



### Tulsa Parks: Health Impact Analysis Community Health and Built Environment

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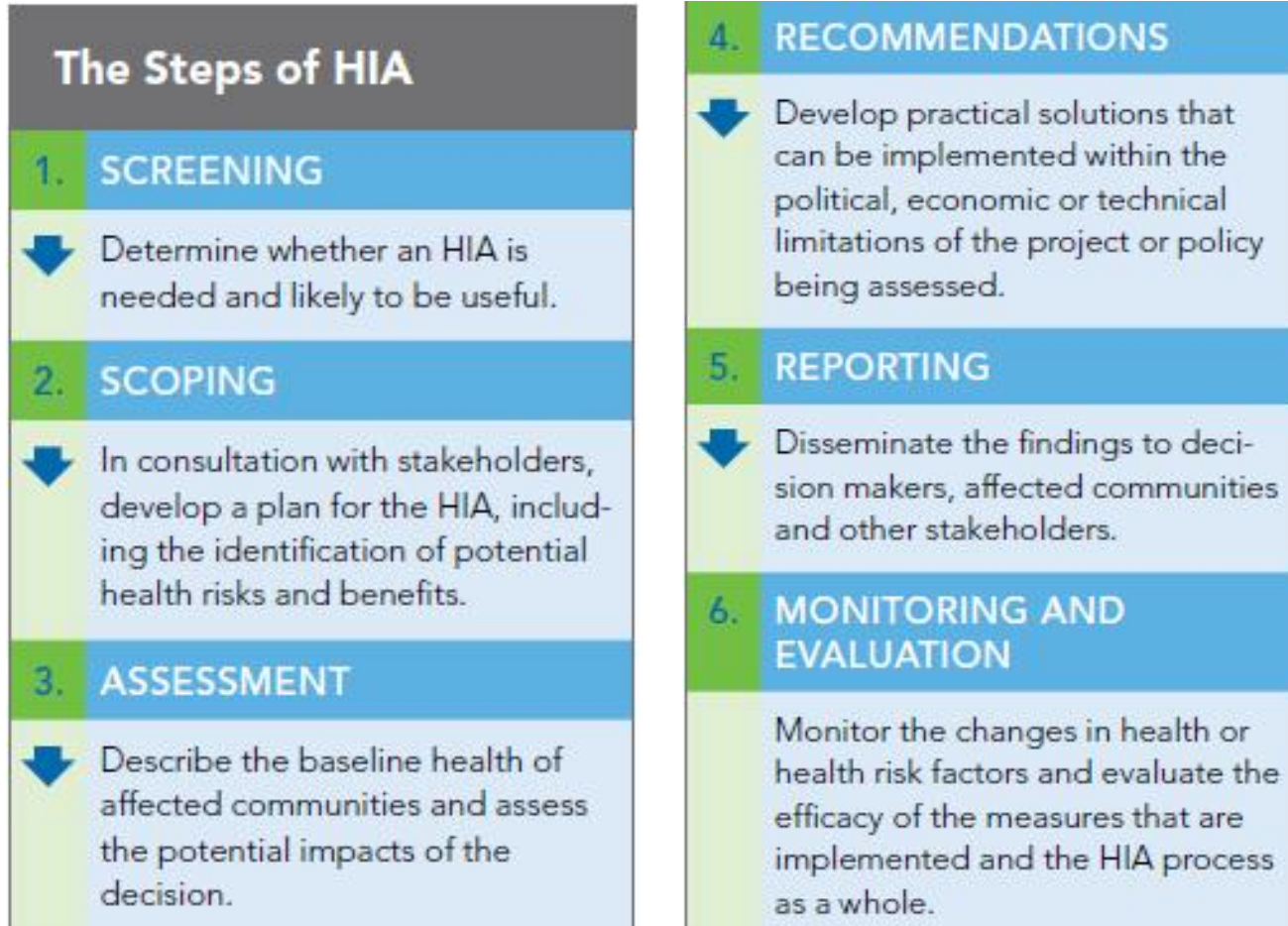
OU- Tulsa

May 6, 2015





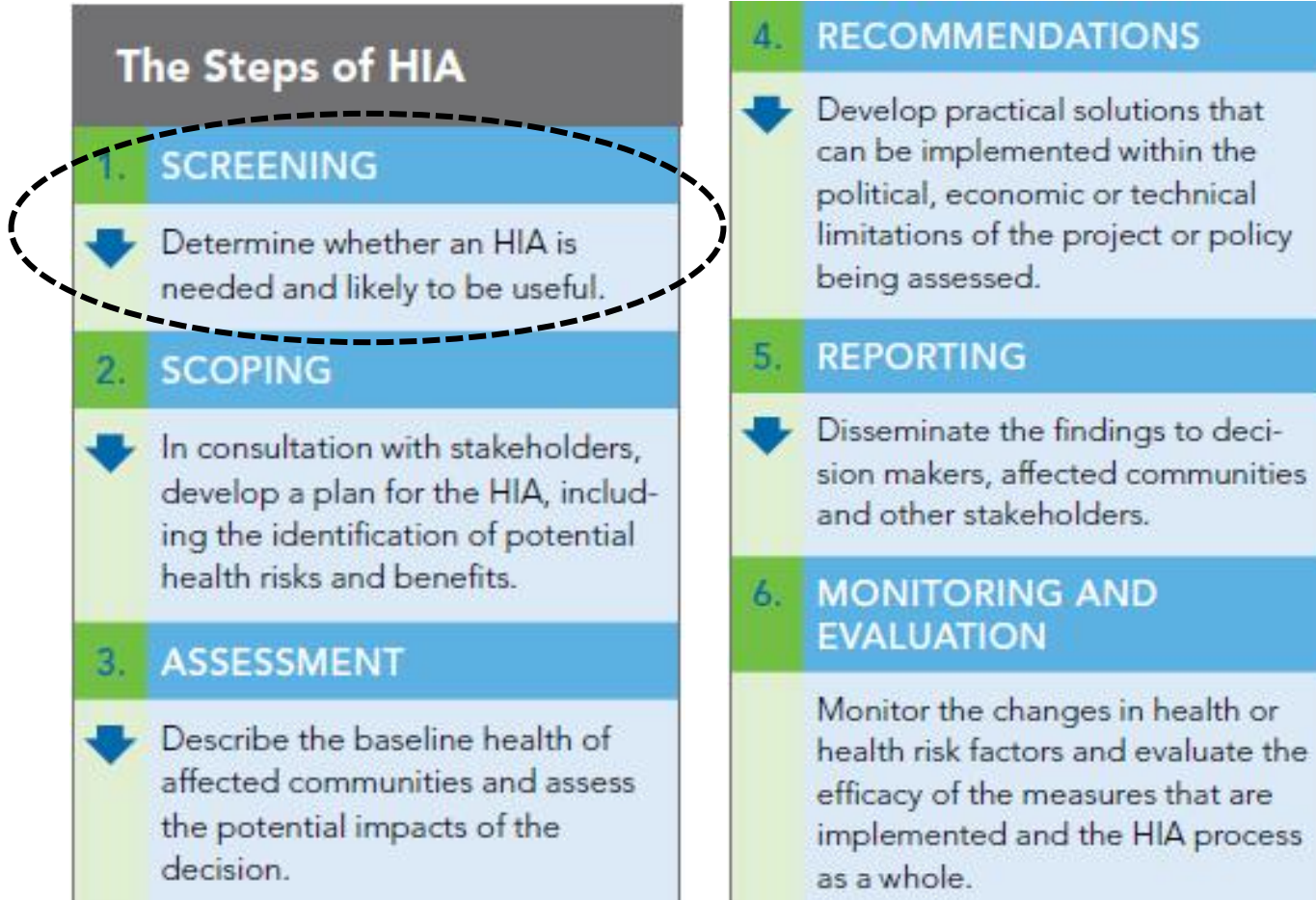
### Process



A **Health Impact Assessment** is "a combination of procedures, methods, and tools by which a policy, program, or project may be judged as to its potential effects on the health of a population, and the distribution of those effects within the population." (ECHP 1999, p. 4).



### Process



A HIA is intended to **produce a set of evidence based recommendations to inform decision making** (Taylor & Quigley 2002, p. 2) and maximize the positive health impacts and minimize the negative health impacts of proposed policies, programs or projects.



### Screening

The City of Tulsa is planning to **repurpose or sale 11 of the local parks**. An HIA is to be developed to determine the way parks are chosen, and why these in particular, as to make recommendations on how to preserve the parks in better shape and use, or in this case, advice according to health context of the population.



### List of Parks for Sale or Repurposing in Tulsa

The following city parks have been identified for possible sale or repurposing by the city of Tulsa:

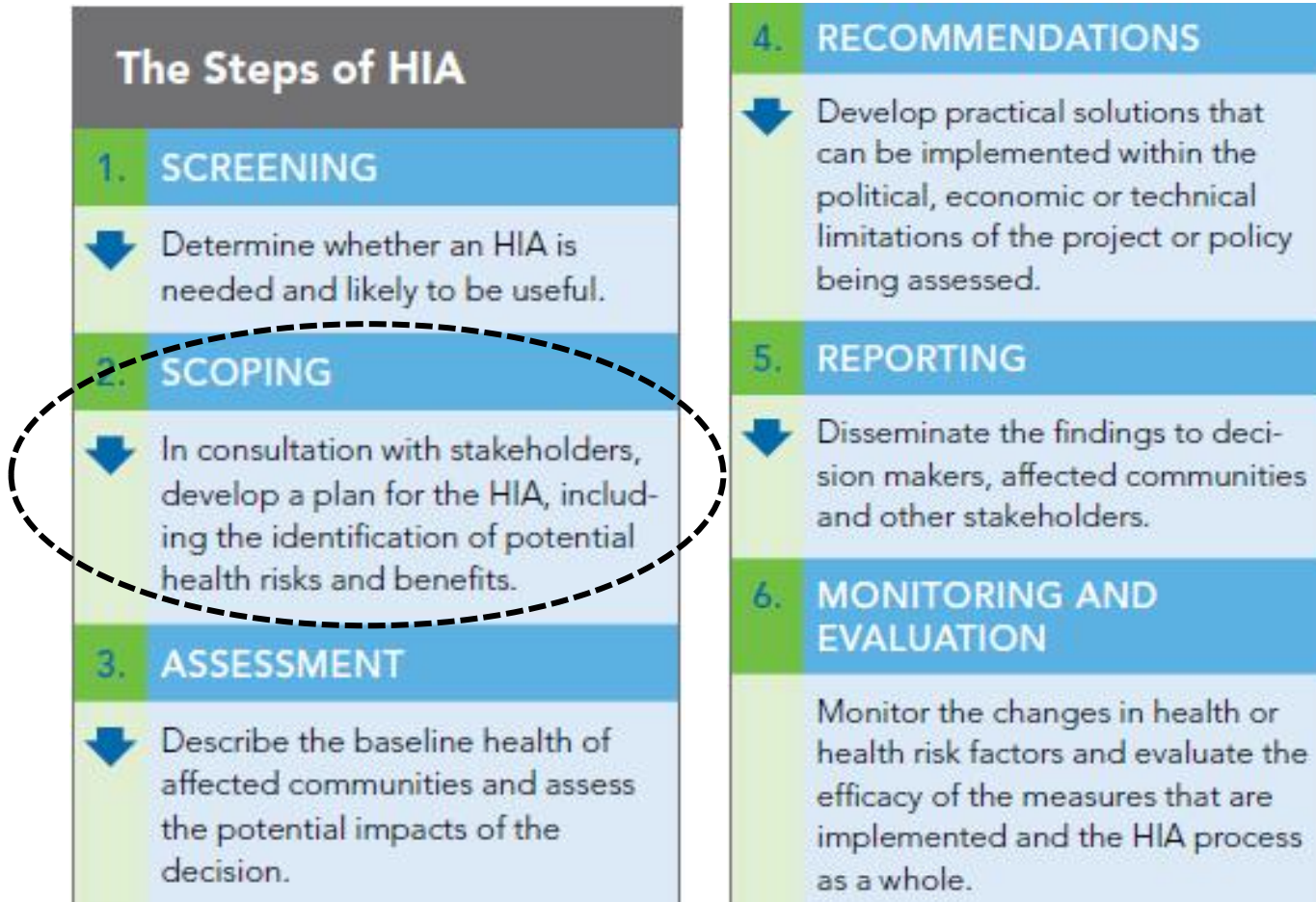
- 1 Shannon Park I, 3870 S. 106th East Ave.
- 2 Adams Park, 1627 N. Atlanta Place
- 3 Hall Park, 3340 N. Delaware Ave
- 4 Loving Park, 9162 E. Latimer Place
- 5 Willow Creek Park, 4200 E. 71st St.
- 6 Chittom, also known as Clinton, Park, 3121 E. Queen Place
- 7 Benton Park, 1167 N. 66th East Ave.
- 8 Hawthorne Park, 955 E. 33 St. North
- 9 Lantz Park, 821 N. Yale Ave.
- 10 Mitchell Park, 5949 E. 36th Place
- 11 Reed West Park, 4200 S. Zenith Ave.

