

1. **How did you determine the youth were low income?**

Jim: PARC used census data and targeted the recruitment to places that met criteria for being relatively low income.

2. **How much of the school year was accrued during school time (first and last bell)? Is the difference more due to term-time clubs?**

Jim: We have not looked at the data of during the school day and outside the school day. We have done that in some other studies and we know activity is happening in school and out of school. Both of those are important and should be mentioned the CDC guidelines are 60 minutes of physical activity per day. It's recommended that schools provide 30 minutes of that. And so that leaves 30 minutes that parents and community groups are responsible for so both in school and out of school activity during the school year are very important.

3. **I think the findings regarding nearby or in and around the home speak to safety concerns. This can be the stranger danger passed on by parents, or actual racial profiling or bias faced by minority youth.**

a. **How do we ensure that kids who are walking beyond their immediate community environment remain safe? How do we ensure that youth are safe and enjoy their physical activity while in parks outside the neighborhood?**

Jim: We do have a paper specifically about crime and safety and how it reduced park usage especially for girls between ages 5 to 10. Some of the recommendations from this is to work with communities, work with partners. So part of it is obviously the access but part of it is also the feelings of safety within the parks. This is not something that a park department or park can do alone. It's working with the community, working with law enforcement, working with schools, working with other organizations, and being very proactive after an incident. More specifically, working with a city after a park shooting and ensuring the messaging and programming occur in the park very soon after the shooting so that the fear does not really spread and that the community shows this is our space in our Park.

b. **Could kids be more active in the school year because there are more familiar faces outside and thus greater likelihood for safety? Perhaps parks and programs at parks where adult supervision is available would be a targeted solution for minority youth.**

Jim: I think that is very likely because there are more after school activities that are organized in some schools. There are more sports teams and leagues during the school year and it's probably easier to organize activities with your friends or neighbors in the school year when you can say, 'hey, let's get together for basketball or soccer' or 'let's take a bike ride' and then do that after school. So yes, I think that is correct and one of the things that we recommend because safety is so important, especially when you think about lower-income neighborhoods. Part of our recommendations are to provide supervise activities. That's why we're recommending organized walks because that makes the parents more comfortable and probably some of the kids more comfortable.

We'd like to see more organized activities in the neighborhood, so that parents will let their kids go out. We're concerned that keeping the kids inside and safe in the summer might be related partly to the increase in screen time because they're having to be indoors. We, as a field, need to get better at understanding the safety concerns and how to make both the parents and the kids feel safer and be safer so they can be active outdoors.

4. **What should decision-makers do in the areas where trails and parks are overcrowded during this period? Likely, increase the amount of open streets available for walking and biking?**

Jim: To me, the preferred option is to provide more space for walking and biking, such as open streets. During the shutdown, there is much less traffic, so this should be easier than in normal times. Ideally there would be open streets every day, and they should be in every neighborhood so there is equitable access. A second option for trails and parks would be to meter the number of people who are allowed to use them at any one time. A park staffer could do this. There should be signs about keeping safe distances, but it would also be helpful for staff to monitor and educate people.

5. **Is there an example or template design for an organized city walks?**

Chea: Yes, it would have to be a coordinated effort between participant community that they would like to walk in and sit it on the side. To ensure that those who participated be safe. I think that's really the main area to address. I think there's a connection here with safe routes to school walking school buses that sort of thing. So, organized walks. I think that's a place to start. Additional Comment-There are library walks or story walks that libraries promote:

<https://statelibrarync.org/ldb/2014/09/25/story-walks-story-books-story-readers/>
<http://letsmovelibraries.org/storywalk/>

Aaron: <https://www.thewalkingclassroom.org/>

6. **Have you collected data for children with disabilities (two questions)?**

Jim: Very good question and in our study we did not because we use accelerometers extensively. We have not figured out how to do that with children with disabilities. We definitely agree that's a big and diverse group that we need to understand better.

7. **For Hipp: During 15 sec period-were kids active the entire interval or just doing a PART of it??**

Aaron: The data is aggregated at the 15 second mark, so it is their steps and acceleration during those total 15 seconds. It could be the case that a child had a 7 second burst of activity and 8 seconds still and this would be registered as either moderate or vigorous activity. We do have results at the one second level, but cannot match those with the GPS at that level. So we have activity, but not at one second. Able to combine them at 15 seconds.

