Active Living + Multi-unit Housing

Public Health Promotion, Kassy Nystrom, MUP
Common Barriers

- Transportation
- Limited mobility
- Safety concerns
- Not knowing how / what to use the parks system / resources
- Not culturally, physically and/or age appropriate

Map: Percent of Adults aged 25+ reporting no leisure time physical activity by geographic area

Brooklyn is NW1 = 12.9% - 16.3%
Hennepin County 14.2%
## Outreach

- Environmental Scan
- Resident Listening Sessions
- Asset & barrier mapping
- Implementation
- On-going resident support & input

### Results from community engagement event at Broadway Village

<table>
<thead>
<tr>
<th>Questions</th>
<th># of residents interested in this initiative</th>
</tr>
</thead>
<tbody>
<tr>
<td>How to shop healthy on a budget classes</td>
<td>0</td>
</tr>
<tr>
<td>Free Health and nutrition classes</td>
<td>0</td>
</tr>
<tr>
<td>Swimming lessons (Child and Adult Lessons)</td>
<td>15 – water aerobics</td>
</tr>
<tr>
<td>Improvements to on-site walk paths and adding benches</td>
<td>Majority of room – very popular</td>
</tr>
<tr>
<td>Guest speakers on tobacco awareness and cessation resources</td>
<td>5</td>
</tr>
<tr>
<td>Mapped indoor and/or outdoor walk routes</td>
<td>15 – yes for indoor maps very popular</td>
</tr>
<tr>
<td>Small exercise equipment in on-site fitness room</td>
<td>2 – wants fitness room bigger/small equipment</td>
</tr>
<tr>
<td>Improved lighting for evening/night events</td>
<td>17</td>
</tr>
<tr>
<td>On-site Community Gardening</td>
<td>There is an existing club – meet with this group separately</td>
</tr>
<tr>
<td>Gardening tools</td>
<td>Yes</td>
</tr>
<tr>
<td>Discuss barriers and possible solutions to transportation</td>
<td>18 - A bus shelter is needed at nearby stop on Broadway Ave.</td>
</tr>
<tr>
<td>On-site bike racks</td>
<td>0</td>
</tr>
<tr>
<td>Food shelf outreach and discussions for improvements / needs</td>
<td>1</td>
</tr>
</tbody>
</table>
On-site Strategies

• Indoor and outdoor walking routes
• Mile markers
• Benches
• Fitness room enhancements
• Swimming lessons
• Training of the Trainer
• Bike racks

Hennepin County
L: Outdoor walk route for all to see and use
R: Indoor walk routes and club members at Broadway Village
Hamilton House residents in their new fitness room

Outdoor walk routes for residents at Broadway Village
Surrounding Area Strategies

- Walk Audits
- Environmental scans
- GIS mapping
- Partnership building

Trying out the new crosswalk sign with Creekside Gables residents
Partnerships have been essential

- Managers
- Residents
- Corporate office
- City staff
- Hennepin Public Works
- CBO’s
Thank you!

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