In addition to this, we chose **Westside Park**, located on 4009 S Pittsburg Ave, 74135, as our reference park, which we would analyze in more detail to compare to the other 11 that were selected for being considered underused assets or lack vital infrastructure and utilities (source: tulsaworld.com)





### Process



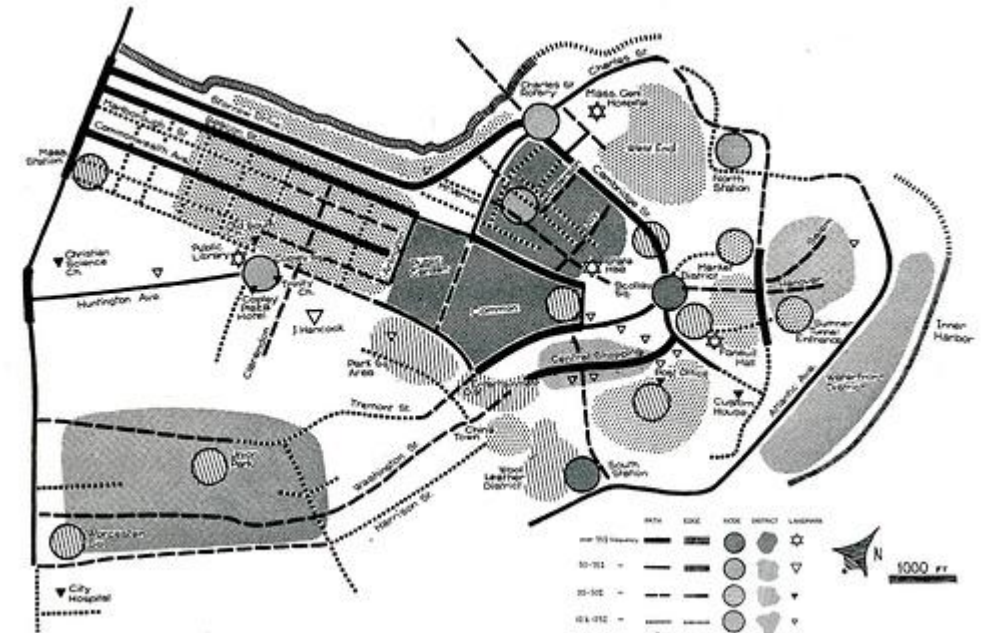
Through the scoping step, we intend to **determine which impacts will be considered and the plan for the HIA**. To do this, we had to analyze and observe the actual state of the parks for sale and the reference park, as well as the health conditions of people in the area.



## The Kevin Lynch Model

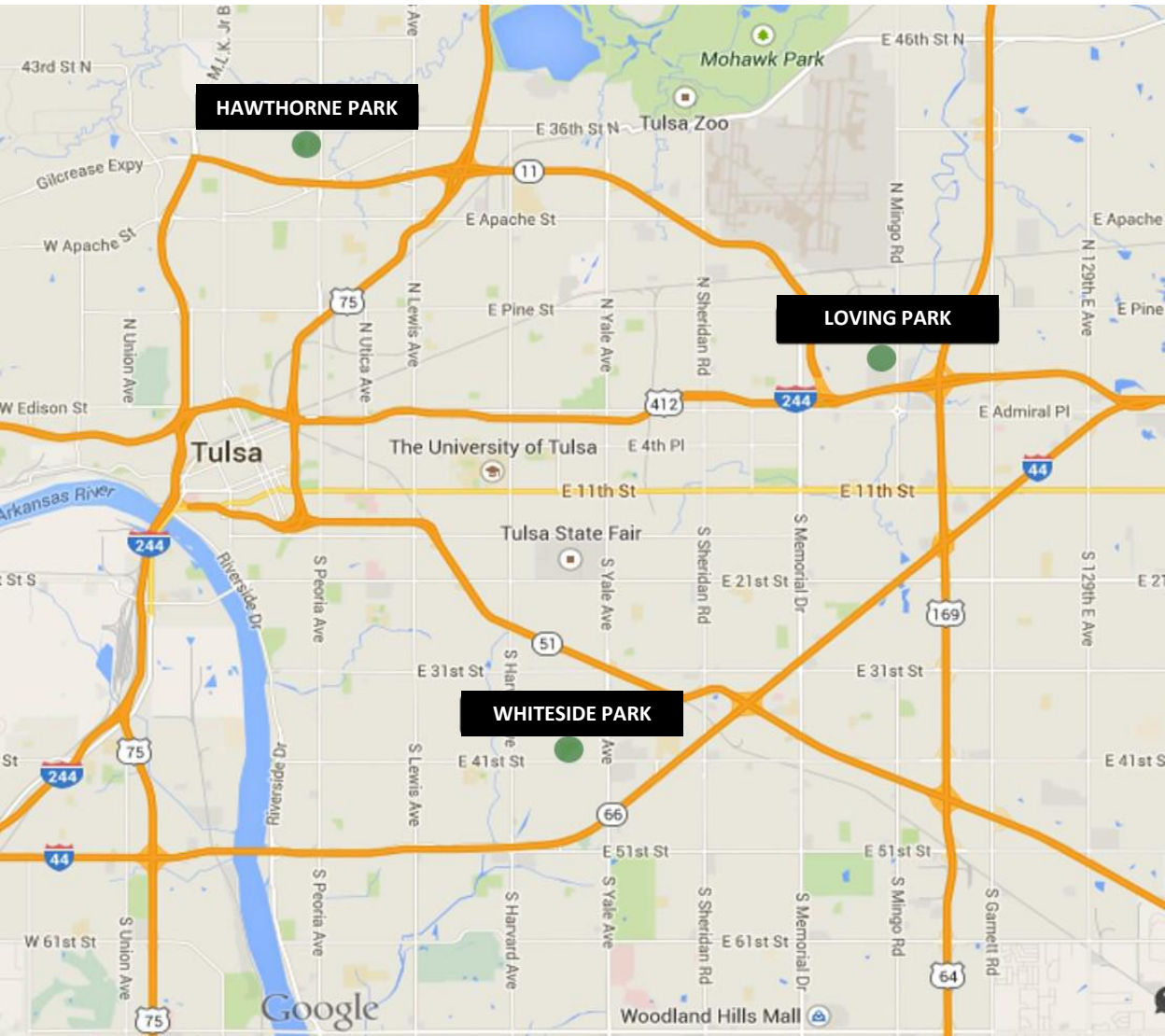
This model follows the **analysis of 5 basic elements** that describe the **image and structure of the city**

1. **Nodes** can be intersections or focal points where people tend to gather and encourage development
2. **Landmarks** are identifiable objects which serve as a reference point in a city.
3. **Districts** are relatively large sections of a city that are distinguished by some characteristic.
4. **Paths** are defined as channels by which people travel. These can be streets, trails, or sidewalks.
5. **Edges** are boundaries that make travel from one location to another difficult or impossible.



