

Access to Experiences - Not Acres

Measuring the Public Realm

Energized Public Spaces (EPS) Plan

Park Rx America Program



Park Rx America

Speakers: Cristina Sasaki, AICP, LEED BD+C, EPS Lead Planner/Manager
Christopher McGovern, GIS Manager
John Henderson, AICP, Park Rx America Executive Director

**HOW ARE WE
ADDRESSING HEALTH?**

**PEOPLE
(CONSUMER)**



**PARK RX
PROGRAM
(PROMOTER)**

**PARKS/PUBLIC SPACES
(PROVIDER)**



**ENERGIZED
PUBLIC SPACES PLAN
(DATA-DRIVEN TOOL)**

HEALTH



WHAT WILL YOU LEARN?

How Park Rx America **promotes the Health Benefits** of Parks and Public Spaces

How the EPS Plan **evaluates access** to public spaces

Prioritize **where** a Park system should allocate its limited resources

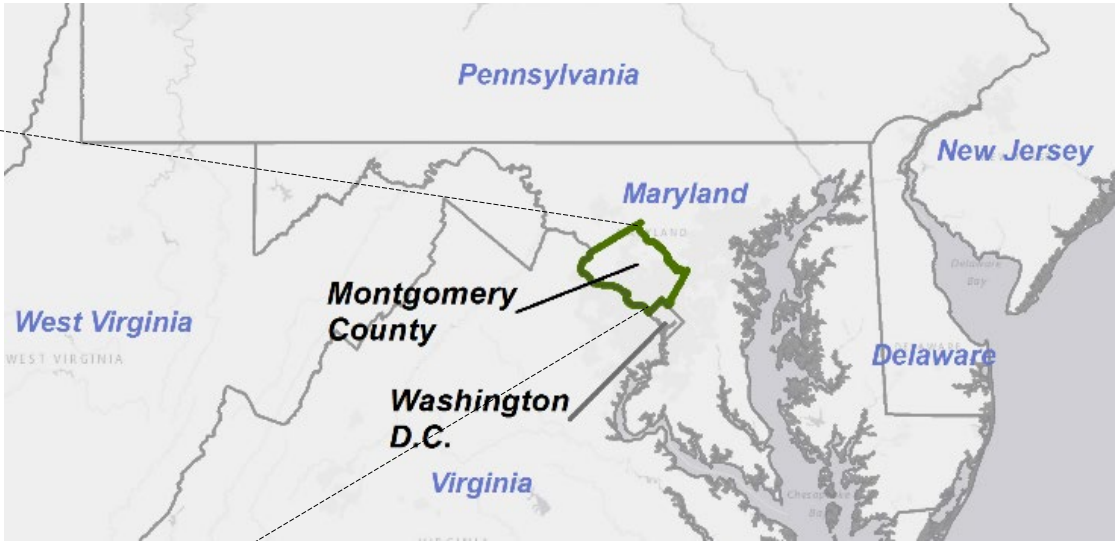
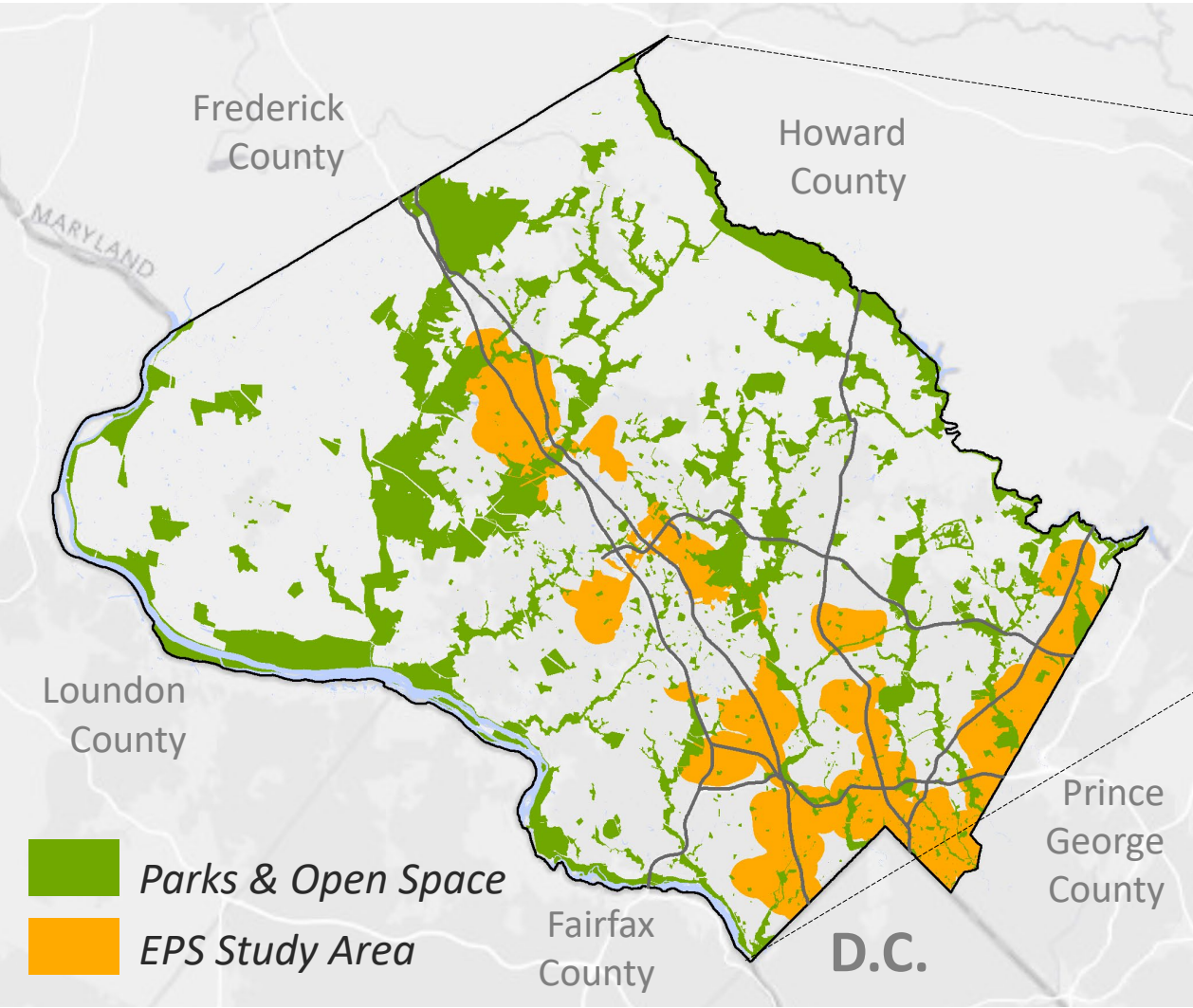


OUTLINE

1. Health Overview
2. Park Rx Program
3. Montgomery Parks' Energized Public Spaces (EPS) Plan Outcomes
4. EPS Plan: How we did it?
5. Debate/Q&A



MONTGOMERY COUNTY



Most populous county in MD

2017: 1,058,800



1990: 765,500 + 293,300

MONTGOMERY COUNTY HEALTH OVERVIEW

OVERVIEW: MONTGOMERY HEALTH

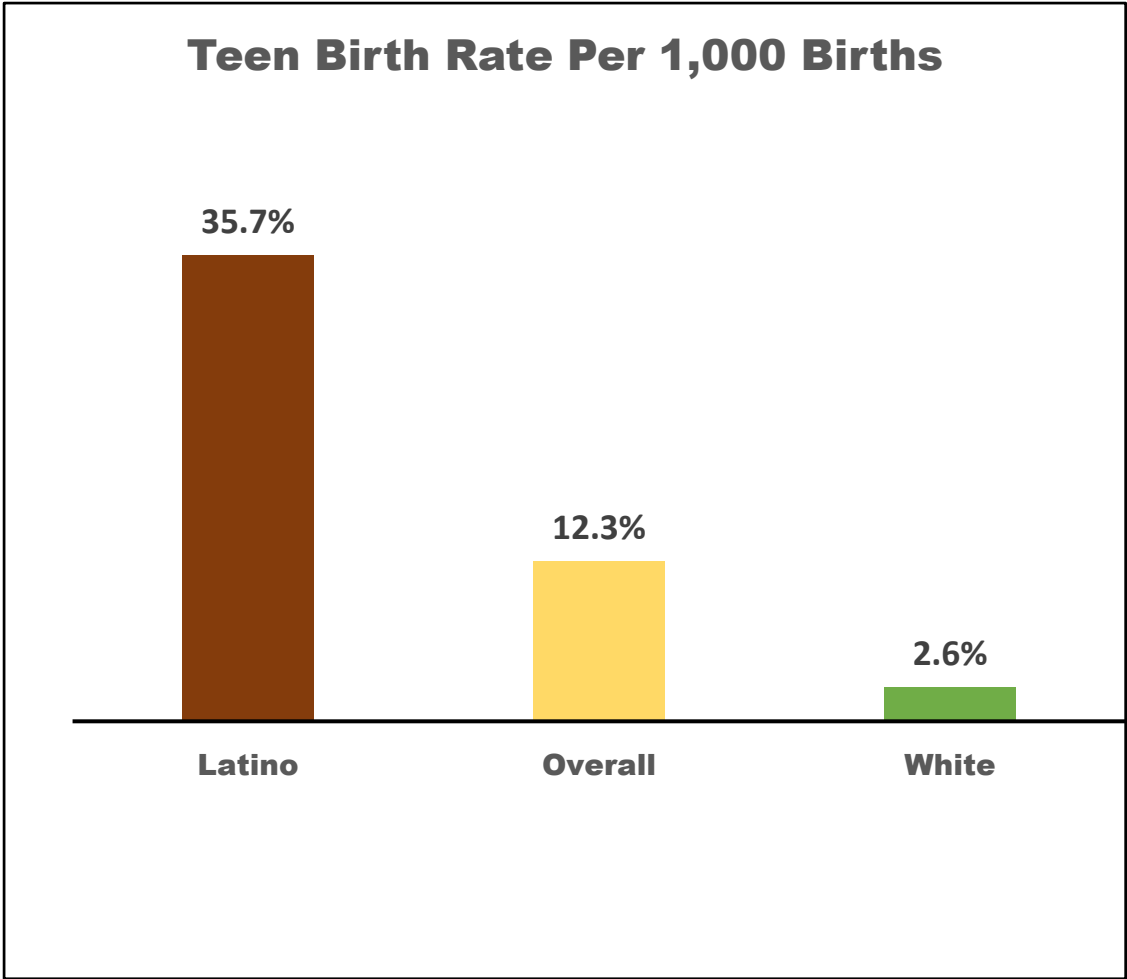
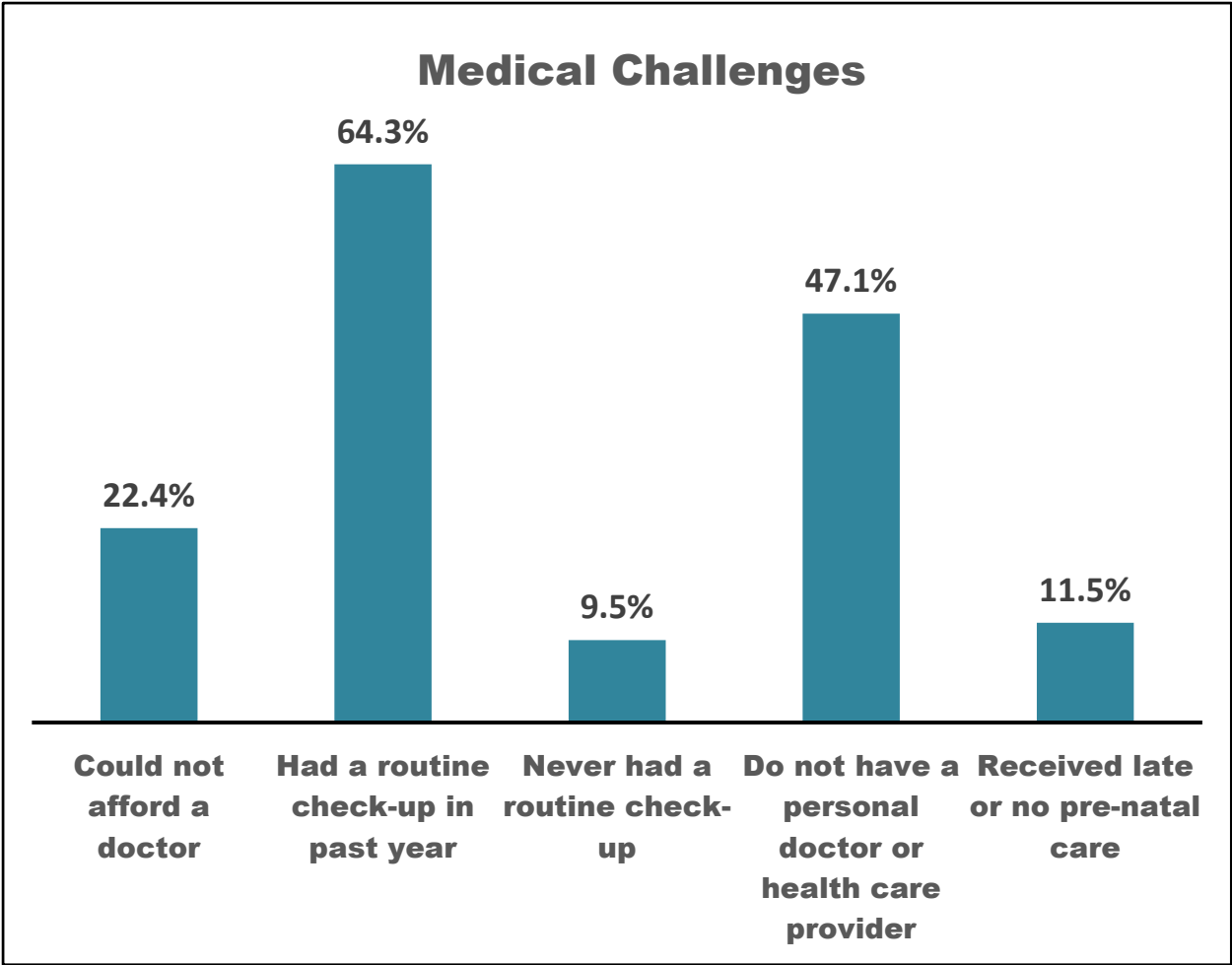


Montgomery County	Top US Performers	MONTGOMERY COUNTY, MD (2018)	
21 %	26%	Adult Obesity	BMI ≥ 30
16 %	20%	Physical Inactivity	Age ≥ 20 reporting no leisure-time physical activity
100 %	91%	Access to Exercise Opportunity	% of pop. with access to physical activity locations
9 %	12%	Children in Poverty	Age ≤ 18



OVERVIEW: MONTGOMERY HEALTH

LATINO HEALTH



EPIDEMIC LEVELS OF CHRONIC DISEASE

133 million Americans currently live with chronic disease

- 78 million adults and 12 million children are obese.
- 70 million American adults have high blood pressure.
- 29 million Americans live with diabetes.
- 10 million adults suffer from serious mental illness.

For every dollar spent on healthcare in the U.S., \$0.86 is spent on patients with chronic disease.

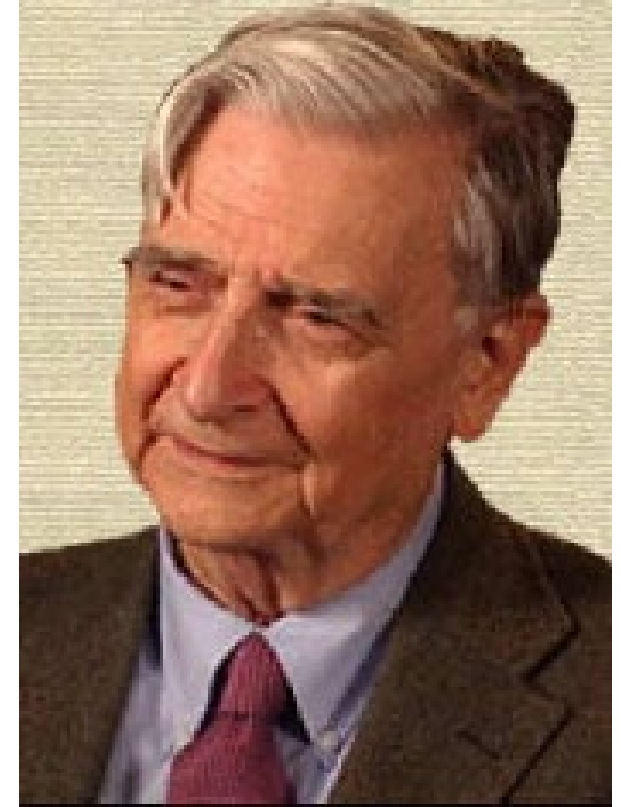
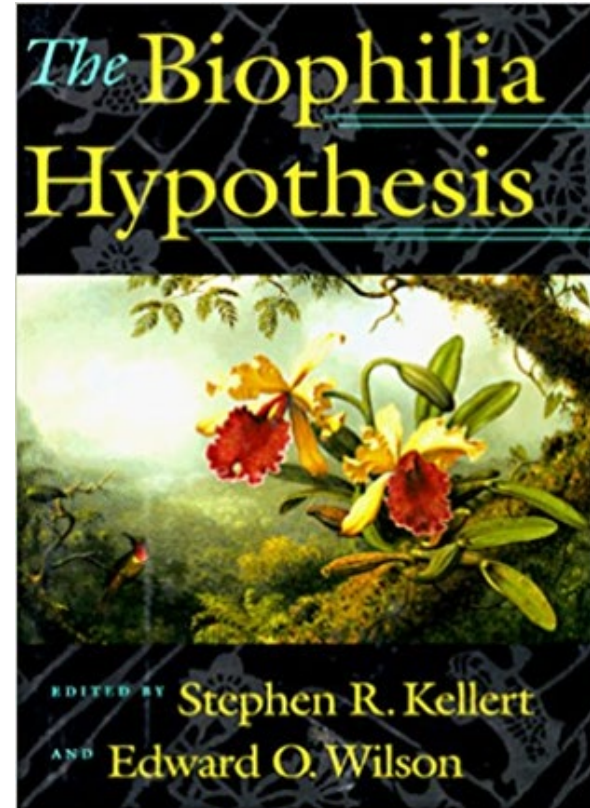


Humans living in landscapes that lack trees or other natural features undergo patterns of social, psychological and physical breakdown ...

**Professor Frances (Ming) Kuo
University of Illinois at Urbana-Champaign**

Humans have an innate biological connection to nature.

When that connecting is broken, we are more vulnerable to health risks.



BURNOUT

Caused by chronic stress

Symptoms include:

- Emotional Exhaustion
- Cynicism
- Feeling Ineffective

Among young people 26 and younger rates of depression, psychological distress, and suicidal thoughts are increasing.



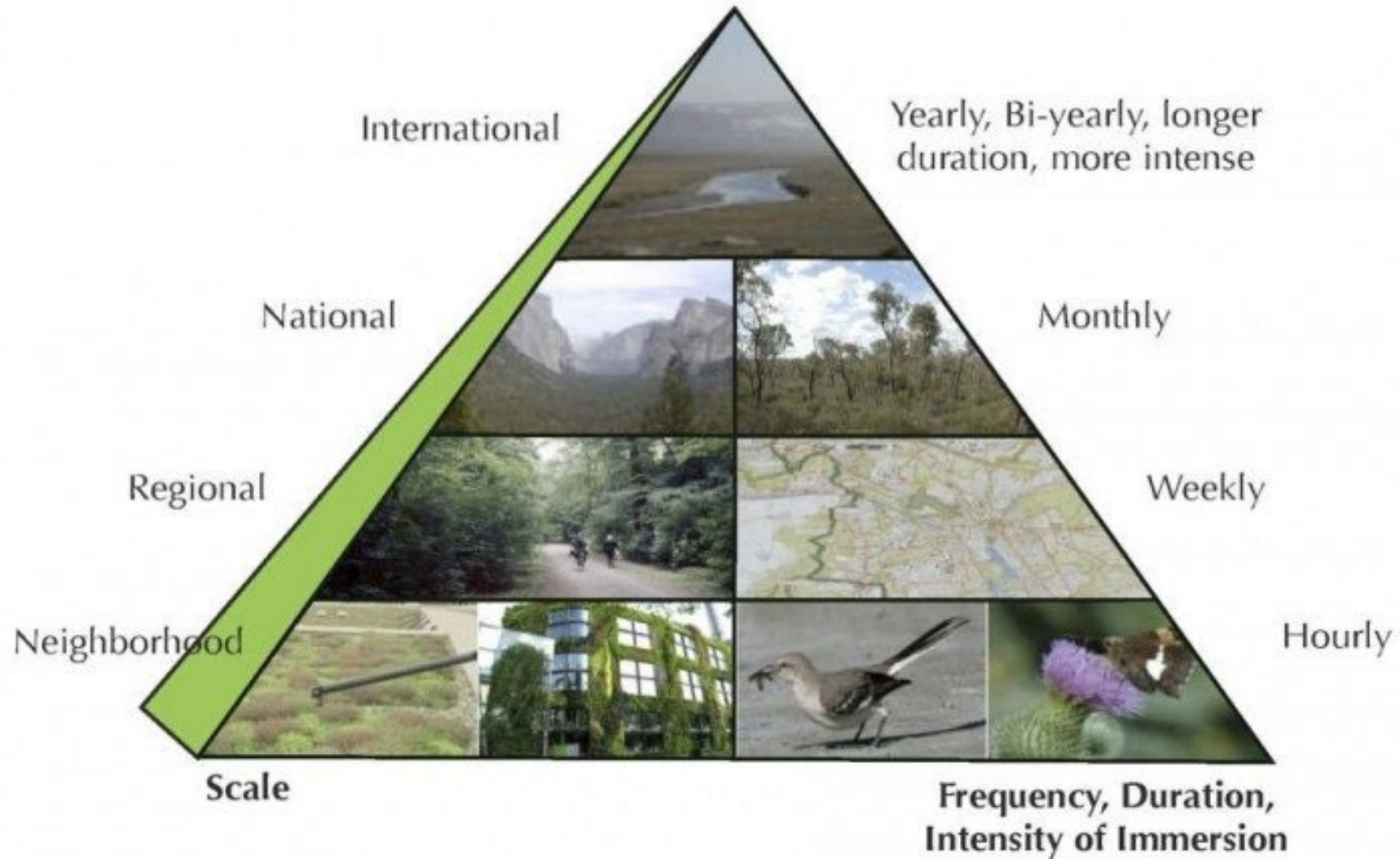
Image Source: the Economist

PHYSICAL INACTIVITY

- 4 leading risk factor for global mortality
- The average American spends 90% of their day indoors and 10 or more hours viewing screens




THE NATURE PYRAMID



Concept by: Tanya Denckla-Cobb

HEALTH AND ACCESS TO PARKS



 Studies have shown that people who have access to parks are more likely to exercise. **Exercise reduces anxiety and depression and can help alleviate symptoms of a variety of mental health conditions, including dementia and Alzheimer's.**



Studies show that people **EXERCISE MORE** if they have access to **PARKS** and other safe outdoor places. **Physical activity reduces and can prevent these serious health problems.**



Maintaining a **healthy weight** saves

\$1,500 per person in healthcare costs a year.

Parks help to reduce the costs of healthcare.

