PAR: Surveys

- Pre-and Post-assessment Surveys to gauge park impact for the neighborhood residents
- Question Categories:
  - Demographics
  - Safety
  - Aesthetics
  - Walking /biking access
  - Health/physical activity
  - Neighborhood Connectedness/social cohesion
Research Goals:

1. Did the park increase usage and activity among specific user and age groups due to the physical and natural elements of the park?

2. Did the park increase usage and activity among specific groups due to the program elements and programming of the park?

3. Is it possible to design multi-use and multi-purpose parks that facilitates increased physical activities and social connectedness for a wide number of user groups?

4. To what extent do design and program interventions actually capture new park users or increase park use?

5. Is the park what residents expected? (Positive and negative)
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Design and Collaboration Process:

• Is innovative, inclusive and transparent.
• Cultivates trust
• Advocates + informs communities of their economic, social and ecological rights
• Facilitates outreach
• Develop guiding principles + goals
• Develops a design + research framework as a roadmap
• Develops all initiatives based on performance goals
• Shares + provides a research archive