# Tulsa City Parks

## Health Impact Analysis



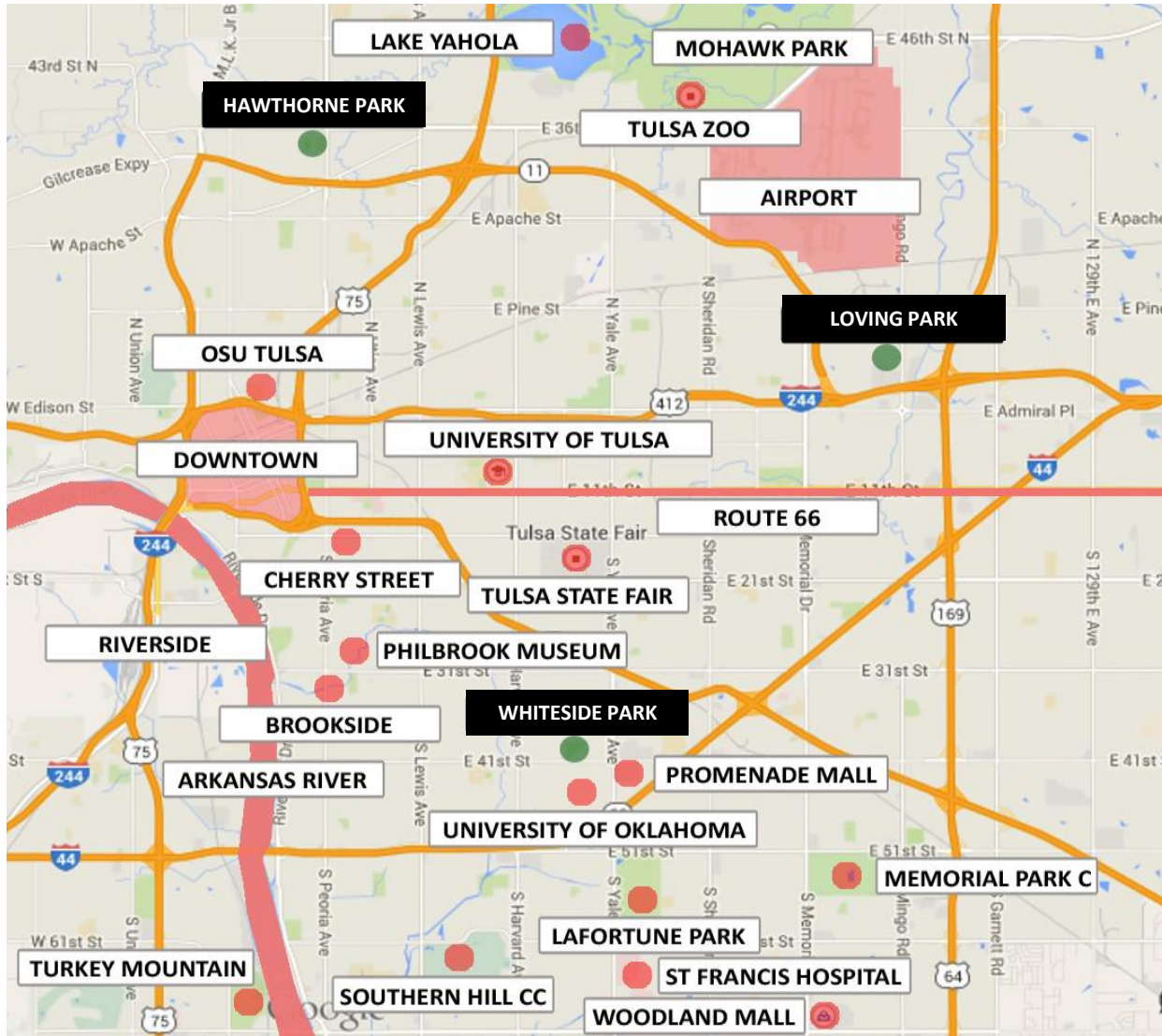
Loving Park in better days

**MAP WITH PARKS** in which we identify all 3 parks in our study on an portion of the city.



# Tulsa City Parks

## Health Impact Analysis



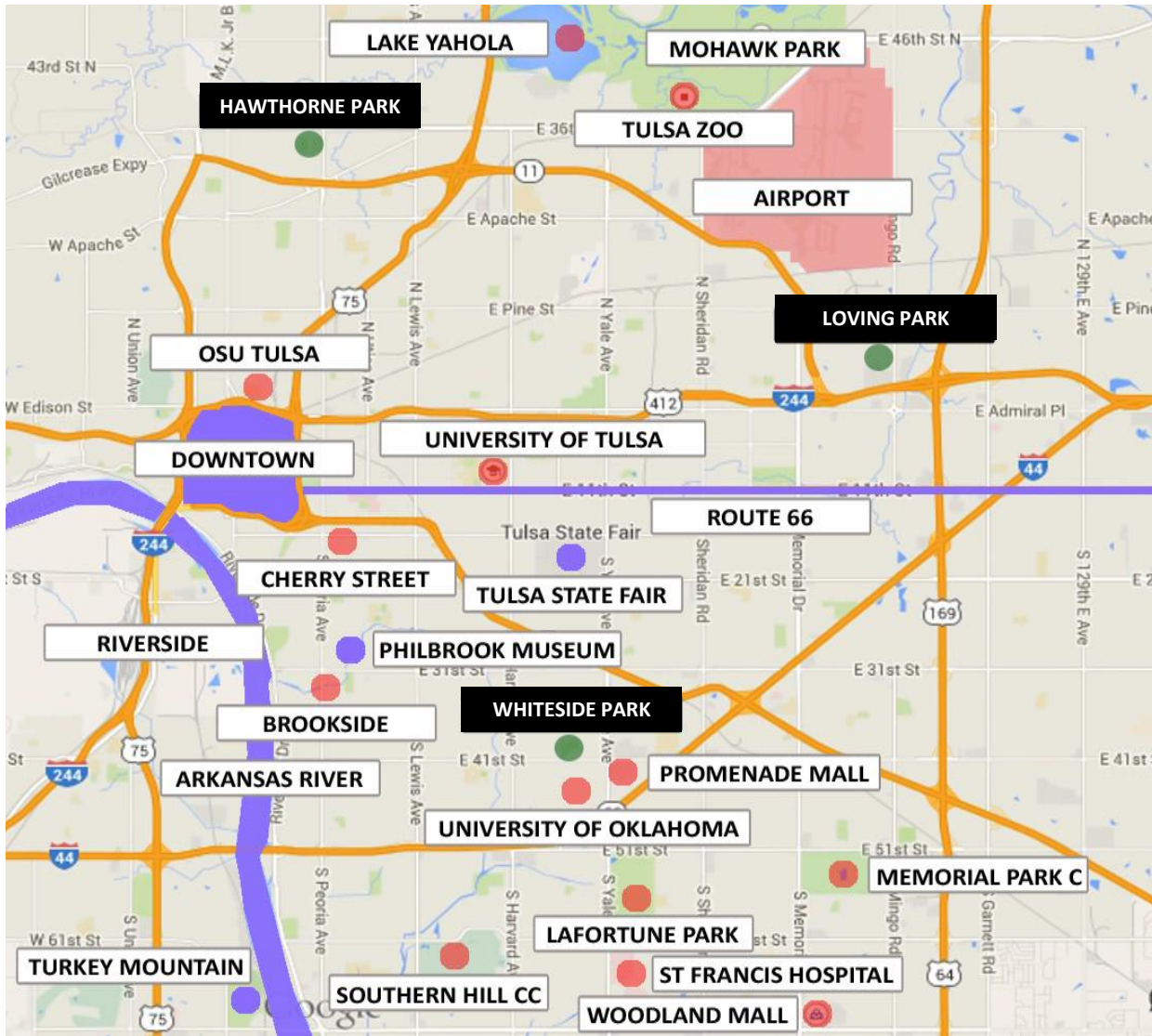
- PARKS
- NODES
- LANDMARKS
- DISTRICTS
- PATHS
- BORDERS



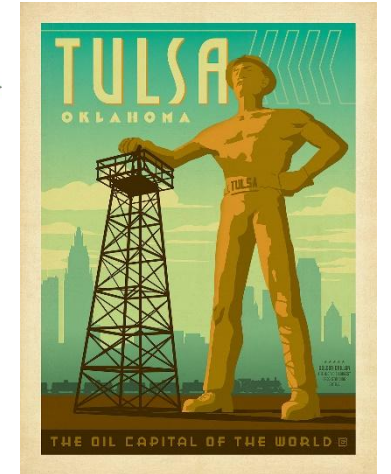
We identified different kinds of **NODES**, as shown in the map, like Tulsa International Airport, universities, commercial areas, main parks and country clubs, museums and event areas, etc.

# Tulsa City Parks

## Health Impact Analysis



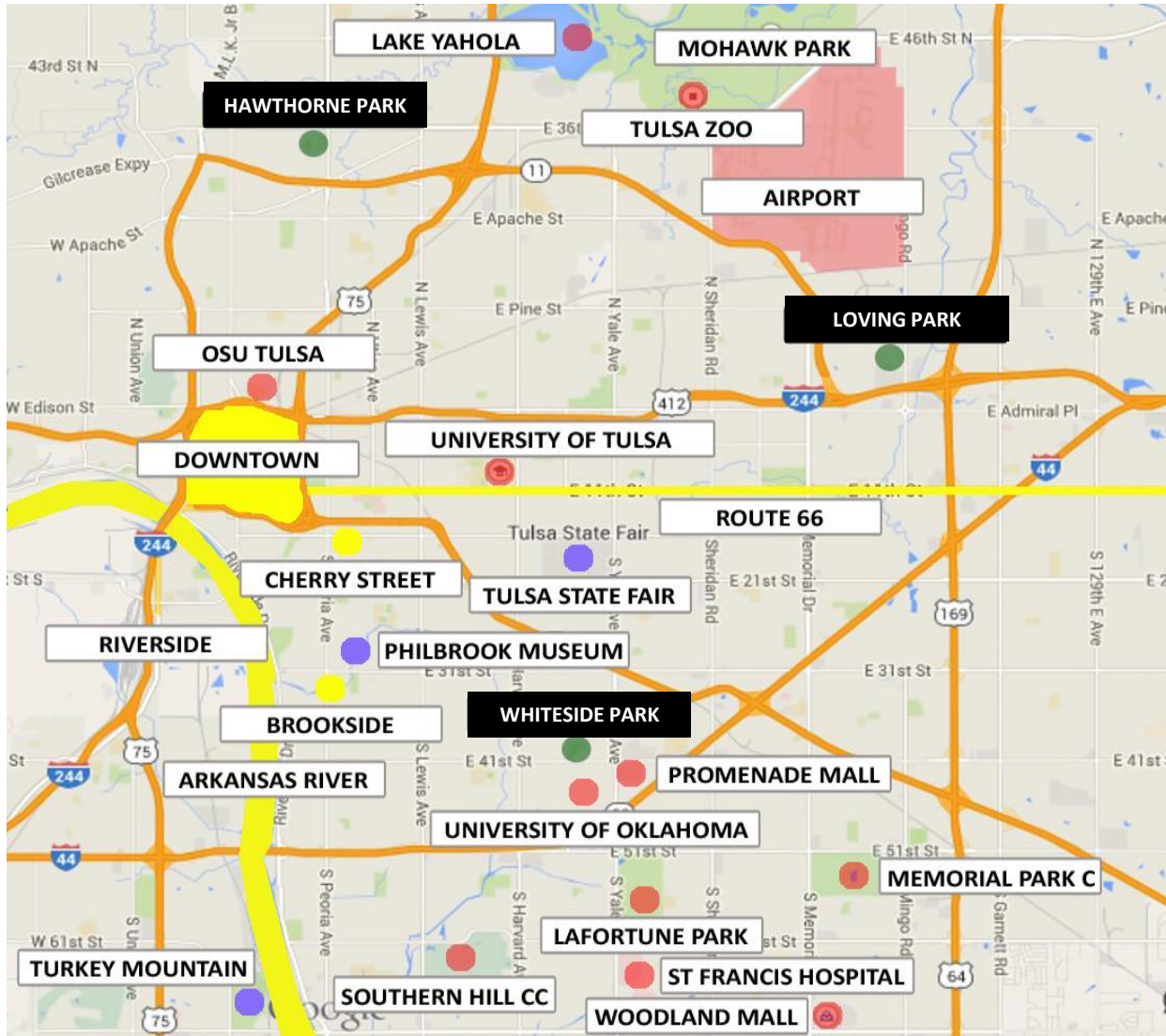
- PARKS
- NODES
- LANDMARKS
- DISTRICTS
- PATHS
- BORDERS



**LANDMARKS** we identify in the studied portion include mainly the Downtown area with its art deco skyline; parks such as Turkey Mountain and Mohawk; The Tulsa State Fair and its Golden Driller; the Arkansas River and Riverside, and the historical Route 66.

# Tulsa City Parks

## Health Impact Analysis



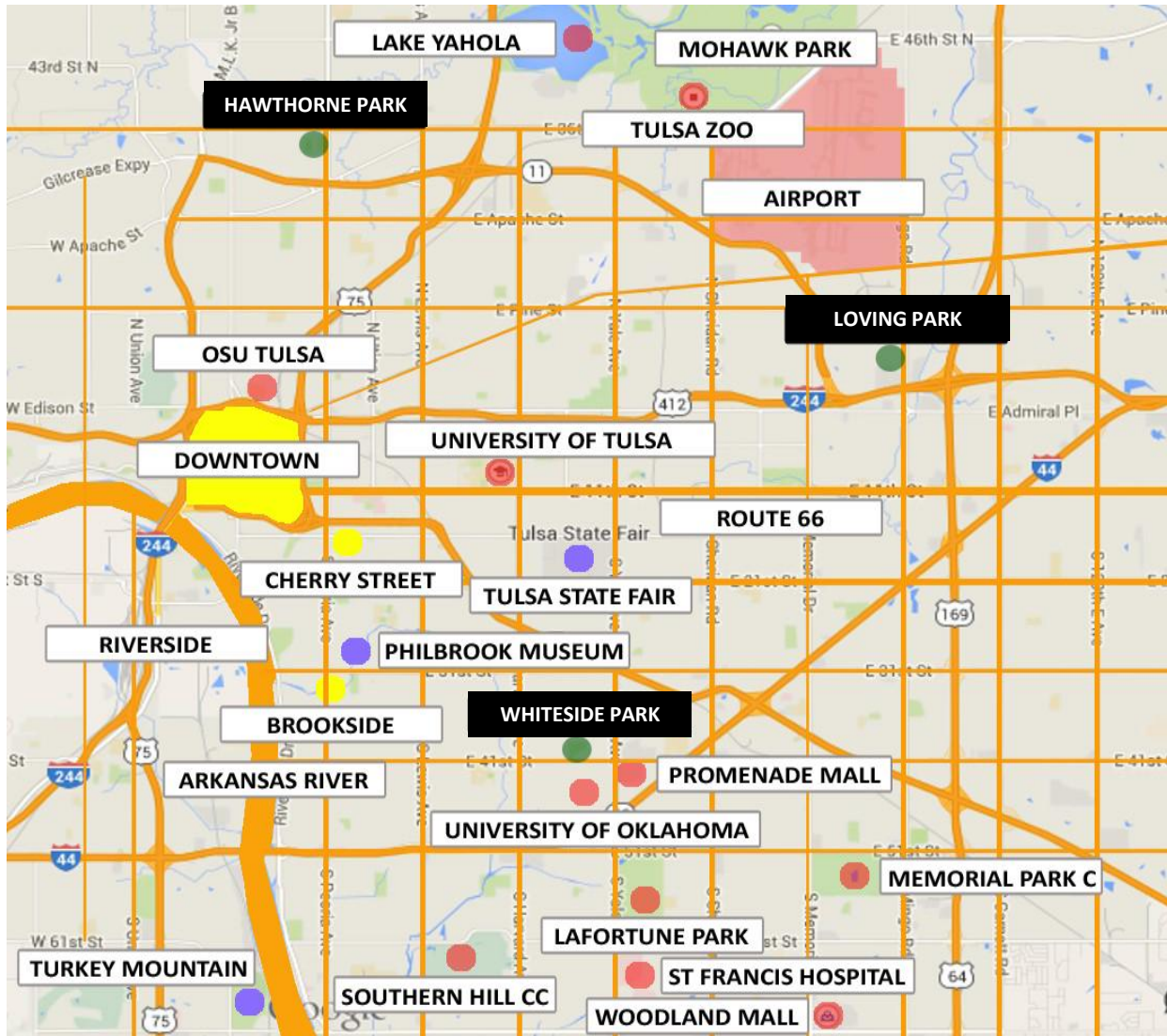
- PARKS
- NODES
- LANDMARKS
- DISTRICTS
- PATHS
- BORDERS



**DISTRICTS** which are considered important and notorious are found in the Downtown Tulsa area (CBD, Arts and Blue Dome); Cherry Street, 11<sup>th</sup> Street (Route 66), Brookside and Riverside