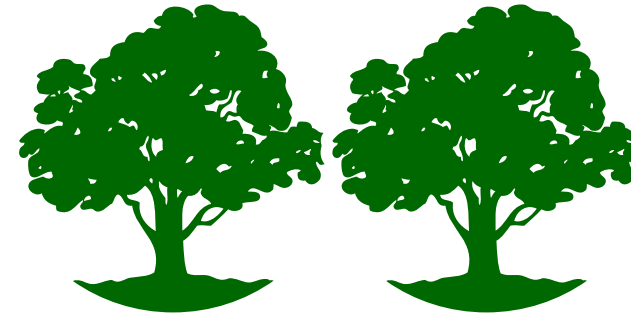
PARK RX PROGRAM

**PEOPLE
(CONSUMER)**



**PARK RX
PROGRAM
(PROMOTER)**

**PARKS/PUBLIC SPACES
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**ENERGIZED
PUBLIC SPACES PLAN
(DATA-DRIVEN TOOL)**

HEALTH

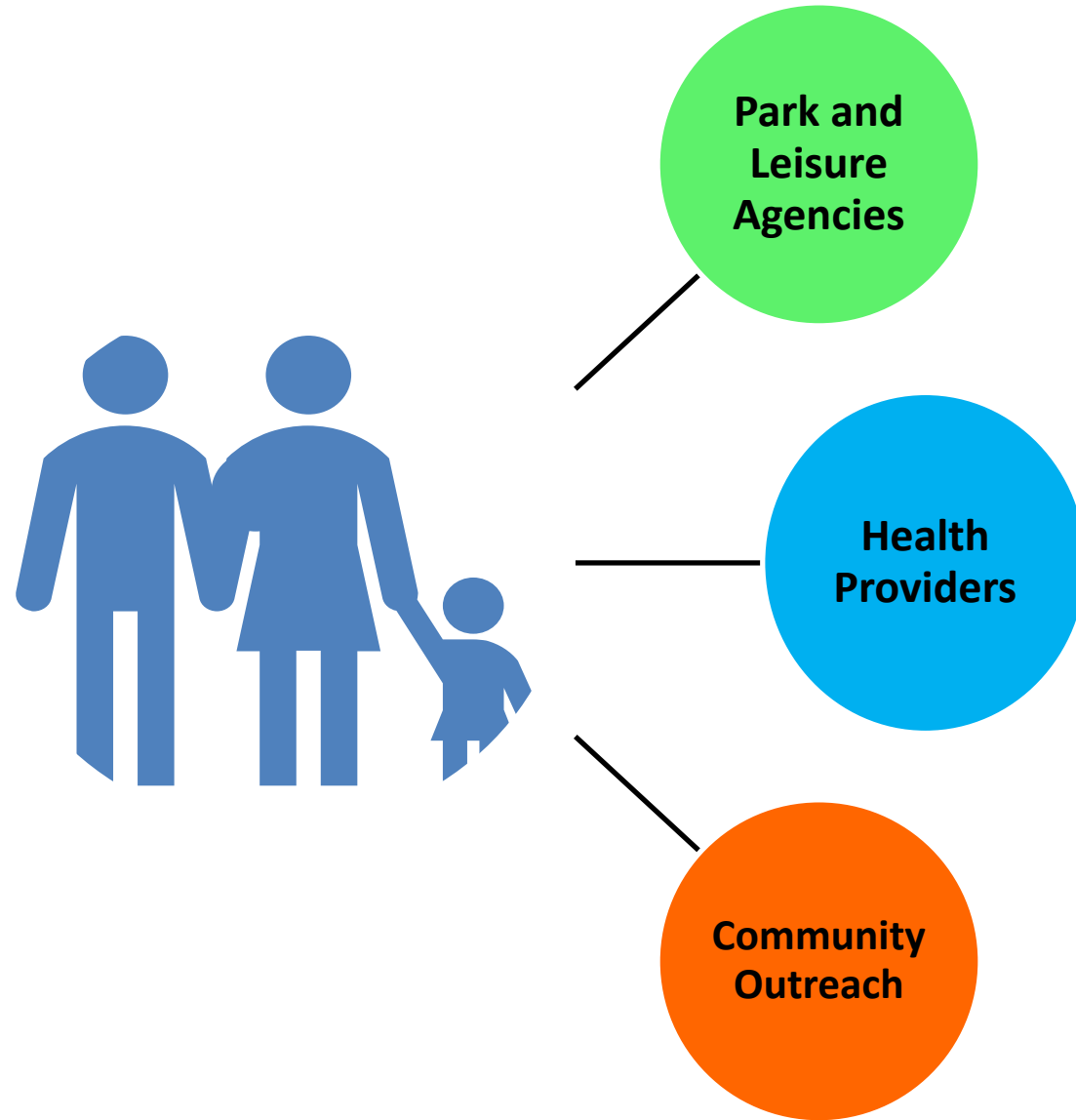


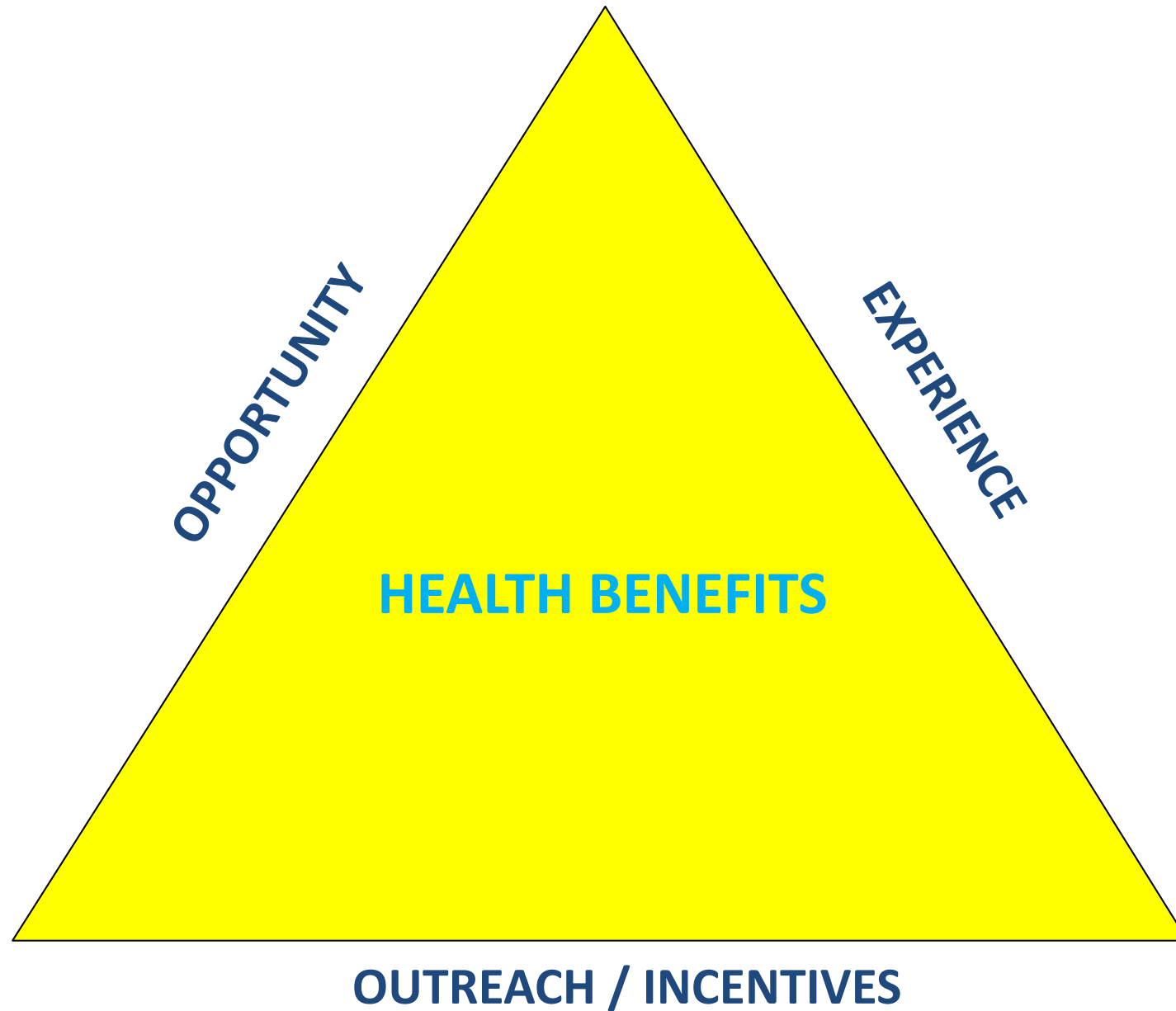


Park Rx America Rx

A Scalable Park Prescription Model

Our MISSION is to ease the burden of chronic disease, increase health and happiness, and foster environmental stewardship by encouraging doctors to routinely prescribe time in nature to patients.





OUTDOOR DANGERS

1. Sun Exposure
2. Insect borne diseases
3. Contaminated soils
4. Predators

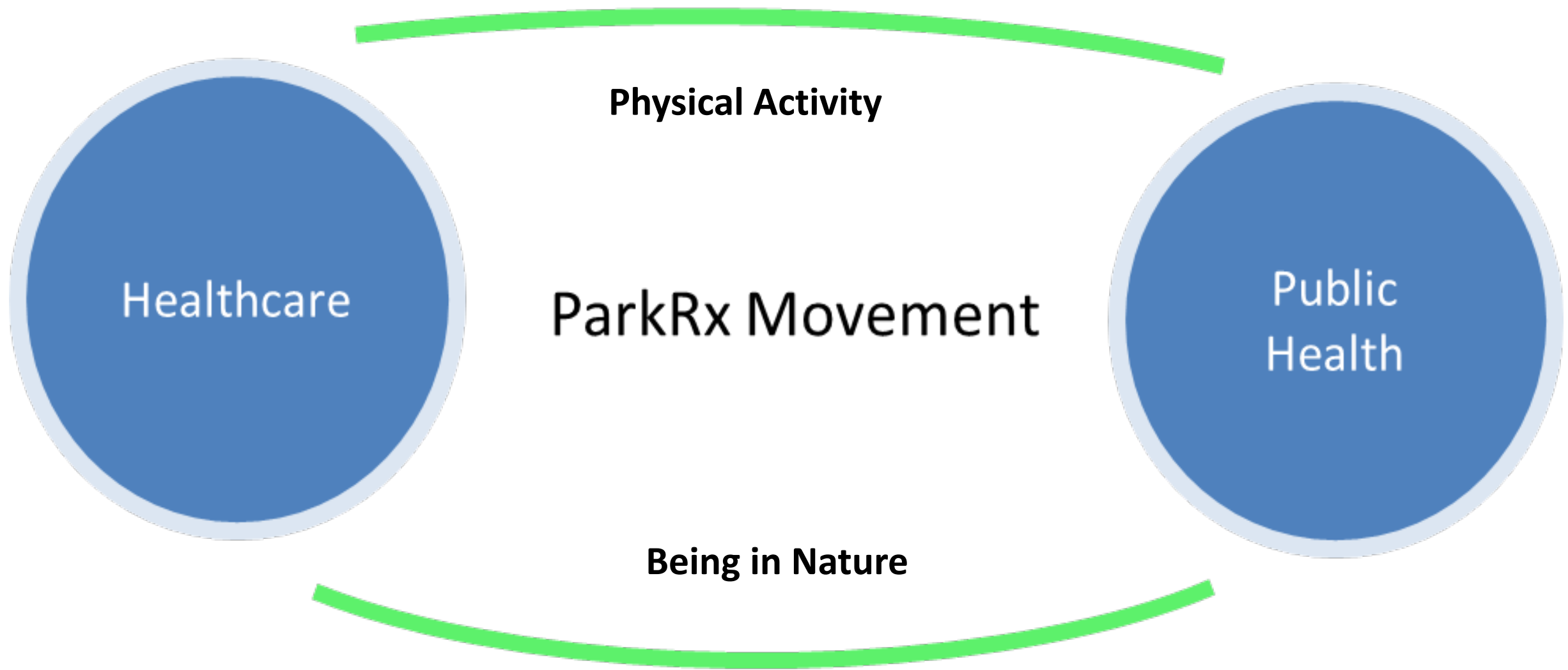


WHAT IS PARKRX?


An initiative involving a health or social service provider who encourages clients or patients to spend time in nature to improve health and well-being.

*ParkRx Program Census 2018
Institute at the Golden Gate
www.ParkRx.org*





WHAT IS A PARK PRESCRIPTION?



Who: _____

Rx:


PRESCRIPTION CONTENT:

- Visit Location
- Time of Visit
- Visit Frequency
- Visit Duration
- On-Site Activity

FIND PARKS

Park Rx America - Find Parks

parkrxamerica.org

 [Find Parks](#) [What is Park Rx America?](#) [Resources](#) [Contact](#) [DONATE](#)

cci health and wellness [Go >](#)

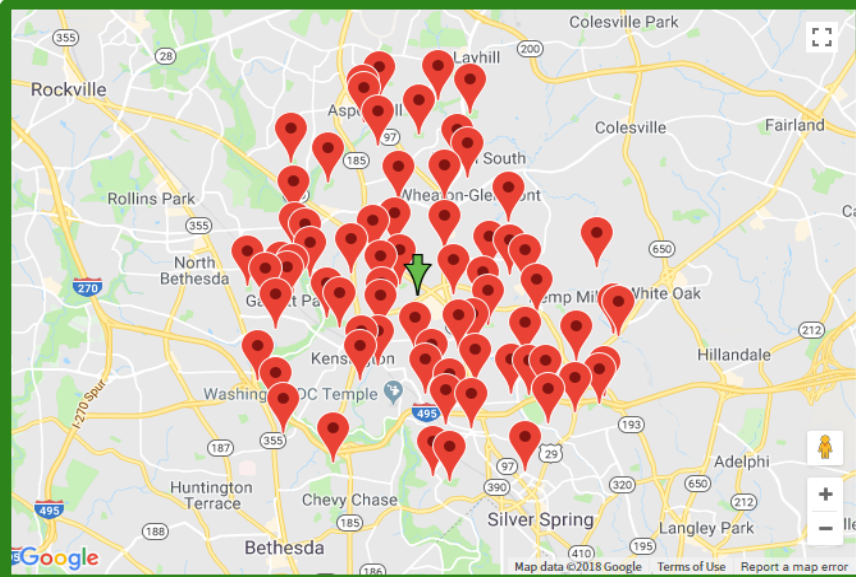
WITHIN RADIUS: ☐ .25 MILE ☐ .5 MILE ☐ 1 MILE ☐ 2 MILES ☒ 3 MILES ☐ 5 MILES ☐ 10 MILES






72 results [FILTER RESULTS](#)

SORT BY: ☒ Distance ☐ Park Name

0.4mi	Pleasant View Local Park	<input type="checkbox"/>
0.4mi	Wheaton Veteran's Urban Park	<input type="checkbox"/>
0.7mi	Newport Mill Local Park	<input type="checkbox"/>
0.7mi	Wheaton Community Building Pr...	<input type="checkbox"/>
0.8mi	Kensington Heights Neighborhoo...	<input type="checkbox"/>
0.8mi	Wheaton Forest Local Park	<input type="checkbox"/>
0.9mi	Arcola Local Park	<input type="checkbox"/>

☐ CHECK TOP 5 [VIEW SELECTED PARKS](#)



washington

PARK FILTERS

Narrow down results by choosing **activities**, **amenities**, and other **park services** that interest your patient.

33 results

Sports Facilities/Activities

- ☐ Recreation/Fitness Center
- ☐ Gymnasium
- ☐ Baseball/Softball Field
- ☐ Football/Soccer Field
- ☐ Cricket Field
- ☒ Mixed Use Field
- ☐ Open Space
- ☐ Trails
- ☐ Athletic Track
- ☒ Outdoor Basketball Court
- ☐ Outdoor Fitness Stations
- ☐ Tennis Court
- ☐ Outdoor Practice Wall
- ☐ Indoor Racket Sports
- ☐ Volleyball
- ☐ Pickleball
- ☐ Four Square Courts
- ☐ Rollerskating
- ☐ Ice Skating
- ☐ Inline Hockey
- ☐ Skateboard Park
- ☐ Horse Stables
- ☐ Equestrian Rings

General Park Amenities

- ☐ Playground
- ☒ Water/Spray Fountain
- ☐ Restrooms
- ☐ Drinking Fountains
- ☒ Seating
- ☐ Picnic Tables
- ☐ Grills
- ☐ Food for Sale

Swimming

- ☐ Indoor Pool
- ☐ Outdoor Pool

Pets

- ☐ Allowed On-Leash
- ☐ Allowed Off-Leash
- ☐ Dog Park
- ☐ Bags Provided

Additional Features

- ☐ Community Gardens
- ☐ Ornamental Gardens
- ☐ Visitor Center
- ☐ Nature Center
- ☐ Historic Site

ONE-PAGE PARK SUMMARIES

Wheaton Regional Park

11710 Orebaugh Avenue, Wheaton, MD 20902



Icons: P, Dog, Hike, Wheelchair, Water, Fishing, Picnic, Tennis, Bikes

MONTGOMERY PARKS
M-NCPPC

OWNER: The Maryland-National Capital Park and Planning Commission
Website | Events
CONTACT: (301) 495-2595

GENERAL INFO:
Park Type: Regional Park
Overall Size: Larger than a football field

GETTING THERE:
Parking
P **Parking Instructions:** From I270, Head north on Georgia Ave toward Forest Glen Rd. Turn right onto Shorefield Rd. At the traffic circle, take the 1st exit, Turn left; Park Entrance is on the right.

SPORTS:
Sports Facilities/Activities: Trails

AMENITIES:
General Park Amenities: Drinking Fountains, Picnic Tables, Playground

TRAILS:
Trail Surface: Paved & Unpaved
Trail Layout: Loop & Linear (network)

OTHER:
Staffing & Safety: Police Patrol

Pets:

Tr:



Saddlebrook Local Park

12751 Layhill Road, Silver Spring, MD 20906



Icons: P, Dog, Hike, Wheelchair, Water, Fishing, Picnic, Tennis, Bikes

MONTGOMERY PARKS
M-NCPPC

OWNER: The Maryland-National Capital Park and Planning Commission
Website | Events
CONTACT: (301) 495-2595

GENERAL INFO:
Park Type: Neighborhood Park
Overall Size: Larger than a football field

Special Features/Comments:
Fields require a Permit for Organized Play

GETTING THERE:
Parking
P **Parking Instructions:** From I270, Head North on Georgia Ave toward Bonnywood Ln/Tilton Dr. Slight right onto Layhill Rd. Turn right, Turn left; Park Entrance is on the right.

SPORTS:
Sports Facilities/Activities: Football/Soccer Field, Gymnasium, Outdoor Basketball Court

AMENITIES:
General Park Amenities: Drinking Fountains, Playground, Restrooms
Additional Features: Gift Shop

OTHER:
Staffing & Safety: Police Patrol, Employee/Ranger Present



YOU ARE PRESCRIBING THE FOLLOWING PARKS:

Marion Park

☒ Generate Prescription Text?

NAME: [FD84VX] Park Rx America - Marion Park

TAKE: Play at|Playground

FREQUENCY: Q M, W, F

DURATION: 30-60 min

Send by Text

Send by Email

Patient Mobile Number

2025501740

Send to Patient

Welcome to your Park Prescription!

You've been prescribed the following
parks:



Van Dyck Park

Yes, I went to this park

[Find Parks](#)[What is Park Rx America?](#)[Resources](#)[Media](#)[Contact](#)

Reports

[PRX Code Lookup](#)[export to CSV](#)

Providers Prescribing:

59

Unique Parks Prescribed:

186

Prescriptions Made:

392

Prescriptions Filled:

82

Response Rate:

20.9%

State:

All

Date Range:

All

Show: ☒ All ☐ Only Filled

STATE	LOCALE	PARK	PRESCRIBER	PRX CODE	PRESCRIBED	FILLED
DC	Washington	Stanton Park	38.140.166.66	ZIMMWE	Dec 7, 2017 @ 1:32 pm	--
DC	Washington	Stanton Park	38.140.166.66	TKDXJK	Dec 7, 2017 @ 1:33 pm	Dec 8, 2017 @ 7:09 am
DC	Washington	Ludlow-Taylor Elementary School	38.140.166.66	0IPVBF	Dec 7, 2017 @ 1:33 pm	Dec 7, 2017 @ 4:15 pm
DC	Washington	Langdon Park	Unity Health Care Upper Cardozo	1IW6LO	Dec 11, 2017 @ 11:12 am	Dec 11, 2017 @ 1:14 pm
DC	Washington	Langdon Park	Unity Health Care Upper Cardozo	1OHRWJ	Dec 11, 2017 @ 11:12 am	--
DC	Washington	Langdon Elementary School	Unity Health Care Upper Cardozo	1TX78N	Dec 12, 2017 @ 9:11 am	--
DC	Washington	Loomis Park	38.140.166.66	GSPDYG	Dec 19, 2017 @ 8:30 pm	Dec 19, 2017 @ 10:30 pm
DC	Washington	Loomis Park	38.140.166.66	1V82LZ	Dec 19, 2017	--



ACCESS TO EXPERIENCES, NOT ACRES

- **ikigai**
- **reason d'être**
- **life satisfaction**
- **cambios profundos en tu vida**





**ENERGIZED PUBLIC SPACES
FUNCTIONAL MASTER PLAN
(EPS PLAN)**

**PEOPLE
(CONSUMER)**



**PARK RX
PROGRAM
(PROMOTER)**

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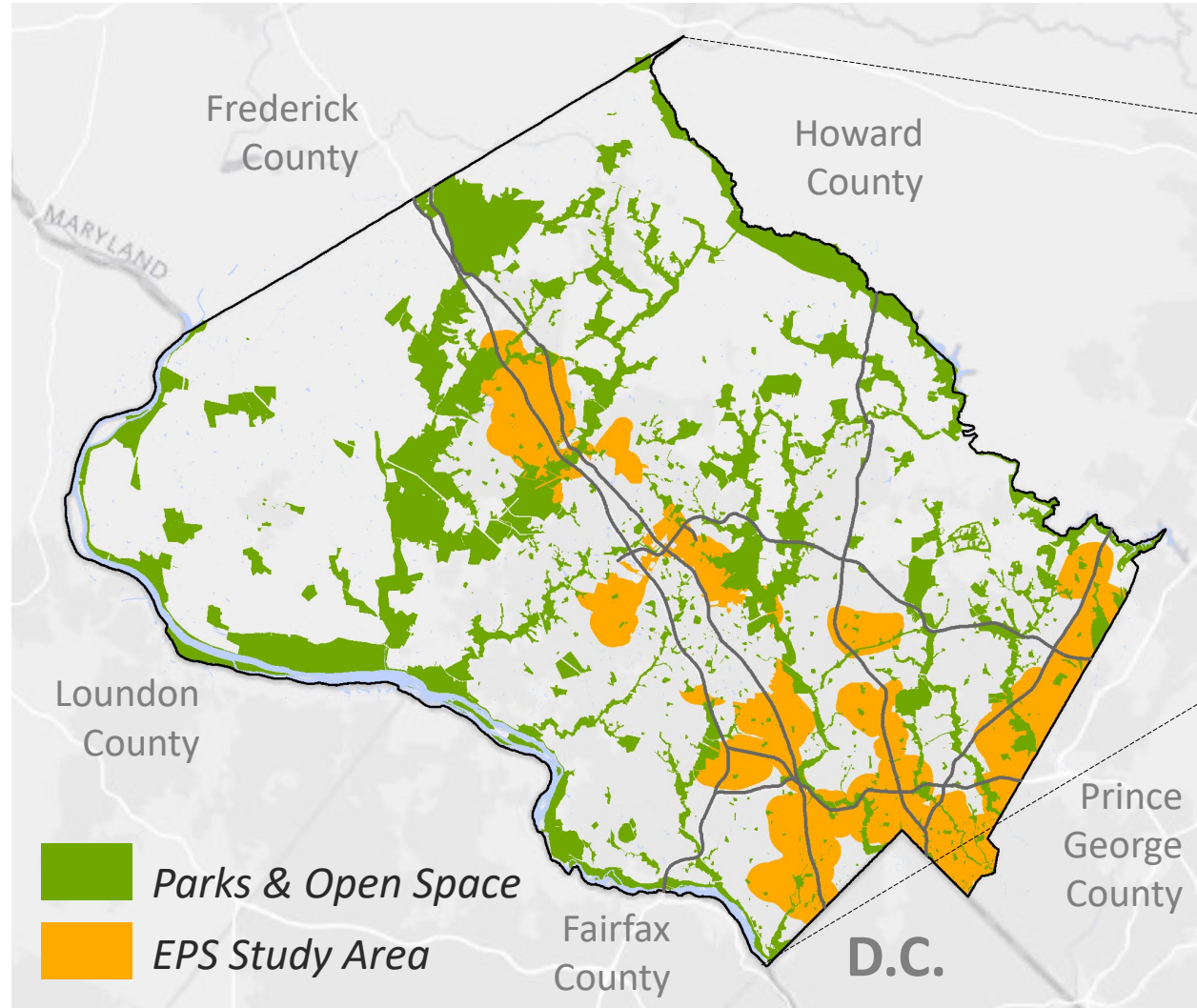


**ENERGIZED
PUBLIC SPACES PLAN
(DATA-DRIVEN TOOL)**

HEALTH



MONTGOMERY COUNTY



Most populous county in MD

2017: 1,058,800








↑ 38%


1990: 765,500 + 293,300

FROM SUBURBAN TO URBAN


Growing Suburban

				
Stream Valley Parks Water Protection	Regional Parks & Athletic Fields	Neighborhood Parks	Environmental Awareness	Smart Growth Open Space Preservation
1930-1940s	1950-1960s	1970s	1960-1970s	1980-1990s


Growing Urban




DOWNTOWN SILVER SPRING



GERMANTOWN





WHEATON



Urban Parks
Shortage

2000-2000s



ACCESS TO EXPERIENCES, NOT ACRES

VISION: ENERGIZED PUBLIC SPACES

*In the EPS Study Area, everyone can
walk to a public space.*

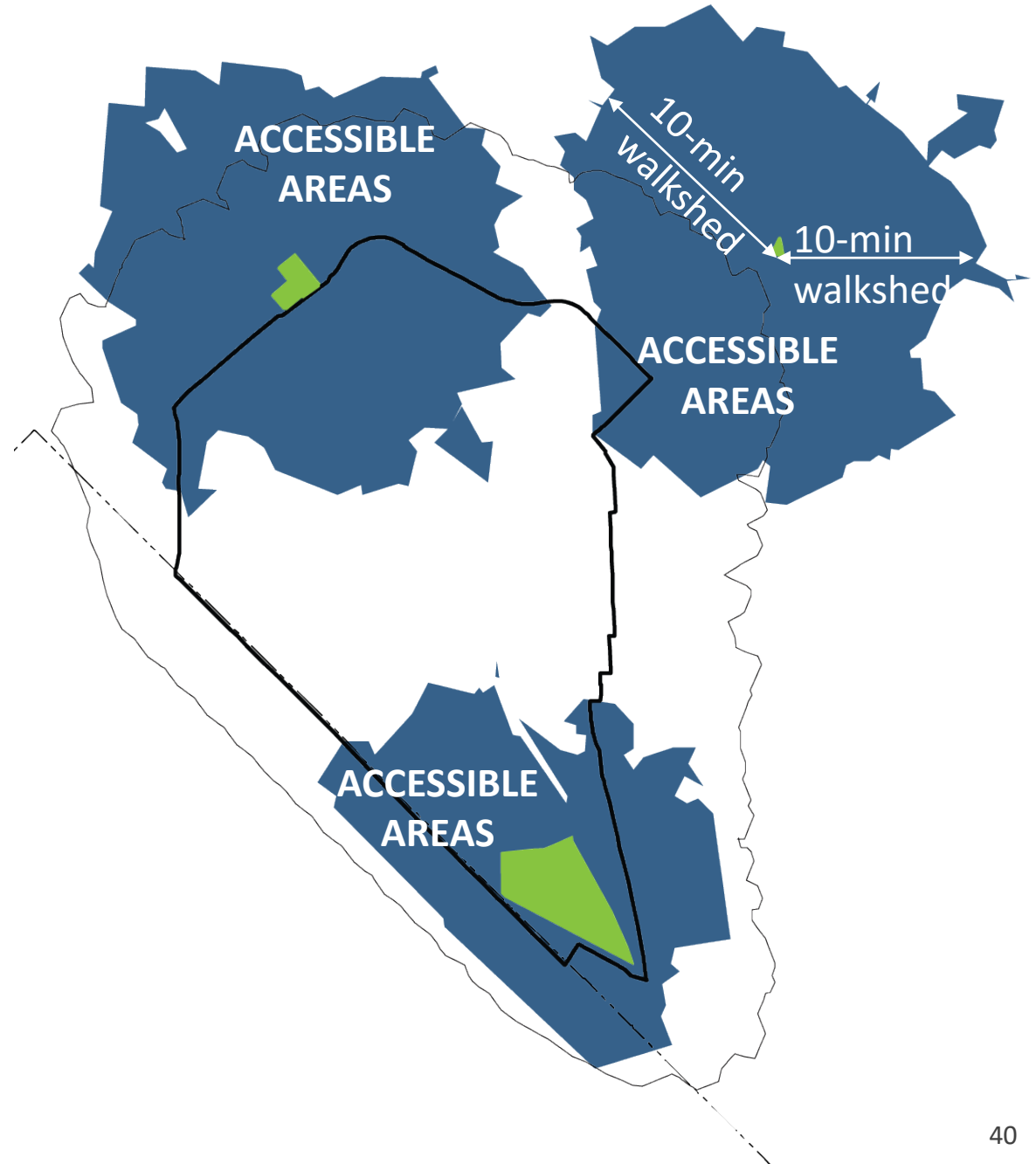


Photo: Klyde Warren Park, Dallas Art District. Source: Pinterest.com

WALK TO PARKLAND

Q: How do we
measure access to
parks and public
spaces?

