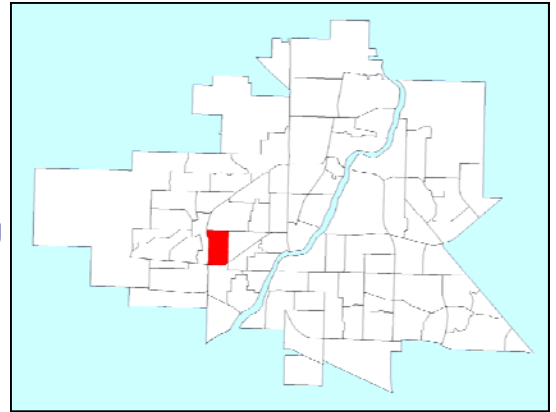


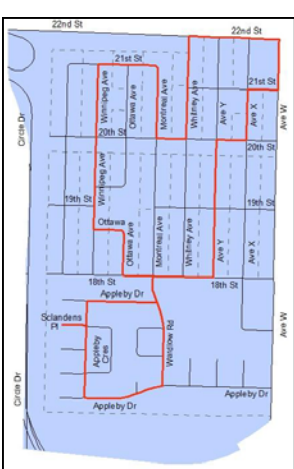
# Meadowgreen



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).



*Meadowgreen 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.

Each segment is the two facing sides of a street block and is indicated by a numbered flag 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



*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 Meadowgreen compare to Saskatoon neighbourhoods in general.

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# Meadowgreen Overview

Meadowgreen is bordered by 22nd Street, Avenue W, Appleby Drive, and Vancouver Avenue. Meadowgreen was designed under the First Community Planning Scheme, which was in effect from 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. As a suburban neighbourhood, Meadowgreen is primarily residential, with most of its commercial needs intended to be served by nearby Confederation Park Suburban Centre.



*Meadowgreen street view*

## 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.



*Well marked pedestrian crossing*

- Out of a possible highest rating of 10, Meadowgreen rated **5.52** for Safety from Traffic, below Saskatoon's average rating of **6.06**. (IMI)
- Out of a possible highest rating of 10, Meadowgreen rated **7.99** for Safety from Crime, below Saskatoon's average rating of **8.46**. (IMI)
- Out of a possible highest rating of 6, Meadowgreen rated **3.50** for Safety, below Saskatoon's average rating of **3.81**. (NALP)

Meadowgreen's safety ratings suggest that pedestrian and vehicular travel areas are well defined and easy to safely navigate and that there are few elements that reduce feelings of personal security. For example, although many intersections were unmarked for pedestrian crossing, traffic levels in the neighbourhood were fairly low, so observers felt many areas were safe to cross. Crosswalks were in place where needed most, such as near W. P Bate School and at important intersections. In terms of safety from crime, mostly well maintained homes and plenty of opportunities for casual surveillance of the street by residents contribute to the perception of personal security. However, we observed a moderate amount of graffiti and a high number of spaces concealed by bushes or in alleyways that could be used for lurking.



*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 22nd Street*



*W.P. Bate school and playground*

- Out of a possible highest rating of 10, Meadowgreen rated **6.00** for Diversity of Destinations, below Saskatoon's average rating of **6.26**. (IMI)
- Out of a possible highest rating of 6, Meadowgreen rated **4.06** for Density of Destinations, above Saskatoon's average rating of **3.92**. (NALP)

Meadowgreen's destination ratings suggest that there are some destinations of a moderate variety. For example, observed destinations in Meadowgreen include a school, four parks with playgrounds and playing fields, a church, a neighbourhood strip mall with a convenience store and retail services, and a commercial strip along 22nd Street with a mixture of restaurants, retail, and professional and medical 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 assists or limits the opportunities for physical activities such as walking, cycling, or skateboarding.



*Bike parking*

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



*Well maintained sidewalk near commercial strip*

These activity friendliness ratings suggest that Meadowgreen has both supports and obstructions for pedestrians. For example, most observed streets have well maintained sidewalks on both sides of the street. Further, wide streets provide adequate room for cyclists and bike parking located at the school and park considerably increases bike friendliness. However, the street design with several discontinuous streets can be difficult to navigate and reduces route choice and access for pedestrians and cyclists.

## 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, Meadowgreen rated **4.64** for Attractiveness, below Saskatoon's average rating of **4.80**. (IMI)



*Dutchak Park*

Meadowgreen's attractiveness rating suggests that both attractive and unattractive features are present in the neighbourhood. For example, sidewalk amenities, such as benches and well-kept garbage cans, were present only in parks, and litter was observed in some areas of the neighbourhood. The neighbourhood park and pleasant landscaping increase the attractiveness of the neighbourhood considerably.



*Pathway in the park provides access for wheelchair users and strollers*

## 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, Meadowgreen rated **2.17** for Universal Accessibility, below Saskatoon's average rating of **2.19**. (NALP)

This universal accessibility rating indicates that Meadowgreen has few elements that enable safe movement for those with reduced mobility. For example, few sidewalks in Meadowgreen are mountable, and curb cuts are absent from several 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](http://www.smartcitieshealthykids.com)**

**If you have any further questions about the project, please contact our research co-ordinator [tracy.ridalls@usask.ca](mailto:tracy.ridalls@usask.ca) or call 966-2237.**