# Tulsa City Parks

## Health Impact Analysis



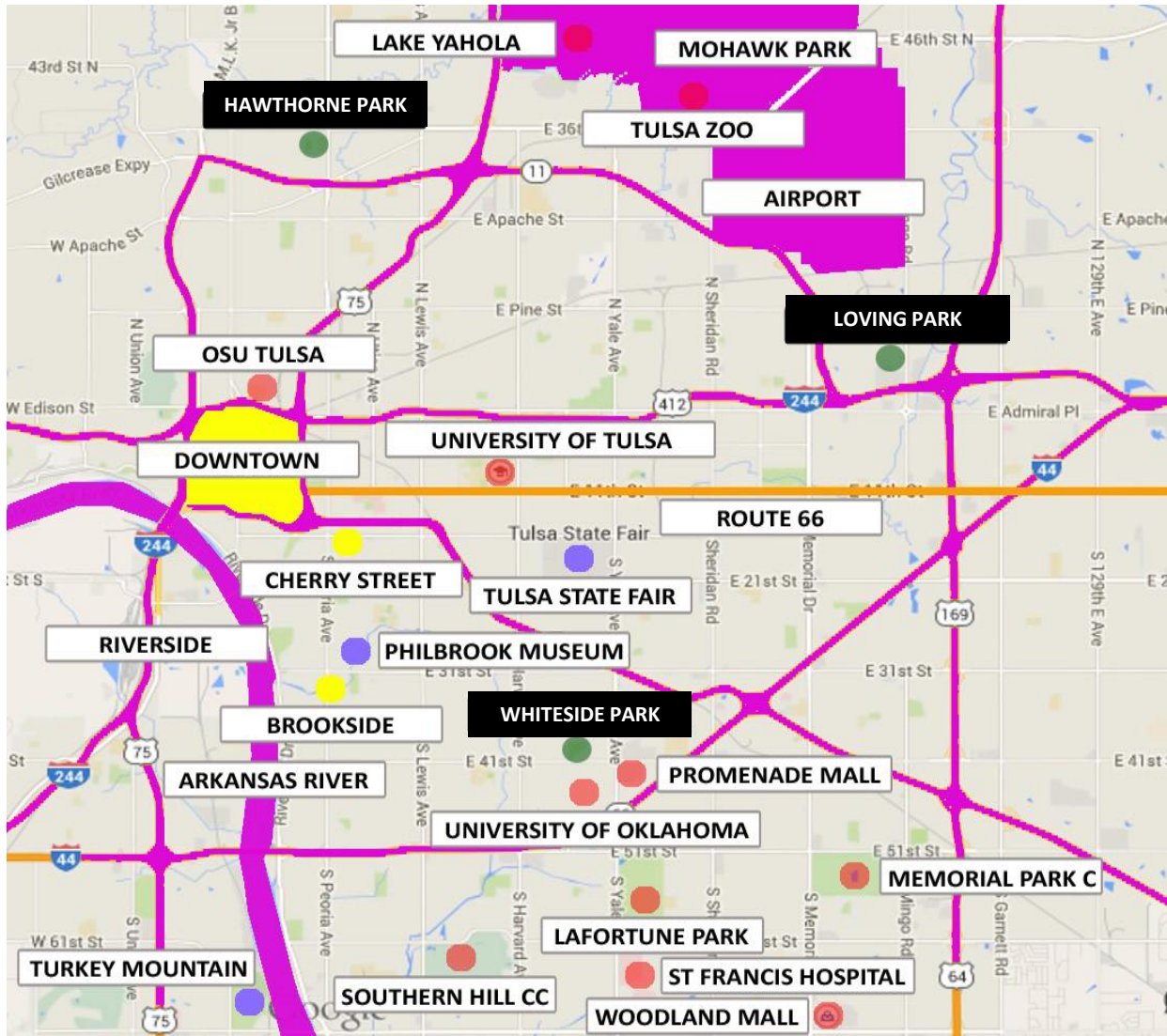
- PARKS
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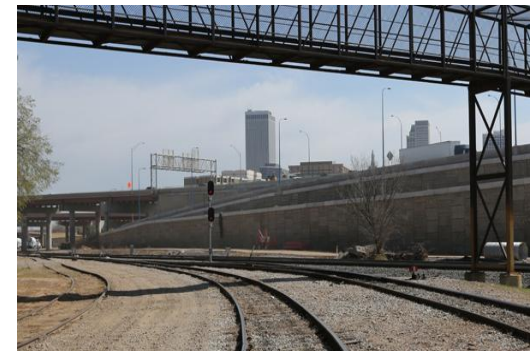
**MAIN PATHS** in the city are found in the shape of main streets and avenues, highways, secondary streets, sidewalks, bike paths, train tracks and the river to determine the trace and shape of the city.

# Tulsa City Parks

## Health Impact Analysis



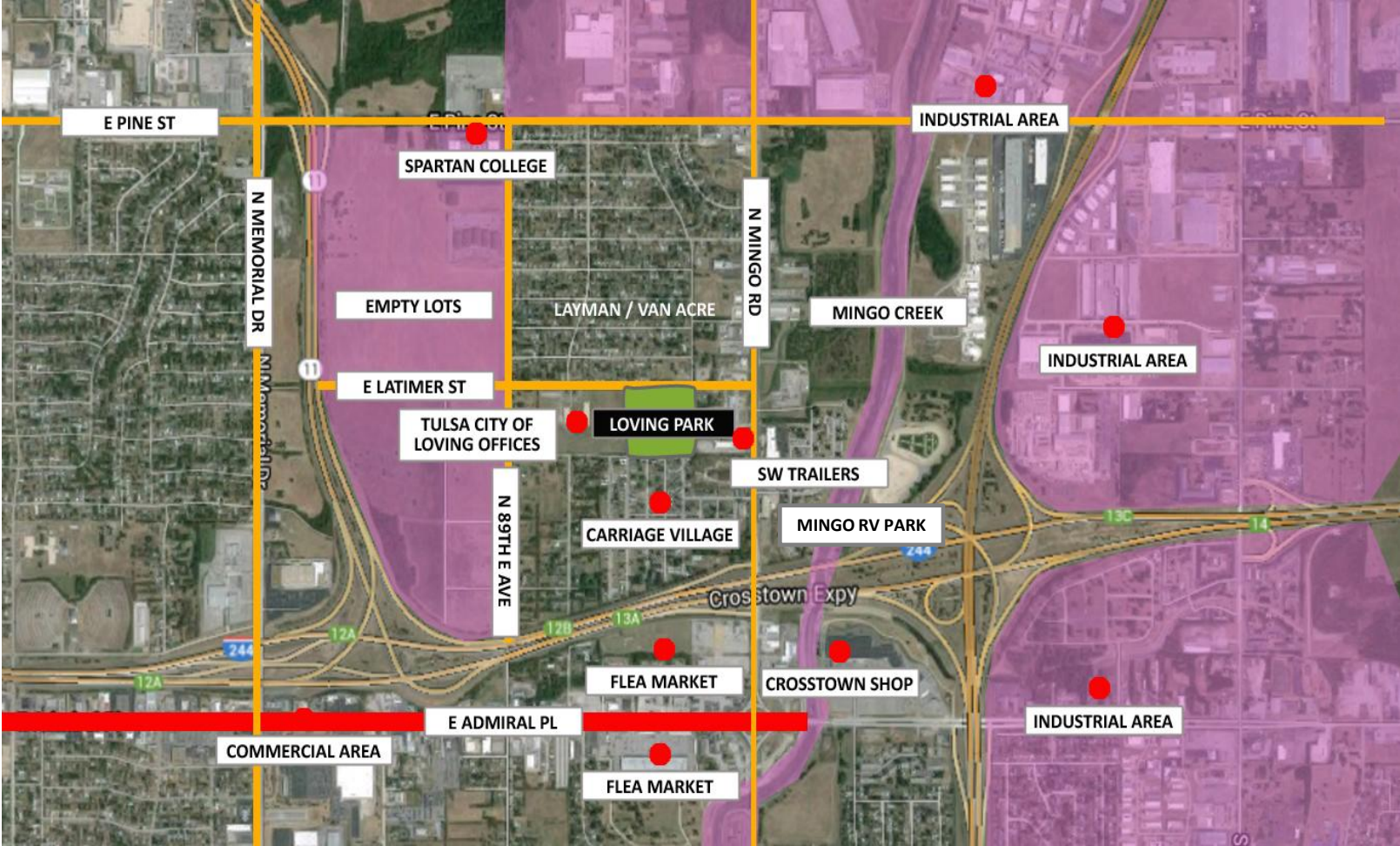
- PARKS
- NODES
- LANDMARKS
- DISTRICTS
- PATHS
- BORDERS



**BORDERS**, such as certain intersections, busy streets and highways, peripheric streets, the airport, Turkey Mountain and Mohawk Park, train tracks and the Arkansas River.



### Loving Park - 9162 E. Latimer St. 74115



- PARKS
- NODES OF ACTIVITY
- MAIN PATHS / BORDERS
- BORDER AREAS



### Loving Park - 9162 E. Latimer St. 74115



#### FACILITIES AND FEATURES

1. SPORTS FIELD
2. SOCCER FIELD (1)
3. PARKING
4. BASKETBALL COURT (2)
5. POOL
6. POOL HOUSE WITH WC
7. PLAYGROUND
8. COVERED PICNIC AREA