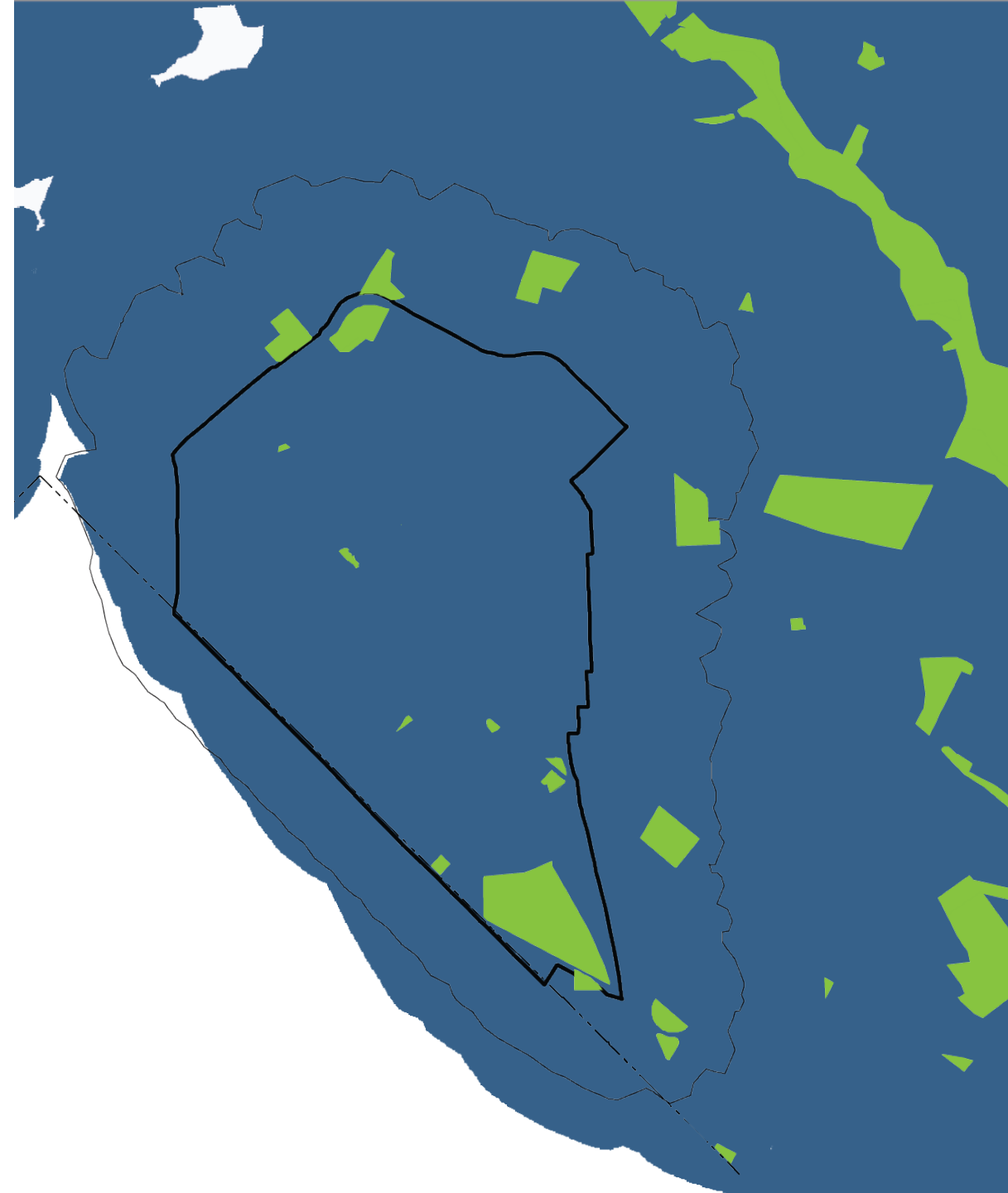
People covered by
walkshed = served



WALK TO PARKLAND

Q: How do we
measure access to
parks and public
spaces?

Pilot Area = no gaps...



ACCESS TO EXPERIENCES, NOT ACRES

ALL PARKS/PUBLIC SPACES ARE NOT EQUAL.

All park experiences (supply) are not created equal for everyone (demand).

ACCESS TO LAND VS. AMENITIES

Acorn Urban Park



Size: 0.15 acres
Amenities: 13

Woodside Urban Park



Size: 2.45 acres
Amenities: 50

Conservation Park



Size: 214 acres
Amenities: 1

CONTEMPLATIVE RECREATION – MENTAL HEALTH

What to do - Experiences:

- Enjoy Nature
- Relax, Meditate, Reflect
- Escape Chaos

Where - Facilities:

- Natural Areas
- Historic Sites
- Benches
- Trees for Shade
- Community Open Space
- Gardens
- Small Green Spaces
- Trails



ACTIVE RECREATION - PHYSICAL HEALTH

What to do - Experiences:

- Kick a Ball
- Run/Walk
- Play Games
- Exercise

Where - Facilities:

- Field: Open space/Grass
- Trails
- Hard Courts & Surfaces
- Nature-inspired Interactive Elements (climbing)
- Playgrounds



SOCIAL GATHERING –SOCIAL HEALTH

What to Do - Experiences:

- Community Festivals
- Farmer's Market
- Lunch Places
- Concert, Parades
- Outdoor Movies
- Historic Sites

Where - Facilities:

- Plazas with Seating
- Stages/Amphitheaters
- Cluster of Picnic Tables
- Community Open Spaces
- Dog Parks



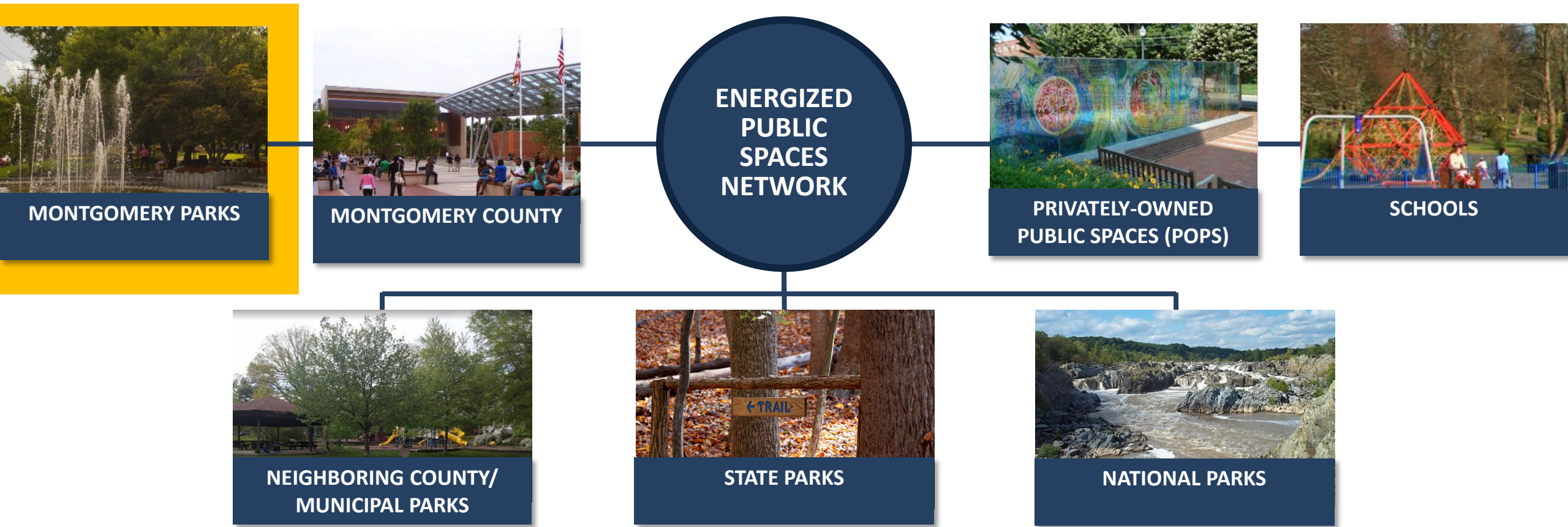
EPS PLAN

We measure
access to
experiences,
not acres.