8. **Safety presents itself in Aaron's presentation. I love the emphasis on making sure the streets enroute to parks are safe. Safety spans the gamut from low viral transmission, not being hit by a car on your route, to feelings of being welcomed in the space. Chea's presentation offered some great examples for parks in low-income communities where residents are clearly**

included and welcomed. His examples looked like organized activities. How does safety play out in Chea's work for nonorganized play??

Chea: I think some of it is personal responsibility. Just being alert and aware when we see working at these facilities. Sometimes just being aware of what's going on and establishing a relationship with the community so many members and feel comfortable communicating certain. Activities they feel are not safe or threatening. And that's you know, it's a challenge for practitioner maintaining state pieces. It's absolutely necessary when you're not actually facilitating or for organizing and we want a basketball court utilized and engaged and just as a walk up, but just being aware. Engaging so that people know that you know, there's a presence.

9. I notice the parents were asked what they would like to see or experience in the park. Would it not be more relevant to ask the children themselves what they wanted in the park?

Chea: I think that's a fair point. We did not ask. So the way that worked, the kids put on the accelerometer and the GPS and then were allowed to go and play while they were wearing that. And while they were wearing that on the course, the parents had to complete the documents for a consent for the kids to wear the device and then they answered about a 15 question survey. So some of that was probably reading ability and timing in terms of certainly 5-6 year olds, but yeah fair point.

10. Was there an increase community participation with the installation of the NFL Play60 kid zone? Also did it create a multi-generational of users??

Chea: I don't have the numbers as far as I know. Preteen, teenager to adult all engaging in that park, and you'll see families. It's a unique feature and the community definitely participates at all levels.

11. Great information! Are the Parks and Rec providing any Virtual activities that include physical activity during Shelter in Place or Healthy Eating, meditation, etc.?

Aaron: Yes! Here's one example in Raleigh: <https://dixpark.org/article/virtual-wellness-dix-park>
NYC Parks @ Home: <https://www.nycgovparks.org/highlights/parks-at-home>

12. Do you have any suggestions regarding the gradual opening of playgrounds as some areas/state gradually open parks or facilities? I'm referring to developing protocols before actually opening amenities such as a playground? Sanitizing equipment periodically etc.

Aaron: Leave this to the Public Health Professionals for guidance.

Chea: recent article reflecting response in City of Charlotte:

https://www.charlotteobserver.com/charlottefive/c5-wellness/article242403591.html?utm_source=pushly&intcid=%7B_explicit:pushly_521275%7D

13. Does spacing of playground equipment, or making the playground footprint significantly larger increase the activity?

Jim: I don't know specifically about playgrounds. But our studies show the number of facilities for physical activity in a park, the more use of that park and the more activity in the park.

Aaron: We are trying to figure this out! It does seem there is optimal spacing to get kids moving between and within equipment.

14. How much of the PA was actually accrued via walking to school and home again? They HAD to go to school! Were there differences among those who were bussed or dropped off?

Jim: We were interested in comparing total PA and sedentary time in school vs summer time. Thus, in this study we did not focus on the journey to school, because we had nothing to compare it to in the summer. In general, active transport to school is very important, and our group has several papers on this. You can find them on my website: <https://drjimsallis.org/publications.html#TEAN>

15. How to facilitate community walk during social distancing?

Jim: It seems like a Parks Department could set up walks in multiple neighborhoods, perhaps starting at the park. They would have to be advertised with encouragement to attend the nearest walk to your home. Then there would need to be instructions about staying distanced during the walk, and staff (or volunteers) to monitor and enforce distancing during the walk.

Aaron: Individuals and families can also walk in communities using a variety of available scavenger hunts. This includes looking for stuffed animals in windows, different housing/building shapes, door colors, trees, street signs, etc.

16. Can panelist make the survey to parents available?

Jim: The UCSD project posted our surveys on the PARC website: https://paresearchcenter.org/wp-content/uploads/2020/04/PARC_SCHOOL_survey_final.pdf

17. How well do accelerometers work in aquatic settings?

Jim: They are not waterproof, so they cannot be used to assess swimming. We instruct people to remove them when swimming or bathing. The devices are water resistant, so wearing them in a splash pad SHOULD BE OK.

Aaron: Agreed, at least with the ones we used. I believe we lost one device to too much water.