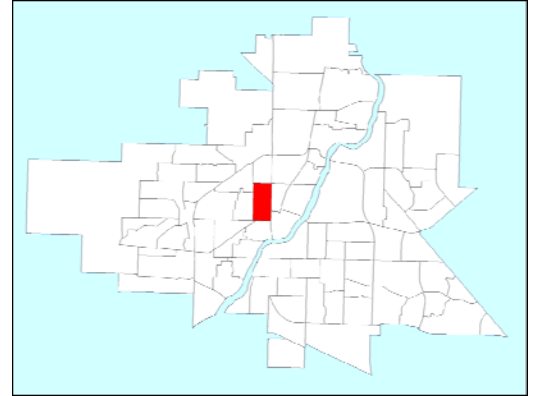


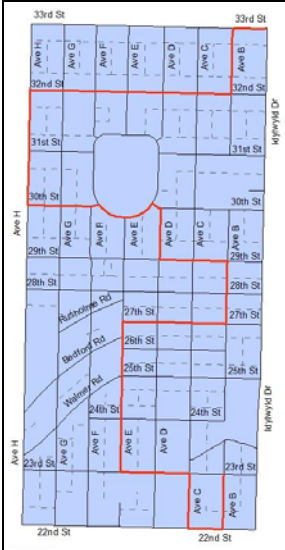
Caswell Hill



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).



Caswell Hill in Saskatoon

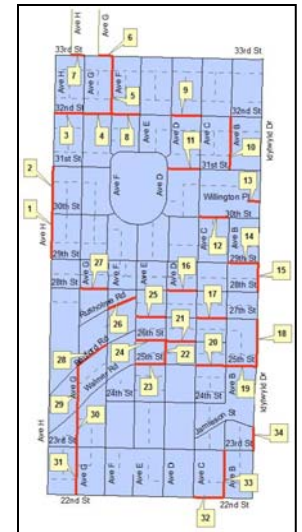


NALP Route Map

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 Caswell Hill compare to Saskatoon neighbourhoods in general.

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Caswell Hill Overview

Caswell Hill is bordered by 33rd Street, Avenue H, 22nd Street, and Idylwyld Drive. Caswell Hill was developed under the Yorath Plan, which was in effect from 1913-1930. This plan was the first growth plan for Saskatoon with a city-wide focus. It identified general areas for residential, industrial, and greenspace, although neighbourhoods with discrete boundaries were not yet identified. As such, there was little consideration for localized neighbourhood facilities, such as schools, community centres, leisure facilities, or park space. Rather, development was focused on grand, city-wide initiatives that would improve the image and quality of urban life at the time. Over time, Caswell Hill has evolved into a more defined neighbourhood including a school, leisure facility, and park space.



Attractive streetscape

Streets in Caswell Hill are mainly grid patterned, with the exception of a few angled roads in the south-west corner of the neighbourhood and the avenues surrounding Ashworth Holmes Park. Although there are several destinations along the perimeter of Caswell Hill, the interior neighbourhood is primarily quiet residential. Character homes, architectural variety, and a large tree canopy characterize the general impression of the neighbourhood.



Crosswalk with traffic calming

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, Caswell Hill rated **5.38** for Safety from Traffic, below Saskatoon's average rating of **6.06**. (IMI)
- Out of a possible highest rating of 10, Caswell Hill rated **7.27** for Safety from Crime, below Saskatoon's average rating of **8.46**. (IMI)
- Out of a possible highest rating of 6, Caswell Hill rated **4.00** for Safety, above Saskatoon's average rating of **3.81**. (NALP)

Caswell Hill's safety ratings suggest that pedestrian and vehicular travel areas are fairly well defined and safe to navigate and that there are few elements that reduce feelings of personal security. For example, although several observed intersections were uncontrolled and few had crosswalks, traffic levels were fairly low, so observers felt most streets were safe to cross. However, some busy streets along the perimeter need to better address the safety of pedestrians. In terms of safety from crime, mostly well maintained homes and plenty of opportunities for casual surveillance of the street by home owners contribute to the perception of personal security. However, we observed a high number of spaces concealed by bushes or in alleyways that could be used for lurking, as well as a considerable amount of graffiti and gang related symbols.



Shoes on overhead wires are a common symbol of gang related activity



Graffiti

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.



Commercial Strip along Idylwyld Drive



Restaurants along 33rd Street

- Out of a possible highest rating of 10, Caswell Hill rated **9.00** for Diversity of Destinations, above Saskatoon's average rating of **6.26**. (IMI)
- Out of a possible highest rating of 6, Caswell Hill rated **4.31** for Density of Destinations, above Saskatoon's average rating of **3.92**. (NALP)

Caswell Hill's destination ratings suggest that there are many destinations of a wide variety. For example, destinations in Caswell Hill include a convenience store, a large neighbourhood park with a playing field and playground, a lawn bowling club, a school with school park and hockey rink, an outdoor pool, and a variety of restaurants, hotels, and retail stores and services.

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 can assist or limit the opportunities for physical activities such as walking, cycling, or skateboarding.



Outdoor community pool

- Out of a possible highest rating of 10, Caswell Hill rated **4.94** for Pedestrian Access, below Saskatoon's average rating of **5.08**. (IMI)
- Out of a possible highest rating of 6, Caswell Hill rated **3.33** for Activity Friendliness, below Saskatoon's average rating of **3.67**. (NALP)



Bike parking

These activity friendliness ratings suggest that Caswell Hill has both supports and obstructions for pedestrians. For example, most observed streets have sidewalks on both sides of the street, and most sidewalks were in good condition. Grid street patterns provide route choice and easy access for pedestrians and cyclists. Further, bike parking located at some of the destinations considerably increased bike friendliness. However, we commonly observed overgrown bushes and trees obstructing the sidewalk.

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.

- Out of a possible highest rating of 10, Caswell Hill rated **4.59** for Attractiveness, below Saskatoon's average rating of **4.80**. (IMI)



Street with tree canopy

Caswell Hill's attractiveness rating suggests that both attractive and unattractive features are present in the neighbourhood. For example, large street trees are present on most streets and they provide shade for the pedestrians on the sidewalks. Further, well maintained homes and pleasant landscaping considerably increase the attractiveness of the neighbourhood. However, sidewalk amenities, such as benches and well-kept garbage cans, were not found throughout Caswell Hill.

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.

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



Curb cuts at the crosswalk

This universal accessibility rating indicates that Caswell Hill has few elements that enable safe movement for those with reduced mobility. For example, very few of the sidewalks in Caswell Hill are mountable, and graded curb cuts are present in only a few intersections. 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.