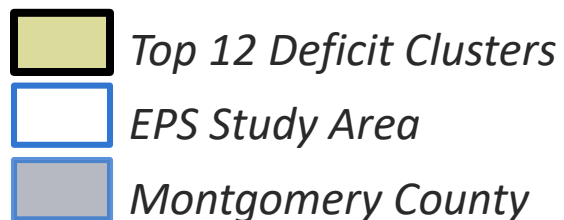
INTEGRATED PUBLIC SPACES SYSTEM

independent of ownership

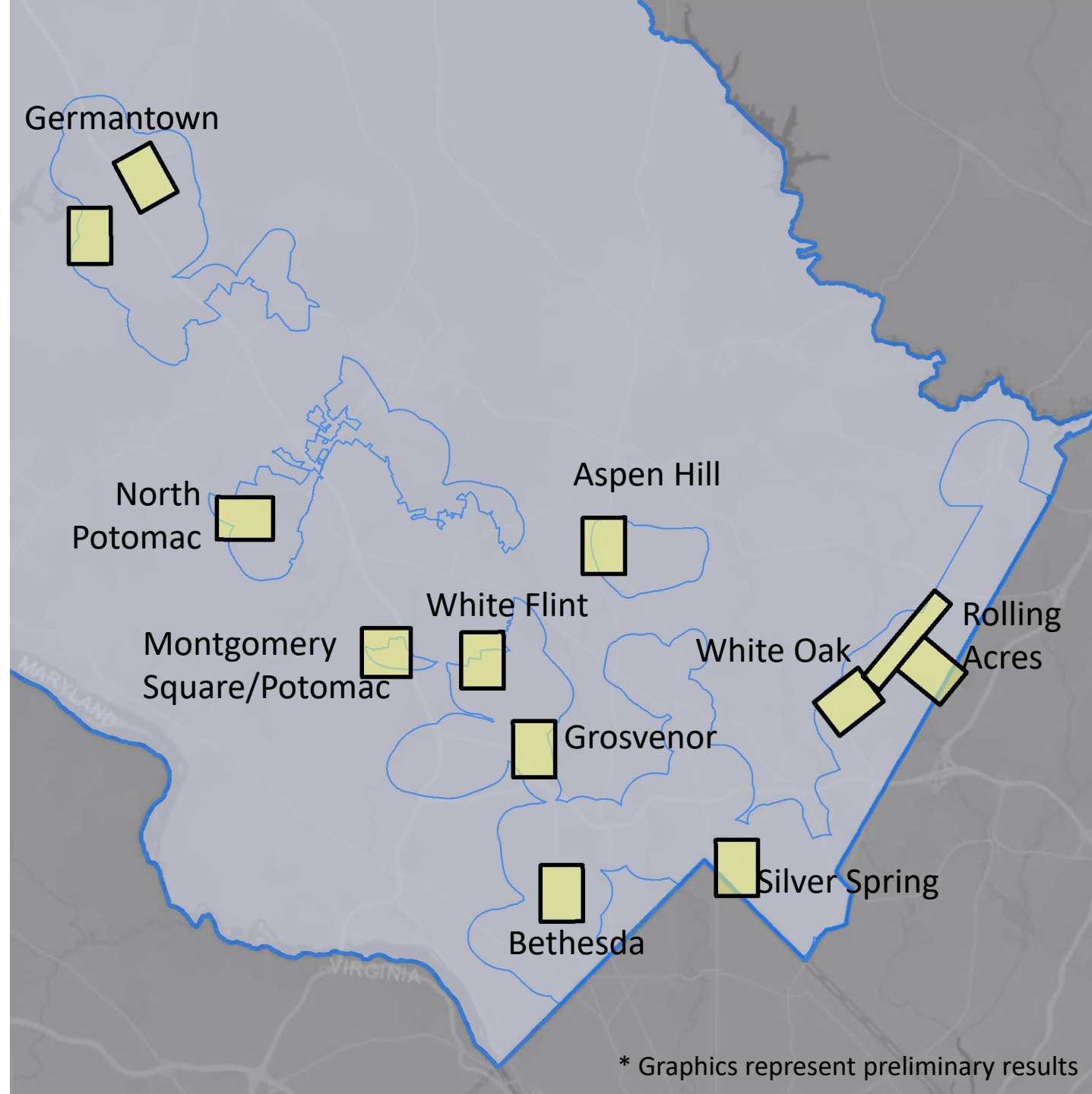


EPS STUDY AREA PRELIMINARY RESULTS

EPS PLAN TOP 12 DEFICIT CLUSTERS



ACCESS TO EXPERIENCES, NOT ACRES



* Graphics represent preliminary results

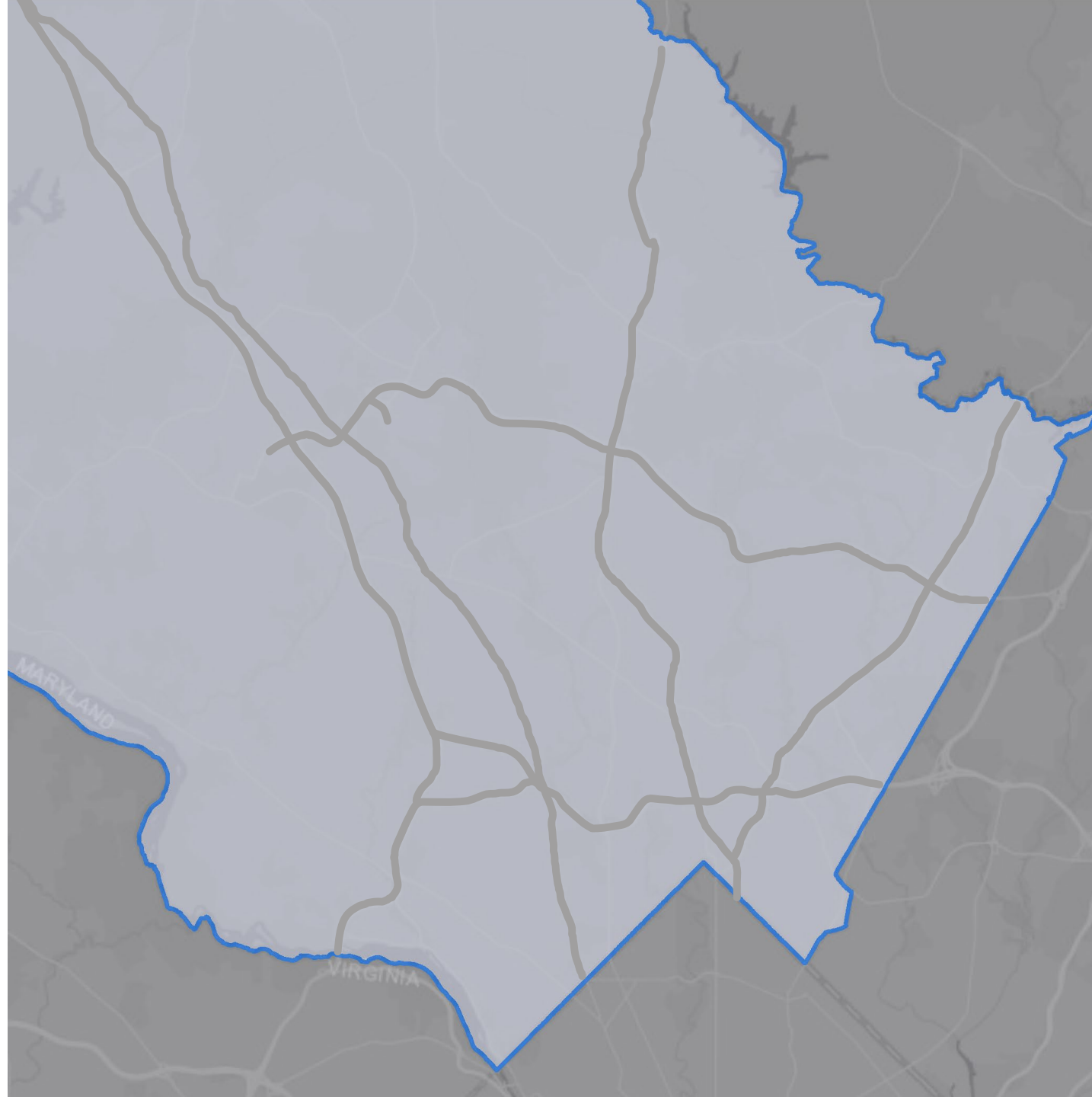
EPS PLAN COUNTY



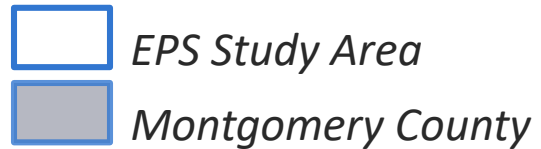
Montgomery County



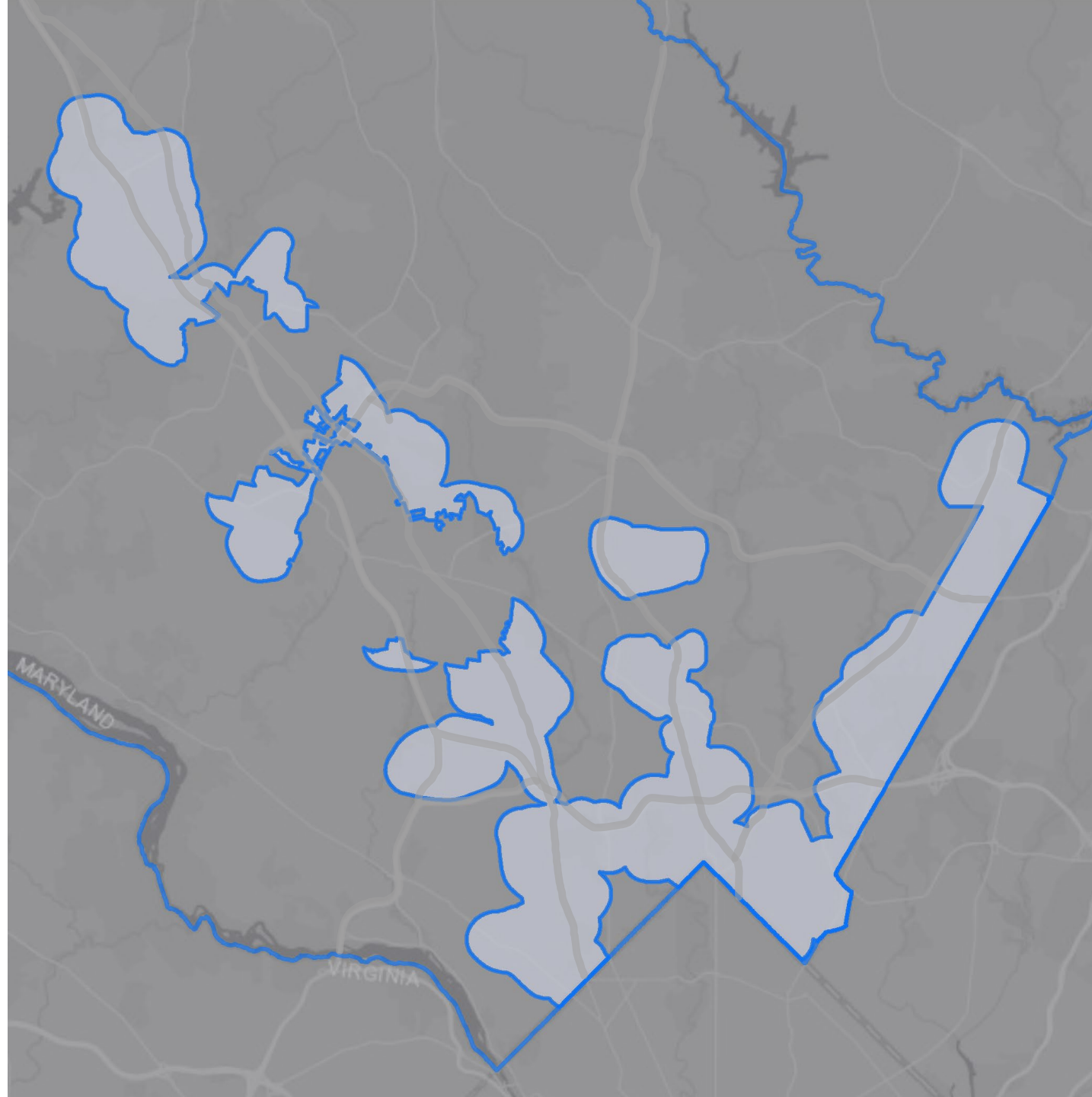
ACCESS TO EXPERIENCES, NOT ACRES



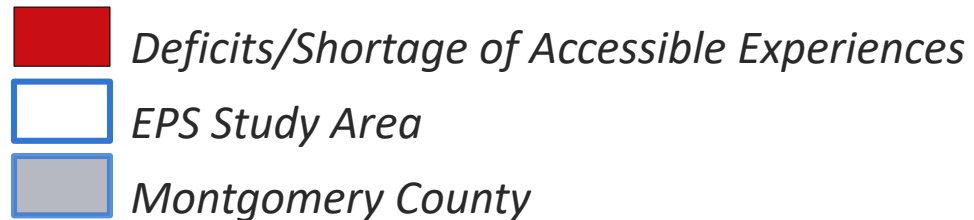
EPS PLAN STUDY AREA



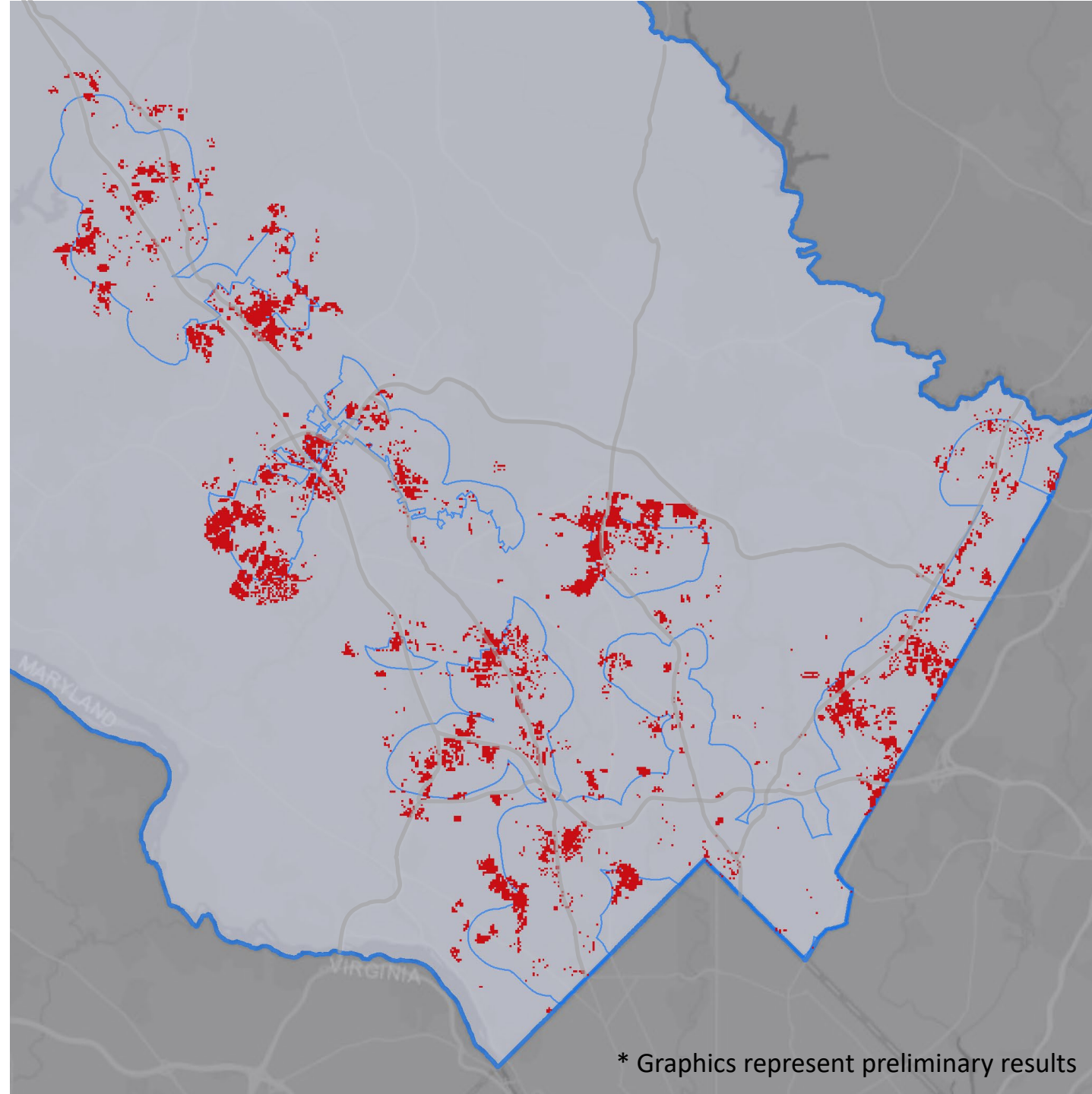
ACCESS TO EXPERIENCES, NOT ACRES



EPS PLAN DEFICITS






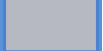
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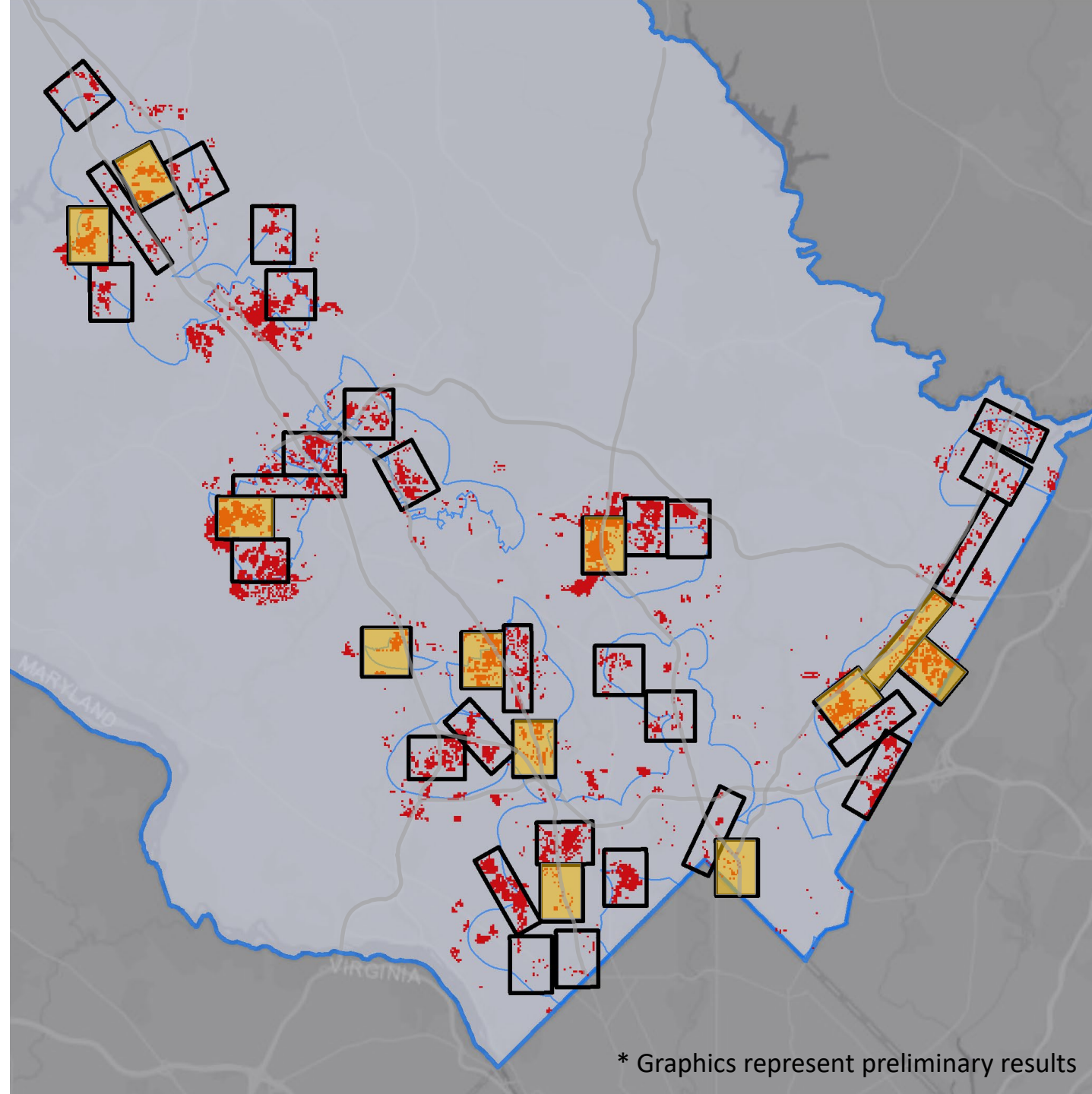
EPS PLAN 40 CLUSTERS

Ppvt layer that showcase
the top 12

-  *Development Clusters (1 square-mile)*
-  *Deficits/Shortage of Accessible Experiences*
-  *EPS Study Area*
-  *Montgomery County*



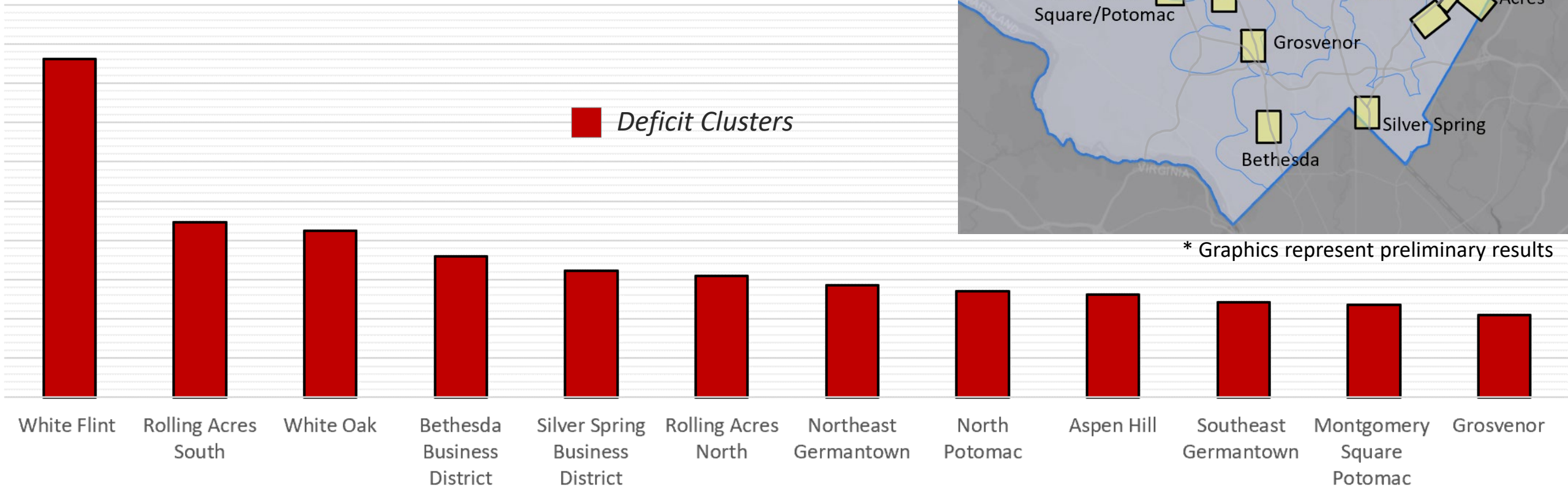
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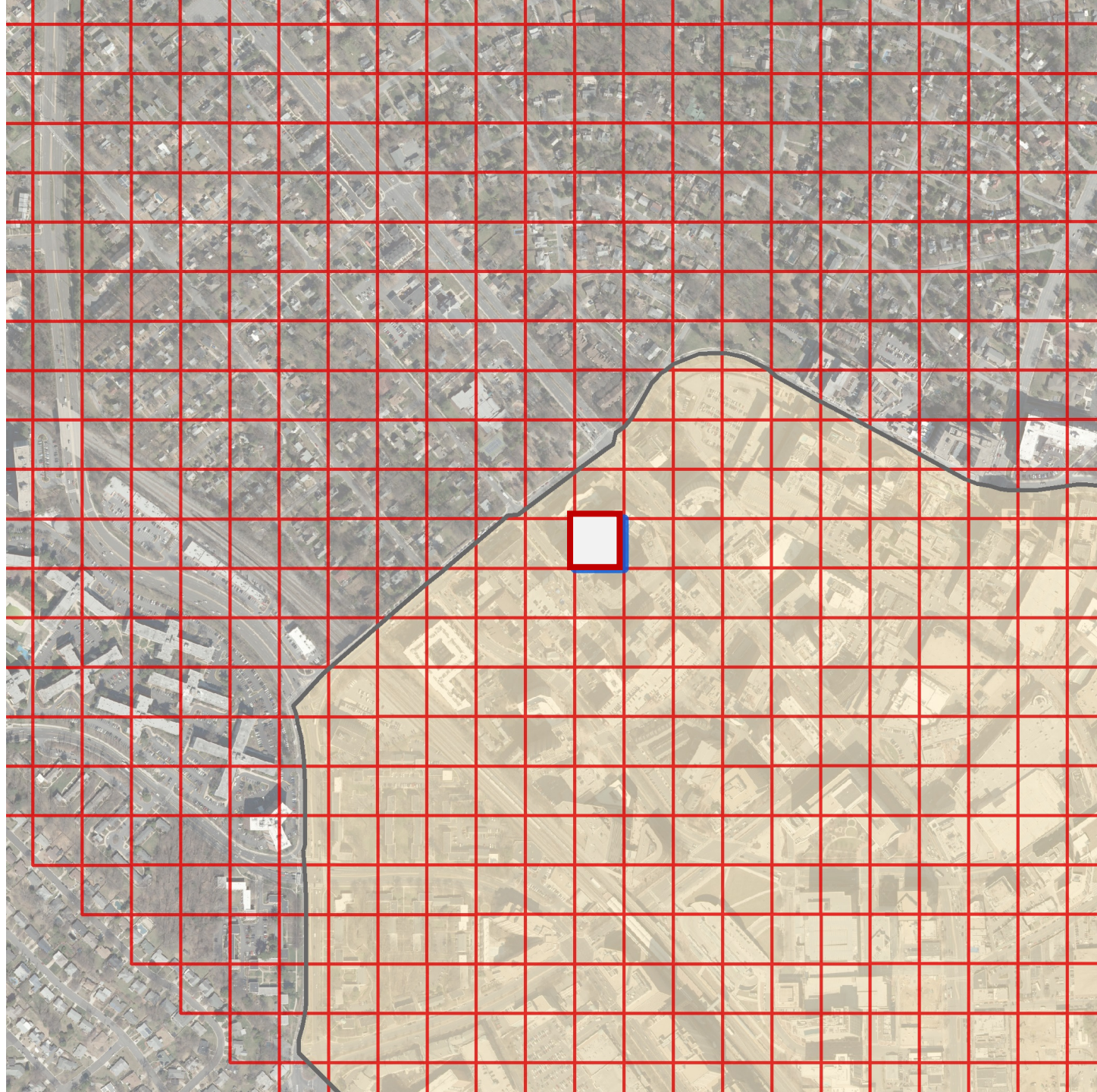
EPS PLAN

TOP 12 CLUSTERS



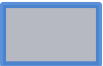


THE GRID

- Regular grid system
- Each grid has a supply and demand associated to it
- Grids with these attributes can be viewed and analyzed in many ways

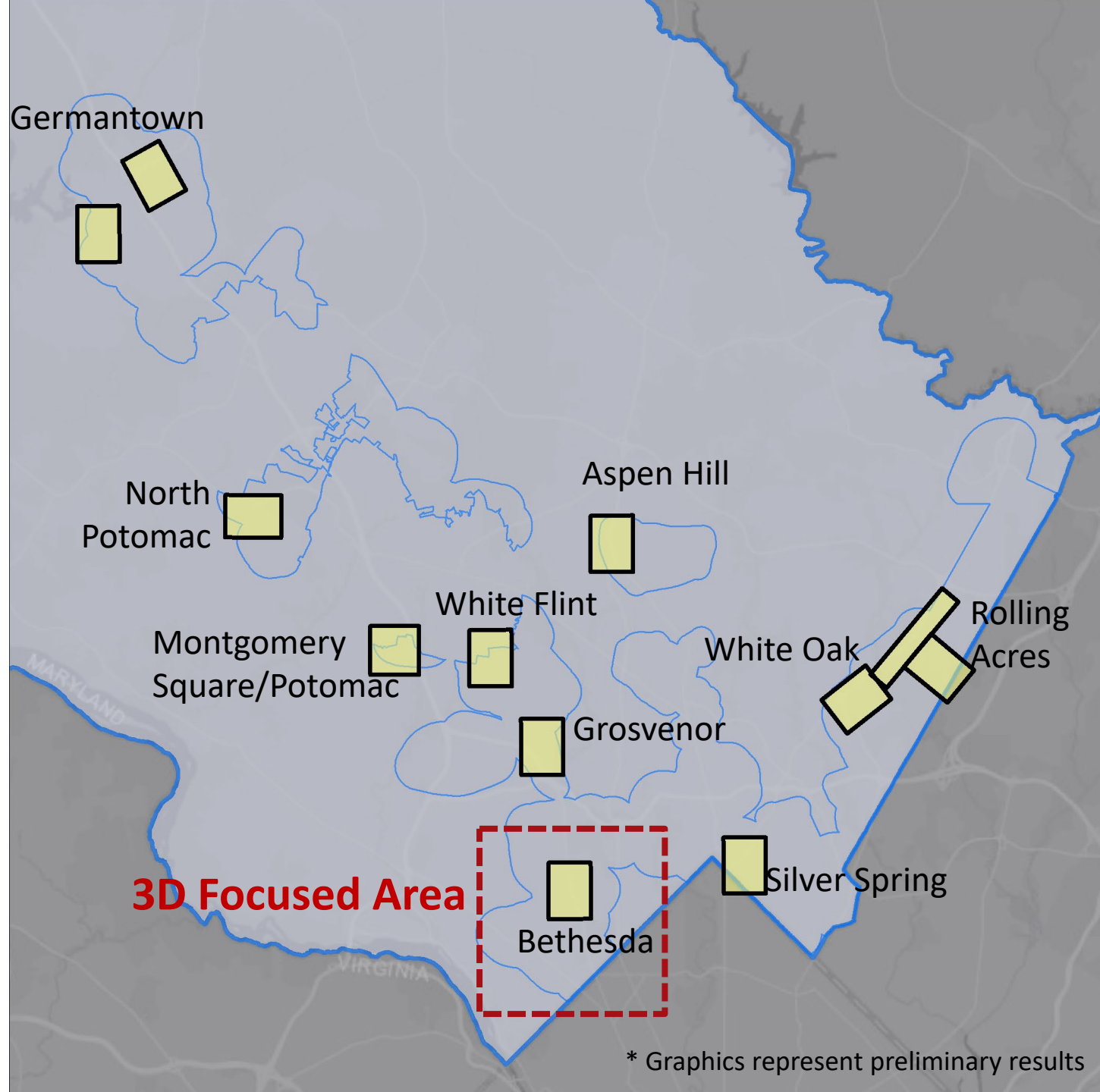


EPS PLAN TOP 12 DEFICIT CLUSTERS

-  Top 12 Deficit Clusters
-  EPS Study Area
-  Montgomery County

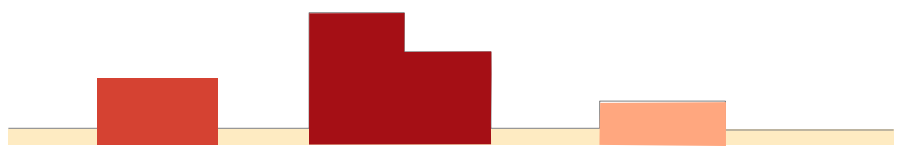








ACCESS TO EXPERIENCES, NOT ACRES

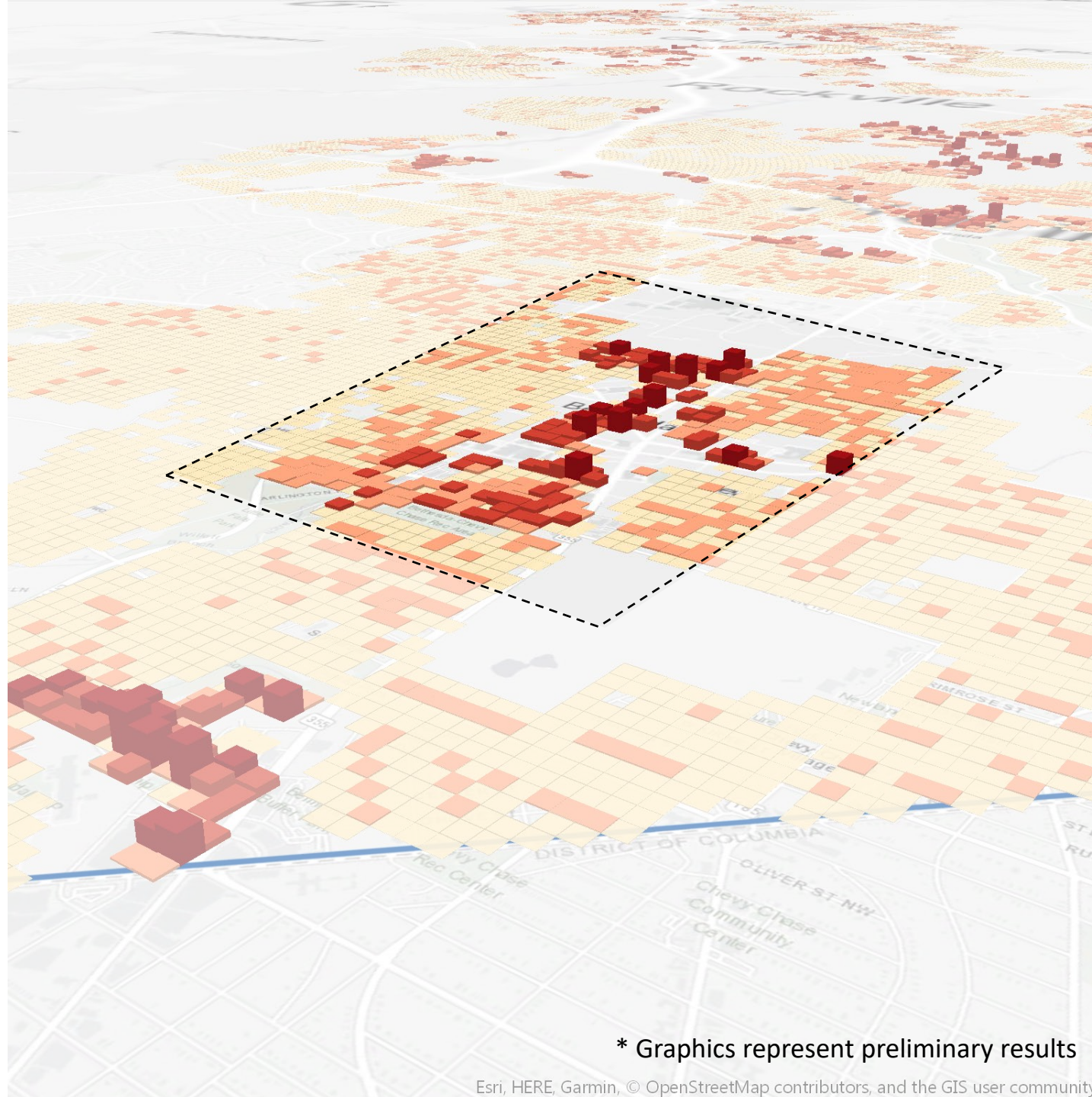


* Graphics represent preliminary results

DEMAND RESIDENTIAL



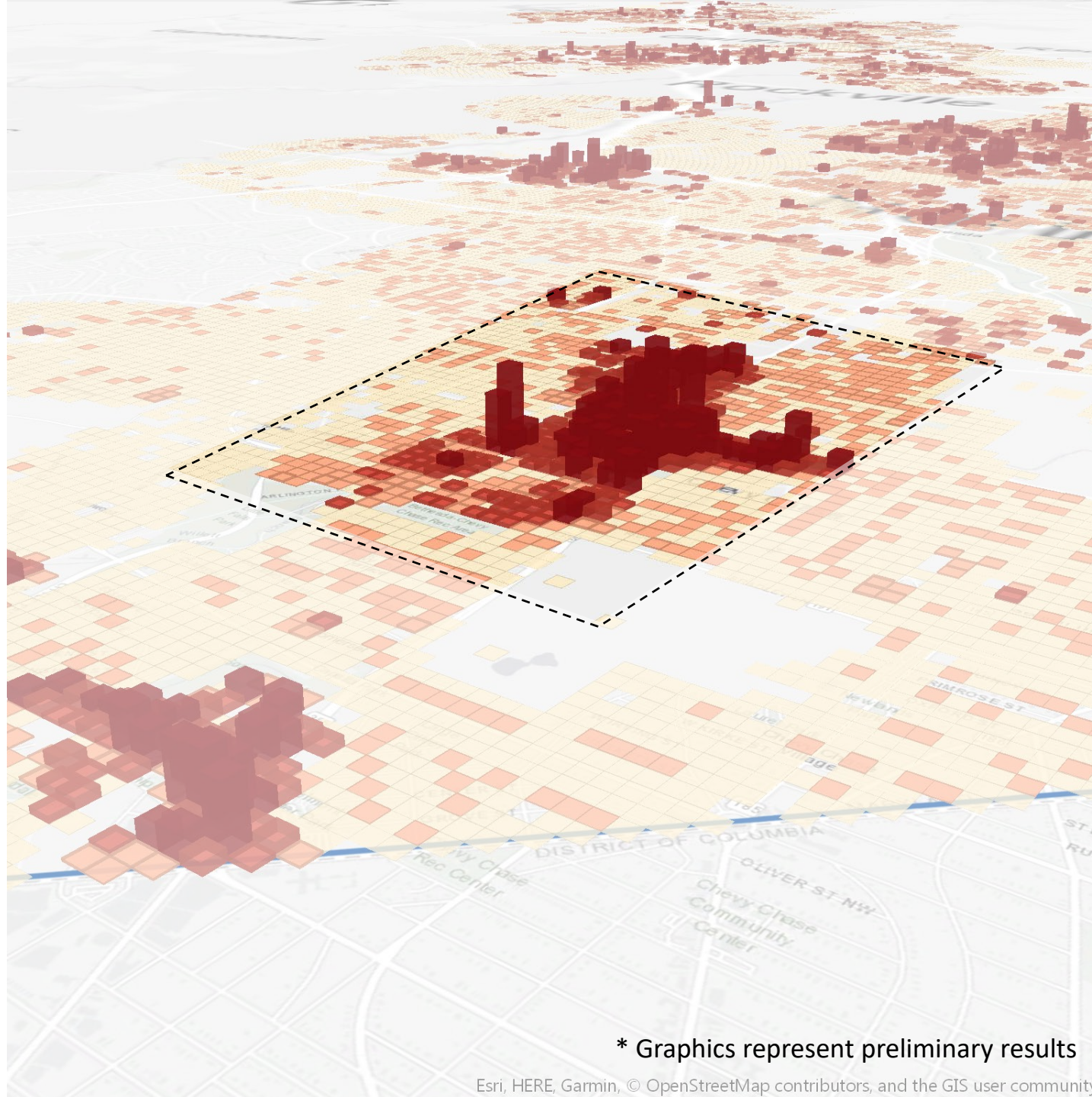
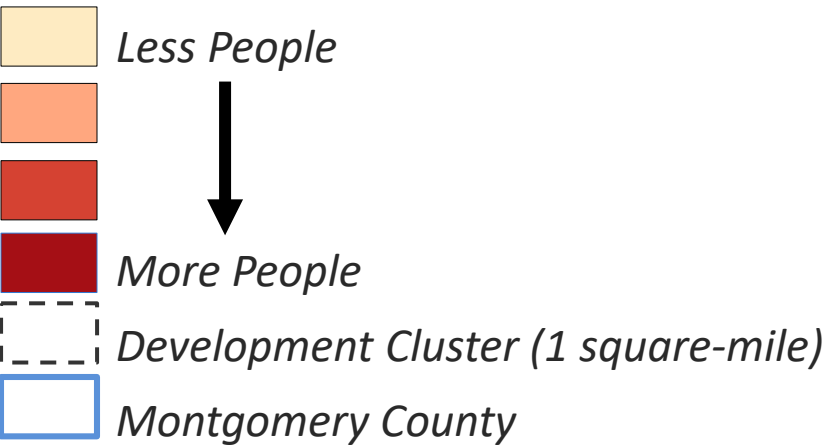
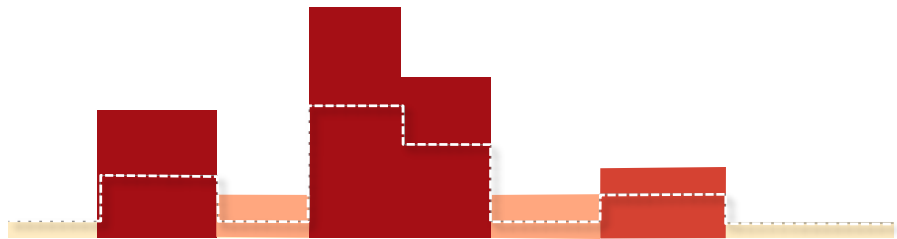
-  < 12 (Single-Family)
-  < 50 (Single-Family Attached)
-  < 200 (Garden)
-  < 1,384 (High Rise)
-  Development Cluster (1 square-mile)
-  Montgomery County



* Graphics represent preliminary results

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DEMAND RESID.+ COMM.

