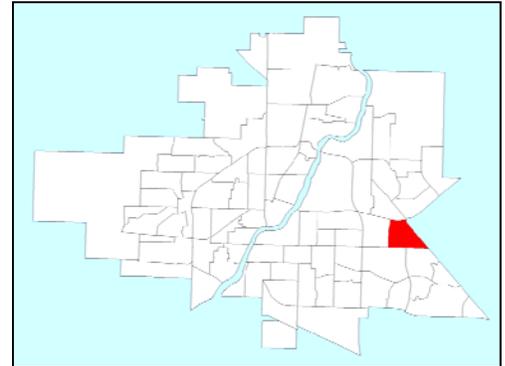


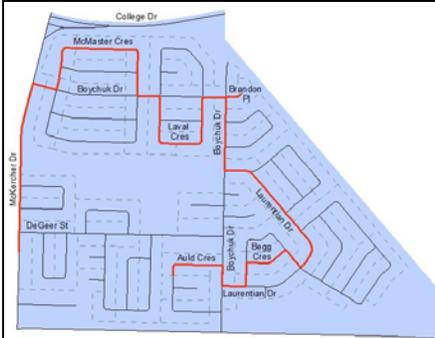
College Park East



The **Smart Cities, Healthy Kids** research project looks for solutions to childhood obesity by investigating how neighbourhood design affects children's ability to be physically active. Research suggests that safety from traffic and crime, the presence of destinations and built features supporting an active lifestyle (eg. parks, playgrounds, and bike lanes), a neighbourhood's attractiveness, and its accessibility are all very important in determining whether people will be active there. To determine which Saskatoon neighbourhood designs are the most supportive of active living, researchers walked each neighbourhood in Saskatoon in the summer months of 2009/2010, collecting data on these areas using two research surveys: the Neighbourhood Active Living Potential (NALP) and the Irvine-Minnesota Inventory (IMI).



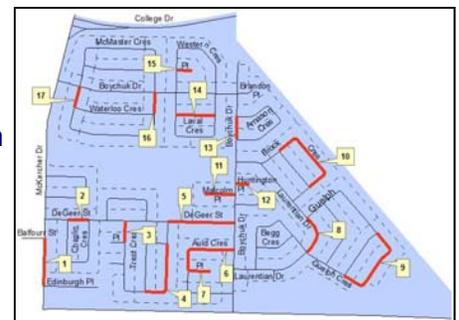
College Park East in Saskatoon



NALP Route Map

NALP consists of 22 items within four areas: Activity Friendliness, Safety, Density of Destinations, and Universal Accessibility. Using this method, observers rated each item on a 6-point scale after walking a pre-defined route in each neighbourhood that connected 10 randomly-selected street segments. The route, typically 4 to 5 kilometres in length, is shown in red on the map.

IMI consists of a 229-item inventory of neighbourhood features within five areas: Attractiveness, Diversity of Destinations, Pedestrian Access, Safety from Traffic, and Safety from Crime. Twenty percent of street segments in each neighbourhood were randomly selected and observed. Each segment is the two facing sides of a street block and is indicated by a numbered flag on the map.



IMI Segments Map

The NALP tool is more subjective in nature and takes into account the impression of the entire neighbourhood based on the systematic observations of the researchers. In contrast, the IMI is more objective in nature and is based on observations of each individual segment. The following report will discuss how the characteristics of College Park East compare to Saskatoon neighbourhoods in general.

Smart Cities Healthy Kids

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College Park East Overview

College Park East is located on the eastern edge of Saskatoon and is bordered by College Drive, McKercher Drive, 8th Street, and the city boundary.

College Park East was designed under the First Community Planning Scheme, which was in effect between 1966-1982. This was Saskatoon's first comprehensive neighbourhood plan that sought to design neighbourhoods as independent communities. As such, each neighbourhood was required to develop around a school site and neighbourhood park, and park space became standardized at 10 acres per 1000 people. Commercial types became distributed into neighbourhood and suburban centre uses. Core neighbourhoods became the focus for high density and mixed-use while suburban neighbourhoods became primarily single-family residential.



College Park East street View



Well marked pedestrian crossing

Safety

We rated each neighbourhood according to the presence or absence of certain neighbourhood elements that increase or detract from a feeling of personal security. Observing both the physical and social characteristics of the neighbourhood, security was measured both in terms of traffic and crime. These ratings suggest whether safety concerns affect an individual's related active living decisions in their neighbourhood.

