



MASTER PLAN for LaFayette City Park

How does a new city park benefit my family and my community?

Your Health and Parks –

Parks, greenspace, and open space give neighbors a place to be active outdoors, leading to happier, healthier people who engage positively with the community. People who engage in healthy activities reduce their likelihood for heart disease, obesity, diabetes, and depression (U.S. Surgeon General, Sherer 1996). People who live near parks are much more physically active, according to a study by the Center for Disease Control, which showed that creating a park nearby increased residents' physical activity by 25% (Sherer 1996). Parks enable residents to have active lifestyles by elevating the livability of a community and improving the quality of life within a city (Dolesh, Vinluan, and Phillips). Public parks provide life-enhancing opportunities for people with disabilities, providing a healthy safe place to be active and socialize with others.

Benefits to the Local Economy –

What happens to your property when you live next door to land developed as a park? The value of your property increases. Local property values increase substantially because of the creation of a new park, according to a study by the University of Texas A&M.

Social Benefits of Parks –

Parks are important places for people to visit, interact, socialize, and get out of the house. Parks serve as meeting places for locals to connect with each other (Dolesh, Vinluan, and Phillips). Parks offer a common ground for communities to have events, meet, and play. Community event centers in parks offer at-risk children a place of refuge and meaningful participation in the community. Teens and young people gain opportunities for after-school activities to foster healthy social development with adult input (Dolesh, Vinluan, and Phillips). Parks offer young children a chance to develop language skills and important life skills by interacting, playing, and exploring in the park with other kids (Sherer).

Environmental Benefits of Parks –

Developing a community park means setting aside a piece of land to be conserved as a natural area for the benefit of all. A protected natural area helps our communities by protecting streams as clean water sources, providing healthy trees and plants to protect air quality, and offering a place for wildlife to make a home, which strengthens the resilience of our city.

How have other communities benefitted from parks?

- *Carmel Clay Park* developed into a place for neighbors to socialize, creating an educational infrastructure for people of all ages within this community. The park offers outdoor learning areas and indoor facilities for after-school programs and adult programs.
- *Philadelphia Parks and Recreation Department* partnered with the Philadelphia Department of Public Health to focus park activities on fostering an active lifestyles for children.
- *Rural Pennsylvania community* created Walk Works, a partnership to “encourage sustainable physical activity through the built environment, social supports, and healthy lifestyle behaviors” (NRPA). Walk Works helps neighbors find places to walk safely and connects community members who want to walk together.

Learn more on how Parks benefit your Community (over) >>

SMART LANDSCAPES

landscape|hardscape|wildscape

Learn more about Parks and Your Community –

National Recreation and Park Association www.NRPA.org

- Why parks and recreation are essential public services <https://www.nrpa.org/uploadedFiles/nrpa.org/Advocacy/Resources/Parks-Recreation-Essential-Public-Services-January-2010.pdf>
- The Power of Parks <http://www.nrpa.org/power-of-parks/>
- Social Equity and Parks <http://www.nrpa.org/About-NRPA/Position-Statements/Social-Equity-and-Parks-and-Recreation/>
- The Economic Impact of Local Parks <http://www.nrpa.org/parkeconreport/>

American Society of Landscape Architects www.ASLA.org

- Campaign for Urban Parks <https://www.asla.org/ContentDetail.aspx?id=26684>
- Revitalizing Communities with Parks https://www.asla.org/sustainablelandscapes/Vid_Parks.html

Studies on the benefits of parks:

- Deming. Carmel Clay Central Park. 2012. Landscape Performance Series. <http://landscapeperformance.org/case-study-briefs/carmel-clay-central-park>
- Dolesh, Vinluan, and Phillips. Top 10 Reasons Parks are Important. <https://www.boardmanpark.com/Data/Sites/1/Assets/pdf/top-10-reasons-parks-are-important.pdf>
- NRPA. Parks Build Healthy Communities: Success Stories. (p. 18 and 26). https://www.nrpa.org/uploadedFiles/nrpaorg/Grants_and_Partners/Recreation_and_Health/Resources/Case_Studies/Healthy-Communities-Success-Stories.pdf
- Sherer. The Benefits of Parks: Why America Needs More City Parks and Open Space. (2006). San Francisco. http://www.eastshorepark.org/benefits_of_parks%20tpl.pdf