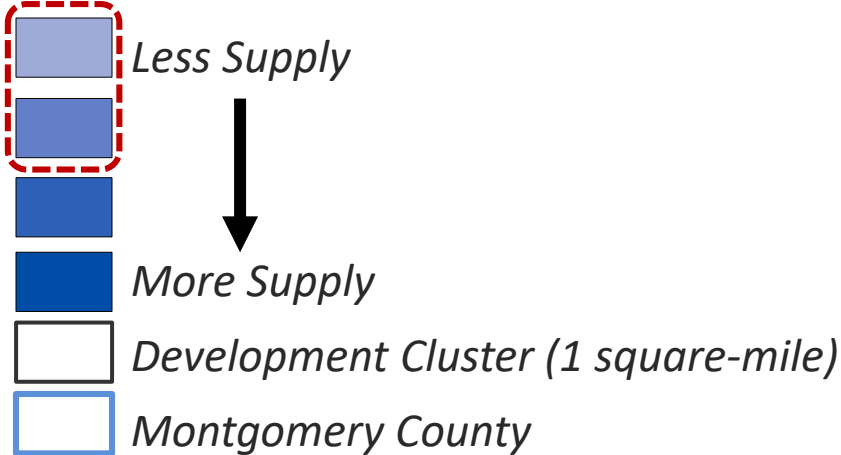


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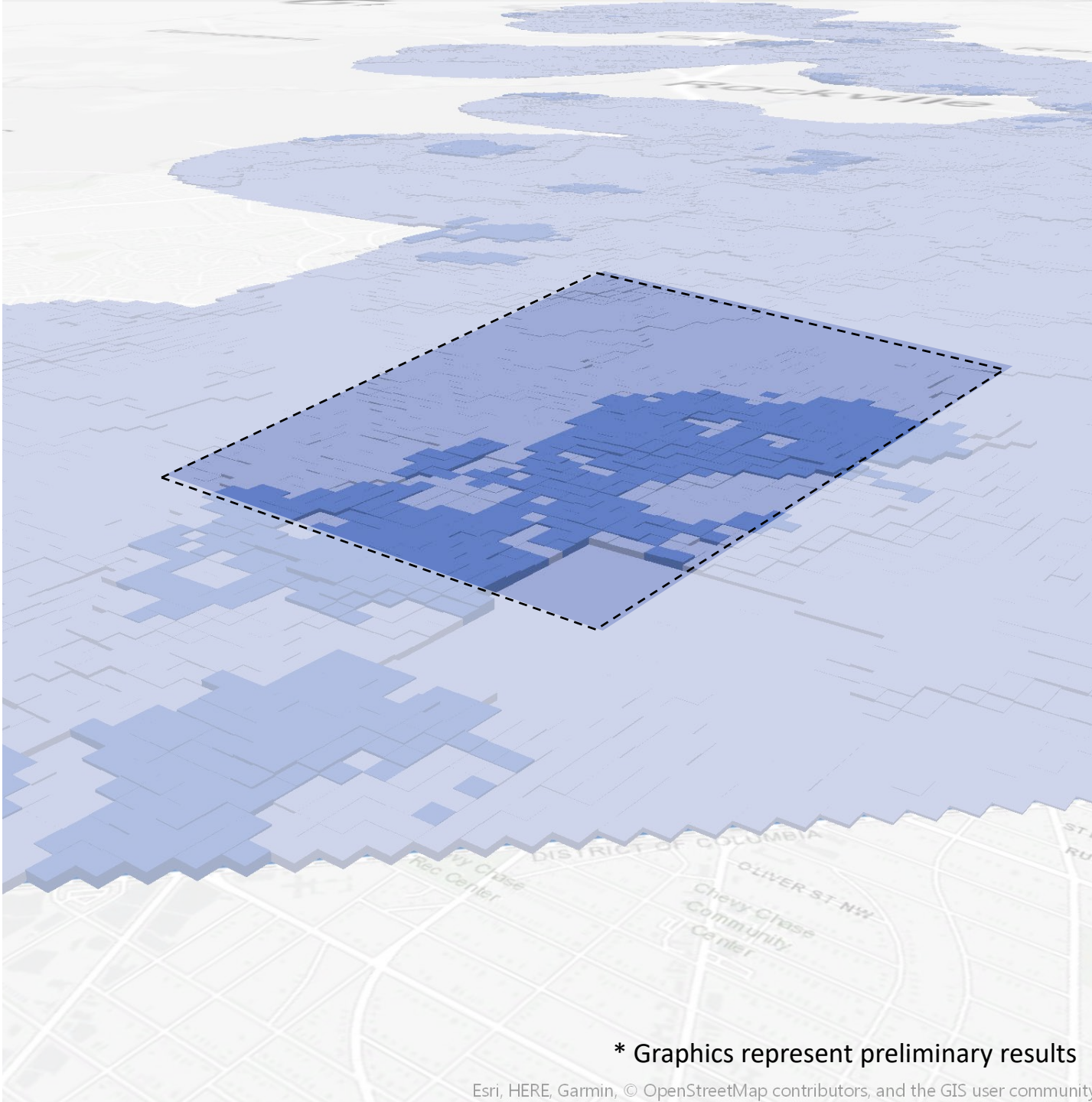
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SUPPLY

ACTIVE



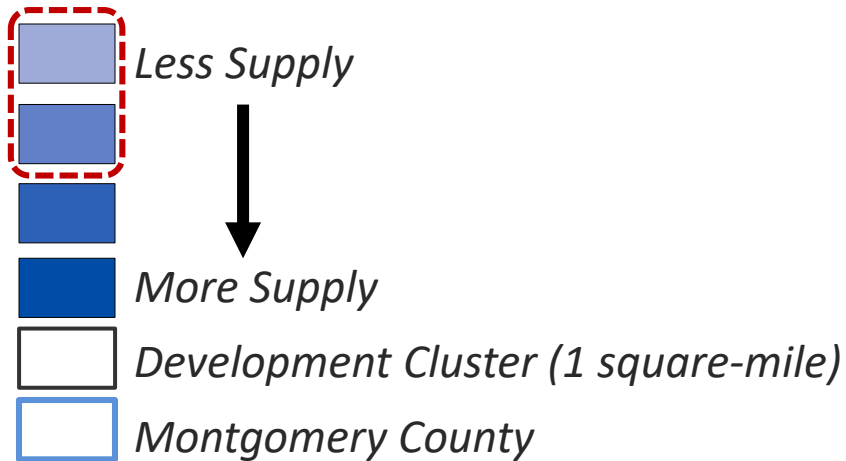
ACCESS TO EXPERIENCES, NOT ACRES



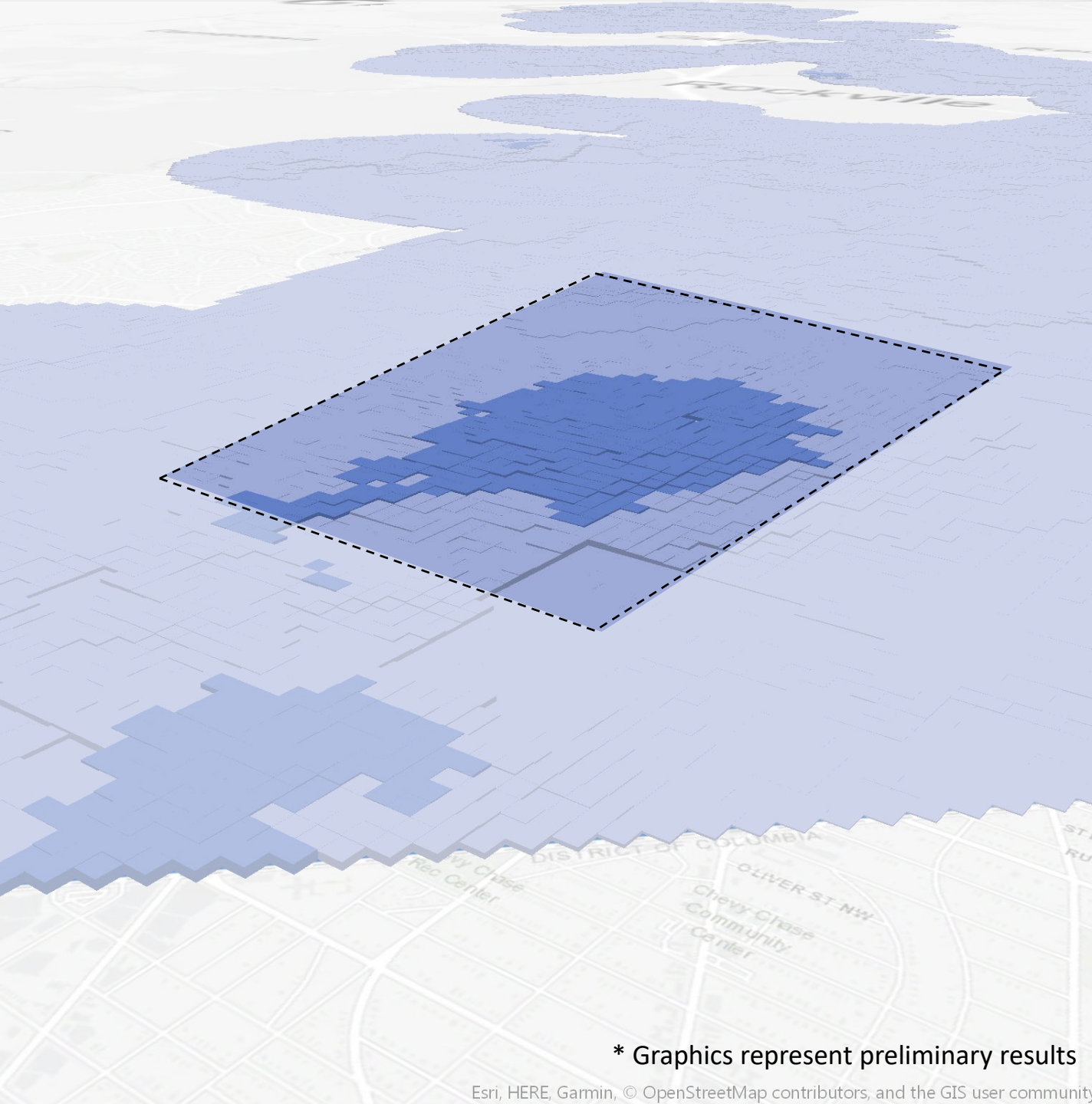
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SUPPLY CONTEMPLATIVE



ACCESS TO EXPERIENCES, NOT ACRES

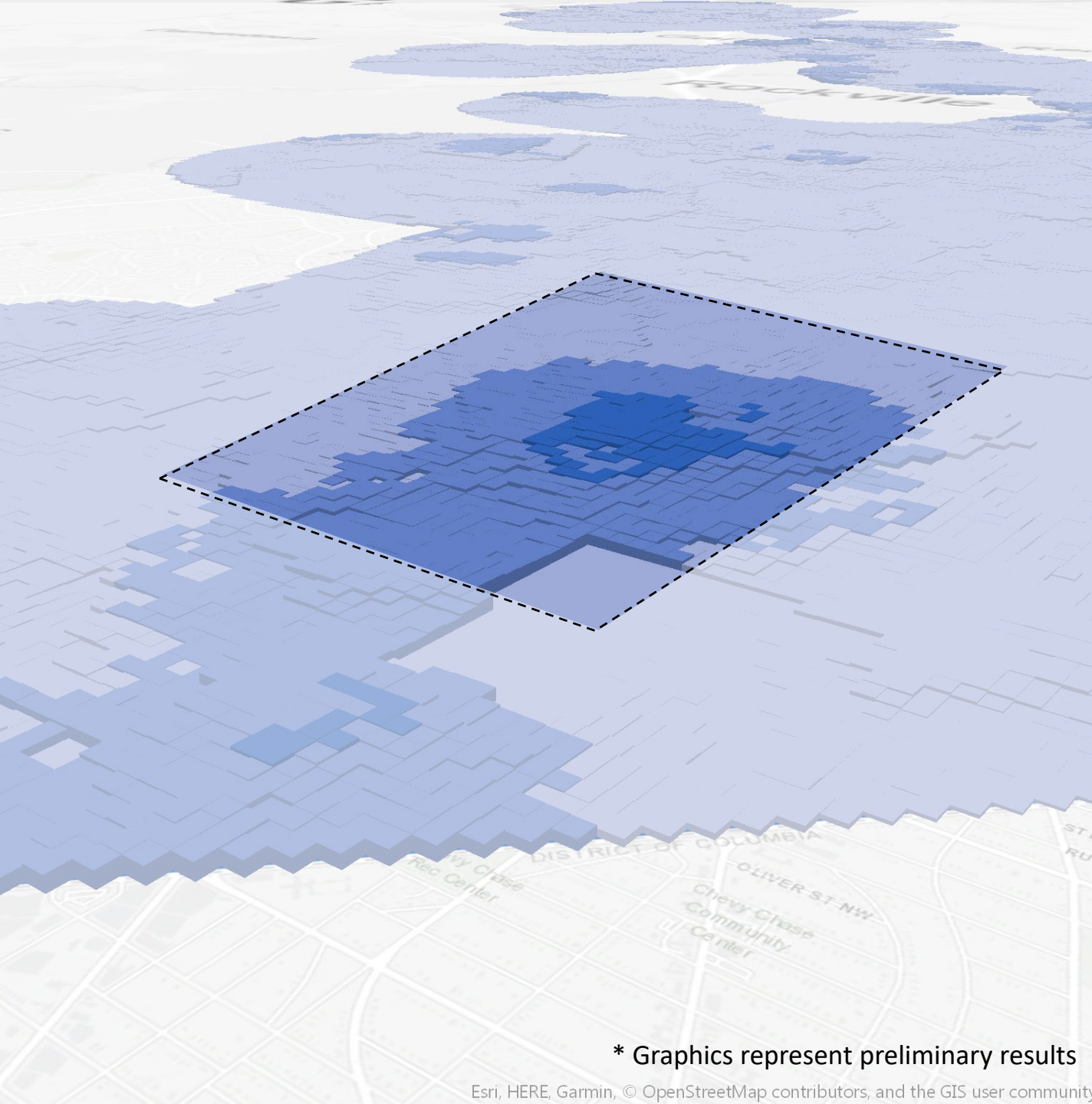
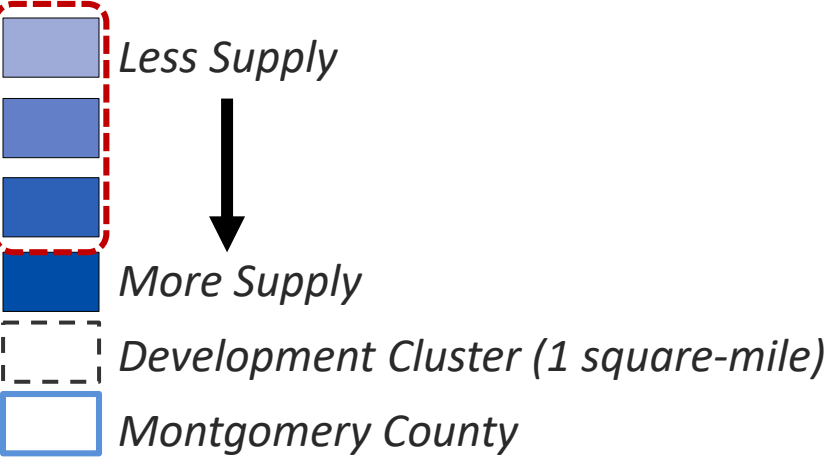


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SUPPLY

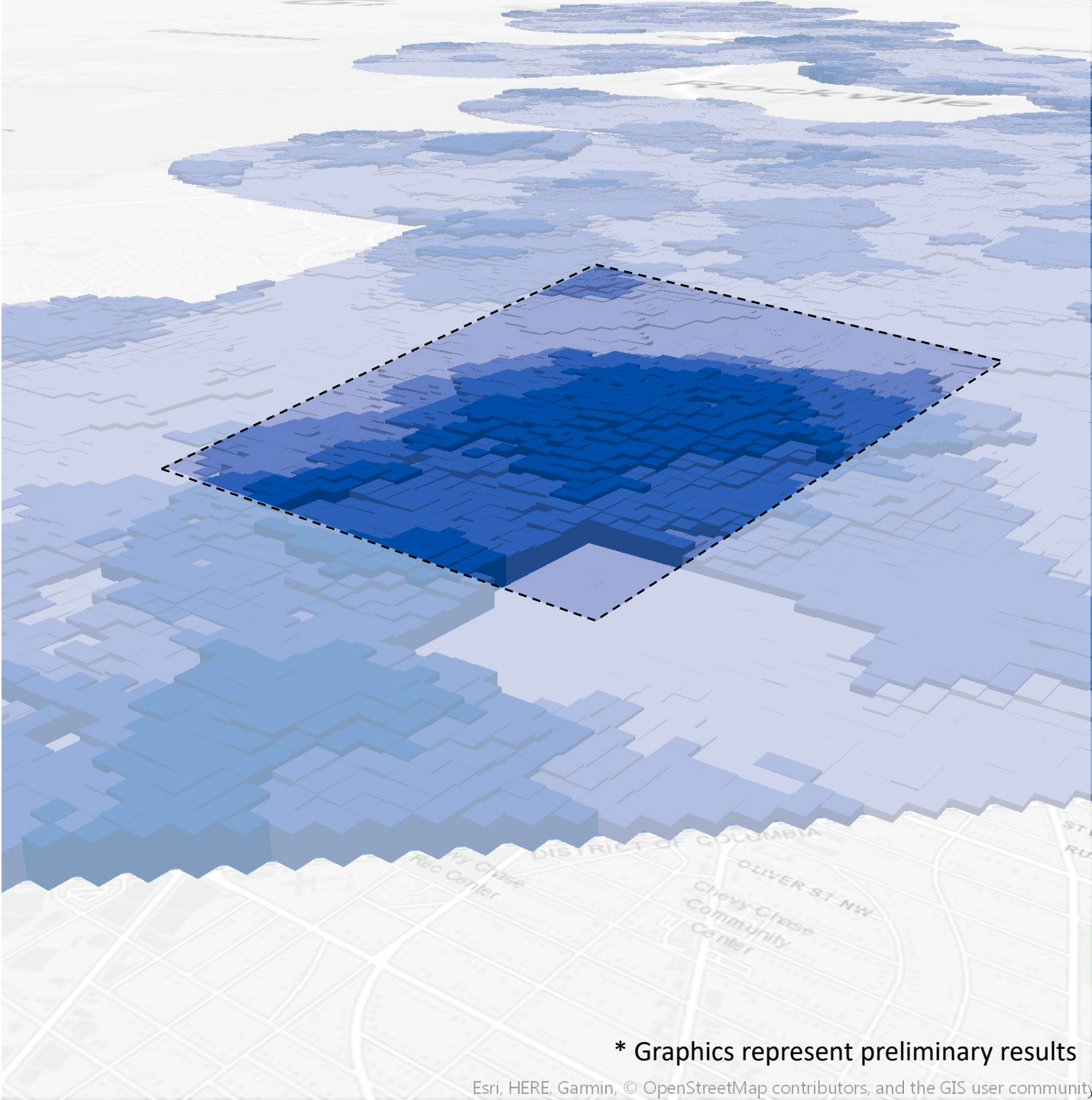
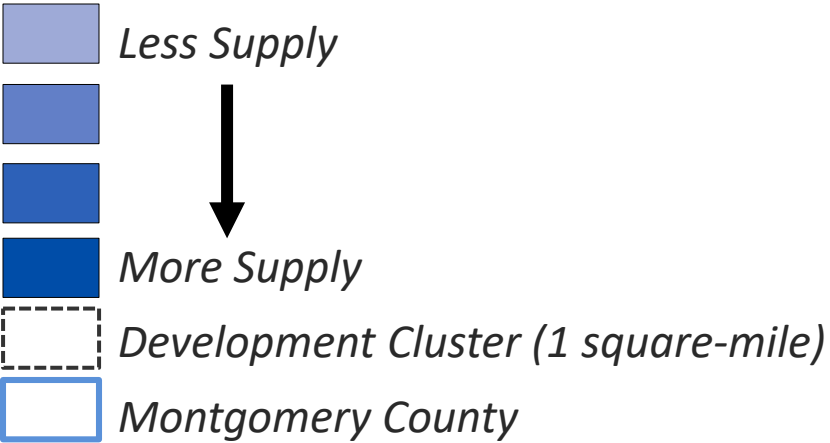
SOCIAL GATHERING



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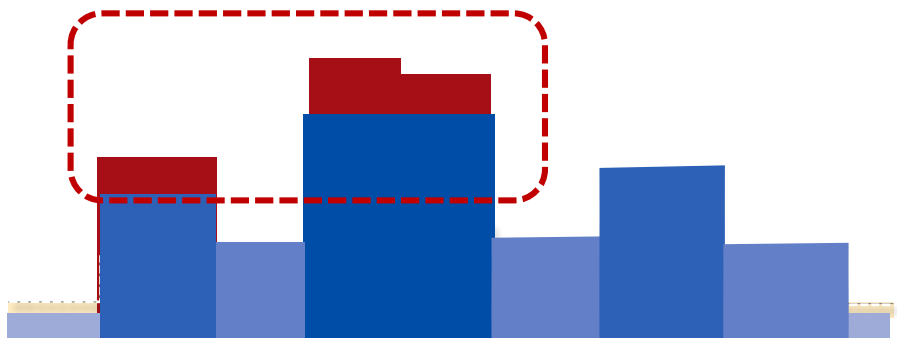
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SUPPLY TOTAL



