

MOTION

HEALTH & AGING

Parks and open space represent one of the City's biggest investments in its neighborhoods.

As a vital part of the community infrastructure, parks and open space provide a wide range of economic, environmental, social and community development, and health benefits.

In particular, access to public facilities for physical activity play a critical role in the prevention and treatment of obesity and overweight.

Obesity and overweight, a growing problem amongst both adults and children, are risk factors for ailments such as diabetes, hypertension, and coronary heart disease, and contribute to increased medical costs and lost productivity.

A growing body of research on park usage suggests that factors such as maintenance, type of landscaping, amenities and facilities all influence the type and frequency of activity.

Park design and programming play important roles in attracting people to parks and encouraging physical activity within them.

A 2006 RAND Health study states that Los Angeles' neighborhood parks have often been conceived as active parks, and most have facilities that promote vigorous sports such as baseball and soccer.

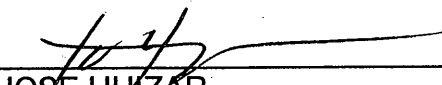
Only a few parks in Los Angeles, such as the Ascot Hills Nature Park, have areas for moderate physical activity, such as tracks, walking paths, and trails, which tend to attract more adults and senior residents who may not be physically active.

I THEREFORE MOVE that the Department of Recreation and Parks prepare an inventory of Council District 14's parks that include "passive" design elements including, but not limited to, walking paths and trails;

I FURTHER MOVE that the Department of Recreation and Parks report back to the Arts, Parks, Health and Aging Committee within 60 days on the following:

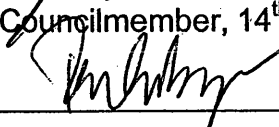
- Whether there are plans to add such elements into existing parks
- Ways to ensure that they will be incorporated them into plans for new parks.

PRESENTED BY:



 JOSE HUIZAR
 Councilmember, 14th District

SECONDED BY:



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