- Out of a possible highest rating of 10, College Park East rated **5.70** for Safety from Traffic, below Saskatoon's average rating of **6.06**. (IMI)
- Out of a possible highest rating of 10, College Park East rated **9.67** for Safety from Crime, above Saskatoon's average rating of **8.46**. (IMI)
- Out of a possible highest rating of 6, College Park East rated **3.25** for Safety, below Saskatoon's average rating of **3.81**. (NALP)

College Park East's safety ratings suggest that pedestrian and vehicular travel areas are well defined and easy to safely navigate and that there are only a few elements that reduce feelings of personal security. For example, on many crescents, traffic and speed levels were low. Only the large collector roads require measures of safety for pedestrians, and the key intersections have crosswalks. In terms of safety from crime, well maintained homes, an absence of both graffiti and concealed spaces for lurking, and plenty of opportunities for casual surveillance of the street by home owners all contribute to the strong perception of personal security.



Traffic calming roundabout

Destinations

We rated each neighbourhood according to the number, diversity, and density of its destinations. These ratings suggest whether destinations in a neighbourhood can motivate deliberate, localized active living choices by providing a place to go and a means to interact with others.

- Out of a possible highest rating of 10, College Park East rated **6.00** for Diversity of Destinations, below Saskatoon's average rating of **6.26**. (IMI)
- Out of a possible highest rating of 6, College Park East rated **3.06** for Density of Destinations, below Saskatoon's average rating of **3.92**. (NALP)



Strip Mall

College Park East's destination ratings suggest that there are some destinations of an adequate variety. For example, observed destinations in College Park East include a school, a park, two churches, a gas station, and a strip mall with some retail, services, and a restaurant.



Roland Michener School

Activity Friendliness

We rated the activity friendliness of each neighbourhood based on specific features that encourage or present barriers to an active lifestyle. These ratings suggest whether a neighbourhood assists or limits the opportunities for physical activities such as walking, cycling, or skateboarding.

- Out of a possible highest rating of 10, College Park East rated **5.03** for Pedestrian Access, below Saskatoon's average rating of **5.08**. (IMI)
- Out of a possible highest rating of 6, College Park East rated **3.58** for Activity Friendliness, below Saskatoon's average rating of **3.67**. (NALP)



Wide roads provide room for cyclists

These activity friendliness ratings suggest that College Park East has some supports and few obstructions for pedestrians. For example, all observed streets have sidewalks on both sides of the street, and sidewalks are in good condition. Further, wide streets provide adequate room for cyclists. However, the crescent heavy street design can limit the route choice and access for pedestrians and cyclists. Alleyways throughout the neighbourhood can provide alternative routes for pedestrians and increase connectivity.

Attractiveness

We rated each neighbourhood based on specific features that could potentially increase or decrease the attractiveness of the neighbourhood. This rating suggests whether the level of attractiveness for each neighbourhood itself can encourage or discourage individuals to participate in an active lifestyle.



A large neighbourhood park

- Out of a possible highest rating of 10, College Park East rated **5.51** for Attractiveness, above Saskatoon's average rating of **4.80**. (IMI)

College Park East's attractiveness rating suggests that both attractive and unattractive features are present in the neighbourhood. For example, the large neighbourhood park as the centre of the neighbourhood provides green space access for many residents. Although trees are present on many front yards, few are located close enough to the sidewalk to provide shade for pedestrians. Sidewalk amenities, such as street benches and well-kept garbage cans, are not present across the neighbourhood. Some architectural variety, well maintained homes, and pleasant landscaping considerably increase the attractiveness of the neighbourhood.

Universal Access

We rated the universal accessibility of each neighbourhood according to the presence or absence of specific features that help or prevent safe movement for those with mobility, visual, or hearing impairments. These ratings suggest whether people with reduced mobility are able to travel in the neighbourhood safely without assistance.



Unpaved pathway



Missing curb cut

- Out of a possible highest rating of 6, College Park East rated **1.33** for Universal Accessibility, below Saskatoon's average rating of **2.19**. (NALP)

This universal accessibility rating indicates that College Park East has few elements that enable safe movement for those with reduced mobility. For example, few sidewalks in College Park East are mountable, and very few curb cuts were observed throughout the entire neighbourhood. Pathways into the neighbourhood park are not paved, making it difficult for wheelchair users to access the park. Further, none of the observed pedestrian crossings are adapted for individuals with visual or hearing impairments.

The principal investigator for this project is Nazeem Muhajarine, PhD. For a complete list of contributing researchers, partner organizations, project staff, and more information, please visit our website: www.smartcitieshealthykids.com

If you have any further questions about the project, please contact our research co-ordinator tracy.ridalls@usask.ca or call 966-2237.