* Graphics represent preliminary results

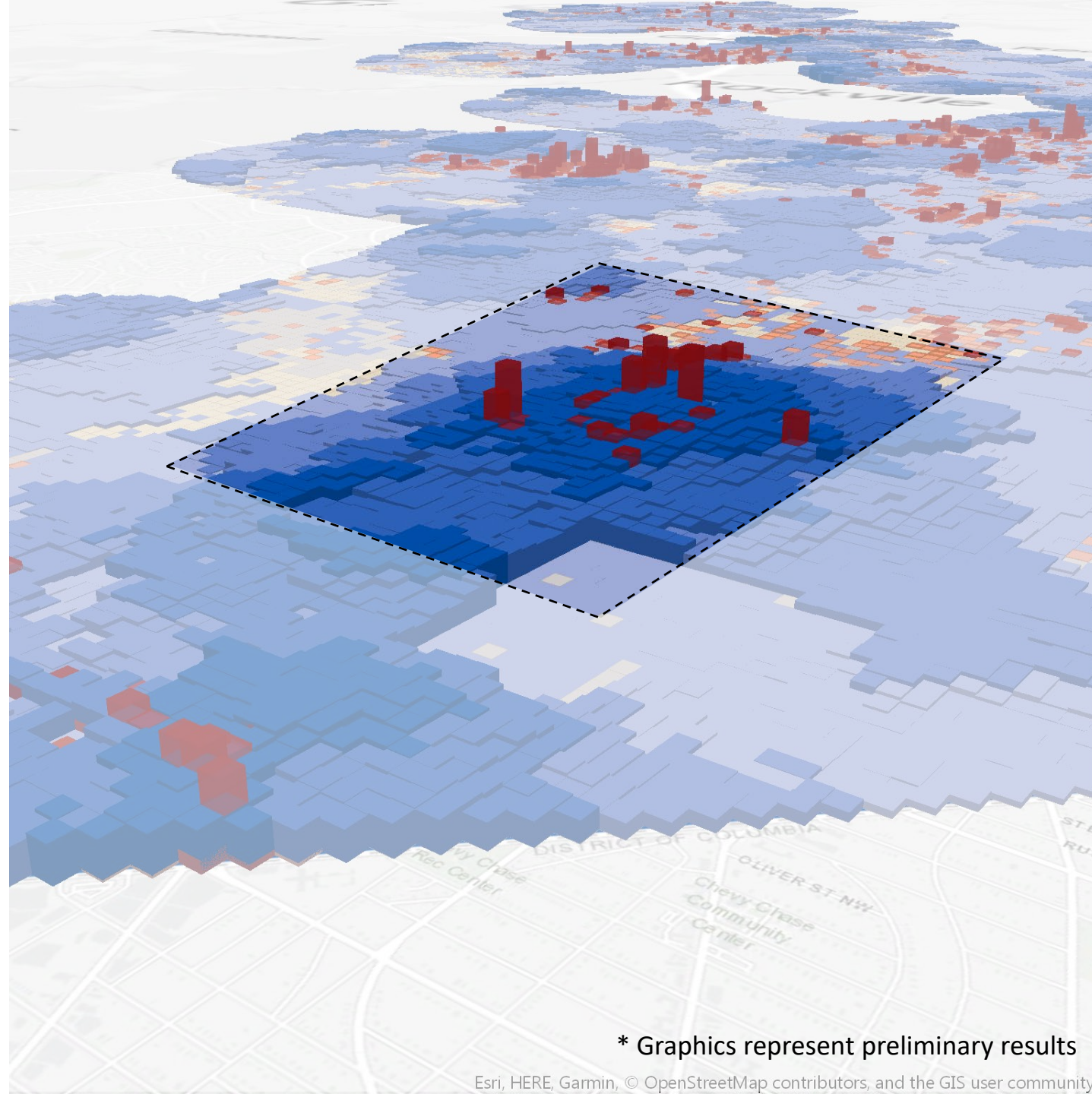
OVERLAY SUPPLY + DEMAND



 *Development Cluster (1 square-mile)*
 *Montgomery County*



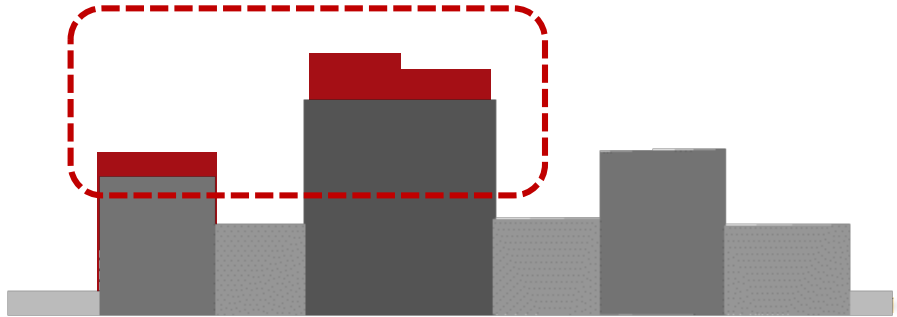
ACCESS TO EXPERIENCES, NOT ACRES



* Graphics represent preliminary results

Esri, HERE, Garmin, © OpenStreetMap contributors, and the GIS user community

DEFICITS/ < LEVEL OF SERVICE



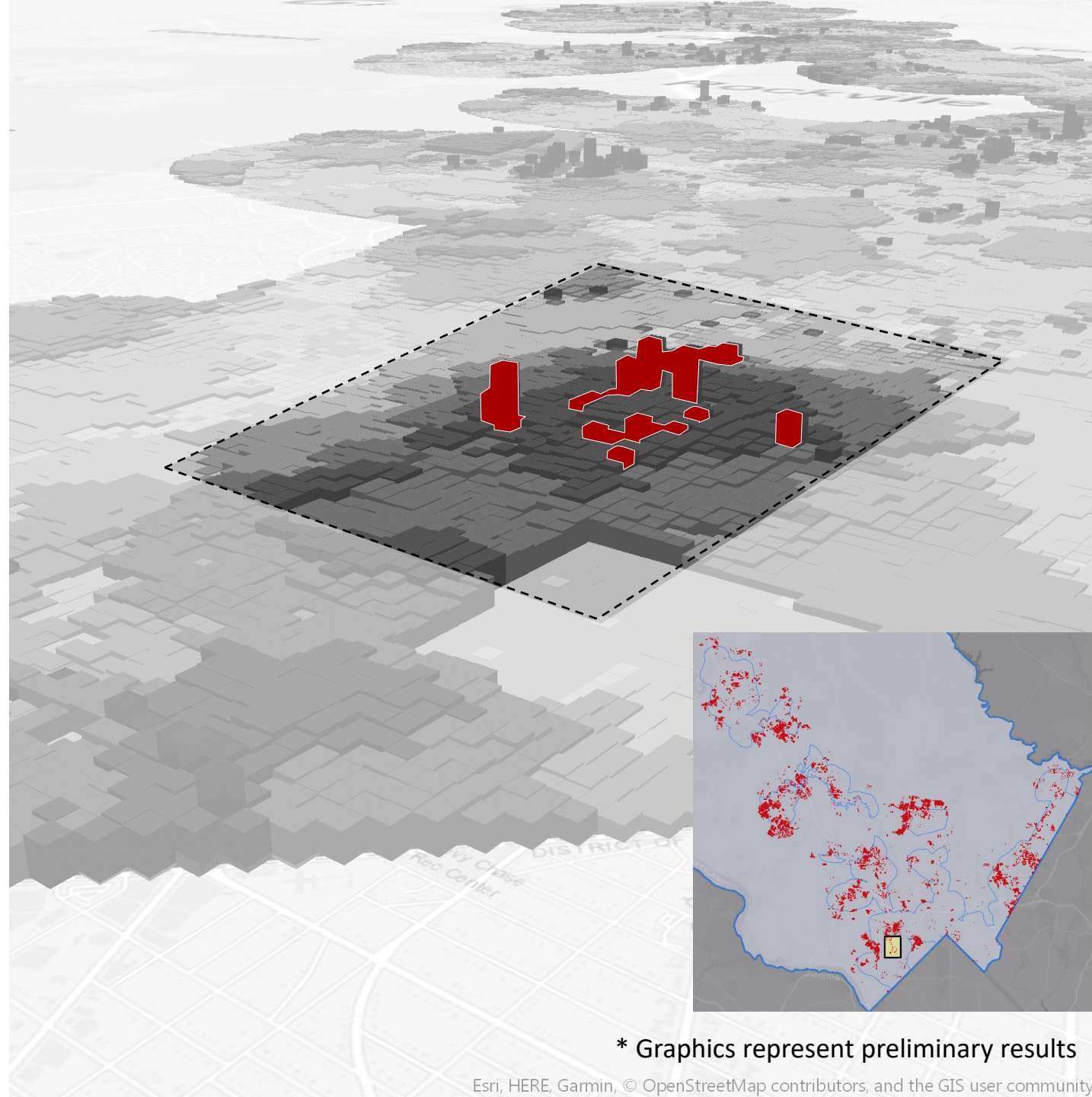
Deficits



Development Cluster (1 square-mile)



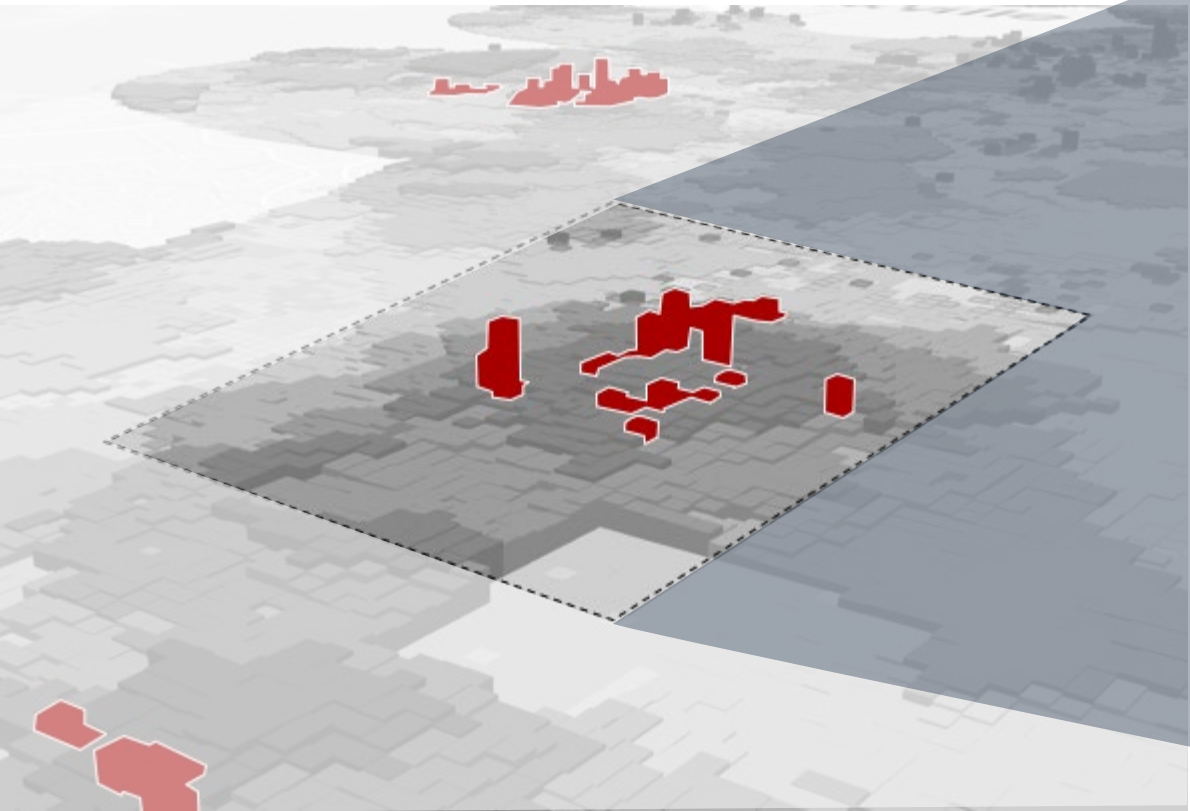
ACCESS TO EXPERIENCES, NOT ACRES



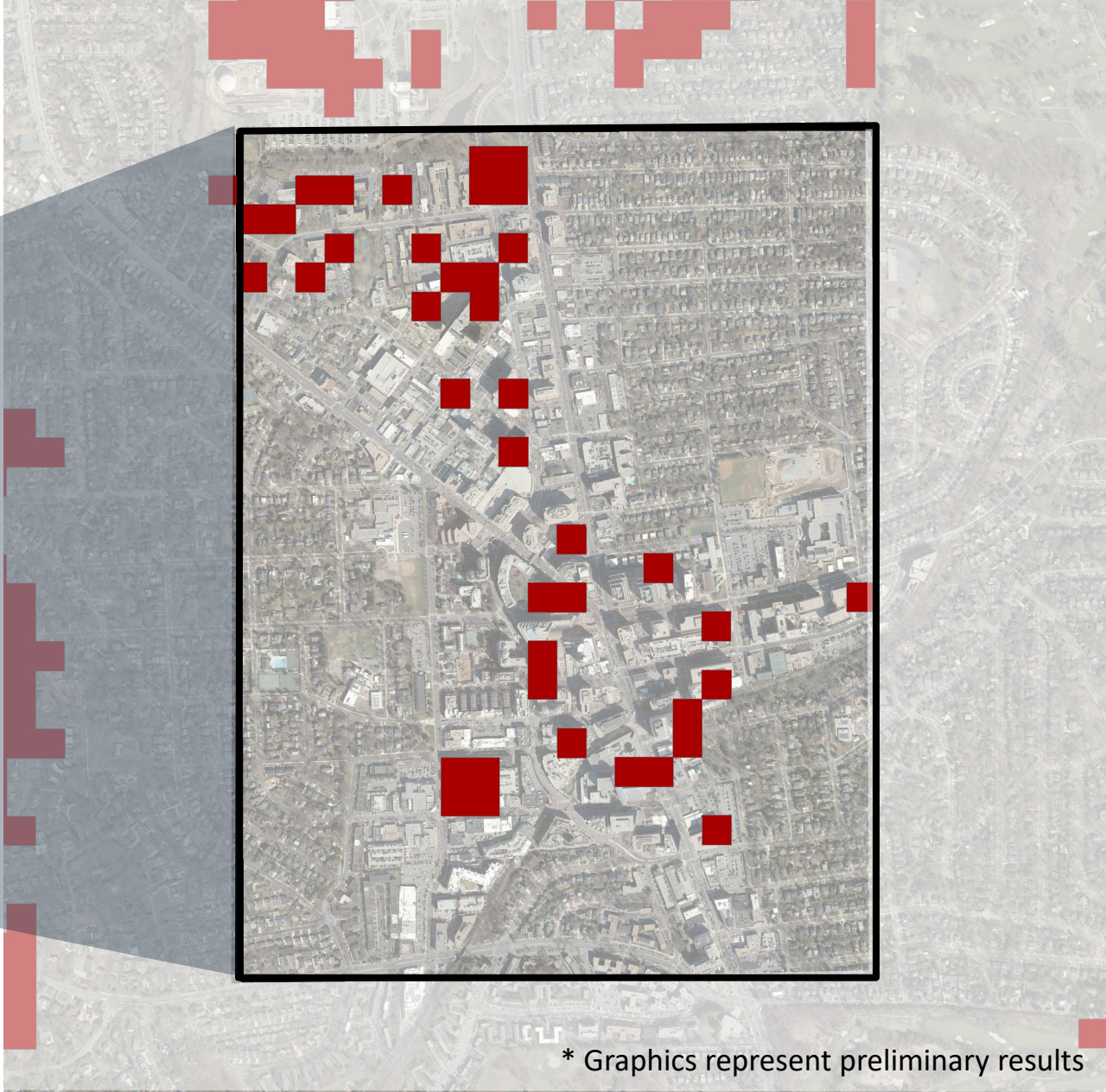
* Graphics represent preliminary results

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DEFICITS




40 deficit squares



* Graphics represent preliminary results

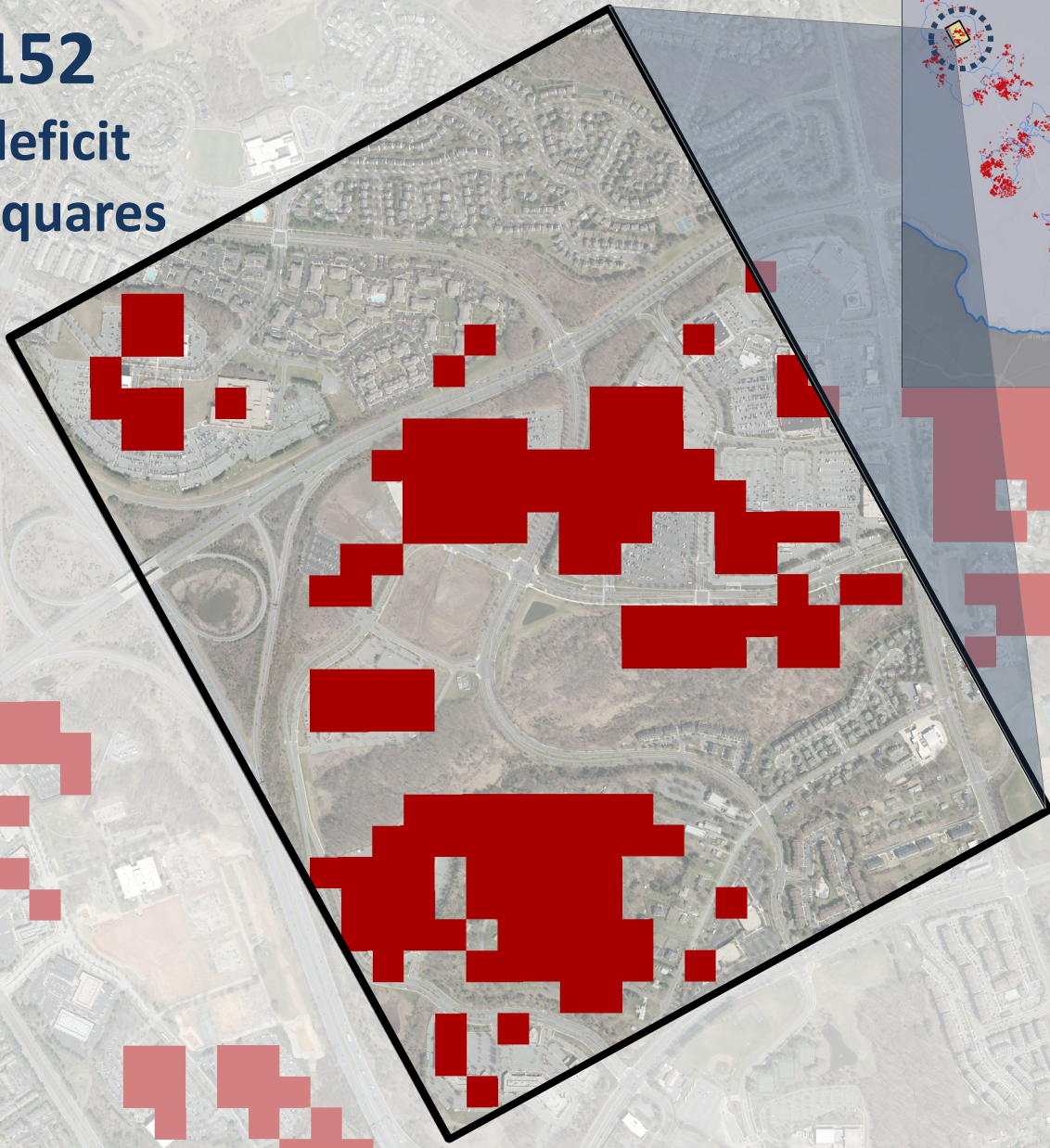


ACCESS TO EXPERIENCES, NOT ACRES

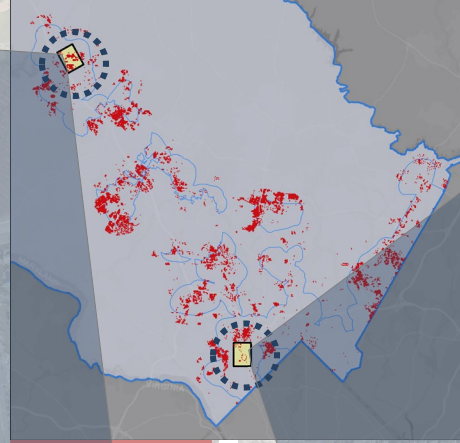
 Deficits (1 square-acre)

 Development Cluster (1 square-mile)

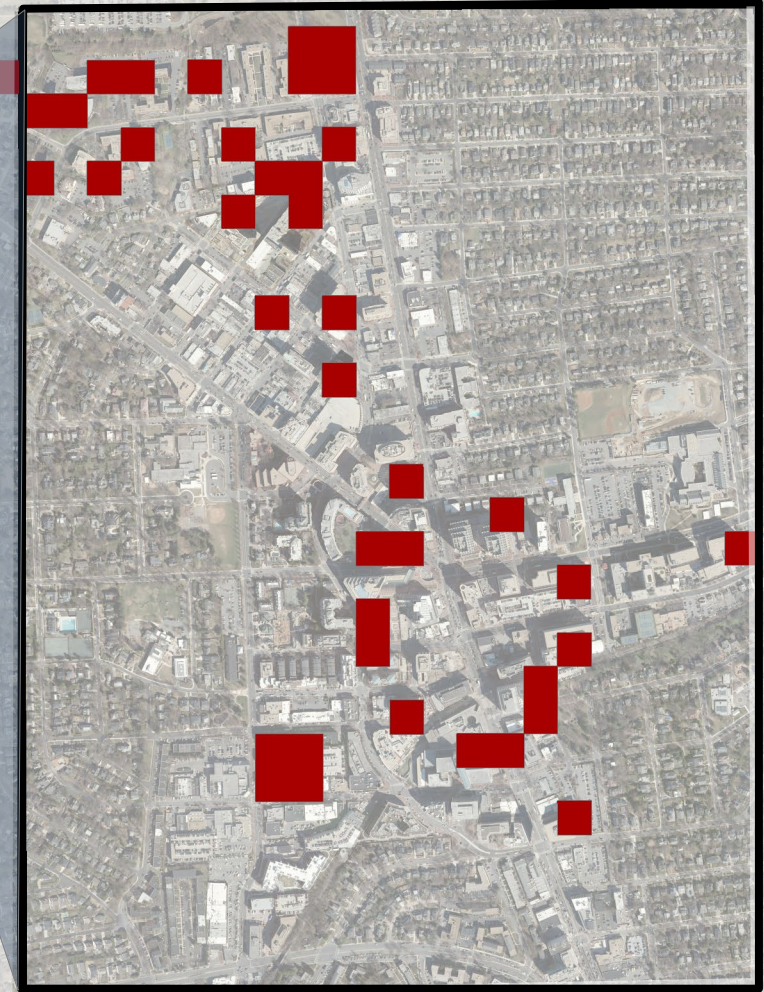
152
deficit
squares



GERMANTOWN



40
deficit
squares



BETHESDA

* Graphics represent preliminary results

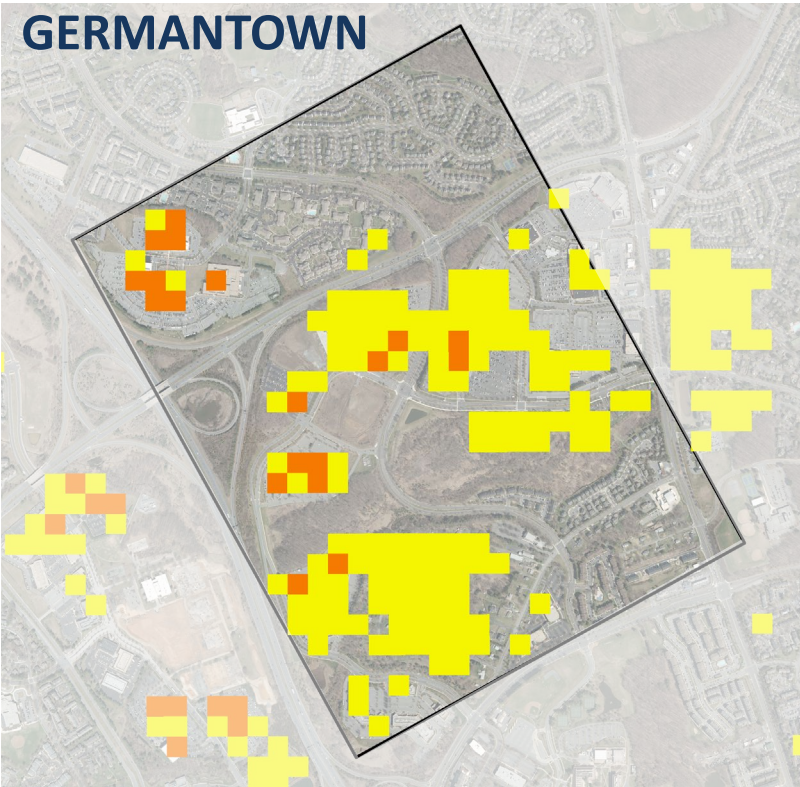


ACCESS TO EXPERIENCES, NOT ACRES

■ Deficits (1 square-acre)

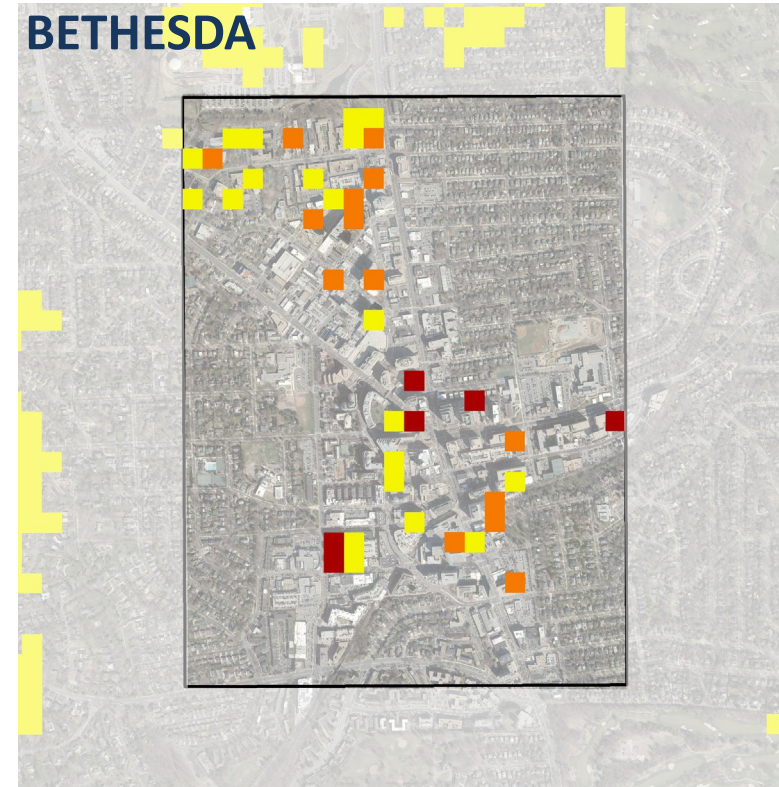
□ Development Cluster (1 square-mile) 67

DEFICITS HAVE DIFFERENT WEIGHT



DEFICIT = 5,732

152
deficit
squares
< demand
< supply
↓ connection



DEFICIT = 7,203

40
deficit
squares
> demand
< supply
↑ connection

NOT ALL DEFICITS WILL BE TREATED THE SAME

The EPS Plan establishes five major strategies to improve the mapped deficits.