10 ACRES



### Loving Park - 9162 E. Latimer St. 74115











### Hawthorne Park - 955 E. 33rd St. North, 74106



-  PARKS
-  NODES OF ACTIVITY
-  MAIN PATHS / BORDERS
-  BORDER AREAS



### Hawthorne Park - 955 E. 33rd St. North, 74106



#### FACILITIES AND FEATURES

1. SPORTS FIELD
2. PARKING
3. BASKETBALL COURT
4. POOL
5. POOL HOUSE WITH WC
6. PLAYGROUND
7. FLOODPLAIN

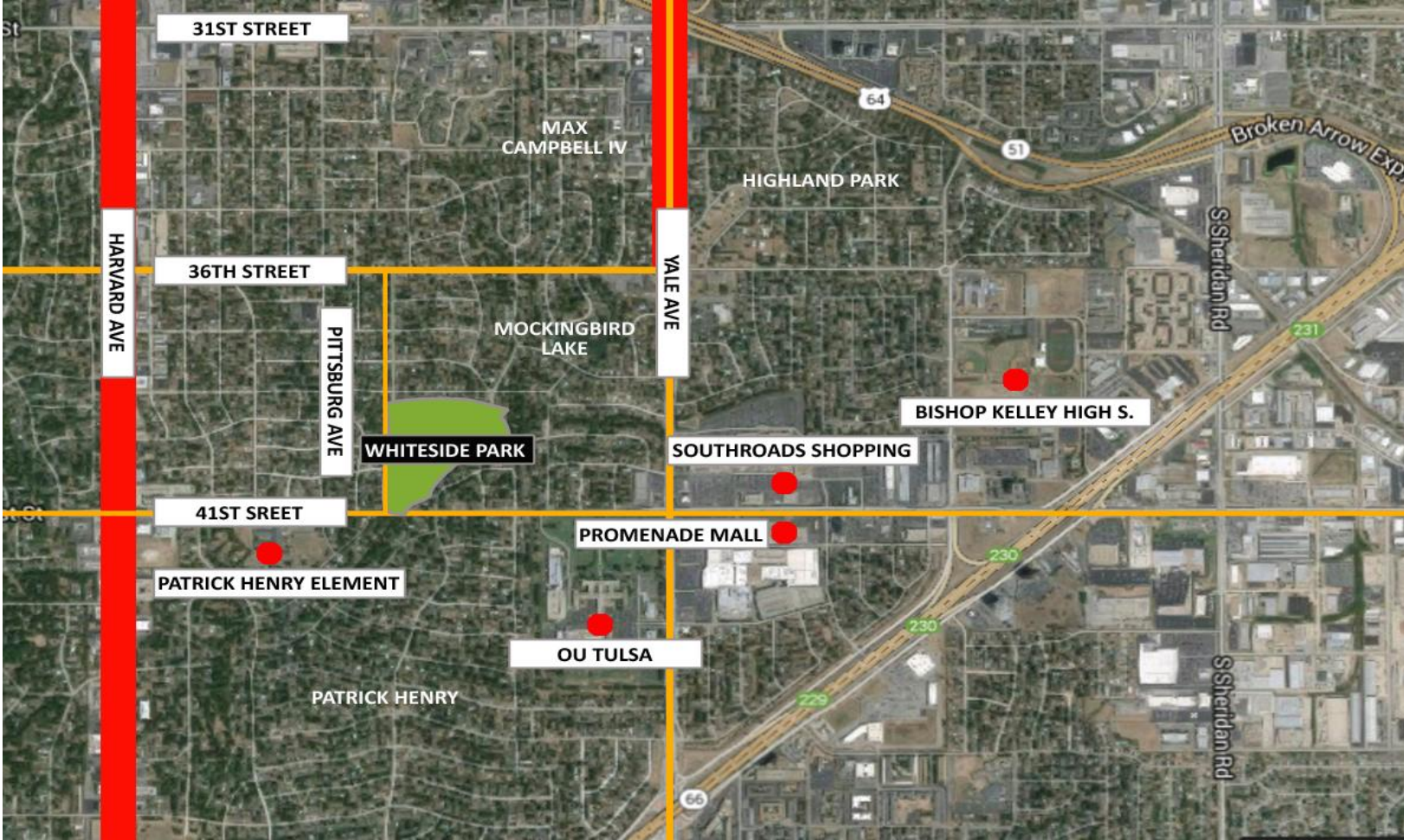


Hawthorne Park - 955 E. 33rd St. North, 74106





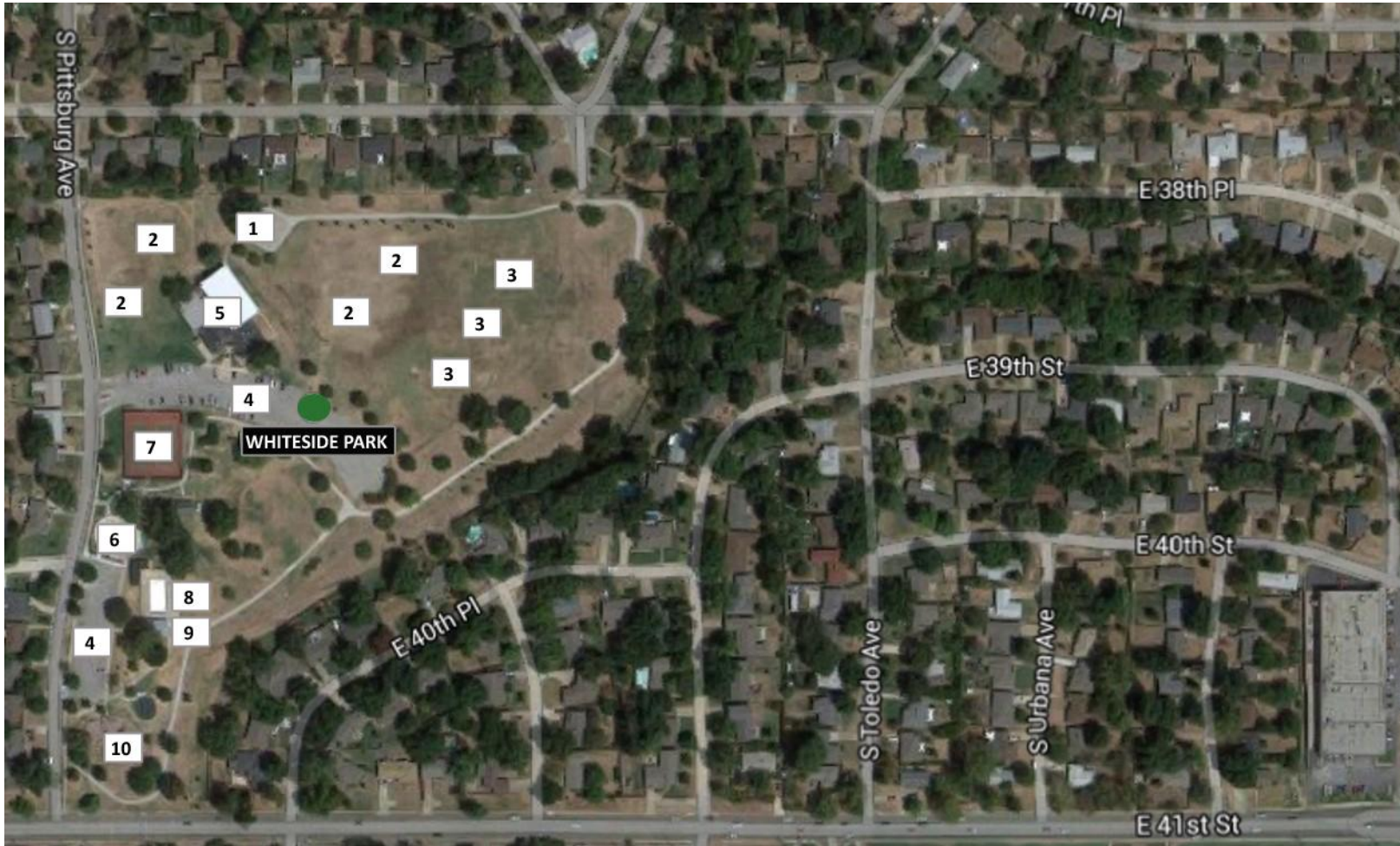
## Whiteside Park - 4009 S Pittsburg Ave, 74135



-  PARKS
-  NODES OF ACTIVITY
-  MAIN PATHS AND BORDERS



### Whiteside Park - 4009 S Pittsburg Ave, 74135



#### FACILITIES AND FEATURES

1. OUTDOORS GYM
2. BASEBALL FIELD (4)
3. SOCCER FIELDS (3)
4. PARKING
5. PARK CLUB HOUSE
6. SPLASH PAD
7. TENNIS COURT (2)
8. POOL
9. POOL HOUSE WITH WC
10. PLAYGROUND



### Whiteside Park - 4009 S Pittsburg Ave, 74135





### Process

#### The Steps of HIA

##### 1. SCREENING

↓ Determine whether an HIA is needed and likely to be useful.

##### 2. SCOPING

↓ In consultation with stakeholders, develop a plan for the HIA, including the identification of potential health risks and benefits.

##### 3. ASSESSMENT

↓ Describe the baseline health of affected communities and assess the potential impacts of the decision.

##### 4. RECOMMENDATIONS

↓ Develop practical solutions that can be implemented within the political, economic or technical limitations of the project or policy being assessed.

##### 5. REPORTING

↓ Disseminate the findings to decision makers, affected communities and other stakeholders.

##### 6. MONITORING AND EVALUATION

Monitor the changes in health or health risk factors and evaluate the efficacy of the measures that are implemented and the HIA process as a whole.



### Park Survey Example

#### PRELIMINARY QUESTIONS

What park are you auditing today?

What is your name?

What is the date?

What is your start time? / What is your end time?

Is there anyone currently using the park? If so, how many?

#### AMENITIES

How many garbage cans are in the park?

How full are the garbage cans?  
 Overfull    Half or Less  
 Full    Empty

How many picnic tables?

If yes, are they usable?  
 Yes    No

Are they in good condition?  
 Yes    No

Handicap accessible?  
 Yes    No

Are there grills nearby?  
 Yes    No

Are there lights in the park?  
 Yes    No

% of the park is well-lit.

Which of the following natural and man-made landscape features are present?

<input type="checkbox"/> River/Creek/Stream	<input type="checkbox"/> Fountains
<input type="checkbox"/> Lake/Pond	<input type="checkbox"/> Public Art/Sculpture
<input type="checkbox"/> Wetlands	<input type="checkbox"/> Curated flowerbeds
<input type="checkbox"/> Shrubbery	<input type="checkbox"/> Curated Garden
<input type="checkbox"/> Rock Outcroppings	<input type="checkbox"/> Drainage Ditch

Trees   How many?  I can wrap my arms around  %  
(You don't have to actually hug all the trees... unless you want to.)

#### MAINTENANCE / HAZARDS

Which of the following maintenance issues exist?

Walkways are crumbling, cracking, or overgrown

Trees and shrubs are overgrown or have fallen

Lawns/ fields are overgrown

Overhead wires in trees

Excessive litter

Graffiti -- How many instances?

Vandalism (Not graffiti)

Evidence of crime (drug paraphernalia, bullet casings, etc.)

Confrontational vagrant persons

Loose dogs/cats

Animal waste

Slope erosion

#### ACCESSIBILITY

What's the parking situation?  
 Parking lot    None  
 Street Parking (Free)  
 Street Parking (Metered)

Are there bike lanes on the streets adjacent to the park?  
 Yes    No

Is there a bus stop in sight?  
 Yes    No

How many entry points?

Are there crosswalks at all intersections adjacent to the park?  
 Yes    No

If no, mark which ones on map.

Are there sidewalks on the perimeter of the park?  
 Yes, All    Yes, Some    No  
If some, mark on map. If all or some, % poor, fair, good.

%    %    %

poor   fair   good

#### SIGNAGE

Is there signage? If so, what information is shown? Check all that apply

Yes    Park Name    Rules    Contact Info  
 No    Park Hours    Map    History

#### OVERALL FEELINGS

Do you feel safe in the park?  
 Yes    No

Are there enough trees?  
 Yes    No

Does this seem like a good place to have fun?  
 Yes    No

Does this seem like a good place to exercise?  
 Yes    No

Does this seem like a good place to relax?  
 Yes    No

Does this seem like a good place to bring children?  
 Yes    No

For all questions where there is more than one amenity, please indicate yes or no times the number of amenities. For example, if there are 6 picnic tables, and 4 are usable, then respond Yes (x4) and No (x2).





## The State of Place™ Index

State of Place categorizes communities into different levels of place quality and walkability based on ten urban design characteristics:

Built Environment Features	Description/Example Items
Density	Measure of enclosure based on building concentrations and height
Proximity	Presence of non-residential land uses
Connectivity	Measure of disconnectivity; Potential Barriers (e.g., six-lane roads)
Form	Measure of streetscape discontinuity (e.g. drive-thrus)
Parks and Public Space	Parks, Playgrounds, Plazas, Playing Fields
Pedestrian Infrastructure/Amenities	Curbcuts, Sidewalks, Street Furniture, Bike Racks
Personal Safety	Graffiti, Litter, Windows with Bars
Traffic Measures	Traffic Signals, Speed Limit, Traffic Calming
Aesthetics (Pleasurability & Maintenance)	Attractiveness, Open Views, Outdoor Dining, Maintenance
Recreational Facilities	Gym/Fitness Facilities, Other Recreational Uses

The burglaries and thefts in a Philadelphia precinct dropped 90%, after police helped neighborhood volunteers clean up vacant lots and plant gardens, falling from 40 crimes each month before the cleanup to an average of only four per month afterward (TPL, 1994).



### Loving Park – actual state

Research suggests that parks are more likely to be used for exercise purposes if they are more aesthetically appealing to the public(Cohen et al 2006. And Coen, S. and Ross, N. 2006)





### Loving Park – actual state





Loving Park – actual state





### Hawthorne Park – actual state





Hawthorne Park – actual state





### Whiteside Park – actual state





### Whiteside Park – actual state







Whiteside Park – actual state





Whiteside Park – actual state





### Whiteside Park – actual state





Whiteside Park – actual state





Whiteside Park – actual state





Whiteside Park – actual state





Whiteside Park – actual state





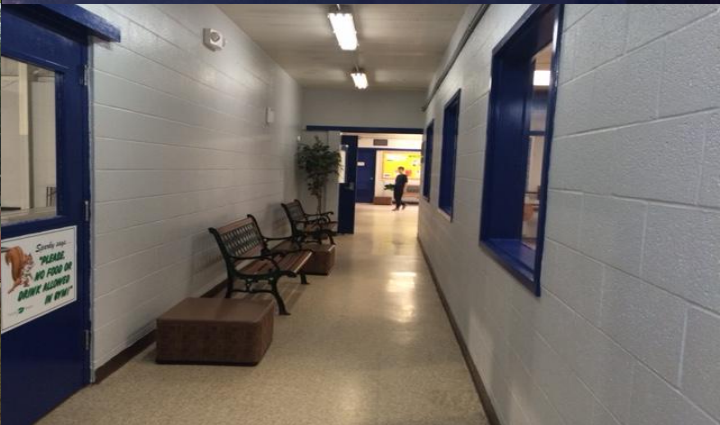
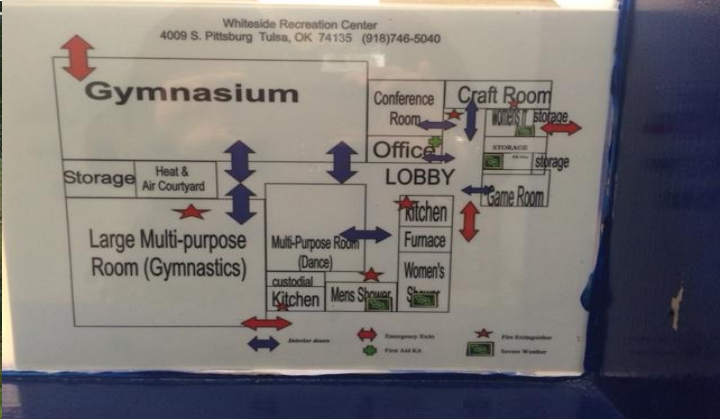
Whiteside Park – actual state







Whiteside Park – actual state





### Accessibility – Loving Park

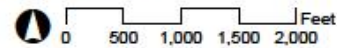
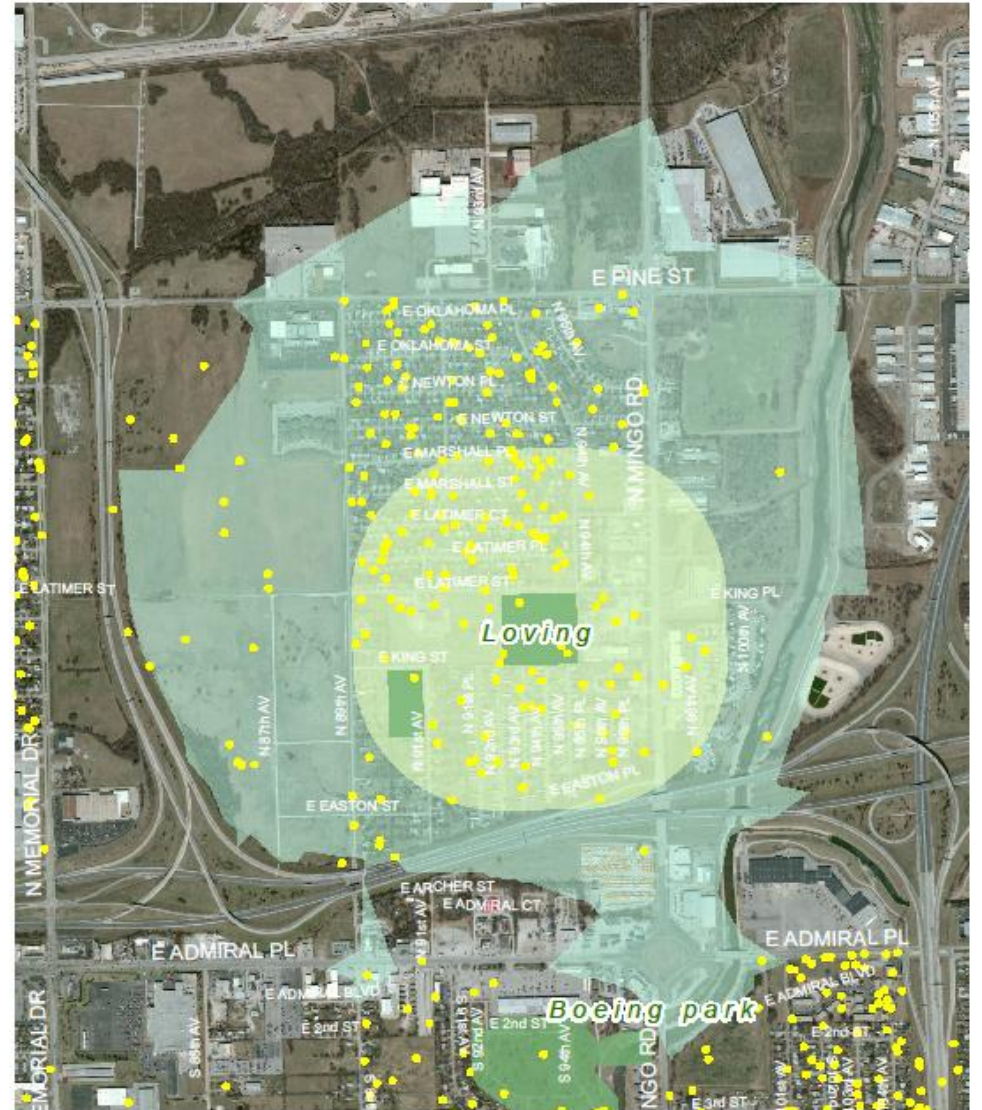
PEOPLE WALK 1/4 MILE IN A RANGE OF

5 MINUTES (1300 FT)

PEOPLE BIKE 1 MILE IN A RANGE OF 5 MINUTES

**2916 PEOPLE CAN BE FOUND IN A 5 MINUTE BIKING DISTANCE**

**1465 PEOPLE CAN BE FOUND IN A 5 MINUTE WALKING DISTANCE**



Loving Park  
Catchment Area

- parks
- 5-minute walking distance
- 5-minute cycling distance



### Accessibility – Hawthorne Park

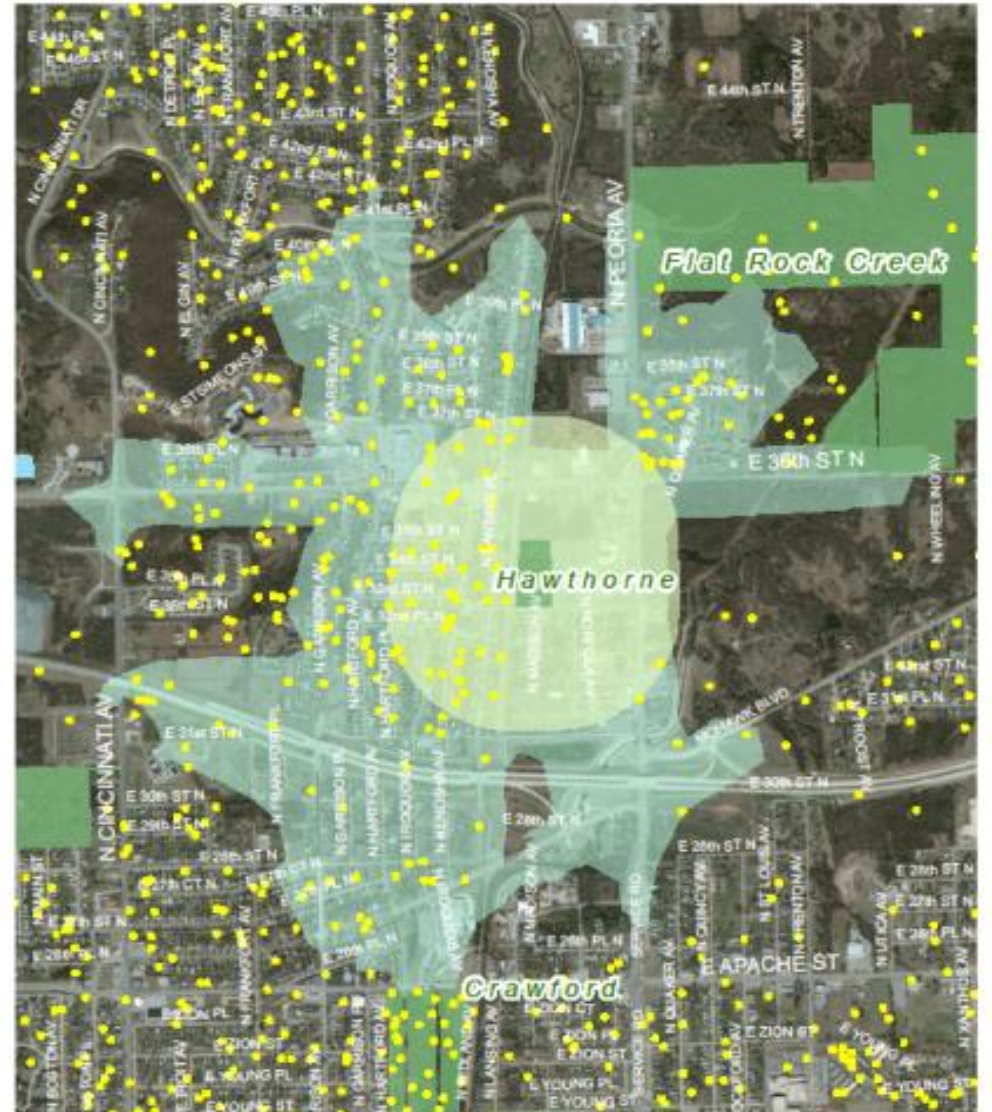
PEOPLE WALK 1/4 MILE IN A RANGE OF

5 MINUTES (1300 FT)

PEOPLE BIKE 1 MILE IN A RANGE OF 5 MINUTES

**4687 PEOPLE CAN BE FOUND IN A 5 MINUTE BIKING DISTANCE**

**1364 PEOPLE CAN BE FOUND IN A 5 MINUTE WALKING DISTANCE**



Hawthorne Park  
Catchment Area

- parks
- 5-minute walking distance
- 5-minute cycling distance



### Accessibility – Whiteside Park

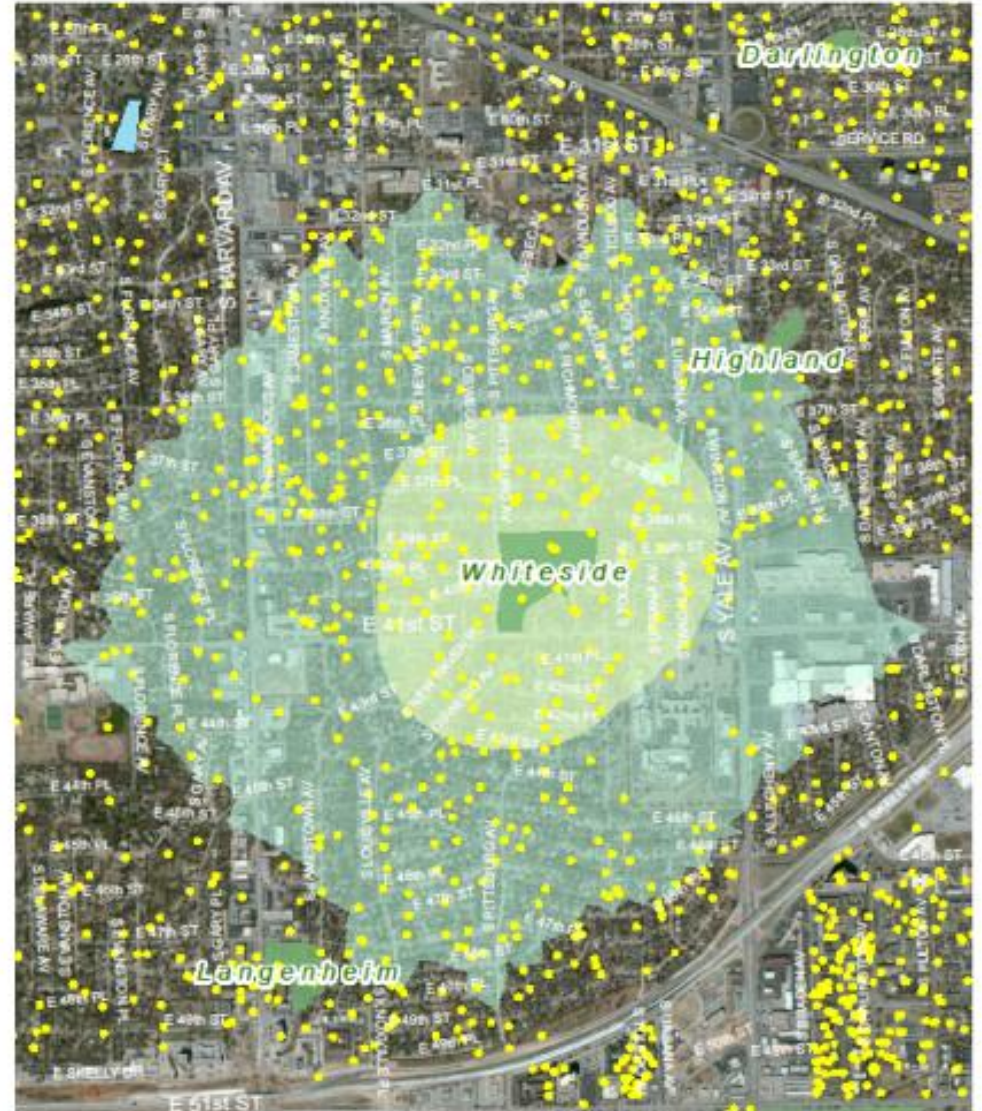
PEOPLE WALK 1/4 MILE IN A RANGE OF

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PEOPLE BIKE 1 MILE IN A RANGE OF 5 MINUTES