EPS STRATEGIES



CREATE & DEVELOP – PARKS DEPT.

New Park



CREATE WITH PARTNERS



Building Roof



POPS

(privately-owned public spaces)



Parking Garage Roof

REPURPOSE









BEFORE: Underutilized courtyard



AFTER: Popular dog park

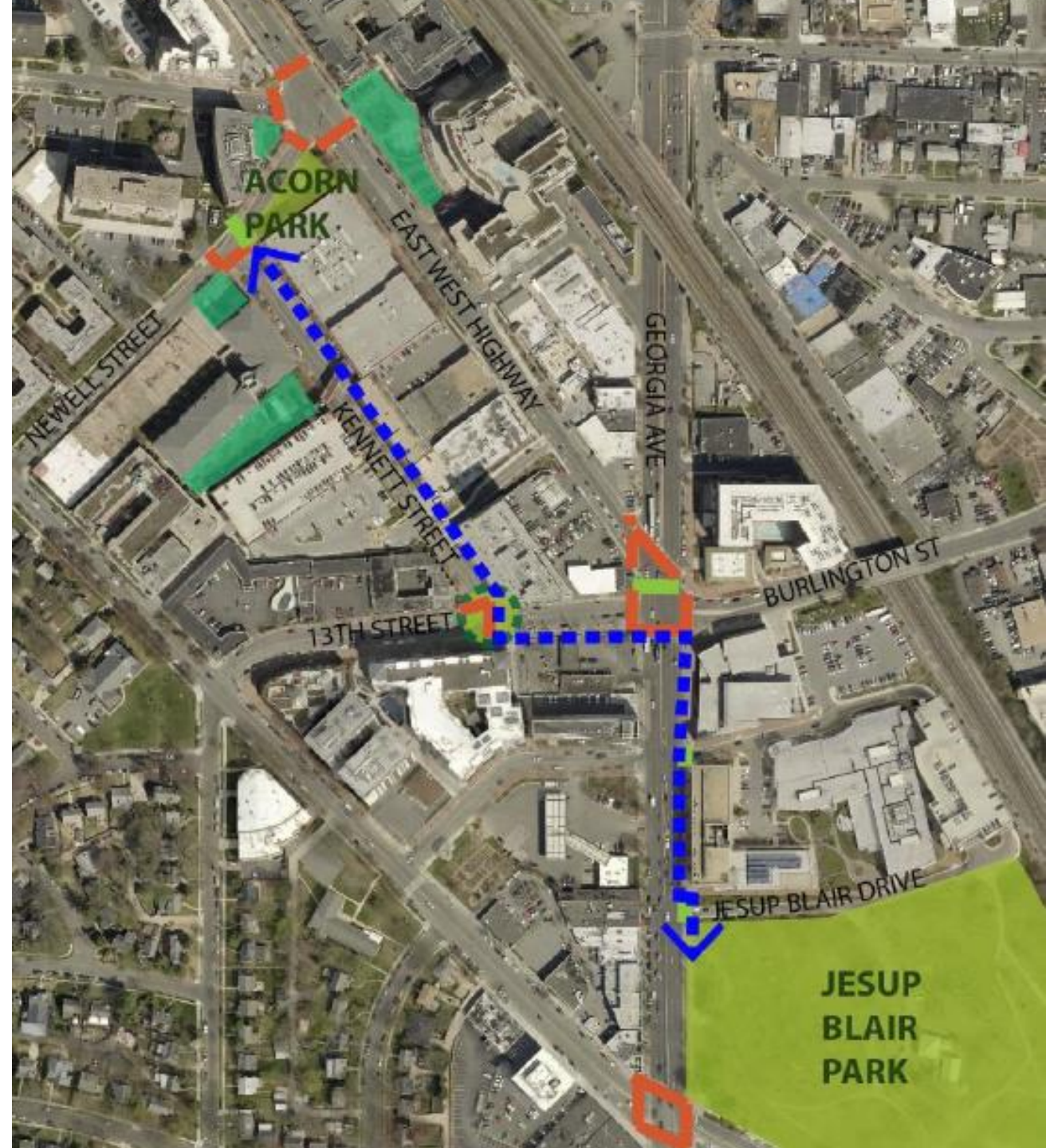
CONNECT

Improvements to cross busy avenue & connect to larger park

-  Public Open Space
-  Public/Private Open Space
-  Proposed Pedestrian Node
-  Existing Crosswalk
-  Proposed Crosswalk/Pedestrian Improvement
-  Proposed Park Pedestrian Connection



ACCESS TO EXPERIENCES, NOT ACRES



ACTIVATE



White Flint Placemaking Festival



ACCESS TO EXPERIENCES, NOT ACRES

ACTIVATE



Climbing Trees



Pump Track



Yappy Hour: Partners

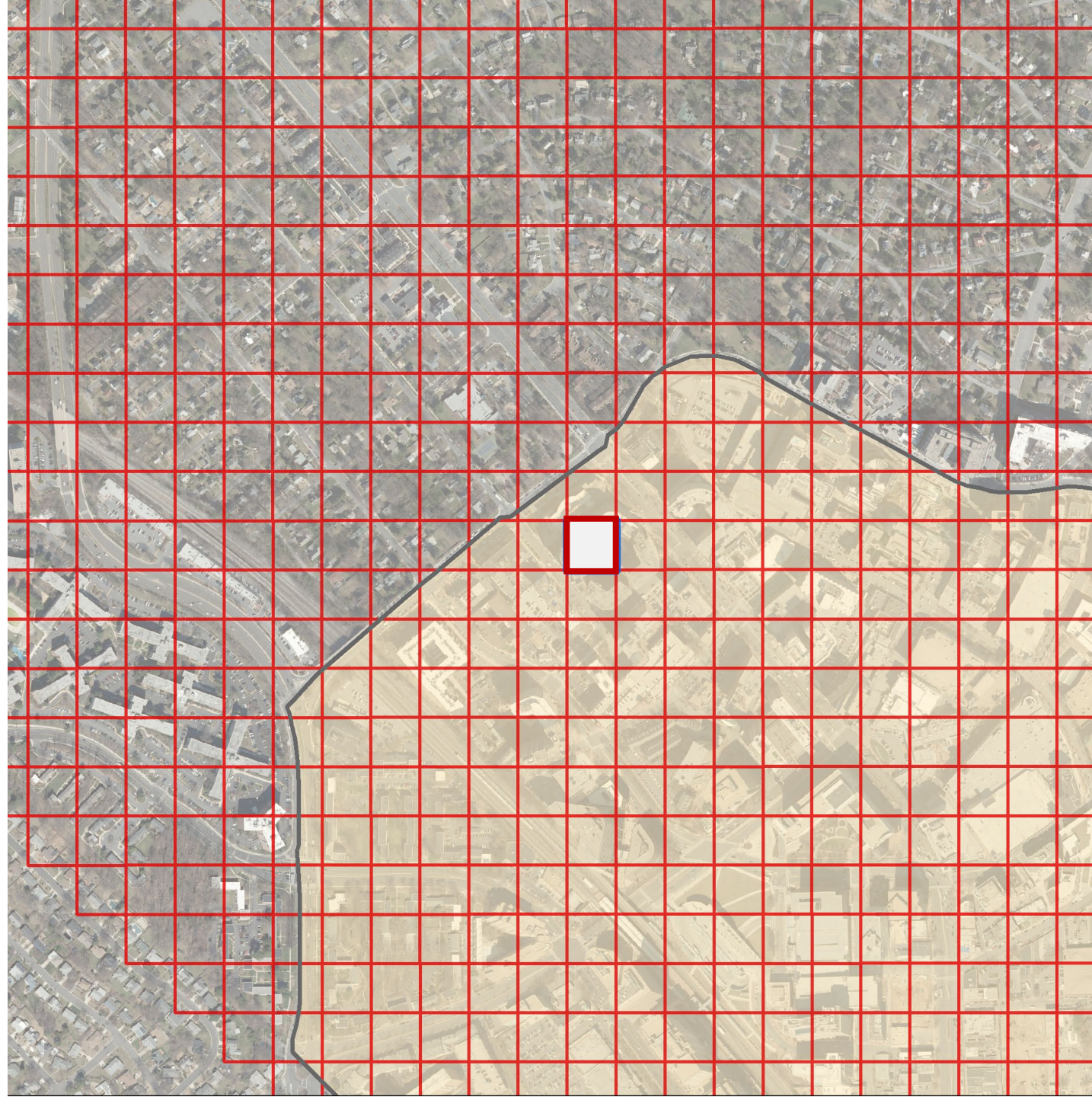
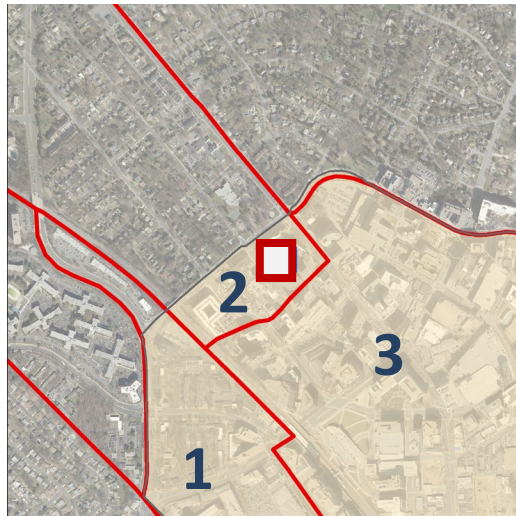
A photograph of a tranquil forest scene. In the foreground, a calm body of water reflects the surrounding dense green trees and foliage. The trees are lush and vibrant, with sunlight filtering through the leaves, creating a dappled light effect. The water is still, acting as a perfect mirror for the forest above. The overall atmosphere is peaceful and serene.

THANK YOU

METHODOLOGY: HOW WE DID IT

THE GRID

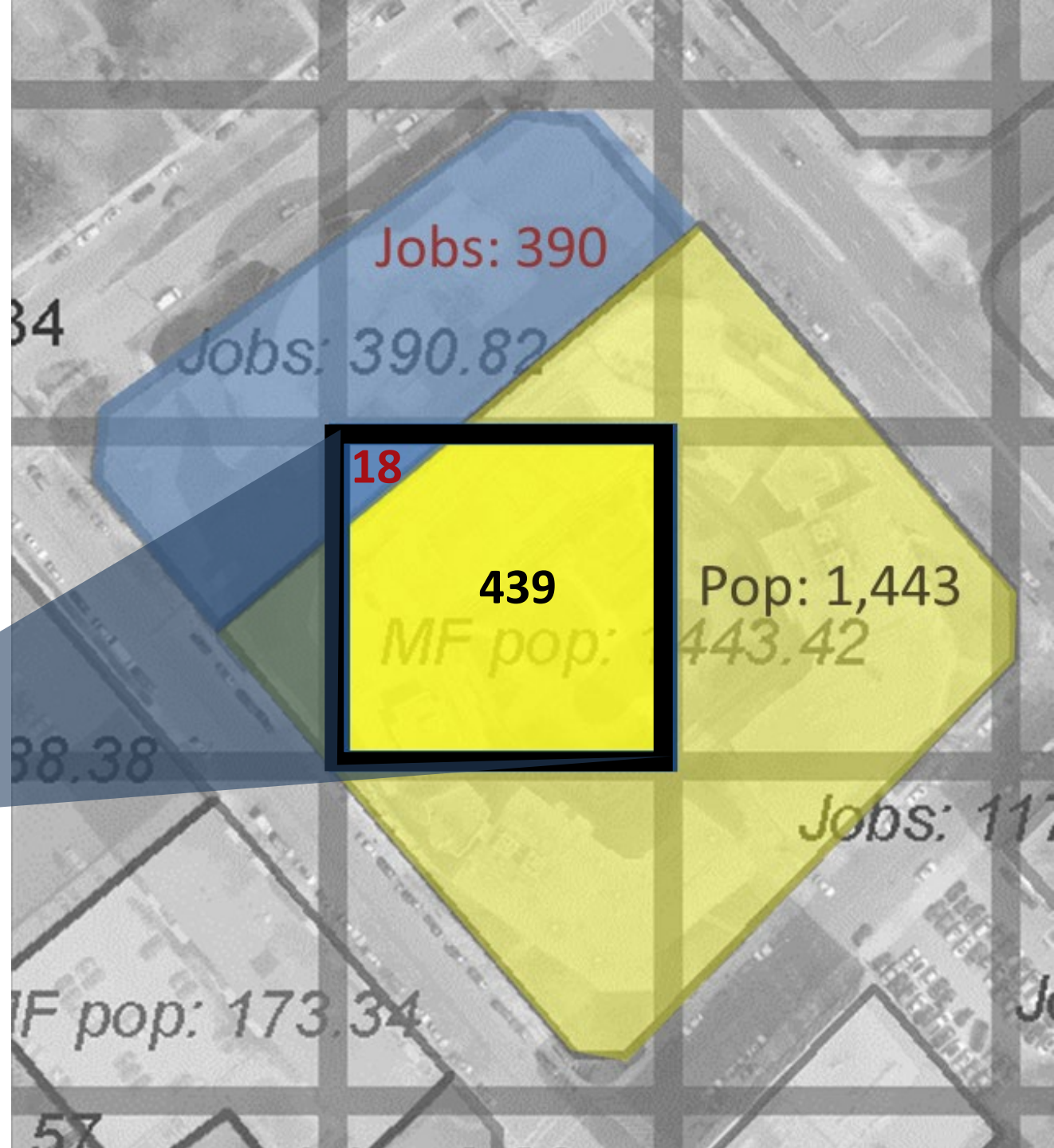
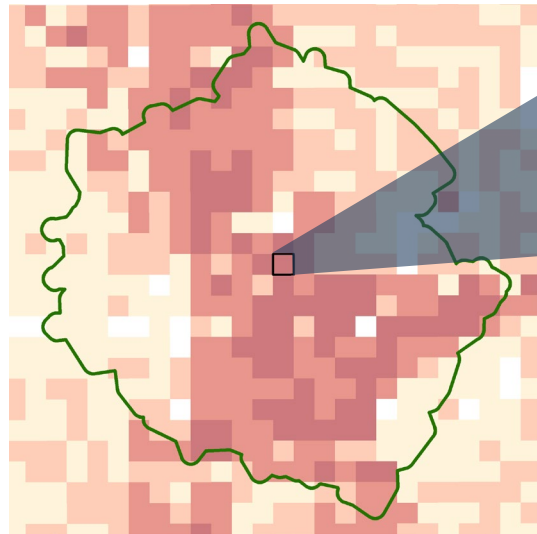
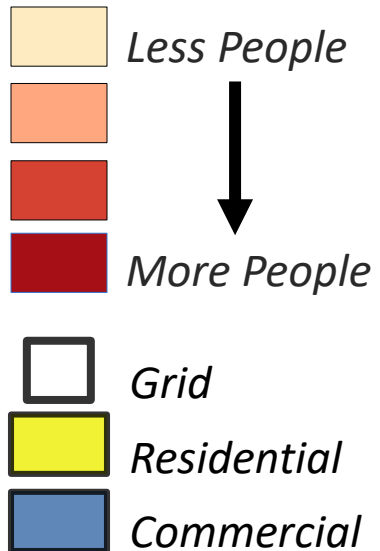
- Divide area into 1-acre grid
- 300k+ acre grids
- Regular grid – getting supply and demand in each grid
- Compare equally
- More precise than census tract



DEMAND

Demand:

- Population of Residents + Workers
- Sample demand for one square



DEMAND: CONSOLIDATE LARGE SITES



6 PARCELS

Only 1 parcel contains total info



1 PARCEL






Consolidation of parcels

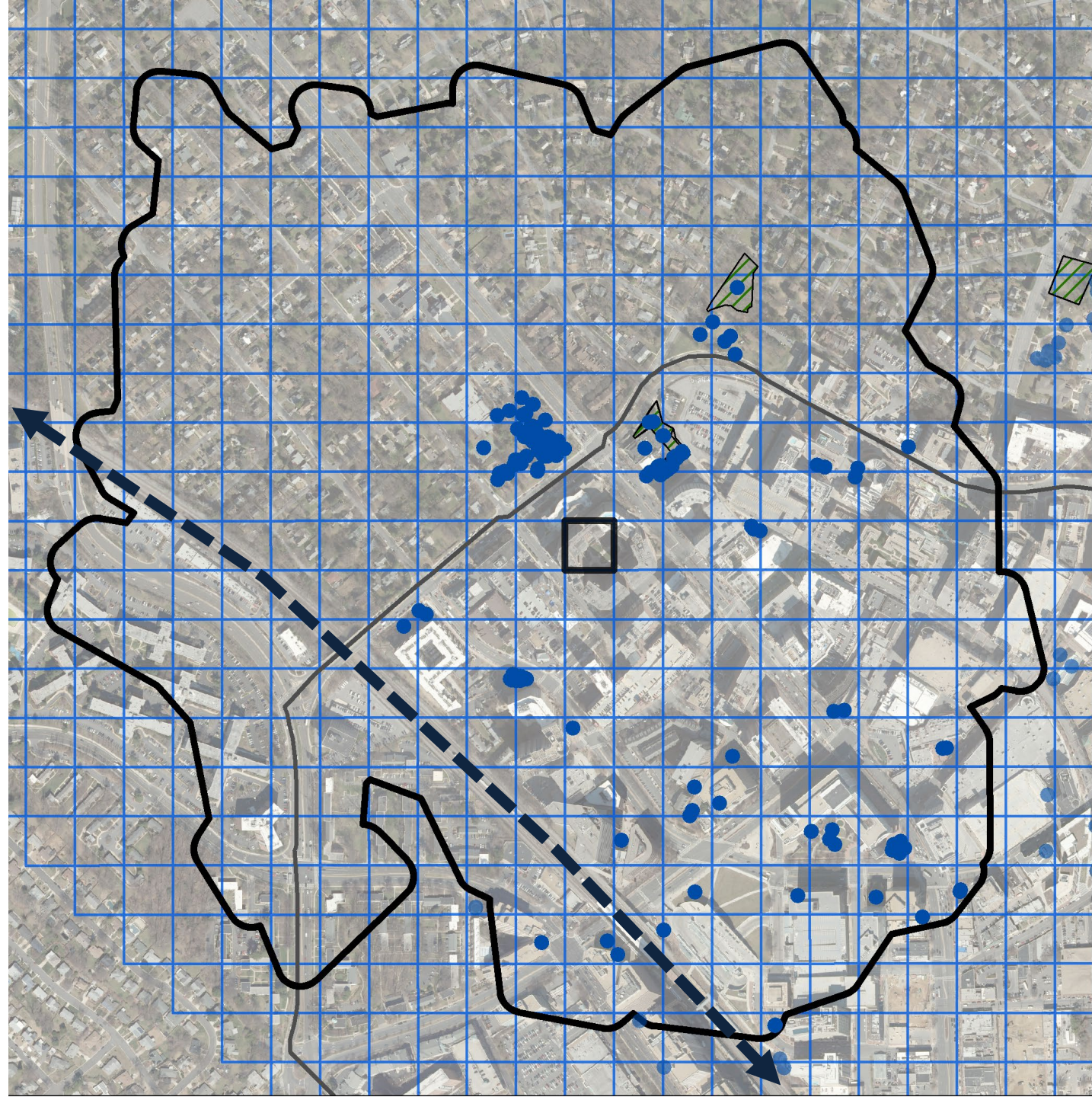


DEMAND BY GRID

Distribution of demand on buildings only

SUPPLY - GRID

-  1-acre focus area
-  supply of Amenities within the walkshed
-  woods
-  10-min walkshed
-  barrier