**7904 PEOPLE CAN BE FOUND IN A 5 MINUTE BIKING DISTANCE**

**1911 PEOPLE CAN BE FOUND IN A 5 MINUTE WALKING DISTANCE**



0 500 1,000 1,500 2,000 Feet



Whiteside Park  
Catchment Area

- parks
- 5-minute walking distance
- 5-minute cycling distance



## Benefits from physical activity

The Effect of Physical Activity on Mental Health		
Trait or Disorder	Effect	Comments
Depression	Moderate	Decreases symptoms; efficacy similar to psychotherapy in patients with mild-to-moderate depression; unclear whether physical activity (PA) prevents onset of depression, but it may reduce symptom severity
Anxiety	Small-to-moderate	Reduces state anxiety but unclear whether it improves trait anxiety
Panic disorder	Small	Often produces transient increase in anxiety, but anxiety dissipates with time if patient adheres to regimen of activity
Energy/vigor	Large	Intensive PA increases perceived energy level; unclear whether regular PA influences habitual energy levels
Self-esteem	Small-to-moderate	Greatest improvement found in those with low self-esteem before PA
Positive affect	Small-to-moderate	Effect most pronounced if PA involves social interaction
Eating disorders	Unclear	Intensive PA or exercise may be symptom of an eating disorder
Source: Fontaine, 2000		

Every time sedentary people walk a mile, they add 21 minutes to their life, saving society 34 cents in medical and related costs (O’Sullivan, 2001).

Physical activity alone can reduce intra-abdominal visceral fat, which many scientists believe is the most dangerous kind, according to a controlled Seattle study of 173 women (Hellmich, 2003).



### Benefits from physical activity

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Green environments are associated with better self-reported health, lower blood pressure, and lower psychophysiological stress(Sugiyama et al. 2008, Hartig et al. 2003, Bowler e al. 2010, & Lee et al. 2011).

Research suggests that parks are more likely to be used for exercise purposes if they are more aesthetically appealing to the public(Cohen et al 2006. And Coen, S. and Ross, N. 2006)



### General Demographics

	Zip Code	% Black Population	% Hispanic Population	% Population Below Poverty	Unemployment Rate	% Mothers with <12th Grade
Hawthorne	74106	69.6%	6.9%	44.0%	16.2%	34.9%
Loving	74115	13.8%	32.1%	28.3%	14.9%	46.9%
Whiteside	74135	7.2%	8.6%	14.2%	4.1%	16.5%

According to the National Parks and Recreation Association, there are notably fewer publically-provided resources such as parks, trails, and playgrounds in low and medium SES communities than in high SES communities (NPRA 2012).

Counties that had the largest acreage of recreational space had more people meeting the recommended levels of physical activity (Rosenberger, R. et al. 2005.)



Diseases

	Zip Code	Heart Disease Death Rates (age-adjusted)
Hawthorne	74106	317.0
Loving	74115	306.8
Whiteside	74135	211.9

There is some evidence that walking in a natural environment compared to an urban environment has benefits in terms of cardiovascular restoration (Hartig et al. 2003).





Diseases

	Zip Code	Cancer Death Rates (age-adjusted)	Stroke Death Rates (age-adjusted)	Diabetes Death Rates (age-adjusted)
Hawthorne	74106	278.2	85.7	45.8
Loving	74115	292.6	64.6	23.8
Whiteside	74135	167.5	38.2	16.6

Active people are better protected against overweight and obese health risks. Obese individuals who were active also had a lower incidence of disease and mortality than did normal-weight men/ women who were sedentary (Welk & Blair, 2000).



### Diseases

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Whiteside	74135	167.5	38.2	16.6

The risk of Type II diabetes decreased progressively with increasing levels of physical activity, as found in a longterm study of 5,159 men. (Wannamethee et al., 2000).

Participation in organized fitness and sports programs helps children build higher bone density, combating osteoporosis in later life (Shaw & Snow, 1995).



Diseases

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Moderately and highly active individuals have been shown to have lower risk of both ischemic and hemorrhagic strokes (25-64%) compared to low-active individuals (Lee, Folsom, and Blair 2003).



### Parks and Health Impact Facts

Research suggests that parks are more likely to be used for exercise purposes if they are more aesthetically appealing to the public (Cohen et al 2006. And Coen, S. and Ross, N. 2006)

Moreover, perceived and objective personal safety is also a factor that determines park use. Perceived safety is how safe one feels in and around parks while objective safety is the actual rate of crime that occurs in and around parks (Bedimo-Rung, A., Mowen, A. & Cohen, D. 2005.)

A study showed that residents who witnessed signs of disorder in their neighborhoods such as graffiti, garbage, vandalism, etc. and felt unsafe after dusk were less likely to let their children play in public playgrounds. In contrast, adults who felt safe in their neighborhood were 60% more likely to let their children play in public playgrounds (CQuebec en Forme. 2011. Parks, Playgrounds and Physically Lifestyle. Research Summary Number 3)



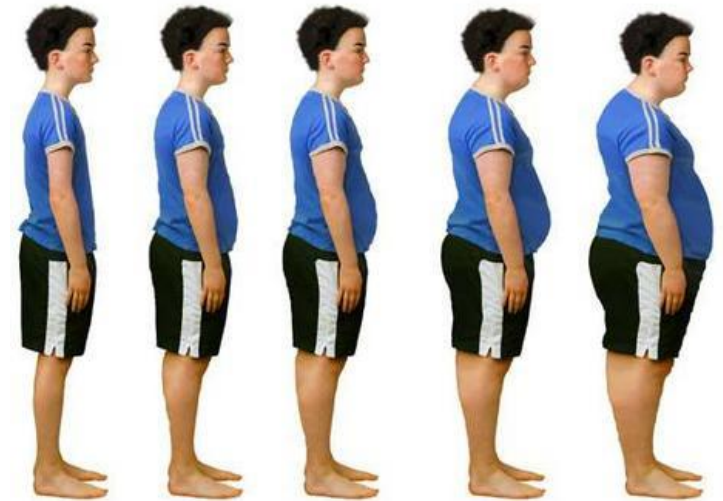
## Diseases Present: Obesity

Obesity has many causes. The reasons for the imbalance between calorie intake and consumption vary by individual. Your age, gender, genes, psychological makeup, and environmental factors all may contribute.

Obesity increases demand on heart and musculoskeletal system to perform mobility and daily skills

### Examples:

- **Family lifestyle:** Obesity tends to run in families. This is caused both by genes and by shared diet and lifestyle habits.
- **Emotions:** Some people overeat because of depression, hopelessness, anger, boredom, and many other reasons that have nothing to do with hunger.
- **Environmental factors:** Overeating and sedentary habits (inactivity) are the most important risk factors for obesity. Obesity has also been shown to be a causal factor for diabetes, stroke, heart disease, and some cancers





## Diseases Present: Diabetes

**Type 1** is thought to be caused by a combination of genetic susceptibility and environmental factors such as diet and activity level, though several other factors are still unclear.

**Type 2** diabetes, cells become resistant to the action of insulin, and the pancreas is unable to make enough insulin to overcome this resistance.

### Symptoms:

- Polyuria
- Excessive thirst
- Hyperglycemia
- Fatigue
- Blurry vision
- Numbness in feet and toes

Diabetes can lead to nerve damage, blindness, kidney damage, gum damage





## Diseases Present: Stroke

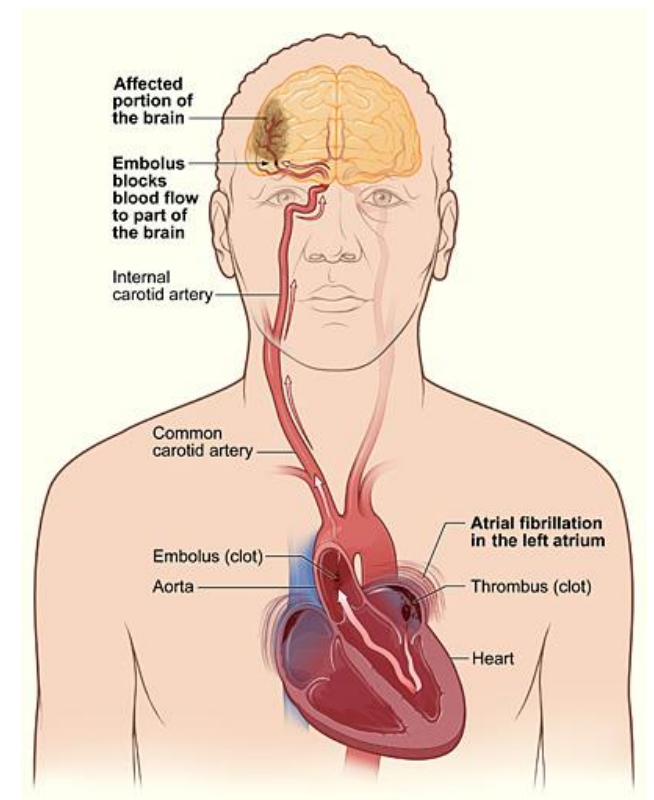
A stroke occurs when the blood supply to your brain is interrupted or reduced. This deprives your brain of oxygen and nutrients, which can cause your brain cells to die.

### Risk factors:

- Being overweight or obese
- Physical inactivity
- High blood pressure
- Cigarette smoking or exposure to secondhand smoke
- High cholesterol
- Diabetes
- Race

### Symptoms:

- Trouble with speaking and understanding
- Paralysis or numbness of the face, arm or leg.
- Trouble with seeing in one or both eyes
- Headache
- Trouble with walking





## Diseases Present: Cancer

Cancer is the umbrella term for a broad group of diseases with many causes. However, diet and physical activity have been linked to many types of cancers including breast, colorectal, lung, and pancreatic. Further obesity has been associated with the above cancers as well as kidney, thyroid, esophageal, and endometrial cancers.