COLLECTING AND SCORING

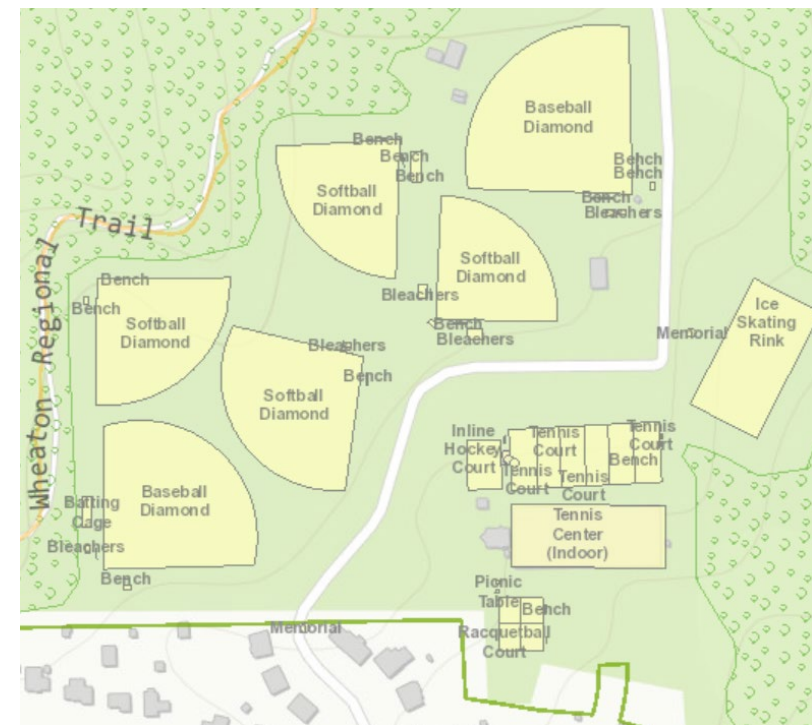
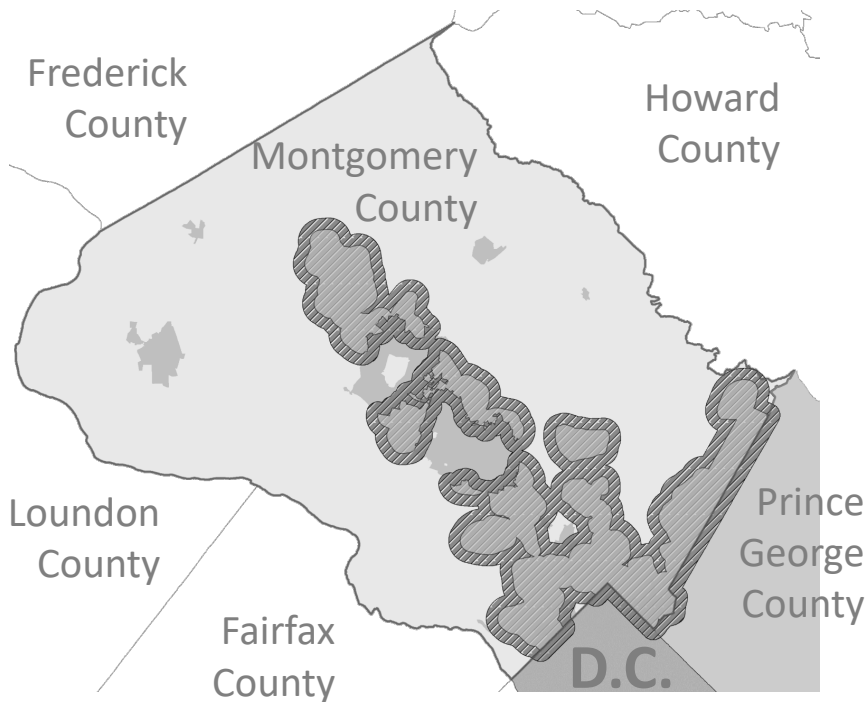
#	ID CODE	COUNT	AMENITY	ACTIVE	CONTEMPLATIVE	SOCIAL
1	ADVENTURE SPORT	2	Adventure Sport	1.5	0	1.5
2	ARCH/THEATER	13	Amphitheater	0	0.5	0.75
3	ARCHERY RANGE	2	Archery Range	0.5	0	0.5
4	ART FOUNTAIN	25	Recreative Fountain	0	1	0.75
5	ART/INTERACTIVE	12	Artistic Interactive Feature	0.5	1	1
6	ART SCULPTURE	60	Recreative Sculpture	0	0.5	0.5
7				0	0.5	0.5
8				0	0.5	0.5
9				0	1.5	2
10				0	0	0
11				4.5	0.5	4.5
12				3	4	4
13				1	2	3
14	ART/INTERACTIVE	4	Recreative Fountain	0	0	0
15	CENTR TENNIS	4	Tennis Center (Indoor)	0	0	4
16	COURT BALL FULL	467	Recreational Full Court	2	0	2
17	COURT BALL HALF			0.75	0	1
18	COURT CAMP CO			0.75	0	0.75
19	COURT HANDBALL			0.75	0	0.75
20	COURT HOCKEY			1	0	1
21	COURT MULTI PL			1.5	0	1.5
22	COURT MULTI IV			1	0	1
23	COURT PICKLEBALL			1	0	1
24	COURT RACQUET			1	0	1
25	COURT SQUASH	TBD	Squash Court	1	0	1
26	COURT TAICHI	1	Tai Chi Court	0.5	0.5	1
27	COURT TENNIS	795	Tennis Court	1	0	1
28	COURT TENNIS HF	10	Tennis Half Court	0.75	0	0.75
29	COURT VOLLEYBALL			1	0	1
30	DECK			1	0	1
31	DOG PARK			1	0	1
32	DOG RUN			1	0	1
33	DOUGOUT			1	0	1
34	EXERCISE STATION			1	0	1
35	FIELD CRICKET			1	0	1
36	FIELD DIAMOND LG			1	0	1
37	FIELD DIAMOND SM	270	Softball Diamond	1.5	0.5	1.5
38	FIELD RECT LARGE	186	Large Rectangular Field	0	2	2
39	FIELD RECT MID	15	Medium Rectangular Field	0	1.5	2
40	FIELD RECT SMALL	32	Small Rectangular Field	0	1	1
41	GARDEN COMMUNITY	30	Community Garden	0	0.5	1
42	GARDEN DECOR LG	14	Large Decorative Garden	0	0.5	1
43	GARDEN DECOR SM	30	Small Decorative Garden	0	0.5	1
44	GAS/TA		Gas/TA	0	0.5	1
45	GOLF DRIVE RANGE	5	Golf Driving Range	0	0.5	1
46	GREEN CHIC	9	Chic Green	0	0.5	1
47	GREEN NEIGHBOR	11	Neighborhood Green	0	0.5	1
48	GREEN POCKET	37	Pocket Green	0	0.5	1
49	GRIFF FERRY	201	Griff on Griff	0	0.5	1
50	HARDSCAPE SPACE	46	Hardscape Space	0	0.5	1
51	HISTORY MUSEUM	8	Museum or Interpretative Historic Site	0	0.5	1
52	HISTORY PRESERV2	96	Preserved Historic Site (No Signage)	0	0.5	1
53	HISTORY PRESERV2	13	Preserved Historic Site (Signage)	0	0.5	1
54	HISTORY STORY	7	Historical Story at Preserved Historic Site	0.75	1.5	1
55	LAWN LARGE	233	Large Lawn	1	2	3
56	LAWN MEDIUM	79	Medium Lawn	1	1	2
57	LAWN SMALL	53	Small Lawn	0.5	0.5	1
58	MAINTENANCE	52	Maintenance Facility	0	0	0
59	MEADOW	852	Meadow	0	1 (area system)	0
60	MENORIAL	56	Memorial	0	0.5	0.5
61	MINGOLF	2	Mingolf	0.75	0	0
62	MONTAIN	2	Mountains	0	1.5	2
63	MOSQUE AND PARK	1	Mosque and Park	0	0.5	0.5
64	PARK ACTY BLDG	45	Park Activity (Event) Building	0	1	2.5
65	PONIC AREA	100	Picnic Area	0.5	1	1
66	PONIC CHETTER	138	Picnic Shelter	0.5	1	2
67	PONIC TABLE	466	Picnic Table	0	0.25	0.5
68	PLAY MULTIPLE	734	Playground	2	0	2.5
69	PLAY TOT	38	Tot Lot/Play Area, Age 2 - 5	1	0	1
70	PLAZA POCKET	53	Pocket Plaza	0	1	1
71	PLAZA URBAN	11	Urban Plaza	1.5	4	5
72	POND	81	Pond	0	0.5	0
73	RENTAL BOAT	5	Boat Rental	1.5	2	0.5

Amenity

Active

Contemplative

Social Gathering



90+ categories

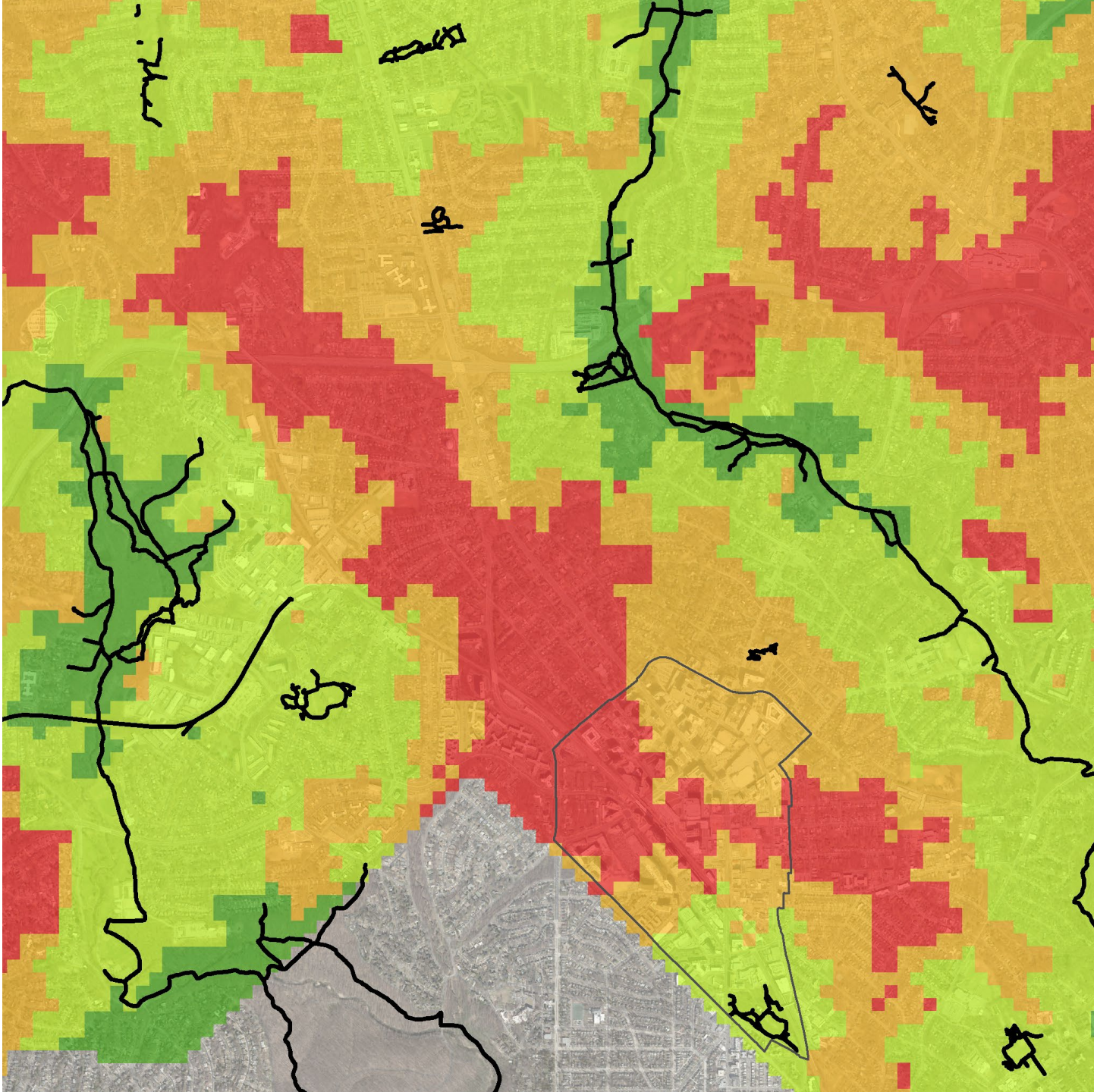
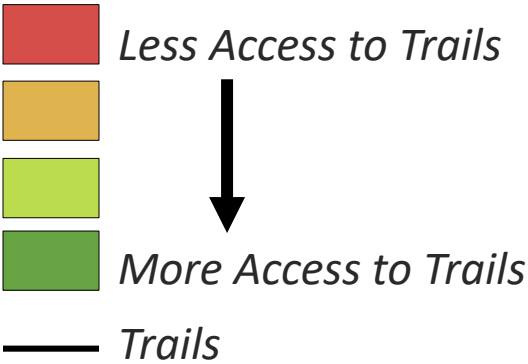
500+ locations 14k+ amenities



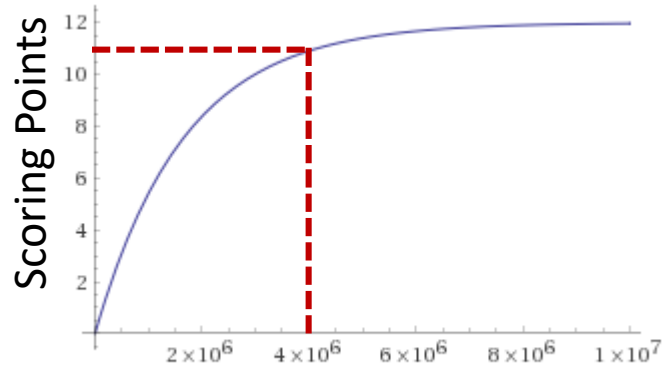
ACCESS TO EXPERIENCES, NOT ACRES

TRAILS SCORING

	ACTIVE	CONTEMPLATIVE	SOCIAL
TRAIL	6/10/14	6/10/14	2/2.5/3



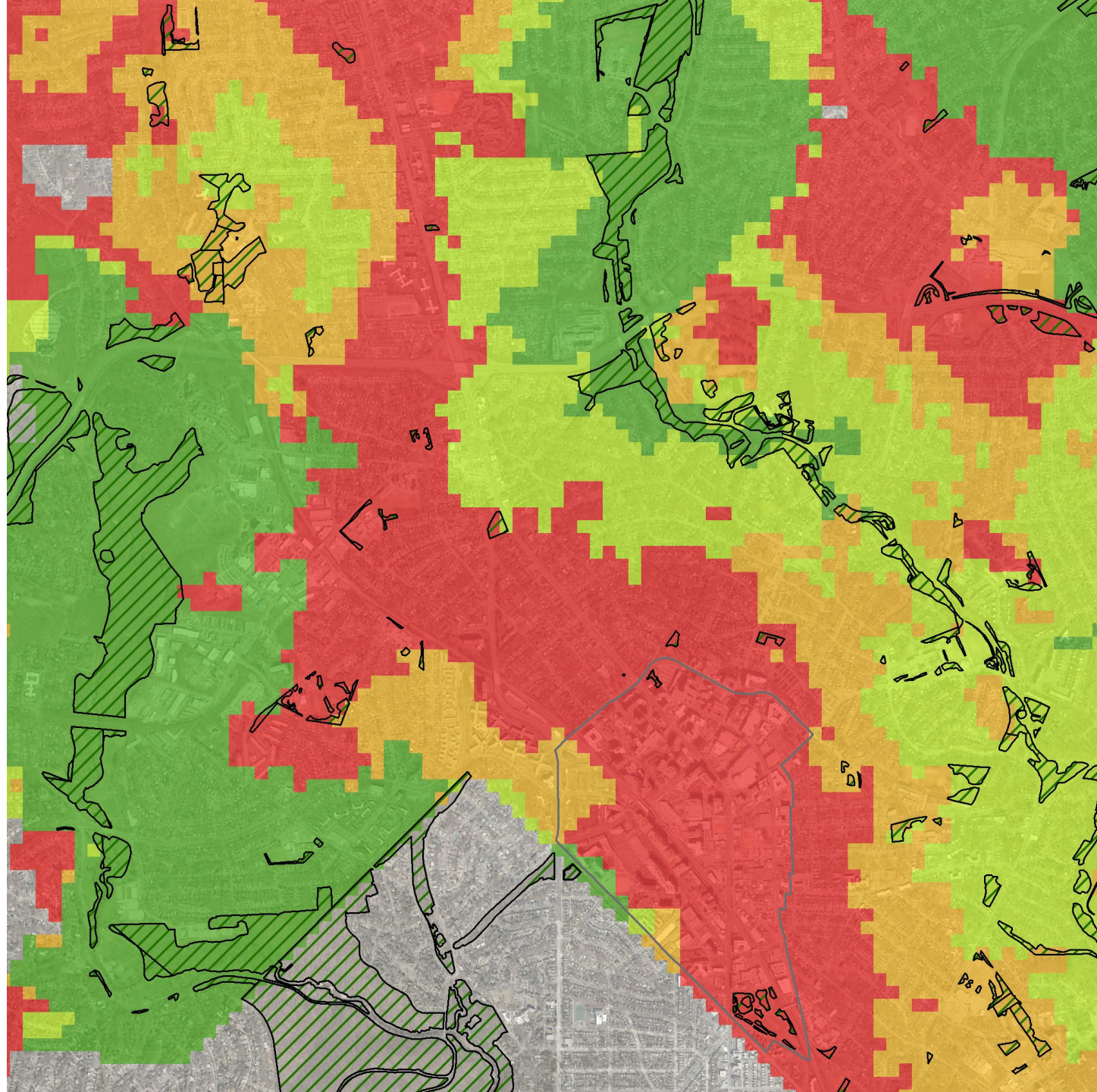
WOODS SCORING



Size (amount of woods)



ACCESS TO EXPERIENCES, NOT ACRES



WALKABLE NETWORK

Create Walk Links:

- Neighborhood roads
- Trail systems
- Park, school, and private retail walkways
- Any road with a sidewalk



Walkshed



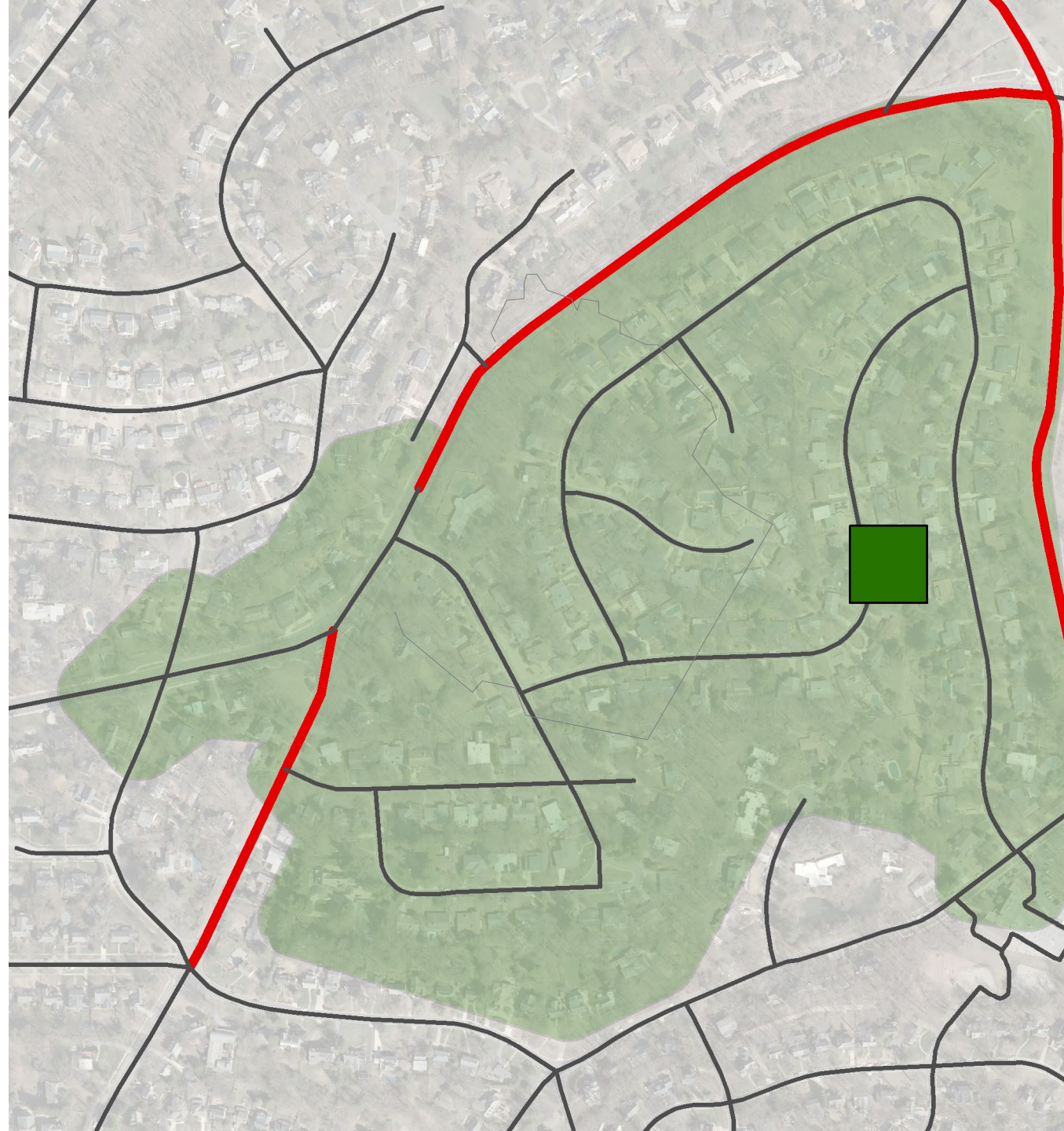
Walkable Network



Non-Walkable Network



ACCESS TO EXPERIENCES, NOT ACRES

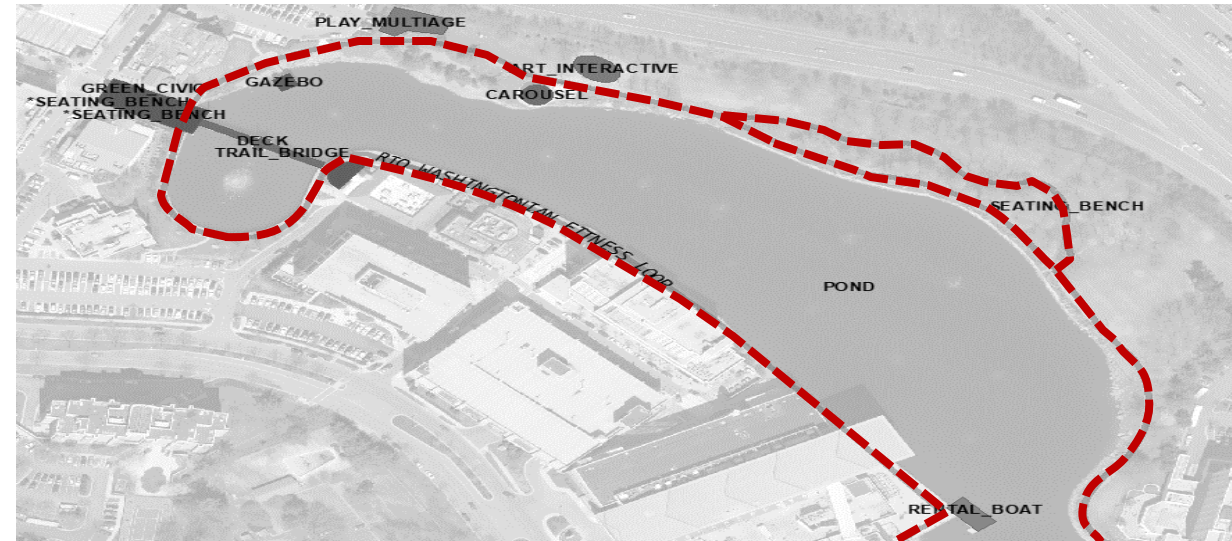


WALKABLE NETWORK

Montgomery Park-owned pathway/trail

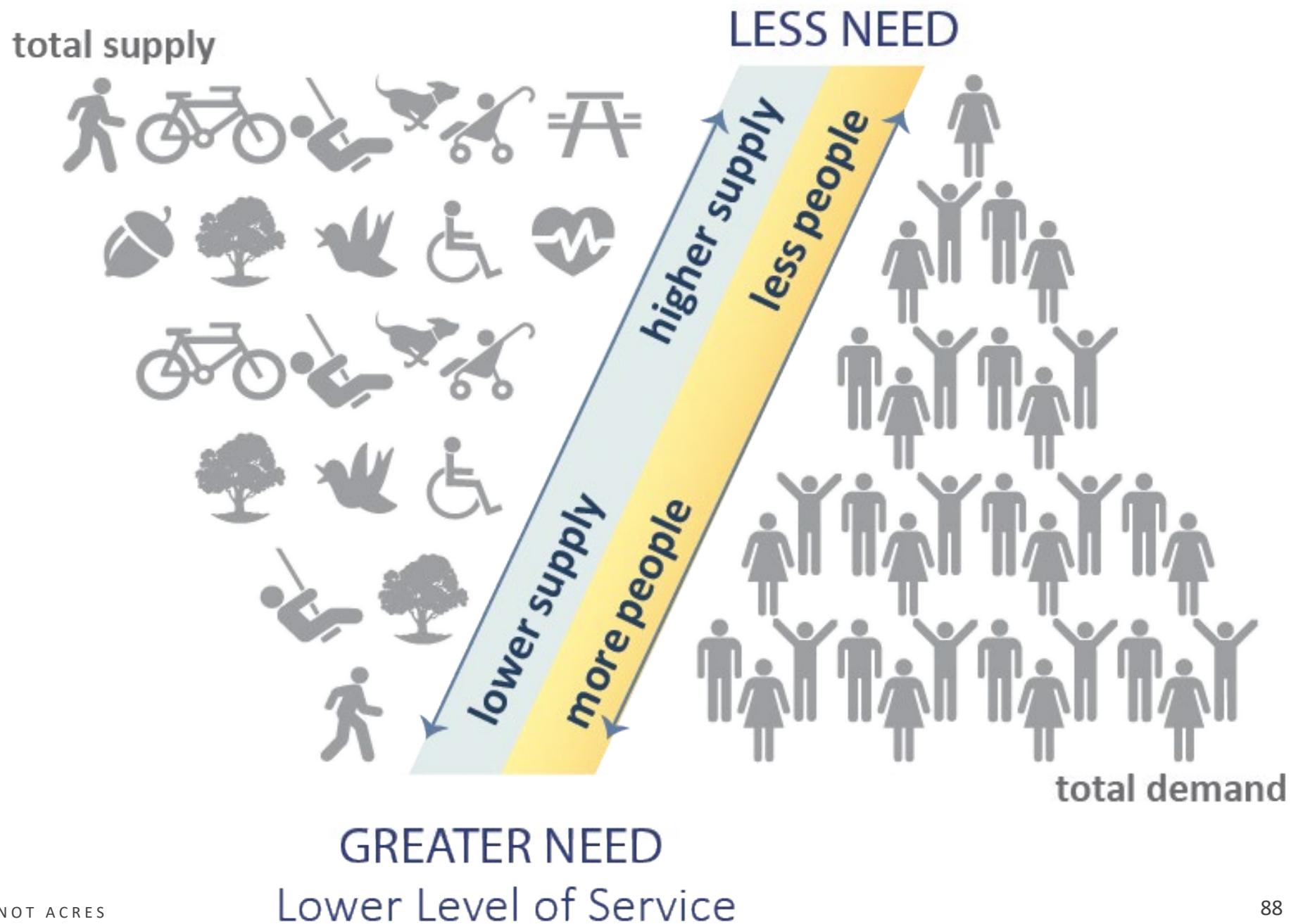


Private-owned public pathway/trail



--- Pathways

THANK YOU



RECAP

How Park Rx America **promotes the Health Benefits** of Parks and Public Spaces

How the EPS Plan **evaluates access** to public spaces

Prioritize **where** a Park system should allocate its limited resources



ACCESS TO EXPERIENCES, NOT ACRES

Source: Carl Morgan, M-NCPPC



Questions?

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Christopher.McGovern@montgomeryplanning.org

<https://parkrxamerica.org/>

John@parkrxamerica.org



ACCESS TO EXPERIENCES, NOT ACRES



Source: ForsythWoman.com