### General symptoms for cancer:

- Fever
- Weight loss
- Fatigue
- Pain
- Changes in bowel habits

### Potential reasons why obesity can increase cancer risk:

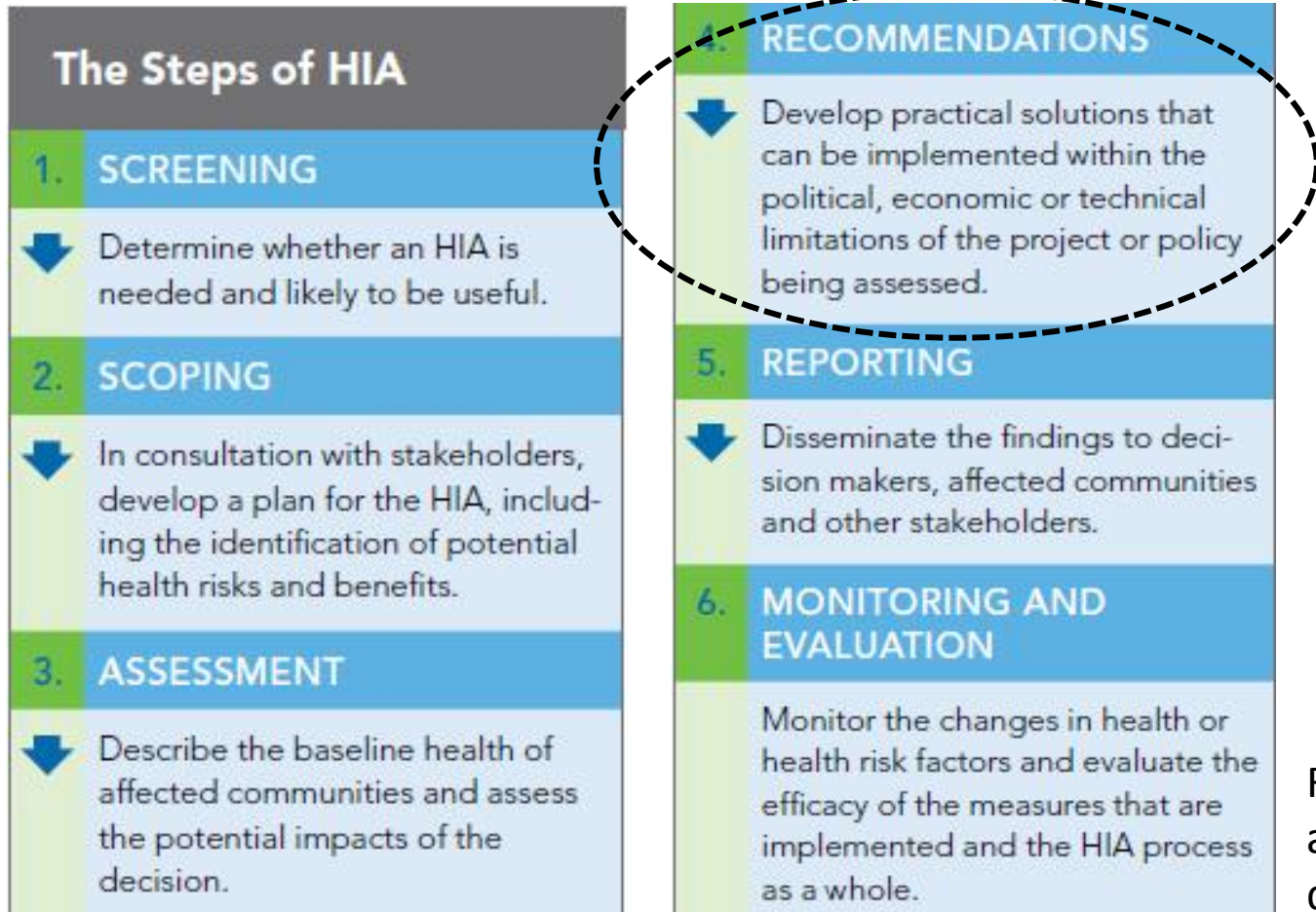
- Fat tissue produces high levels of estrogen which, in excess, have been associated with breast and endometrial cancer
- Obese people are more likely to have high levels of insulin in the blood which has been linked to tumor production
- Fat cells produce hormones, called adipokines, that may stimulate or inhibit cell growth
- Fat cells may also have direct and indirect effects on other tumor growth regulators

Studies have shown that weight loss due to a better diet and physical activity have lowered the risk of colon, breast, and endometrial cancer.





### Process



Recommendations are to be made once the full analysis through scoping and assessing has been done.



## Recommendations

Autonomy within an organization or community is proven to:

- Ownership
- Pride
- Increased Involvement

### Adopt-A-Park Program

#### What is Adopt-A-Park?

The primary purpose of this program is to assist city maintenance crews with assigned tasks and projects within a park in order to create a clean park environment for all to enjoy!

Tasks may include trash pickup, graffiti reporting, weeding/raking playgrounds, sweeping shelters, cleaning picnic tables, mulching trees/shrubs, restocking doggie bags, and reporting vandalism. Adopters can also help with special projects, such as graffiti cover-up, painting projects and planting flowers. Some projects and tasks are not available year-round and may be available only at specific parks.



#### What are the Adopt-A-Park policies?

1. The Adopting organization commits to a one-year period of adoption. At the end of that year an organization can renew, change sections (if available) or terminate.
2. Monitoring of the park should be done on a regular basis, usually at least once a week during the warm season, and as weather permits in the cold season. Some sites may require additional time commitments.
3. The City of Fort Collins will provide trash bags and will be responsible for collecting and disposing of the filled bags. Doggie bags will also be provided for restocking bag containers.
4. The City of Fort Collins will place a sign in your park crediting your organization for their assistance.
5. An adopting organization may keep any and all proceeds from any material with recyclable value that is found.
6. An adopting organization understand that they and/or the individual volunteers will not be paid or receive any other remuneration for services as a volunteer with the City. In addition, they understand that if there is an injury to a volunteer during the course and scope of the volunteer activities that their personal insurance is primary.
7. Each volunteer with the organization must sign/submit the Adopt-a-Park on-line application. Or, the application can be downloaded and completed with the organizations information and each volunteer can sign the hard copy application. The completed application, with signatures, should then be faxed to the Park Shop at 970-221-6849.



### Who can participate?

- Individuals
- Senior Citizens
- Schools
- Neighborhood
- Associations
- Youth Groups
- Businesses
- Community Groups
- Scouts
- Non-profit organizations
- Churches
- Kiwanis
- Rotary



## STAFFORD TOWNSHIP ADOPT-A-PARK

**This park is adopted by:**



**HSBC**  
The world's local bank



**LA | FITNESS**



**TEXACO**



**at&t**  
Your world. Delivered.

Thank you for helping to enhance Stafford's parks!

**Township Of Stafford**

NATIONAL STERLING TREE CITY DESIGNATION  
NATIONAL GROWTH AWARD



1994 NATIONAL TAKE PRIDE IN AMERICA AWARD



1993, 94 NJDEP CONSERVATION AWARD



1987, 88, 90, 91 STATE ANJEC ENVIRONMENTAL ACHIEVEMENT AWARD



**TREE CITY USA**

1990 NATIONAL THEODORE ROOSEVELT AWARD

1994 EPA NATIONAL AWARD OF EXCELLENCE

**Environmental Commission**

NATIONAL GROUND WATER GUARDIAN COMMUNITY  
CLEAN WATER NEW JERSEY AWARD



CLEAN WATER  
It's Up to You New Jersey

1991 & 1994 NATIONAL RENEW AMERICA AWARD



1994 GREEN COMMUNITY ACHIEVEMENT AWARD



1994 NATIONAL ARBOR DAY FOUNDATION LAWRENCE E. PETERSON AWARD



### Stafford Township Adopt a Park

There will be signs placed in each park acknowledging the organization that has adopted the park and each organization adopting a park will be given a certificate of adoption. Organizations who have contributed money or materials in the form of in-kind donations will be recognized in the following manner

- \$250.00 Annual Donation: Park Patron
- \$500.00 Annual Donation: Bronze Park Patron
- \$1,000.00 Annual Donation: Silver Park Patron
- \$2,500.00 Annual Donation: Gold Park Patron
- \$5,000.00 Annual Donation: Platinum Patron
- \$10,000.00 Annual Donation: Diamond Patron





### California

Ninety-nine percent of California mayors believe that parks and recreation strengthen the community image and creates a sense of place (DPR, 2002).

Provide Educational courses for the residents on Park cleanup, environmental stewardship, disaster cleanup etc.





Texas



City of Houston  
**ADOPT  
-A-  
DITCH**

Your  
Name  
Here



Keep  
**HOUSTON**  
*Beautiful*





### QuikTrip Plaza





### Tulsa Gathering Place







## Volunteer! Adopt-A-Spot / City of Tulsa



The banner features the City of Tulsa logo on the left, the text "CITY OF Tulsa A New Kind of Energy." in the center, and a weather widget on the right showing "Tulsa, OK Apr 28, 2015 H69° / L48°" and a search bar. Below the banner is a navigation menu with the following items: Community Programs, Our City, Public Safety, City Services, Environmental Programs, and Culture & Recreation.

### Culture & Recreation » Tulsa Parks

- ▶ Parks Map and Amenities
- ▶ Community Centers
- ▶ Specialty Centers
- ▶ Sports - Youth, Adult, and Aquatics
- ▶ Shelter Rentals, Special Events, Renting Amenities
- ▶ Administration
- ▶ **Volunteer! Adopt-A-Spot!**
- ▶ Summer Positions

#### Quick Links

[Home](#) » [Culture & Recreation](#) » [Tulsa Parks](#) » Volunteer! Adopt-A-Spot!

## Volunteer! Adopt-A-Spot!



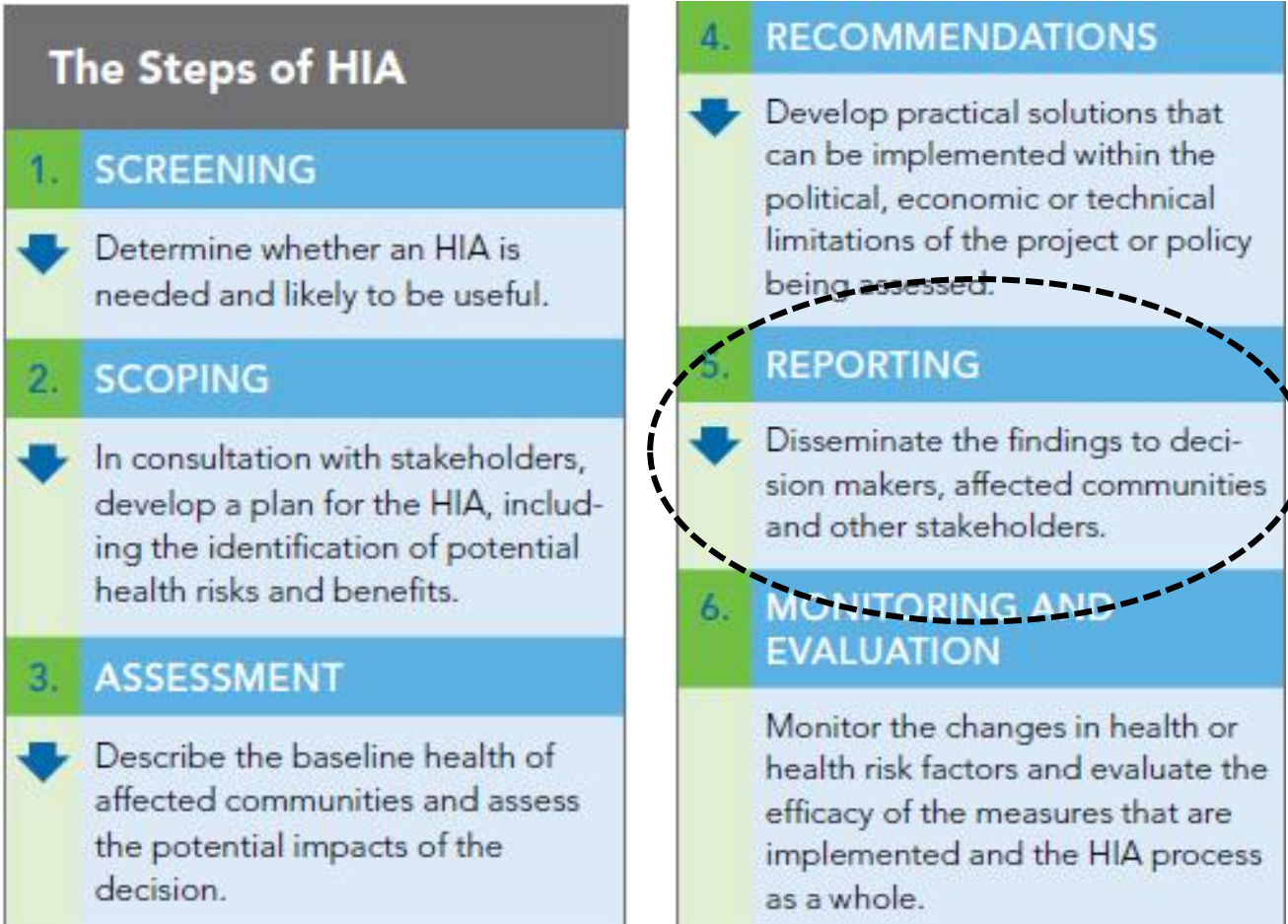
Tulsa Parks provides regular maintenance to City Parks, but with your help we can accomplish more.

Ways you can support a park include undertaking regular park clean-ups, mowing, maintaining plantings, weeding shrub beds, spreading mulch on playgrounds, painting shelters or other structures and removing graffiti.

Whether you or your group wants to volunteer for one project, or adopt a park we appreciate your help!



### Process





Promotion of activities and encourage people to use and take action in caring for their Neighborhood Park



Raise  
Your  
Voice!